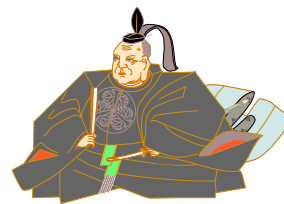




An Introduction to

# ASIAN MODALITIES for the LMT



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## Introduction

The study of Asian Bodywork (Massage) or **Shiatsu**, as it's called in Japan, is a never-ending process. The concepts of Taoism, a philosophy that became popular in China around 476 BC is the root of most Shiatsu treatments. Taoism conceptually and by definition is the study of the dynamic balance (equilibrium) of Nature (called Yin/Yang), and the Five Phases (aka Five Elements) to further describe the Life Force (Qi, Chi, Ki) and how it goes through cyclic transformations.



The purpose of introducing you to Asian Modalities is twofold. First of all, there will be some questions concerning Asian Modalities on your National Exam for Licensure. We never know how many. It could be as few as four or five questions or as many as 10 to 15. The questions will be very basic and the information contained in this packet should help you. Our second reason to introduce you to this art is to familiarize you with the body's electromagnetic flow, what we call the Qi flow. In this section you will learn that before anything happens in the body, the Qi flow is affected.

This Qi flow and its study is the core of all our Energetic treatments in Body Work. Should your career path take you in that direction, i.e., ENERGY WORK, be it Jin Shin Do, Jin Shin Jitsu, Polarity, Shiatsu, Reiki, etc. you will find that all these modalities share a common belief. That there is an electromagnetic pathway in the body and this force field becomes unbalanced when a person is experiencing ill health, or disease. The belief that the body's Qi can be manipulated to achieve balance and wellness is basic to all energetic disciplines, regardless of what they are called. Since Shiatsu has its roots in Traditional Chinese medicine, which is the great-grandfather of all the energetic disciplines, we will use this model to study from.

As an entry level body worker let me caution you about one thing. Avoid developing "tunnel vision" in your work. No system of treatment is the "be all and the end all of existence." Your job is to explore all the systems to find out which modality works the best for you and your future clients. There is nothing in the world as relaxing as properly applied Swedish Massage. The Shiatsu that you will learn in the next few classes will serve to complement your Swedish treatments and enhance the relaxation response. When we study Kinesiology we will get a clearer picture of how to target "energetic dysfunctions" in the body. Kinesiology also gives us more tools for treatment of these imbalances. The best advice I can give you is to not be overwhelmed by the information. Asian Medicine has been developing for the last 4000 years. There are literally thousands of books written on the subject and millions of opinions concerning its practice. What's more important than all the information in the world is your intention. If you are focused on your client and their well being, and your intention is to help, then you can do no wrong. To quote one of the most respected practitioners of our medicine, "Healing occurs through relationship, not action". Michael Smith, M. D. Pacific Symposium 2001.

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# SECTION ONE

## LANGUAGING AND THEORY

## TERMINOLOGY

### **SHIATSU (Japanese)**

finger pressure - although translated as finger pressure, Shiatsu can be applied with the elbows, knees, feet, or side or heel of the hand. (shi = finger atsu = pressure)

### **NEI JING or NEI CHING**

The Nei Jing is the first book on Chinese Medicine. Written in the middle of the Third Millennium B.C., it is a series of questions and answers between the Emperor and his court physician. The Nei Jing is actually two works - The Suwen - "Questions of Organic and Fundamental Nature," and - The Lingshu - "Classic of Acupuncture." Consequently we have clinical documented treatments using this modality for over four thousand years.

### **TAOISM**

A philosophy introduced in China by Lao Tzu, approximately 467BC. Pronounced "Dowism", this philosophy is based on the observation and emulation of nature. It's basic concepts include the Tao (Way) of the Universe, The Big Bang Theory, Yin/Yang Theory, Qi, and Five Element (Five Phase, or Transitions) Theory.

### **Big Bang Theory**

In Taoist philosophy it is postulated that the universe was created by a big explosion, after which two spheres of energy formed: a positively ionized energy called Yang energy, and a negatively ionized energy called Yin energy.

### **YIN/YANG Theory**

The Theory of Yin and Yang, derived from ageless observations of nature, describes the way phenomena naturally group in pairs of opposites—heaven and earth, sun and moon, night and day, winter and summer, male and female, up and down, inside and outside, activity and rest. These pairs of opposites are also mutually complementary and serve to define each other. Further they are mutually convertible, since either may change into its complement.

### **QI (Chinese)**

vital force, life force, energy also known as KI (Japanese) and CHI (Chinese)

- energy on the verge of materializing

- matter on the verge of becoming energy

The Qi is believed to be created from the interaction of the Yin and Yang energies, being mutually attracted and repelled to each other and acting as a generator in nature to produce the life force in each of us.

## **FIVE ELEMENTS**

The theory of the Five Elements (Phases) rests on the notion that all phenomena in the universe are the products of the movement and mutation of five qualities: wood, fire, earth, metal, and water. Five Phase (Element) Theory is based on the understanding of the nature of these qualities, attributed to all phenomena in the universe. The interaction of the five phases explains the nature of all phenomena. In medicine, the internal organs, body tissues, sense and other organs, emotion, and even properties of pharmacopeia are all categorized according to these elements.

### **FIRE** **Summer Time**

Fire is the quality of heat and upward motion. It is the color red, the sound of laughter, the emotion of joy and the time of summer. Fire represents that intangible part of our spirit that makes us truly human, the light in our eyes, the spring in our walk, the joy in our heart. The organs and meridians of Fire are: Heart (Yin), Small Intestine (Yang), Pericardium (Yin) and Triple Warmer (Yang). Physiologically, Fire rules the circulation of our body and manifest in the complexion. The time of Fire is summertime. A typical Fire imbalance is a fear of intimacy.

### **EARTH** **Indian Summer** **Transition Time**

Earth is the sowing and reaping, the harvest time, our rational thought processes that separate us from the other animals on the planet. The strength of the Earth Element gives us our ability to adapt to our environment, to digest the food lovingly grown on our planet, to make and wear clothes against inclement weather, to sing when our hearts are full of joy. Earth is the epitome of the Mother/Child relationship, that flourishes in Indian Summer, or any time of the year when the climate is in transition. The Earth Element rules our flesh/muscle tissue and manifests in the lips. The organs and meridians of Earth are: Stomach (Yang) and Spleen/Pancreas (Yin).

### **METAL** **Fall**

Metal is the mechanics of change, having the qualities of purification, elimination, and reform. The lungs (Yin) and the large intestine (Yang) are the organs and meridians of the Metal Element. Metal allows us to both feel grief and to transcend loss. It rules our skin and manifests in our body hair. Metal coincides with the fall and prepares us to survive the winter.

### **WATER** **Winter Time**

The Water of the body is our essence, our genetic code, bones, marrow and Central Nervous System. Water gives us the ability to be in the now, reflect on the past and project to the future. It is our confidence, that can quickly mutate to fear when we are unbalanced. The organs and meridians of Water are: Kidneys (Yin) and Urinary Bladder (Yang). The Water Element rules the bones, marrow, and “CNS”, and manifests in the head hair. Water is our ability to rest.

**WOOD**  
**Spring Time**

Wood is the bending and the straightening, having the characteristics of growth, upbearing, and spreading. The Wood Element gives to the human the knowledge of when to advance and when to retreat. It is responsible for the free flowing of the life force (Qi) in the body. The organs and meridians of Wood are the Liver (Yin) and the Gallbladder (Yang). Wood energy rules our joints and tendons and manifests in the fingernails. It gives us the ability to plan, execute, and to make decisions. When our plans are frustrated, Wood responds with the emotion of anger.

**CREATION CYCLE**

The interaction among the Five Elements is viewed in terms of cycles. The Creation Cycle denotes the principle whereby each of the phases nurtures, produces, and benefits another specific element. Wood creates Fire, Fire creates Earth, Earth creates Metal, Metal creates Water, Water creates Wood.

**CONTROL CYCLE**

The Control Cycle refers to the principle by which each of the phases controls another phase. The easiest principle of the control cycle to understand is the dynamic of Water controlling Fire, since humans do not operate well when they are too fiery or too wet. Our human condition operates best as steam. Hence the Control Cycle - Water controls Fire, Fire controls Metal, Metal controls Wood, Wood controls Earth, and Earth controls Water.

**MERIDIAN**

energy pathway, channel, vessel. For the purpose of this document we name and introduce fourteen meridians that flow on the superficial surface of the body. Twelve organ meridians and two Extra Meridians. All meridians have a yin or yang partner, and a Five Element designation. Two meridians for each element except Fire which has four. The twelve organ meridians are bilateral the two Extra Meridians are not. The Conception Vessel follows the front midline of the body, the Governing Vessel follows the back midline.

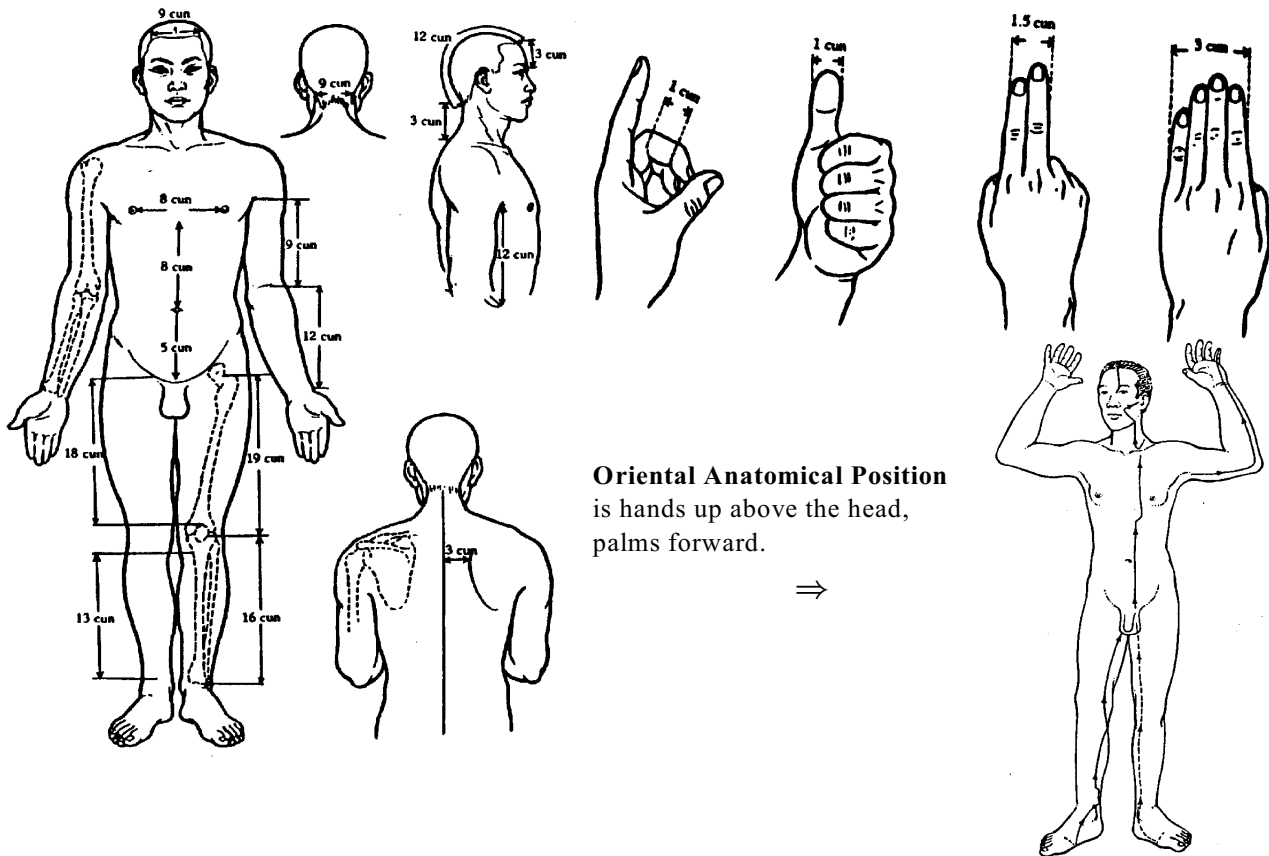
	<b>Yin</b>	<b>Yang</b>
Fire	Heart (H, HT)	Small Intestine (SI)
Fire	Pericardium (P, PC, HC, HP, HE)	Triple Heater (TW, TH, TE, SJ)
Earth	Spleen/Pancreas (SP)	Stomach (St)
Metal	Lung (Lu)	Large Intestine (LI, CO)
Water	Kidney (K, Ki)	Urinary Bladder (UB, Bl)
Wood	Liver (L, Li)	Gall Bladder (GB)
	Conception Vessel (CV, Ren)	Governing Vessel (GV, Du)

**TSUBO (Japanese)**

“cup” or “little vase, “cup-like” or “vase-like” vessel, Shiatsu Points where the energy (Chi) gathers on a meridian and is available for manipulation. Energy vortex.

**CUN**

unit of measurement for the body; the width of the receiver’s thumb at the widest part, or the length of the second interphalangeal division of the middle finger. Also called - Tsun, Chon, A.U.M. (Anatomical Unit of Measurement)



**KYO (Japanese)**

deficient, empty. A term used to describe energy quality.

**JITSU (Japanese)**

excessive, full. A term used to describe energy quality.

**HARA (Japanese)**

abdominal area - belly - stomach “guts,” the CENTER of the body location of the TAN DEN (Japanese) or TANTIEN (Chinese). In Eastern Philosophy, the center for energy in the body is the hara.

<b>TAN DEN</b> <b>(Japanese)</b>	CV-6, QIHAI (Chinese), KIKAI (Japanese) “Ocean of Energy” Point 1.5 cun below the navel on the midline of the abdomen
<b>MINGMEN</b> <b>(Chinese)</b>	“Life Door,” GV-4, Back of TAN DEN Also known as MEI MON (Japanese), which translates as “Gate of Life”
<b>HARMONY</b>	When Qi is flowing freely, there is energetic balance and good health.
<b>DISHARMONY</b>	Disharmonies can occur in the entire body or a specific body part. When Qi is not flowing freely, it takes on different qualities.
<b>DEFICIENT</b>	Qi cannot perform its function or functions. KYO, EMPTY
<b>EXCESSIVE</b>	Too much Qi. JITSU, FULL
<b>STAGNATION</b>	Can result from either DEFICIENT Qi or EXCESSIVE Qi. Qi doesn’t flow smoothly. It may “pool” in an area.
<b>NOTE:</b>	When Qi is either DEFICIENT, EXCESSIVE or STAGNANT, then DISHARMONIES occur in the body. These start out as energetic imbalances which if allowed to get lodged in the body can then cause dis-ease and lead to greater problems.
<b>TONIFICATION</b>	This refers to methods used to “pump up” or stimulate DEFICIENT Qi. To tonify, we work on the meridian in the direction of the flow of Qi, and work the points in a clockwise manner.
<b>DISPERSAL/ SEDATION</b>	These terms refer to methods used to “calm down” or “even out” EXCESSIVE Qi. To disperse, we work on the meridian in the direction against the flow of Qi, and work the points in a counter clockwise manner.
<i>SPECIAL NOTE:</i>	In the case of HEART and KIDNEY meridians, we never work against the flow of Qi.

**ASIAN DIAGNOSIS** In Acupuncture as well as Shiatsu, diagnosis is obtained by palpating the pulse at the radial artery, palpating the abdomino-pelvic region called the Hara, and by observation of the tongue.

### **Collateral Terminology**

**Ayurvedic** The energetic medicine of India.

**Prana** In Ayurvedic medicine the life force, or vital energy or Qi is known as Prana.

**Jin Shin Do** Translated to meaning “The Way of the Compassionate Spirit”, this modality is a modern synthesis of Chinese Acupressure, Japanese Acupressure, Yoga, breathing exercises, Taoist philosophy and 20<sup>th</sup> century psychotherapy. Developed by Iona Marsaa Teegarden, The Jin Shin Do Foundation was established in 1982 to train and network authorized teachers of this method. Entry level training in this art teaches the balancing of the Ancestral Vessels of Acupuncture. These Ancestral Vessels are known as “Strange Flows” and there are 4 pairs of them.

**Polarity** Polarity therapy is an alternative holistic health care system involving exercises, nutrition, as well as gentle bodywork techniques. It was developed in the middle 1900's by Randolph Stone. After Stone's retirement in 1973, Pierre Pannetier began to spread the practice of Polarity across the U.S. in seminars.

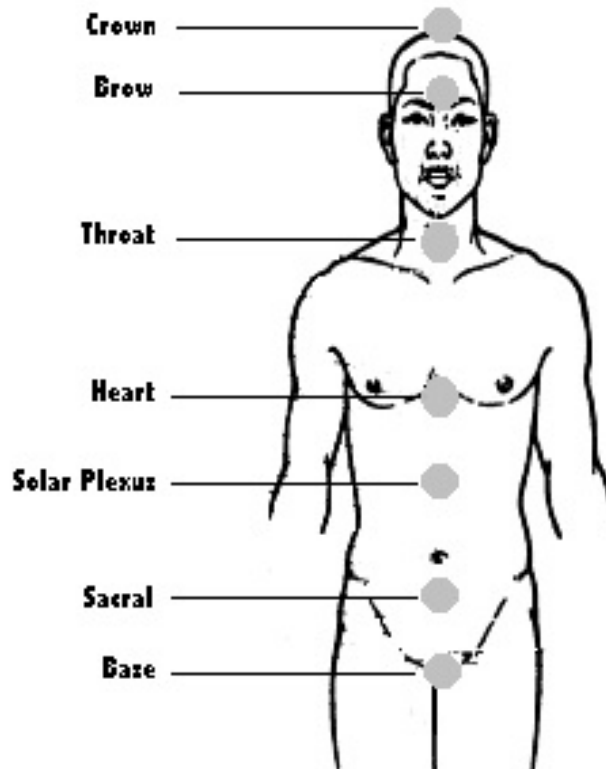
**Therapeutic Touch** The development of Therapeutic Touch is central to nursing. In 1976 a nurse, Dolores Krieger published *The Therapeutic Touch* a system of massage containing routines of short duration (5 minutes) and gentle manipulation, treatment specific to a hospital patient.

**Reiki** Reiki is an esoteric system of energy balancing developed by philosopher/scholar Dr. Mikao Usui. This system was further shared throughout the world by Reiki Grand Master Hawayo K. Takata.

## Chakras

The Sanskrit word meaning “wheel”. The name of the centers of energy that reside on the spiritual channel. There are seven Chakras noted within this text. Each Chakra is comprised of four major components: an etheric component, an astral or emotional component, a mental, and a causal component.

	<b>Chakra</b>	<b>Gland</b>	<b>Emotional Mental and Spiritual</b>	<b>Physical Organs and Parts Governed</b>
1 <sup>st</sup>	Crown	Pineal	Spiritual Awareness	Upper brain, right eye
2 <sup>nd</sup>	Brow	Pituitary	Intuitive Perception	Lower brain, left eye
3 <sup>rd</sup>	Throat	Thyroid	Self-Expression	Lungs, lymphatic system
4 <sup>th</sup>	Heart	Thymus	Love, Compassion	Heart, Vagus nerve
5 <sup>th</sup>	Solar Plexus	Pancreas	Source of Emotions	Spleen, digestive system
6 <sup>th</sup>	Sacral	Gonads	Self-Esteem	Lower back, legs
7 <sup>th</sup>	Base	Adrenals	Physical will-to-be	Spine, skeleton, kidney



# BENEFICIAL EFFECTS OF SHIATSU

1. Invigorating the skin
2. Stimulating the circulation of body fluids
3. Promoting suppleness in the muscular tissues
4. Promoting harmonious functioning of the nervous system
5. Balancing the operation of the ductless endocrine glands
6. Stimulating the normal functioning of the internal organs

(Adapted from *Shiatsu Therapy* by T. Namikoshi, by kind permission of Japan Publications, distributed by Kodansha International.)

1. Shiatsu helps balance the energy (Qi) flow in the body, which helps prevent dis-ease.
2. Shiatsu transforms lactic acid.
3. Shiatsu reduces stress and tension which impair the function of phagocytes.
4. Shiatsu has been known to instigate peristaltic contractions of the internal organs.
5. Shiatsu helps balance the Autonomic Nervous System. Scientists have observed that Shiatsu stimulates blood vessels and encourages the secretion of hormones.
6. Shiatsu therapy is most useful in treating ailments in which there is no or slight organic malformation. Shiatsu has a growing reputation in treating imbalances grouped under the category of functional disorders.

(From *Shiatsu: Japanese Finger Pressure Therapy* by William Shultz and *Tsubo: Vital Points of Oriental Therapy* by K. Serizawa, by kind permission of Japan Publications, distributed by Kodansha International.)

Also, experiments have proven that acupuncture causes the release of Endorphins and Enkephalons, natural morphine-like chemicals produced by the body which are important in dealing with stress and pain. It is probable that Shiatsu also produces these results.

(According to *Healing Massage Techniques*, Frances Tappan, P. 34)

# CONTRAINDICATION FOR SHIATSU THERAPY

Do **NOT** give Shiatsu:

1. When either you or your client is under the influence of alcohol or drugs. (There should be a 24 hour waiting period.)
2. When your client has a fever. (Unless you know and understand the pathology.)
3. When your client has a contagious disease. (So you won't transmit it to others.)
4. When either you or your client is **very** hungry.
5. When you or your client has just eaten a full meal. (You should tell your client not to eat for 1 ½ to 2 hours before their session.)
6. If your client has just stepped out of hot water - a bath or hot tub. (Both Shiatsu and hot baths increase the blood flow.)
7. Immediately before or after exercise or performing. (Wait ½ hour for the body to cool down.)
8. If your client is on Cortisone treatment (which would weaken the bone structure) or any other medication. Know the reason. If you are going to work with them, get a doctor's note.
9. If your client has bone disease. Know the nature of the disease and get a doctor's note.
10. If your client is in the acute stage of any disease.
11. During pregnancy. If you are pregnant, inform your instructor.
12. If your client has cancer.
13. In the case of high blood pressure and/or heart disease, **no abdominal Shiatsu/massage** as it will raise the blood pressure.
14. **Points contraindicated any time during pregnancy are: any abdominal points**
  - GB-21** - Midway between C7 and the bony prominence above the superior aspect of the shoulder, at the highest point of the shoulder.
  - Ki-1** - In the depression appearing on the sole when the foot is in plantar flexion.
  - LI-4** - In the center of the flesh between the 1<sup>st</sup> and 2<sup>nd</sup> metacarpal bones, slightly closer to the 2<sup>nd</sup> metacarpal bone.
  - Sp-6** - 3" directly above the tip of the medial malleolus, on the posterior border of the tibia.
  - St-36** - Roughly 1 cun lateral to the crest of the tibia.
  - UB-67** - On the lateral side of the small toe, about 1 fen proximal to the corner of the nail.**During the first and second trimesters.**
  - BL-31** - In the first posterior sacral foramen.
  - BL-32** - In the second posterior sacral foramen.
  - BL-33** - In the third posterior sacral foramen.
  - BL-34** - In the fourth posterior sacral foramen.

# SHIATSU

Shiatsu is a form of physical therapy developed in Japan that involves finger pressure on acupuncture points in order to balance the body's energy and promote good health. Treatments include tractions and range of motion as well. Though its translation means “finger pressure,” shiatsu is also applied with other parts of the hand, as well as with the knees, feet and elbows. The art was given its name around the turn of the century and evolved from a bath house, relaxation massage to become a system of wellness through energy balancing, postural realignment and pain relief.

Shiatsu is a generic name for a wide variety of techniques, all practitioners, however, are linked by a common thread, a belief in the Ki flow. This vital force known as **Ki, Qi, or Chi** flows throughout the body in connected pathways called **meridians**. Each meridian or channel is linked to an internal organ and a psycho-physical function. Its Ki can be palpated at different points along the meridian. These are the acupuncture points known in Japanese as **tsubos**. In health there is a balance of energy along the meridians and the body's Ki flows smoothly throughout like water in a canal, feeding and moisturizing all parts of the body. When the body has been weakened by an immoderate lifestyle, emotional stress, injury or pestilence, the first thing that happens is that the flow of Ki in the pathways becomes disrupted, becoming deficient in some areas and excessive in others. A state of disease is then said to exist.

All Diseases are caused by an excess or deficiency of Ki. With practice you will learn to sense by palpation the areas which show an excess of Ki. This condition of excess Ki in a meridian is called **Jitsu**, and when Ki is deficient in a meridian it is called **Kyo**. The Kyo/Jitsu method of Shiatsu was developed by Master Shizuto Masunaga and can be explored in his book, “Zen Shiatsu.”

When beginning Shiatsu it is important to bear in mind that you are aiming to treat not only your partner's symptoms, but also their cause. To treat only the head for a headache is to ignore not only the whole supporting system of interconnecting meridians that makes Shiatsu so effective, but also one of the fundamental principles of Asian medicine - that body and mind are an indivisible, organic whole. To diagnose the exact cause of a person's symptoms requires both a thorough grasp of Asian medical theory and an understanding of that person's emotional and psychological condition as well. There are no “one point miracles” in Shiatsu. When using this modality remember the first rule of thumb in Asian body work is to balance your point's top and bottom, left and right. Shiatsu is easy to learn. No special equipment is required and no oil is used. All you need is a warm, airy room, loose comfortable clothing for both giver and receiver, and a mat or a low, padded table to work on. You can safely give shiatsu anywhere, and as often as once a day. A little background knowledge, the time to give a full body treatment, attention and sensitivity toward your partner, this is all you need to begin to feel your way toward a real understanding of Shiatsu.



Most people fall into a category of “half healthy,” in other words their condition is not balanced. They may be liable to colds or stomach upsets, or get moody and depressed. For such “half healthy” people, shiatsu is the ultimate home remedy. It involves no drastic intervention in the body processes, since it simply rebalances the **Ki** so that the body can heal itself.

# KI and YIN/YANG

Ki, Qi, or Chi, depending on what part of the Asian continent, you are speaking from, is the life force that powers all existence. The belief in Chinese Cosmology, from which the Japanese is derived, the source of all things is the **Tao**, (means Way) the law of the universe. According to this belief system, the Universe was formed by a big explosion, called the “Big Bang Theory” in Physics. From this explosion two poles of energy formed, a positive energy, called **Yang**, and a negative energy, called **Yin**. These forces, both opposite and complimentary, are in a constant state of flux both repelling and attracting. It is the play between the **Yin** and the **Yang**, the ebb and flow between these two poles of energy, which creates the **Ki** energy.

The philosopher Lao Tzu, in his book the Tao Te Ching, speaks of Ki as the “immaterial breath” of existence. It manifests in many forms, from the most subtle form of energy we call light to the densest accumulation of energy, granite, for even apparently lifeless objects such as rocks are made of Ki in its most material aspect. Webster's Dictionary defines Ki as, “energy on the verge of becoming matter and matter on the verge of becoming energy. Again reiterating that Yin/Yang, positive/negative duality that permeates this philosophy known as, Taoism, (pronounced “Dow ism”). Our western philosophy, our very “reality based” physics doesn't conflict much with this Taoism since western scientists believe that all matter is made up of particles of energy.

According to Taoist philosophy, Ki reveals itself to us as five different aspects or qualities of energy, known as the Five Elements. These elements are Fire, Earth, Metal (Air), Water, and Wood. Each element has its own particular quality or flavor and gives this quality to some aspect of life. Vegetables and plants, for example, belong mainly to the Wood element, rocks and minerals to the Metal element. People are a blend of all five elements. Everything in nature is a particular and unique combination of Yin/Yang and the Five Elements. Each combination forming the “true” or “upright” Ki of that object or individual.

Yin and Yang are the two opposite but complementary aspects of existence. In Eastern Philosophy, Yin and Yang balancing creates harmony and health. The ideograms that represent Yin and Yang in the Chinese written language depict the Yin concept as the shady side of a hill, the Yang concept as the sunny side of a hill. So we have Yin, it corresponds to that which is cool, dark, feminine, and Yang, that which is hot, light, masculine. Yin and Yang, however, are only relative conditions not absolute. One thing can be Yin to another and Yang in relation to a third. For example, hot tea is Yang when compared to an ice cube which would be Yin, but when the hot tea is compared to the sun, the hot tea becomes Yin and the sun then represents the Yang. When speaking about our cosmological balance, heaven is Yang and earth is Yin. Human beings are said to comprise the Ki of heaven and the Ki of earth. Yin energy is heavy, Yang energy floats.

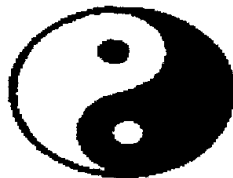
In Asian Medicine the solid organs, also known as the organs of continuous function, are said to be Yin. They are the Heart, Pericardium, Lung, Spleen\Pancreas, Kidney and Liver, they are said to store the vital energies. The Yang organs known as the organs of intermittent function are hollow. They are the Small Intestine, Triple Heater, Large Intestine, Stomach, Urinary Bladder, and Gall Bladder, they transport the vital substances. The Yin organs are called Zang and the Yang organs are called Fu. To facilitate your understanding of this Yin/Yang concept we will list some Yin/Yang dualities. Please be aware, again, that their Yin or Yang quality is only relative, not absolute.

## YANG

*Superficial*  
*Masculine*  
*Hot*  
*Fire*  
*Heaven*  
*Posterior Meridians*  
*Active*  
*Day*  
*Light*  
*Future*  
*Sun*  
*Logic*  
*Rational*  
*Analytical*  
*Left Brain*  
*Immaterial*  
*Expansion*  
*Energy*  
*Rising*  
*Faster*  
*Slender*  
*Extroverted*  
*Assertive*  
*Periphery*  
*Hollow Organs (Fu)*  
*Large Intestine*  
*Bladder*  
*Gall Bladder*  
*Small Intestine*  
*Triple Heater*  
*Stomach*  
*Intermittent function*  
*Governing Vessel*  
*Back Midline (Spinal Cord)*  
*South*

## YIN

*Internal*  
*Feminine*  
*Cold*  
*Water*  
*Earth*  
*Anterior Meridians*  
*Passive*  
*Night*  
*Dark*  
*Past*  
*Moon*  
*Creativity*  
*Emotional*  
*Intuitive*  
*Right Brain*  
*Material*  
*Contraction*  
*Matter*  
*Descending*  
*Slower*  
*Rotund*  
*Introverted*  
*Receptive*  
*Center*  
*Solid Organs (Zang)*  
*Lung*  
*Kidney*  
*Liver*  
*Heart*  
*Pericardium*  
*Spleen/Pancreas*  
*Continuous function*  
*Conception Vessel*  
*Front Mid-line*  
*North*



## The Five Elements

The five elements are the different qualities of qi energy, the five different modes in which it manifests itself in the universe. The elements also manifest themselves in humans, linking us with the rest of the environment, with the cycle of the seasons and the hours. The way we respond, physically and emotionally, to external influences and to the forces of nature depends on the balance of the elements within us.

Fire is the element of heat, summer, enthusiasm, and warmth in human relationships. Earth is the element of harvest time, abundance, nourishment, fertility, and the mother-child relationship. Metal includes the Western idea of the air element, but it is more. It is the force of gravity, the minerals within the earth, the patterns of the heavenly bodies, the powers of electrical conductivity and magnetism. In man it is grief and the yearning to transcend it. Water is the source of life, the capacity to flow, infinitely yielding yet infinitely powerful, ever-changing and often dangerous. It is the most yin of the elements. In human psychology, water governs the balance between fear and the desire to dominate. Wood is the most human of the elements. It is the element of spring, and the creative urge to achieve, which turns to anger when frustrated. In people it is the capacity to look forward, plan and make decisions.

Each element governs a meridian or organ function in the human body (as shown above right) and also an aspect of the personality or emotions, so that any disturbance of the elements will affect the mind and body in specific ways. The value of an understanding of the elements to a doctor of Asian medicine is that the network of element associations provides clues on which he can base a diagnosis. Each element is associated with a color, a taste, a season, a smell, an emotion, and a sense. The doctor will not only be interested in the patient's symptoms, he will also have learned to perceive subtle hues of color on the face, to distinguish inflections in the voice, and to make accurate judgements on the patient's emotional state. He can then confirm his diagnosis by questioning. What kind of taste does the patient crave? What weather makes the condition worse? In this way he sees beyond the symptoms to the cause, which lies in one of the elements. If the diagnosis points to the water element, the doctor will know he must treat the kidneys and bladder; the same symptoms in another patient may stem from the Earth element, so the doctor will treat the spleen and stomach.

elements:	Fire	earth	metal	water	wood
color:	red	yellow/brown	white	blue/black	green
sound:	laughing	singing	weeping	groaning	shouting
odor:	burnt	sweet, fragrant	rotten	putrid	rancid, sour
emotion:	joy	sympathy	grief	fear	anger
season:	summer	late summer	autumn	winter	spring
taste:	bitter	sweet	pungent	salty	sour

# THE MERIDIANS

The meridians are channels along which *Ki* flows through the body. The basic pattern of the flow of energy through these channels is said to begin with the Lung energy at 3A. M. Best-known are the twelve organ meridians of acupuncture. The Five Elements have a pair of meridians each, one *yin* and one *yang*, except for Fire, which has two pairs. All twelve meridians are bilateral, making twenty-four in all. The paired meridians run close to each other, and their functions are complementary. Each meridian is associated with a particular organ or psycho-physical function, but in its effect it extends far beyond the activity of the organ as Western science understands it. For instance, the Liver Meridian is associated with the nails, the muscles and tendons, the reproductive system, the emotion of anger, the eyes, the ability to plan, and so on. You don't need a detailed understanding of the meridian associations at the beginning; but you should understand that if the Liver Meridian, say, is painful or tense, it is not necessarily the liver *organ* that is the trouble, but the liver energy. Two "extra" meridians are usually included with the twelve organ meridians: the Governing Vessel, which is a kind of reservoir of *yang* energy, and the Conception Vessel, its *yin* counterpart. When you press a point on a meridian, you are not only stimulating the local nerves and tissues, but influencing the flow of *Ki* throughout that meridian and thence through others. If an area is too painful to touch, you can help by working on areas further along the meridians which crosses the painful area. With the bilateral meridians, you can also affect the flow of *Ki* to a painful area by working on the same place on the opposite side. Points near the ends of a meridian are often the most powerful in removing blocks or relieving pain along the course of that meridian. Energetically, all blockages are excess in nature, and considered Jitsu.

## **Yin Meridians run from Earth to Heaven (and are on the Anterior of the Body)**

**Conception Vessel** (rules the Yin Meridians) starts in front of the anus (Conception Vessel-1) and ends at the chin (conception Vessel-24). Total 24 points.

3 Yin Meridians of hand start on the trunk and end on the fingertips

**Lung Meridian** of hand starts at the delto-pectoral groove (Lung-1) and ends at the radial nail root of the thumb (Lung-11). Total 11 points.

**Pericardium Meridian** of hand starts laterally to the nipple (Pericardium-1) and ends at the radial nail root of the middle finger (Pericardium-9). Total 9 points

**Heart Meridian** of hand starts in the center of the armpit (Heart-1) and ends at the radial nail root of the little finger (Heart-9). Total 9 points.

3 Yin Meridians of foot start on the feet and end on the trunk.

**Spleen Meridian** of foot starts at the medial nail root of the great toe (Spleen-1) and ends on the side of the body between the 6<sup>th</sup> and 7<sup>th</sup> rib six body inches below the armpit (Spleen-21). Total 21 points.

**Liver Meridian** of foot starts at the lateral nail root of the great toe (Liver-1) and ends in between the 6<sup>th</sup> and 7<sup>th</sup> rib directly below the nipple (Liver-14). Total 14 points.

**Kidney Meridian** of foot starts on the bottom of the foot (Kidney-1) and ends at the sterno-clavicular joint (Kidney-27). Total 27 points.

## **Yang Meridians run from Heaven to Earth (and are on the Posterior of the Body)**

**Governing Vessel** (rules Yang) starts at the tip of the coccyx (Governing Vessel-1) and ends at the junction of the gum and frenulum of the upper lip (Governing Vessel-28). Total 28 points.

3 Yang Meridians of hand start on the fingertips and end on the face

**Large Intestine Meridian** of hand starts at the radial nail root of the index finger (Large Intestine-1) and ends at the side of the nose (Large Intestine-20). Total 20 points.

**Triple Heater Meridian** of hand starts at the ulna nail root of the ring finger (Triple Heater-1) and ends at the lateral end of the eyebrow (Triple Heater-23). Total 23 points.

**Small Intestine Meridian** of hand starts at the ulna nail root of the little finger (Small Intestine-1) and ends in front of the ear (Small Intestine-19). Total 19 points.

3 Yang Meridians of foot start on the face and end on the toes

**Stomach Meridian** of foot starts directly below the pupil of the eye (Stomach-1) and ends on the lateral nail root of the second toe (Stomach-45). Total 45 points.

**Bladder Meridian** of foot starts superior to the inner canthus of the eye (Bladder-1) and ends on the lateral nail root of the fifth toe (Bladder-67). Total 67 points.

**Gall Bladder Meridian** of foot starts lateral to the outer canthus of the eye (Gall Bladder-1) and ends on the lateral nail root of the fourth toe (Gall Bladder-44). Total 44 points.

## The Tsubos

The acupuncture points or *tsubos* are places on the meridian where the *Ki* can be most easily felt and manipulated. These points have been proved to have a lower electrical resistance than the surrounding areas. The *tsubos* act a little like amplifiers, passing the *Ki* from one point to another. Many of the *tsubos* are what the west calls “trigger points” which stimulate the muscle to contract or relax. But the *tsubos* have much subtler effects, according to the laws of *Ki*. Some connect with other meridians, some influence the balance of the elements, others may calm the mind or reduce fever. In this book we lay more emphasis on the meridians than on the *tsubos*. If you learn the whereabouts of the meridians, you will become familiar with the “feel” of the pathways of *Ki* within the body, and will develop an instinctive knowledge of where the *tsubos* are. And if the point you press intuitively does not appear in the acupuncture charts, it is nonetheless valid if your partner feels benefit from it.

## The Special Points

Through the centuries many non-meridian points have been found to have specific effects on the body. These have been well documented and called “Extra Points” or “Special Points”. One such point is called Special Point number one or Yin Tang (Seal Palace). This point is at the glabella, midway between the medial margins of the eyebrows. Known as the “Third Eye” in India, Yin Tang is said to treat vertigo, dizziness, headaches and also to calm the mind.

## Kyo and Jitsu

In a meridian which is out of balance, *Ki* can be either deficient (*Kyo*) or in excess (*jitsu*), and sometimes, where the *Ki* flow is obstructed, it can be both at once - in excess above the obstruction and deficient below it. *Kyo* areas often look and feel slightly hollow and are usually yielding to the touch. When you press a *Kyo* meridian, it generally feels good to your partner, as you are supplying *Ki* energy to a deficiency. *Jitsu* areas are much easier to find, as they are usually hard or tense. They may be spontaneously painful, or they may only feel painful when pressed. The pain is generally sharp, whereas *Kyo* pain is usually dull and gives relief when you press it - a “good hurt.” Shiatsu

treatment is far more pleasant and effective when you concentrate on the *Kyo* areas. This technique, known as “tonification” uses slow and gradual pressure to impart energy to the deficiency. In principle, every excess symptom is caused by a deficiency, so that tonifying the *Kyo* meridians will help the *jitsu* ones to relax.

### **The Asian Way of Health**

To give good shiatsu, you must have good quality *Ki* yourself. According to ancient philosophy, your basic constitution is determined by your “prenatal *Ki*,” which is received at the moment of conception, and depends upon the age and health of your parents, though it is also affected by the circumstances of your birth. This prenatal *Ki*, which is stored in the kidney area, can never be added to, but only depleted by an unwise lifestyle or, at best, conserved by a wise one. There is only one way of preserving this precious reservoir, and that is *moderation*. Any obvious abuse of the body, such as drug-taking, consistent late nights, or long-term overwork, depletes it. In women it is also depleted by childbearing and, in men, by sexual activity. “Postnatal *Ki*,” however, is a constant inflow of energy. It is the *Ki* that we receive from earth, by eating, and from heaven, by breathing, and so particular attention should be paid to both of these. The organ systems are equally considered both in terms of structure and function.

### **Breathing**

It is a good idea to do some breathing exercises each day - either yogic breathing or breathing into the lower abdomen or *hara*, as shown below. For this, sit cross-legged or Japanese-style, kneeling with your feet tucked under you. Place your left hand on your *hara* and your right hand over it. Inhale into the *hara* for five seconds. Hold your breath for five seconds, then exhale from the *hara* for five seconds. Repeat, imaging your *hara* as a glowing sphere, with more *Ki* accumulating there with each breath.

### **Diet**

The primary external source of nourishment is food. To practice shiatsu, you should keep to a balanced, healthy diet. The keyword is moderation. Keep a balance among the five tastes - sweet, salty, bitter, sour, and hot. You don't need to be macrobiotic or vegetarian, but meat and fish should be kept to a minimum and balanced by whole grains and vegetables. Raw food diets are fine for cleansing the system, but they are not a good, long-term proposition. Living on salads will not supply you with enough *yang* energy, so no more than a third of your diet should be raw, except in very hot weather. Avoid ice-cream and any food or drink straight from the 'fridge, as the cold impairs the ability of the Spleen and Stomach functions. And cut down on dairy products, particularly if you suffer from catarrh, chestiness or allergies.

### **Stimulants and Drugs**

Coffee, tea, alcohol, and cigarettes are all drugs which help us to cope with the pressures of life, but all in different ways take their toll on the body. All are harmful to the Kidney energy, especially coffee, while alcohol often affects the liver and cigarettes the lungs. Obviously it would be best to cut them out all together, but since your aim is moderation, don't attempt to give everything up all at once. Instead, retrain yourself to appreciate these substances in small quantities. You could cut

coffee down to one cup in the morning to wake you up and reduce smoking to three cigarettes a day. Try to cultivate awareness of your body and its needs, rather than imposing strict regimes which can often lead to an over reaction in the opposite direction.

### **Exercise**

Some form of exercise is a necessity, especially if you find yourself doing a lot of shiatsu, in which case you will need to keep fit. All exercise is beneficial, but if you want to increase your *Ki*, you will need an Oriental system which works with “subtle energy.” Hatha Yoga is an excellent form of exercise which stretches all the meridians and regulates the breathing. Tai Chi is also designed to increase your *Ki*, improve your breathing and make your body soft and flexible. Both these different kinds of *Ki*-increasing exercise are really a form of self-shiatsu, and may ultimately be more enjoyable and beneficial than trying to press your own meridians.

### **Protecting Your Body**

It is essential to remember to protect yourself against external conditions. The Chinese and Japanese recognize wind, cold, damp, and heat as disease-producing factors and protect themselves accordingly. It is particularly important to keep the neck and shoulders and the lumbar region warm, so make sure that your shirt doesn't leave a gap at the waist when you bend over, and wear a scarf when you go out on cold or windy days. And if you have trouble spots such as painful knees or ankles, keep them warm. Oriental medicine has long recognized that “half-healthy” people should not court trouble from the elements.

### **Emotional Factors**

At the other end of the spectrum comes the emotional or psychological factor which can affect your health. In the Oriental system, worry, grief, fear, anger, even too much joy is all possible causes of disease. But since fighting these disturbances creates even more conflict, the Oriental way is to observe them with awareness and allow them to be. In this way they will naturally quieten and abate, just as a restless horse, let loose in a large meadow, will eventually become calm and begin to graze. Meditation is the time-honored Eastern way of achieving this end. For the shiatsu practitioner, this is surely one of the hardest but most rewarding tasks: to understand and feel compassion for one's own troubles and anxiety in order to have more understanding and compassion for those of other people.

### **Acupuncture's Introduction to the Western Cultures**

Acupuncture was introduced to the West in the seventeenth century by Jesuit missionaries sent to Peking. This simple fact may be the basis of the lack of understanding of this discipline in our culture. The Jesuits were the protectors of logic and the philosophy of Aristotle throughout the dark ages in Europe. There was no room in their construct for the esoteric and the inexplicable. Hence we see no great interest in the Asian Healing arts until the 1940's when the French sinologist and diplomat Soulie de Morant published his voluminous writing on Traditional Chinese Medicine, specifically, Acupuncture. It was then that Western physicians had a sound basis for study and application. Prior to Morant's detailed investigations and reports, Acupuncture was viewed as a curiosity.

## SECTION TWO

# ORGAN MERIDIANS AND EXTRA CHANNELS

**Name:** Lung Meridians (LU)

**Time of Greatest Activity:** 3:00 A.M. - 5:00 A.M.

**Identification of Elements/Channels/Meridians:**

Yin Metal Element;

Lung Channel of Hand - Tai Yin

Hand Yin Maximum Lung Meridian

**Path:** Begins externally in the hollow area about 3 finger breadths below the outside end of the clavicles, rises a little and then follows a course down the inside of the upper arm and forearm. It ends near the base of the thumb nail.

**Function:** Intake of Ki energy (which is fundamental to life) from the air, for use by the human body and to build up resistance against external intrusions. Elimination of gasses not needed, through the process of exhalation.

**Postural Indicator:** Hands together or crossed in front

**Traditional Associations:** Excessive phlegm  
difficulty breathing coughing asthma perspiration  
chest congestion cold limbs hot palms skin disorders  
loss of voice weepy voice a sore throat

**Muscle Associations:**

Coracobrachialis Anterior Serratus Deltoids

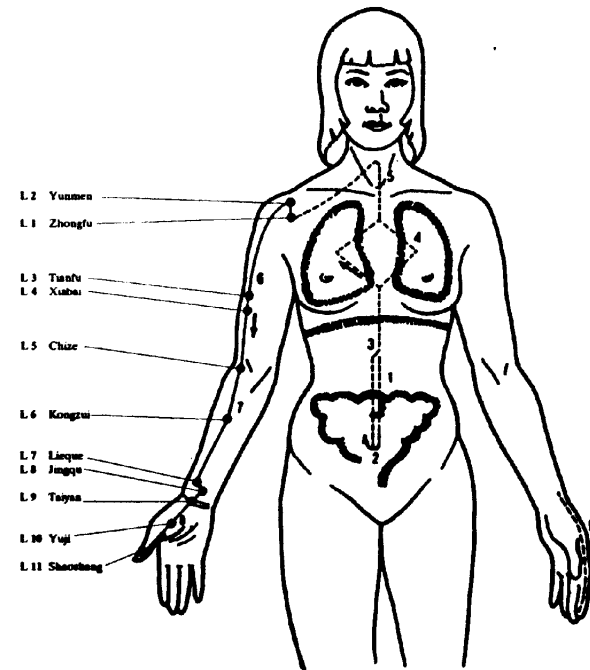
**Kyo:**

Breath weak or short upper back pain  
spontaneous sweating cold

**Jitsu:**

Labored breathing upper back aches sweat less fever

**Meridian Starts With - Lung-1 zhong fu “Central Treasury”**  
On the chest, at the level of the first intercostal space, below the lateral extremity of the clavicle, 6 cun lateral to the anterior midline (conception vessel).



**Meridian Ends With - Lung-11 shao shang “Lesser Shang”**  
On the radial side of the thumb, about 0.1 cun (1 fen) proximal to the corner of the nail.

**Name:** Large Intestine Meridian (LI), AKA (CO - Colon)

**Time of Greatest Activity:** 5:00 A.M. - 7:00 A.M.

**Identification of Elements/Channels/Meridians:**

Yang Metal Element;

Large Intestine Channel of Hand - Yang Ming

Hand Yang in Equilibrium or Yang Bright LI

**Path:** Begins externally on the radial side of the index finger near the base of the fingernail and continues along the wrist. Then it changes course gradually across the forearm and passes the elbow in the manner of a Yang Channel, well on the outside. It continues along the biceps and up to a point on the top of the shoulder, moves to the base of the neck, then up past the corner of the mouth. It ends on the opposite side of the nose.

**Function:** Helps the function of the Lung. Secretes and excretes from inside and outside the body. Eliminates stagnant Ki energy.

**Postural Indicator:** Fists under the chin

<b>Traditional Associations:</b>	Loss of voice	toothache
arm and shoulder pain	excessive thirst	a nose bleed
nose inflamed or runny	neck swelling	dry mouth
urine excessive or deficient	sore throat	

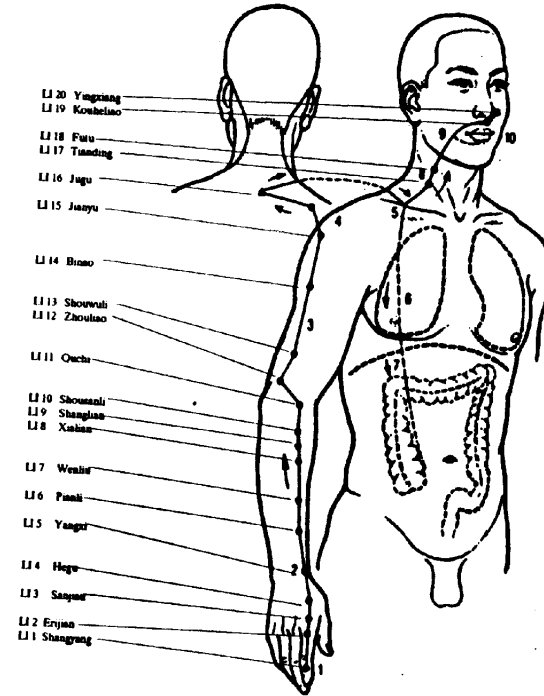
**Muscle Associations:**

Tensor Fascia Lata    Hamstrings    Quadratus Lumborum

**Kyo:** Diarrhea    cold    shivering    hard to get warm

**Jitsu:** Constipation    meridian route warm or swollen

Meridian Starts With - Large Intestine-1 shang yang “Shang Yang” On the radial side of the index finger, about 1 fen proximal to the corner of the nail.



Meridian Ends With - Large Intestine-20 ying xiang “Welcome Fragrance” In the nasolabial groove, at the level of the midpoint of the lateral border of the ala nasi.

**Name:** Stomach Meridian (ST)

**Time of Greatest Activity:** 7:00 A.M. - 9:00 A.M.

**Identification of Elements/Channels/Meridians:**

Yang Earth Element

Stomach Channel of Foot - Yang Ming

Foot Yang in Equilibrium Stomach Meridian

**Path:** Begins externally just below the eye travels straight down to the corner of the mouth then laterally along the mandible then up in front of the ear to the temporal region where it goes internal.

Emerging at the anterior neck travels down to the sterno-clavicular joint across the top of the clavicle to its center where it starts its downward course again following the mammillary line about 4 cun from the midline to about 6 cun above the umbilicus where it moves medially to be 2 cun from the midline down to the inguinal area where it moves laterally again to follow a path down the thigh and leg to end at the second toe.

**Function:** Related to functioning of stomach, an esophagus, the duodenum, as well as functioning of reproductive, lactation, ovarian and appetite mechanisms. Also, related to the menstrual cycle.

**Postural Indicator:** Hands behind head

**Traditional Associations:**

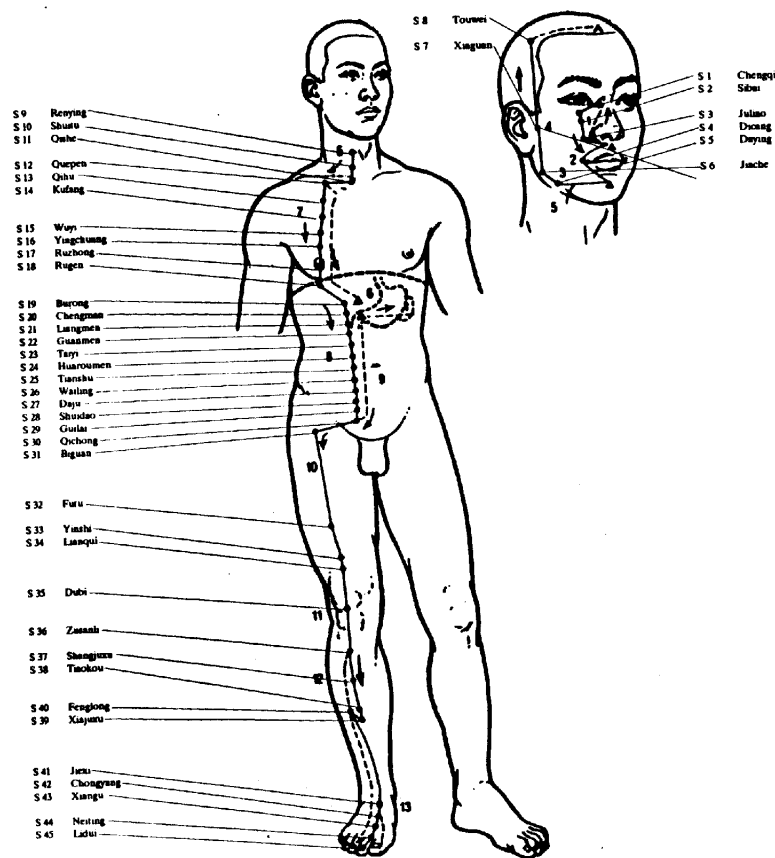
stuffy, runny, or a bloody nose		
neck and throat swollen	intermittent gurgling	fevers
abdominal distension	sing song voice	groaning
easily startled	knee pain	antisocial yawning
mouth sores	swollen lips	vomiting
		restless

**Muscle Associations:** Pectoralis Major (Clavicular)  
Levator Scapula      Neck Flexors and Extensors  
Brachioradialis

**Kyo:** Swollen abdomen      cold  
trembling from cold in the chest or abdomen

**Jitsu:** Heat in the chest and abdomen      frequent hunger and thirst

Meridian Starts With - Stomach-1 cheng qi “Tear Container”  
Between the eyeball and the midpoint of the infraorbital ridge



Meridian Ends With - Stomach-45 li dui “Severe Mouth”  
On the lateral side of the 2<sup>nd</sup> toe, about 1 fen proximal to the corner of the nail.

**Name:** Spleen Meridian (SP)

**Time of Greatest Activity:** 9:00 A.M. - 11:00 A.M.

**Identification of Elements/Channels/Meridians:**

Yin Earth Element

Spleen Channel of Foot - Tai Yin

Foot Yin Maximum Spleen Meridian

**Path:** Begins near the inside base of the big toe nail, moves across the foot and up the leg along the knee cap, then follows the inside edge of the thigh muscle up to the groin.

Spleen Channel is the most lateral on the abdomen.

It follows a course to a point near the upper edge of the pectoral muscles and from there drops to its end point on the side of the trunk.

**Function:** Digestion and process of fermentation. The Spleen is considered to be the pancreas in modern terms and governs general digestion including saliva, gastric bile and secretions from the small intestine. It also governs reproductive hormones related to the breast and ovaries. Mental fatigue adversely affects the spleen and lack of exercise causes malfunctioning digestion and hormonal secretions.

**Postural Indicator:** Arms Crossed

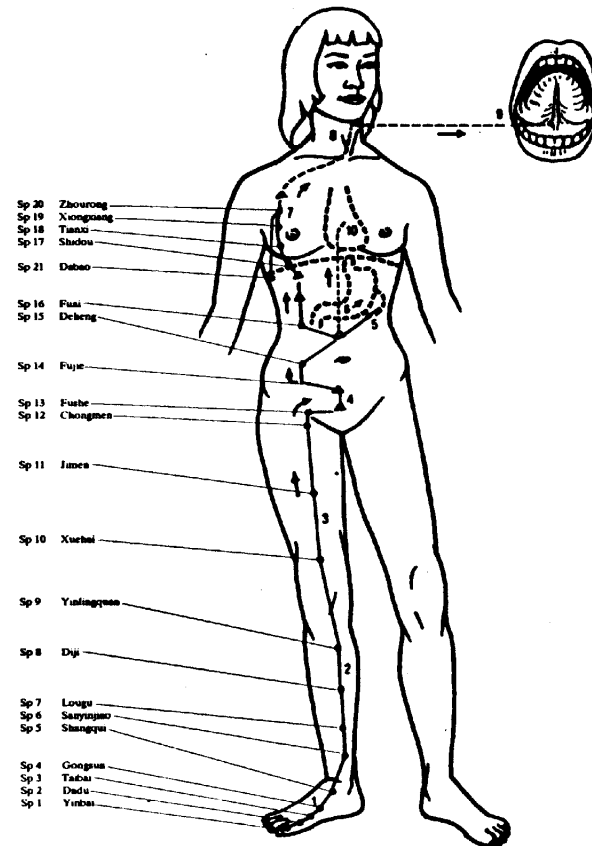
<b>Traditional Associations:</b>	diarrhea	cold
menstrual problems	indigestion	chest pains
stiff tongue, pain at the root	palpitations	dysentery
blood sugar imbalances	continuous belching	
knee and thigh swollen	body feels heavy and aching	

<b>Muscle Associations:</b>	Latisimus Dorsi	Triceps
Opponens Pollicis Longus	Upper Trapezius	

**Kyo:** Abdomen distended or taut

**Jitsu:** Abdominal pain

Meridian Starts With - Spleen-1 yin bai "Hidden white" On the medial side of the big toe, about 1 fen proximal to the corner of the nail.



Meridian Ends With - Spleen-21 da bao "Great Embrace" On the mid-axillary line, 6 cun below the axilla, midway between the axilla and the free end of the 11<sup>th</sup> rib.

**Name:** Heart Meridian (H)

**Time of Greatest Activity:** 11:00 A.M. - 1:00 P.M.

**Identification of Elements/Channels/Meridians:**

Yin Fire Element      Heart Channel of Hand - Shao Yin  
Hand Yin Minimum Heart Meridian

**Meridian Starts With - Heart-1 ji quan “Highest Spring”  
In the center of the axilla, on the medial side of the axillary artery.**

**Path:** Begins externally in the axilla. From there it runs along the biceps to a point on the elbow. This point is easy to find. Bend the arm and a fold appears inside the elbow. The channel passes over the inside end of the fold and continues along the forearm, wrist and palm and ends on the inside of the little finger very close to the inside base of the nail.

**Function:** Houses the Shen/mind. Represents compassion and therefore governs emotions and spirits as well as blood circulation and total body via the brain and the five senses. Also functions as the mechanism that adapts external stimuli to the body’s internal environment.

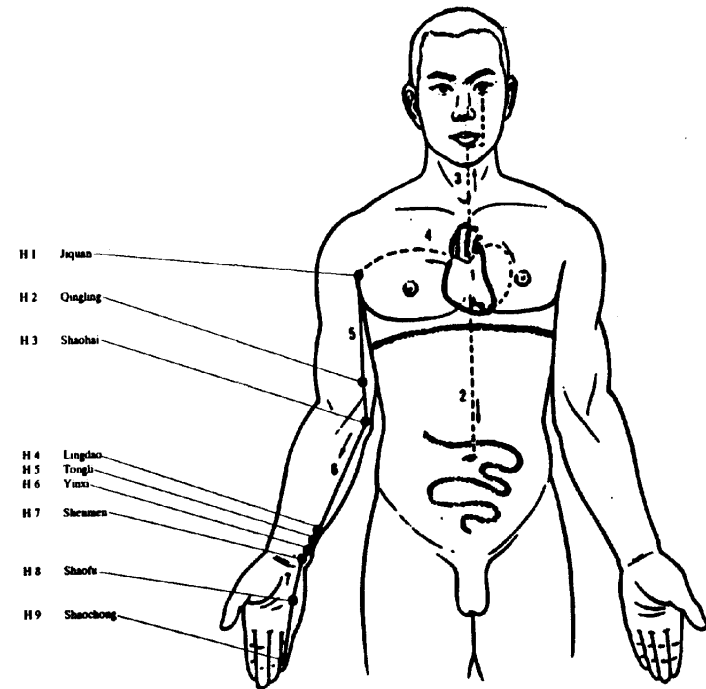
**Postural Indicator:** Hands together behind back

**Traditional Associations:** Spontaneous sweating  
chest Pain      palpitations      trembling      insomnia  
hysteria      easily startled      night sweats      dry mouth or throat  
thirst      pain, stiffness, cold along the meridian

**Muscle Associations:** Subscapularis

**Kyo:** Speech difficulties      pale tongue

**Jitsu:** Fearful      nervous      tongue very red



**Meridian Ends With - Heart-9 shao chong “Lesser Surge” On the radial side of the little finger, about 1 fen proximal to the corner of the nail.**

**Name:** Small Intestine Meridian (SI)

**Time of Greatest Activity:** 1:00 P.M. - 3:00 P.M.

**Identification of Elements/Channels/Meridians:**

Yang Fire Element

Small Intestine Channel of Hand - Tai Yang

Hand Yang Maximum Small Intestine Meridian

**Path:** Begins near the outside base of the little finger and ends in front and close to the center of the ear. It runs along the outside of the palm and wrist, past the elbow and up to the shoulder. Note the V shape in its path. Then up to the neck, where it crosses paths with the Triple Heater and Governing Vessel Channel. It also passes very closely to the Large Intestine Channel. It continues along the jawbone to a point under the cheek bone and in line with the outer corner of the eye and ends near the ear.

**Function:** Primary function of the small intestine system is assimilation, both mental and physical. Mental anxiety, emotional excitement, nervous shock and anger can affect blood circulation and the small intestine causing blood stagnation which effects the entire body.

**Postural Indicator:** Right ankle over left ankle

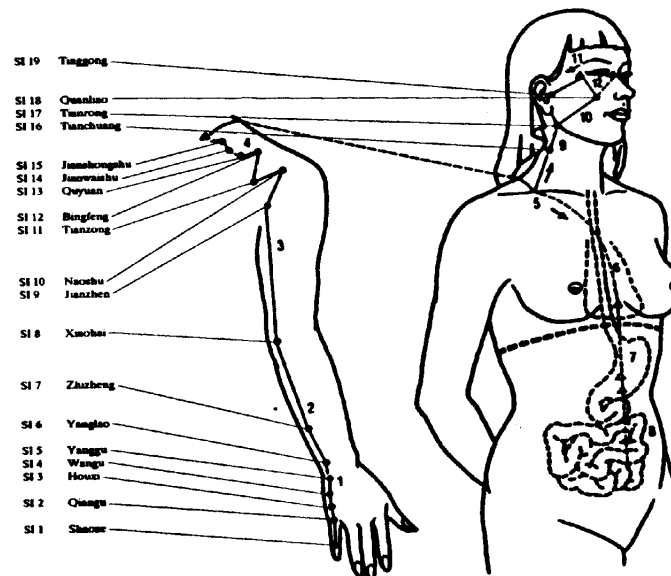
**Traditional Associations:** Cheeks swollen                      tinnitus  
arm pain as if broken                      sore throat                      elbow pain  
jaw swollen and painful                      hearing difficulties                      assimilation  
shoulder pain as if pulled                      abdominal distension

**Muscle Associations:** Quadriceps

**Kyo:** Swelling                      formation of cysts and nodules

**Jitsu:** Elbows unmoving                      joints weak and stretched

Meridian Starts With - Small Intestine-1 shao ze “Lesser Marsh”  
On the ulnar side of the little finger, about 1 fen proximal to the corner of the nail.



Meridian Ends With - Small Intestine-19 ting gong “Auditory Palace”  
Between the tragus of the ear and the mandibular joint, where a depression is formed when the mouth is open wide.

**Name:** Bladder Meridian (BL), AKA (UB - Urinary Bladder)

**Time of Greatest Activity:** 3:00 P.M. - 5:00 P.M.

**Identification of Elements/Channels/Meridians:**

Yang Water Element

Urinary Bladder Channel of Foot - Tai Yang

Foot Yang Maximum Urinary Bladder Meridian

**Path: The first branch:** Begins on either side of the nose just above the point where your sunglasses rest. From the nose, the meridian continues over the head approximately two finger breadths from either side of the center line and runs down either side of the spine to the buttocks then it continues down the back of the upper and lower leg and along the outside of the foot and ends within 1/16 inch of the nail on the little toe.

**The second branch:** Starts below the back of the head and continues down the back at a distance of two finger breadths outside the first branch.

Both branches join below the buttocks and continue as one to the little toe.

**Function:** Related to the mid-brain which cooperates with the kidney hormone system and the pituitary gland. Also connected to the autonomic nervous system that is related to reproductive and urinary organs.

At the same time it eliminates the final product of body liquid purification-urine.

**Postural Indicator:** Arms spread across the back of a chair

**Traditional Associations:**

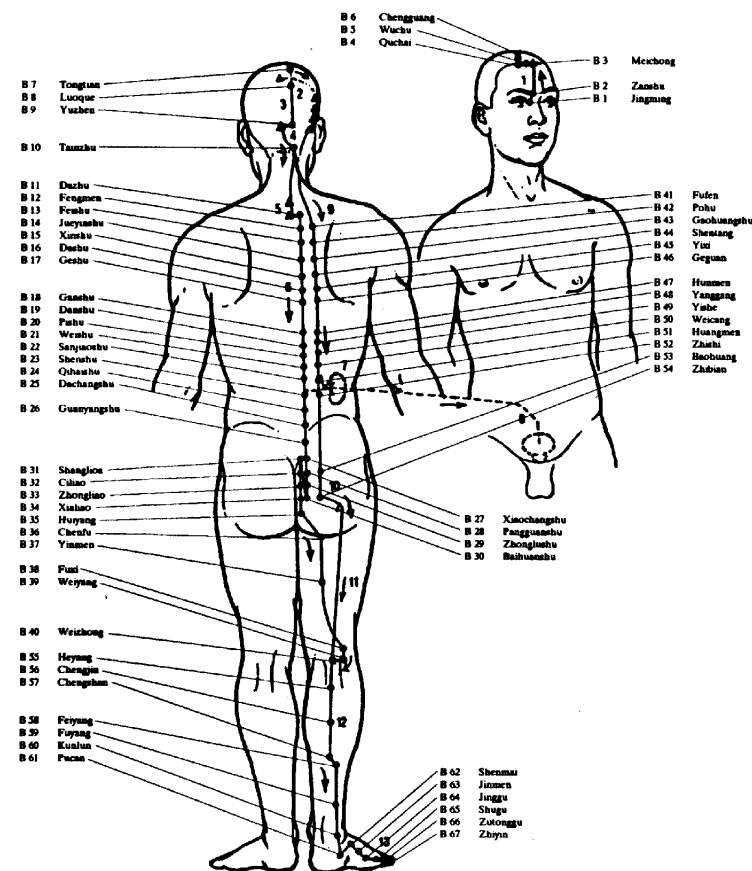
sciatica	tension
tearing headache in occiput and crown	neck pain
knee muscles stretched tight	Lumbar pain
Calf spasms (as if it will break)	eyeball protruding
hip joint unable to bend	clear nasal discharge

**Muscle Associations:** Peroneus

**Kyo:** Nose bleed

**Jitsu:** Nose blocked or cold      Pain in cervical spine

Meridian Starts With - Bladder-1 jing ming “Bright Eyes”  
1 fen superior to the inner canthus. To locate the point, have the patient close their eyes.



Meridian Ends With - Bladder-67 zhi yin “Reaching Yin” On the lateral side of the small toe, about 1 fen proximal to the corner of the nail.

**Name:** Kidney Meridian (KI)

**Time of Greatest Activity:** 5:00 P.M. - 7:00 P. M.

**Identification of Elements/Channels/Meridians:**

Yin Water Element

Kidney Channel of Foot - Shao Yin

Foot Yin Minimum Kidney Meridian

**Path:** Begins under the foot between the balls of the big and little toes. Since it is a Yin Channel, the path of energy moves to the inside of the leg and upwards past the knee to the groin. From there it runs less than one inch from either side of the navel and up to the rib cage where it ends near the lowest point of the clavicles.

**Function:** Controlling spirit and energy to the body and governing resistance against mental stress via control of internal hormone secretions. Detoxifies and purifies the blood preventing acidosis.

**Postural Indicator:** Hands on Hips

**Traditional Associations:**  
hunger with anorexia  
breath weak and panting  
hyper sensitive to cold  
irregular menstruation  
soles of feet painful, hot or cold

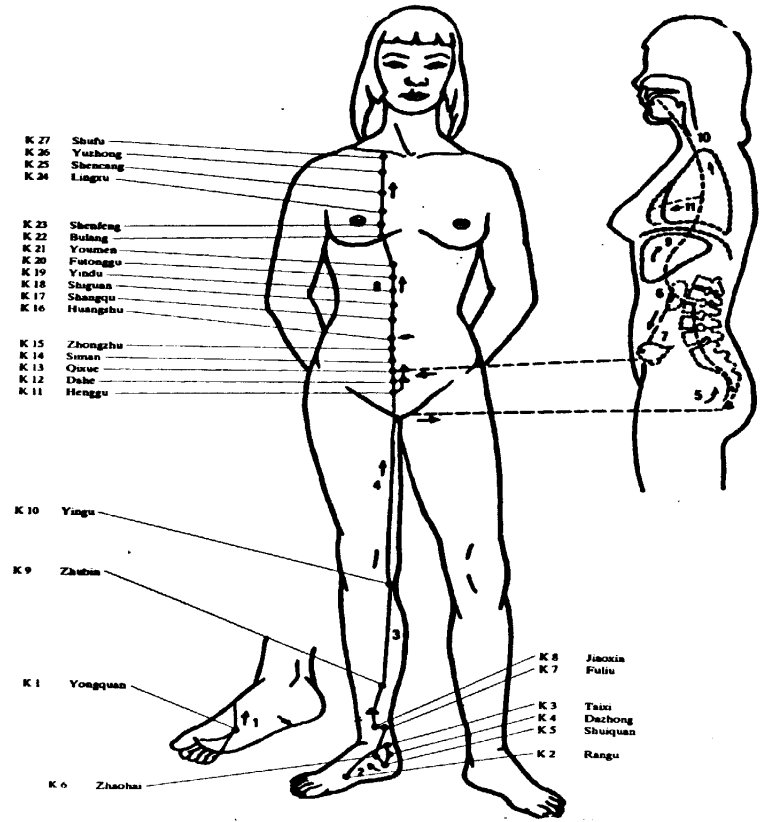
Bones ache                      drowsy  
ear problems                      tinnitus  
dizzy with blurred vision  
urinary incontinence  
lack of energy

**Muscle Associations:** Psoas

**Kyo:** Impotency      frigid      lumbago      sciatica  
decreased sexual desire

**Jitsu:** Excessive sexual desire

Meridian Starts With - Kidney-1 yong quan “Gushing Spring” In the depression appearing on the sole when the foot is in plantar flexion, one third of the distance from the base of the toes to the heel.



Meridian Ends With - Kidney-27 shu fu “Shu Mansion” In the depression on the lower border of the medial head of the clavicle, 2 cun lateral to the Conception Vessel.

**Name:** Pericardium Meridian (P) or (PC),  
 AKA (HG - Heart Governor), (HC - Heart Constrictor),  
 (HE - Heart Envelope), (HP - Heat Protector),  
 or (CX - Circulation and Sex)

**Time of Greatest Activity:** 7:00 P.M. - 9:00 P.M.

**Identification of Elements/Channels/Meridians:**

Yin Supplemental Fire Element

Pericardium Channel of Hand - Jue Yin

Hand Yin in Equilibrium Pericardium Meridian

**Path:** Begins one finger breadth outside the nipples, curves around the armpit, then follows a course along the inside of the upper arm along the biceps and to the elbow. Now it subtly changes into the center lane of the inner forearm and heads straight for a line in the hand that palmists call the “Line of Fate.” This line is followed to the root of the middle finger. Then it swings around to the thumb side of the middle finger and ends approximately 1/8 inch from the base of the fingernail.

**Function:** Supplemental function of the Heart related to circulatory system including the heart sac, cardiac arteries, vascular system. Also controls total nutrition as well as circulation.

**Traditional Associations:**

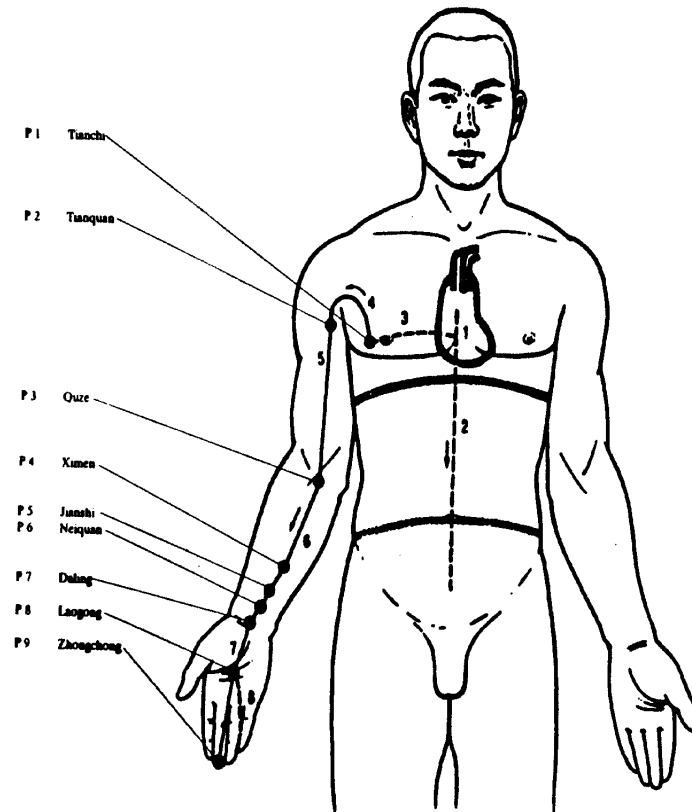
Arms and elbows stiffness		
oppressive feeling	chest distended	red face
incessant laughter	heart discomfort	hot palms
throat constraint	axilla swollen	lurching
eyes dull, lack luster		

**Muscle Associations:** Gluteus Medius Piriformis

**Postural Indicator:** Left ankle on right knee or left knee on right knee

**Kyo:** Head and neck stiff      **Jitsu:** Chest Pain

**Meridian Starts With - Pericardium-1 tian chi “Celestial Pool”**  
 1 cun supralateral to the nipple, in the 4<sup>th</sup> intercostal space.



**Meridian Ends With - Pericardium-9 zhong chong “Central Hub”**  
 1 fen proximal to the corner of the nail on the radial side of the middle finger.

**Name:** Triple Warmer Meridian (TW), AKA (TH - Triple Heater), (TB - Three Burners), (TE - Three Engines), or (SJ - San Jiao)

**Time of Greatest Activity:** 9:00 P.M. - 11:00 P.M.

**Identification of Elements/Channels/Meridians:**

Yang Supplemental Fire Elements

San Jiao Channel of Hand - Shao Yang

Hand Yang Minimum Triple Burner Meridian

**Path:** Begins on the ulna nail root of the ring finger and moves along the back of the hand, up the back of the forearm and upper arm to the middle of the shoulder, then along the side of the neck up to the mastoid process. It closely circles the ear and ends near the outer part of the eyebrow.

**Function:** Supplemental function of the small intestine. Also controls spirit and visceral organs circulating energy to entire body. Some say is also involved and representative of the fascia of the body. Protects the function of the lymphatic system. Upper warmer related to the chest (heart and lungs), middle burner related to the solar plexus (stomach and spleen), lower burner related to the peritoneum and intestinal peritoneum as well as circulation to the extremities. The liver and kidneys are the principle organs involved with the lower burner. The Triple Warmer is a functional energy pathway and does not represent a specific organ.

**Postural Indicator:** Hands in Pockets

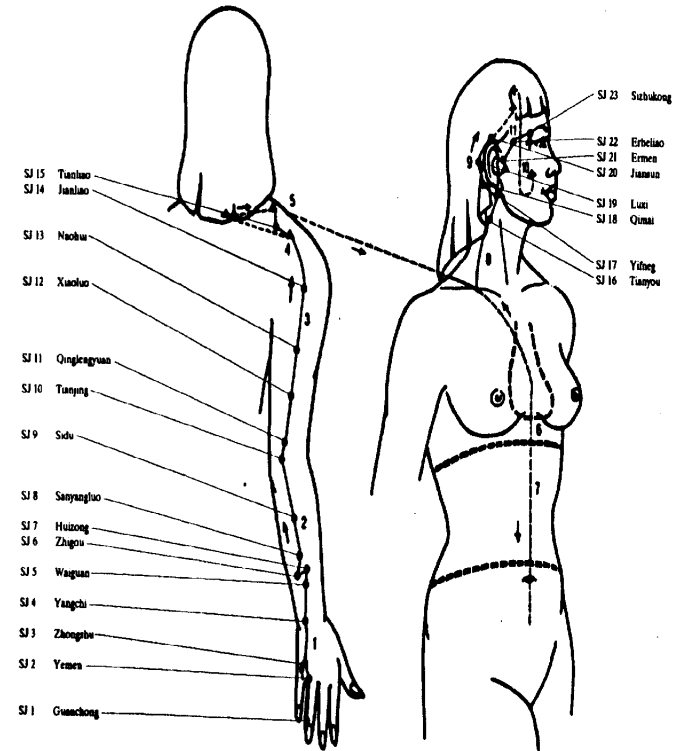
<b>Traditional Associations:</b>	ear problems	colds
painful throat obstruction	abdominal distension	fevers
perspiration for no reason	mental confusion	weak
urinary dysfunction	lack of energy	digestion
skin temperature regulation	elimination	
pain behind the eye and in the outer corner of the eye		

**Muscle Associations:** Teres Minor

**Kyo:** Elbow cannot be flexed

**Jitsu:** Elbow in flexed position

**Meridian Starts With - Triple Warmer-1 guan chong**  
**“Passage Hub”** On the ulna side of the ring finger, about 1 fen posterior to the corner of the nail.



**Meridian Ends With - Triple Warmer-23 si zhu kong “Silk Bamboo Hole”**  
**Hole”** In the depression at the lateral end of the eyebrow

**Name:** Gall Bladder Meridian (GB)

**Time of Greatest Activity:** 11:00 P.M. - 1:00 A.M.

**Identification of Elements/Channels/Meridians:**

Yang Wood Element

Gall Bladder Channel of Foot - Shao Yang

Foot Yang Minimum Gall Bladder Meridian

**Path:** The Gall bladder channel holds the body together at the sides. As a Yang Meridian it runs along the outside of the extremities and down. Its path begins with a nearly straight line from the outer corner of the eye to the ear. It zigzags and curls around the ear and comes to a point two finger breadths above the eyebrows and in line with the pupils. From here it goes up to the hairline, across the head and down to a point on the top of the shoulder. Then it moves along the side of the body in three curves and comes to rest where the big thigh bone can be felt in the hip. It continues as a large center channel down the outside of the leg and proceeds forward of the outer ankle, then curves with the foot and ends near the outside base of the nail on the fourth toe.

**Function:** Distributes nutrients and balances total energy through the aid of internal hormones and secretions such as bile, saliva, gastric acid, insulin, and intestinal hormones. Holds the body together at the sides.

**Postural Indicator:** Right ankle or knee on left knee

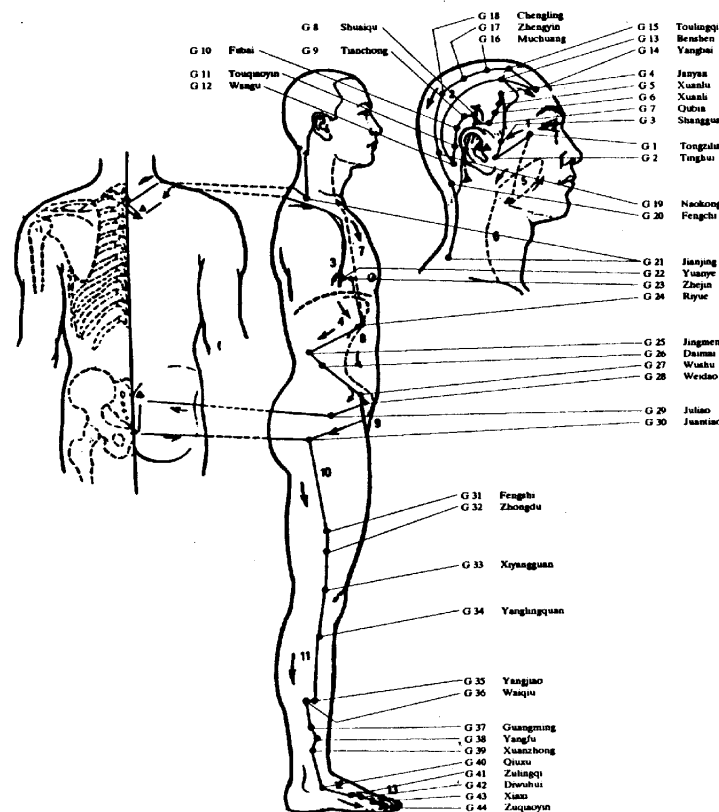
**Traditional Associations:** sighs frequently  
jaw and outer eye pain      hearing difficulties      joint pain  
mouth has bitter taste      muscles not limber      migraine  
turning body is difficult      ribs and chest ache

**Muscle Associations:** Anterior Deltoid

**Kyo:** Indecisive      light sleeper

**Jitsu:** Irritable      always in a hurry for nothing

**Meridian Starts With - Gall Bladder-1 tong zi liao “Pupil Bone-Hole”**  
Lateral to the outer canthus, in the depression on the lateral side of the orbit.



**Meridian Ends With - Gall Bladder-44 (zu) qiao yin “(Foot) Portal Yin”**  
On the lateral side of the 4<sup>th</sup> toe, about 1 fen proximal to the corner of the nail

**Name:** Liver Meridian (LV) or (Li)

**Time of Greatest Activity:** 1:00 A.M. - 3:00 A.M.

**Identification of Elements/Channels/Meridians:**

Yin Wood Element

Liver Channel of Foot - Jue Yin

Foot Yin in Equilibrium Liver Meridian

**Path:** Begins near the nail of the big toe and follows a course over the highest portion of the foot and up the inside of the leg and thigh, across the groin area and up to the free end of the eleventh rib, it then moves medially upward to end in between the 6<sup>th</sup> and 7<sup>th</sup> rib directly below the nipple.

**Function:** The liver stores nutrients and energy for physical activity. It promotes the free flowing of the Qi energy for the entire body. The liver also cultivates resistance against disease and supplies, analyzes and detoxifies blood to maintain physical energy.

**Postural Indicator:** Left ankle on right ankle

**Traditional Associations:**

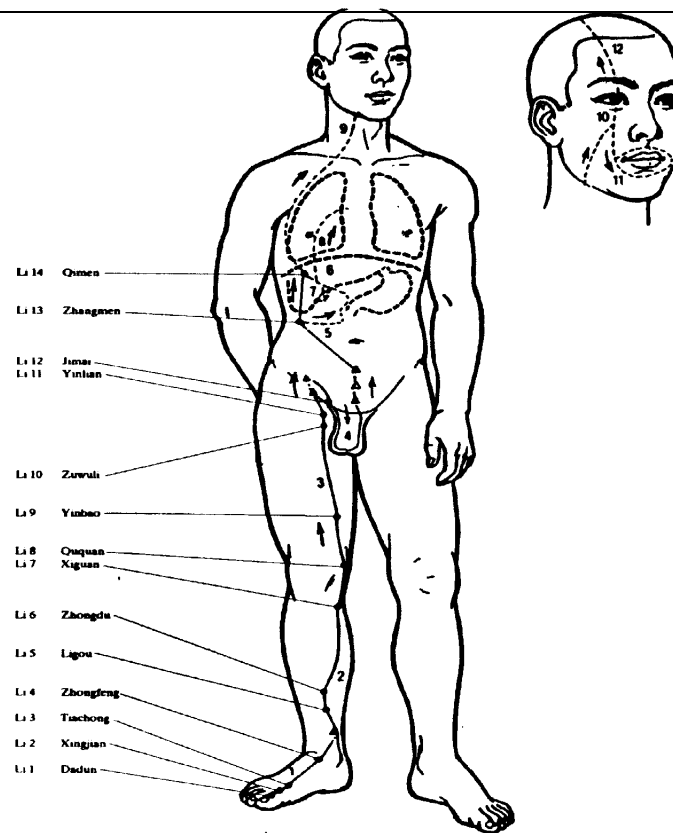
Allergies	bruises easily		
dizzy	nausea	indigestion	vomiting
nails soft or cracked	gas	eye problems	
muscle spasms or cramps	PMS	waist aches	
depressive weight gain	difficulty looking up and down		

**Muscle Associations:** Pectoralis Major (Sternal)

**Kyo:** Erectal failure      itching      lack of sexual energy

**Jitsu:** Inflammation of the female reproductive organs  
excessive erection

**Meridian Starts With - Liver-1 da dun "Large Pile" On the lateral side of the great toe, 1 fen proximal to the dorsum of the terminal phalanx of the great toe, midway between the lateral corner of the nail and the I. P. Joint.**



**Meridian Ends With - Liver-14 qi men "Cycle Gate" On the mamillary line, two ribs below the nipple, in the sixth intercostal space.**

**Name:** Conception Vessel Meridian (CV)  
or (Co), AKA Ren Meridian

**Identification of Channels/Meridians:**

Ren Front Midline Channel  
Conception Meridian

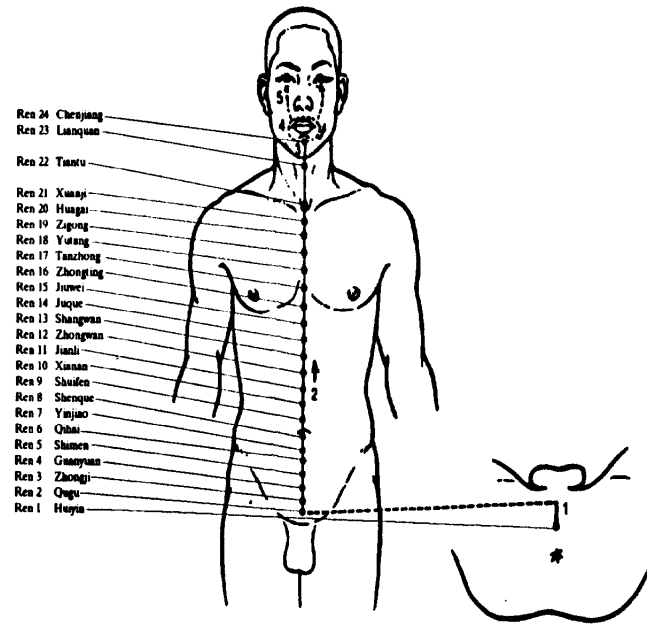
**Path:** Begins in front of the anus and the energy rises across the genitals and the abdomen, sternum and neck to a point above the chin. Anatomically speaking, the vessel covers the Ventral Median.

**Function:** Represents/Controls the Yin of the body.

**Traditional Associations:** Hemorrhoids breast pain  
pain in the chest and abdomen decreases urination  
cold abdomen and chest vomiting of blood  
diarrhea due to GI infectious diseases coughing

**Muscle Associations:** Supraspinatus

**Meridian Starts With - Conception Vessel-1 hui yin “Meeting of Yin”**  
In the center of the perineum. It is between the anus and the scrotum in males and between the anus and the posterior labial commissure in females.



**Meridian Ends With - Conception Vessel-24 cheng jiang “Sauce Receptacle”** On the anterior midline, in the depression in the center of the mentolabial groove.

**Name:** Governing Vessel Meridian (GV), (Du), or (Go)

**Identification of Channels/Meridians:**

Du Back Midline Channel  
Governing Meridian

**Path:** Begins behind the anus and runs up the back and over the head. It ends on a point behind the upper lip above the two incisors. Anatomically, this is the Linea Mediana posterior.

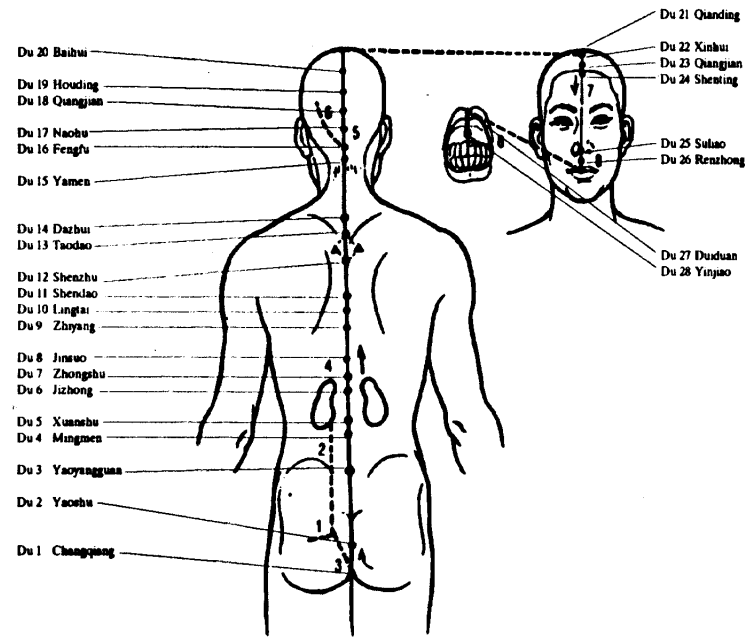
**Function:** Represents/Controls the Yang of the body.

**Traditional Associations:**

aphasia following apoplexy	Epilepsy
rashes on the extremities	stiffness of the neck
Spasticity of the muscles of the extremities	swollen red eyes that tear

**Muscle Associations:** Teres Major

Meridian Starts With - Governing Vessel-1 chang qiang “Long Strong”  
Midway between the coccyx and the anus.

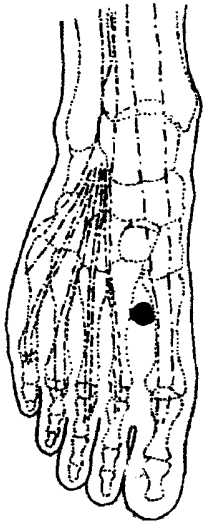


Meridian ends with - Governing Vessel -28 yin jiao “Gum Intersection”  
Between the upper lip and the upper labial gingiva, in the frenulum of the upper lip.

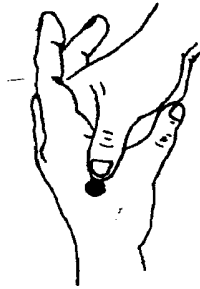
# SECTION THREE

## TREATMENTS

**The Outer Gates** These two points are, perhaps, the best, first treatment or use of Shiatsu that the Massage Therapist may want to explore. First hold points on the same side of the body, then hold them contralaterally to enhance the effect.



**LV-3**  
 太衝  
*tài chōng*  
 "Supreme Surge"



**LI-4**  
 合谷  
*hé gǔ*  
 "Union Valley"

Large Intestine-4 He Gu - "Union Valley" - In the center of the flesh between the 1<sup>st</sup> and 2<sup>nd</sup> metacarpal bones, slightly closer to the 2<sup>nd</sup> metacarpal bone. If the transverse crease of the interphalangeal joint of the thumb of one hand is lined up with the margin of the web between the thumb and the index finger of the other hand, the point is where the tip of the thumb touches.

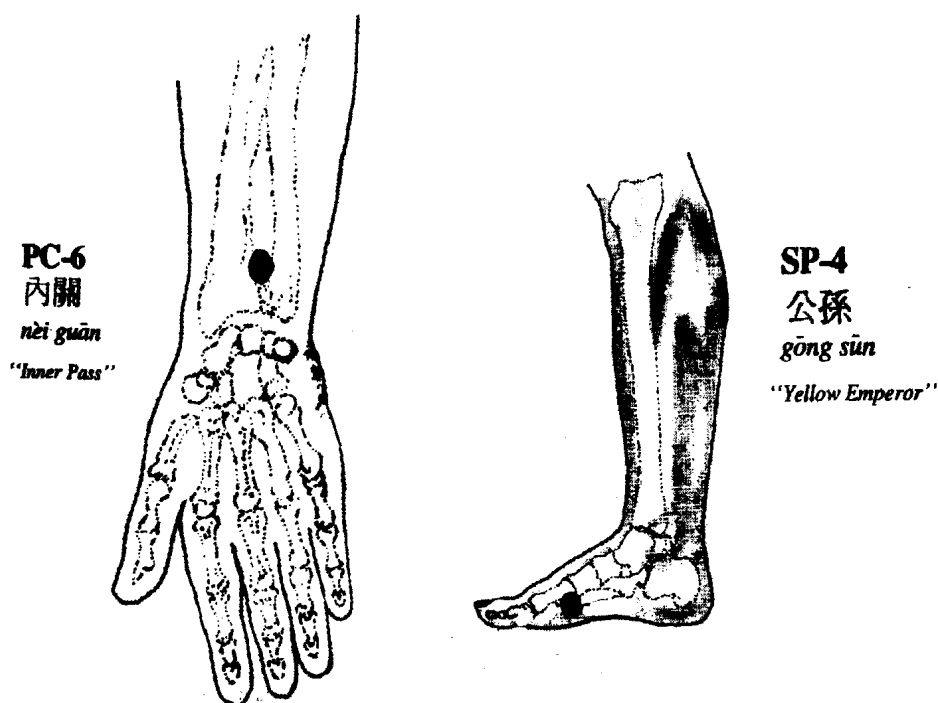
Liver-3 Tai Chong - Supreme Surge - In the depression distal to the junction of the 1<sup>st</sup> and 2<sup>nd</sup> metatarsal bone.

When these two powerful points are combined they:  
 Remove obstructions from the meridians  
 Subdue arrogant Liver Yang  
 Rectify the Qi and the Blood  
 Open the portals

This would be a very good procedure to do before a massage especially if the client has a tension headache.

## The Inner Gates

Here we have another powerful combination. The Outer Gates has a profound effect on the Qi of the body to remove obstructions, The Inner Gates go deeper and free not only the Qi of the body but also the Blood. This particular combination of points has a very disinhibiting response to obstructed Qi and Blood in the Middle Burner. To simplify point combination selection always remember: If the person feels OK and looks terrible, activate the Outer Gates; if they feel terrible, activate the Inner Gates. Treatment protocol is the same as the last treatment - Hold points on the same side first, then contra-laterally to enhance the effect.



Pericardium-6 Nei guan - Inner Pass - Two cun above the transverse wrist crease, between the tendons of the muscles palmaris longus and flexor carpi radialis.

Spleen-4 gong Sun - Yellow Emperor - In the depression distal and inferior to the base of the first metatarsal bone, at the border of the red and white flesh.

Together these two points are a great help to the Middle Burner. They stop stomach and abdominal pain, are helpful when a person is nauseous, having diarrhea, or just a nervous stomach.

# R<sub>x</sub> for Stress

## INTRODUCTION

Stress is the root of what we die of in America, to thoroughly explore this manifestation in humans we have to understand our Sympathetic Nervous System response. Our SNS is a good thing. It is our “fight or flight” response **to life threatening situations**. When a life threatening type situation arises our bodies react automatically, without thought. Now that we are “civilized” it is seldom that we will encounter a situation where our lives are in jeopardy, no more tigers jumping out at us from the bushes, no gunfights at the OK Corral. If that is the case why do most people suffer needlessly? Why get a Sympathetic Nervous System response when the phone rings, if we are late for work, or if we miss a bus? To fully define modern day stress is to say that we are making an inappropriate response to non life threatening situations. This routine is designed to physically and mentally defuse that inappropriate response, and relieve **misdirected tension**.

To develop a treatment, we must explore what happens when our “fight or flight mechanism” engages. The first thing that happens during a Sympathetic Nervous System response is depression of gastrointestinal activity. Our autonomic body does not want us to be hungry in life threatening situations. Emotionally we become confused and don’t think rationally. In Asian Medical Philosophy we say that the Stomach Energy becomes Kyo or under energized and needs to be tonified. The next manifestation is the muscles in the back and the back of the legs become contracted as our autonomic nervous system gets our body ready to run. The Asian counterpart to this is Jitsu in the Urinary Bladder Meridian and fear. Our treatment is to sedate the Urinary Bladder Meridian to relax skeletal muscles and increase confidence. Finally, our autonomic nervous system contracts the smooth muscle in our tunica media so that if our skin is cut we will not bleed as quickly. In Shiatsu we say that this weakens the Pericardium energy making that meridian Kyo and creating anxiety. Our next sequence of treatment will tonify Pericardium energy and increase Joy.

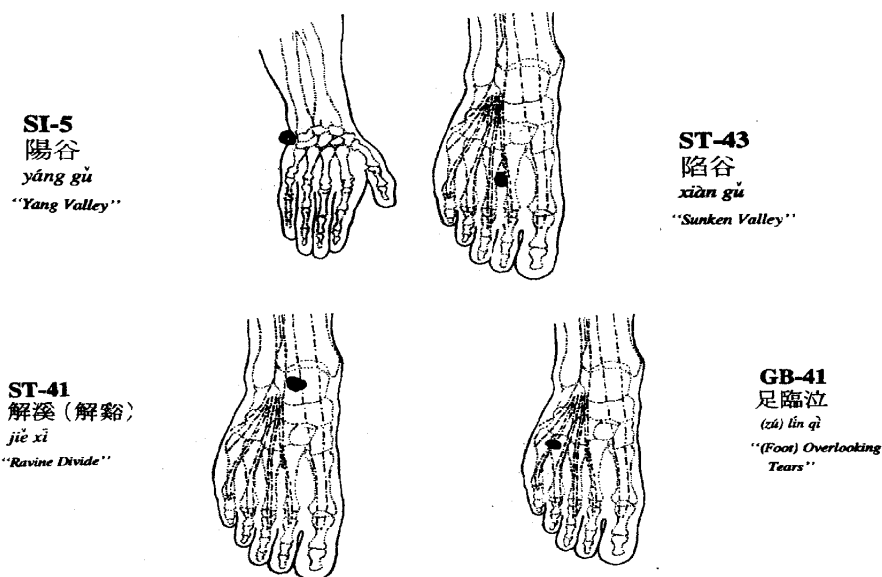
Sequences one, two, and three of our treatments involve using finger pressure to acupuncture points to redirect the energy in the meridians involved. This is done in a simple, non invasive manner with the patient/client supine and will be demonstrated by your instructor. The points chosen are called transporting points and they are located below the elbows and knees where the Qi of the meridians is more available for manipulation. Each sequence has four bi-lateral points that are held two points at a time. After these manipulations we offer traction at the neck and traction at the ankles. The patient is then placed in a prone position and their Urinary Bladder Channel is traced lightly backward from UB-67 to UB-10, we then seek out active trigger points in the calf, buttocks, and back and reduce them with direct pressure and circular friction. Finally we massage the patient/client’s back using mostly Effleurage. Remember that your best marketing tool is properly applied Effleurage.

**Once you have mastered the point location and treatment sequence this routine can be done in a half hour.**

Sequence One - Client Supine

**1. Tonify Stomach Channel** - increases harmony  
- decreases confusion

On its own, this four point treatment would be beneficial for interrupted sleep cycle, or abdominal pain that occurred during a meal.



First two points  
**SI-5 “Yang Gu”**  
**Yang Valley**

On the ulnar side of the wrist, in the depression between the styloid process of the ulna and the triquetral bone

**ST-41 “Jie Xi”**  
**Ravine Divide**

At the junction of the dorsum of the foot and the leg, between the tendons extensor digitorum longus and extensor hallucis longus, at the level of the tip of the lateral malleolus.

Second two points  
**ST-43 “Xian Gu”**  
**Sunken Valley**

In the depression distal to the junction of the 2<sup>nd</sup> and 3<sup>rd</sup> metatarsal, in the dorsum of the foot

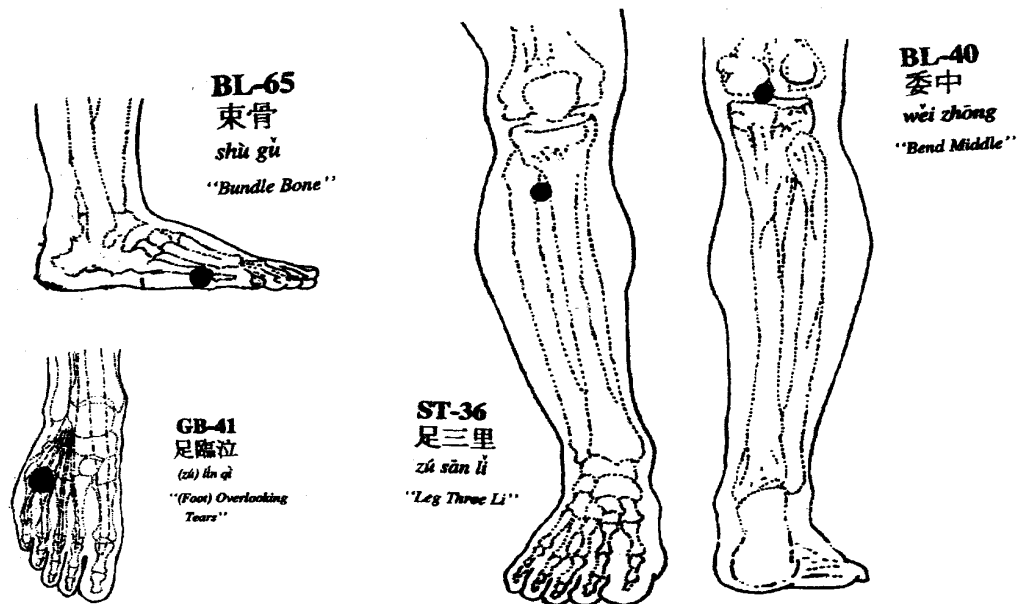
**GB-41 “Zu Lin Qi”**  
**Foot Overlooking tears**

In the depression distal to the junction of the 4<sup>th</sup> and 5<sup>th</sup> metatarsal on the lateral side of the tendon of extensor digitorum brevis

Sequence Two - Client Supine

2. Sedate Urinary Bladder Channel - increases confidence  
- decreases fear

When this sequence is done by itself, it is very beneficial for Sciatic and general back pain.



First two points

**UB-65**

**"Shu Gu"**

**Bundle Bone**

On the lateral side of the dorsum of the foot, proximal to the head of the 5<sup>th</sup> metatarsal bone, at the border of the red and white flesh.

**GB-41**

**"Zu Lin Qi"**

**Foot Overlooking tears**

In the depression distal to the junction of the 4<sup>th</sup> and 5<sup>th</sup> metatarsal on the lateral side of the tendon of extensor digitorum brevis

Second two points

**ST-36**

**"Zu San Li"**

**Leg Three Miles**

1 Body inch lateral to the crest of the tibia. If the palm of the hand is placed over the patella, the point is located at the level where the middle finger ends

**UB-40/54**

**"Wei Zhong"**

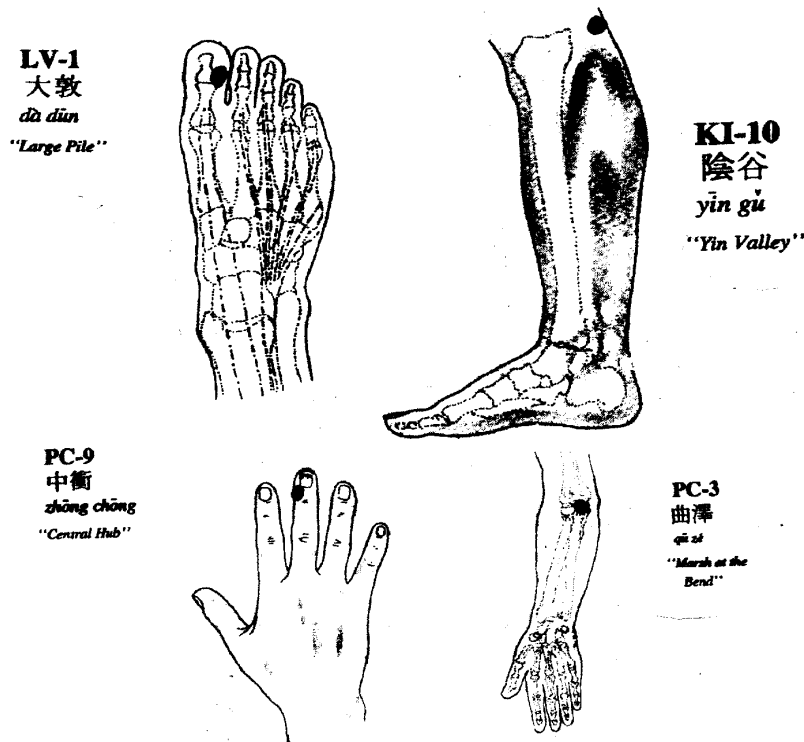
**Bend Middle**

At the midpoint of the transverse crease of the popliteal fossa  
Note on Korean and Japanese charts this point is numbered UB-54

Sequence three - Client Supine

3. **Tonify Pericardium** - decreases anxiety  
- increases joy

When this sequence is done by itself, it is very beneficial for PMS.



First two points

**LV-1**

**“Da Dun”**

**Large Pile**

On the lateral side of the great toe, 0.1 body inch proximal to the dorsum of the terminal phalanx of the great toe, midway between the lateral corner of the nail and the interphalangeal joint.

**PC-9**

**“Zhong Chong”**

**Central Hub**

0.1 body inch proximal to the corner of the nail on the radial side of the middle finger.

Second two points

**KI-10 “Yin Gu”**

**Yin Valley**

On the medial side of the popliteal fossa, level with UB-40/54 between the tendons of semitendinosus and semimembranosus.

**PC-3 “Qui Ze”**

**Marsh at the Bend**

At the elbow on the transverse cubital crease, on the ulnar side of the tendon of biceps brachii.

**4. Cervical Traction -Client Supine**

**5. Tarsal Traction - Client Supine**

**Client Prone**

**6.** Trace UB Channel from UB-67 to UB-10 Three times side of the foot, lateral calf, medial thigh, center of buttocks, 1 and ½ and 3 inches from the spine to the occipital ridge. Pay particular attention to UB-57 area in the calf, this is the seat of stored emotional trauma in the body.

**7.** Massage Client's Back with Effleurage and lots of good thoughts.

# ALARM POINTS (MU) AND ASSOCIATED POINTS (SHU)

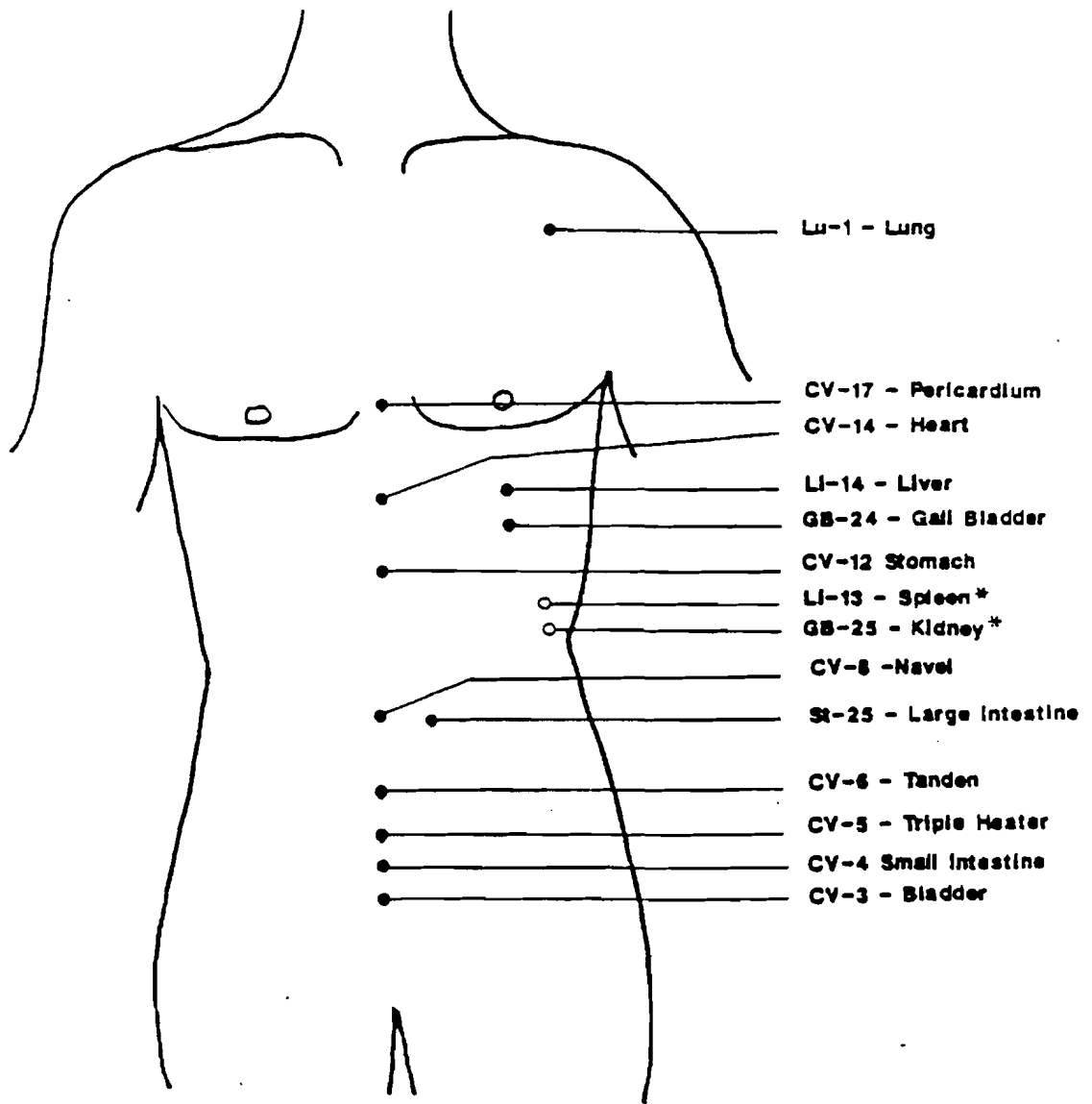
In order to develop a deeper level of treatment with Meridian Therapy it is absolutely necessary to differentiate and identify the energetic character of the Meridians you wish to treat. One methodology for making this decision is the use of the Front Alarm Points called Mu Points, and the Back Associated Points called Shu Points.

The Front Mu Points are the tools to find which Meridian presents excess or over energy, called Jitsu in Japanese. Palpating the Mu Points for the most reactive point is the indicator for which Meridian needs to be sedated. Sedation is done by holding the reactive Mu Point and working the indicated Meridian backwards from the high numbers to the low numbers using tracing, pressure or circular kneading, bilaterally and three times.

The Front Alarm Points are:

Lung-1	Lung Meridian Jitsu
Stomach-25	Large Intestine Meridian Jitsu
Liver-13	Spleen Meridian Jitsu
Ren-12	Stomach Meridian Jitsu
Ren-14	Heart Meridian Jitsu
Ren-4	Small Intestine Meridian Jitsu
Ren-3	Urinary Bladder Meridian Jitsu
Gall Bladder-25	Kidney Meridian Jitsu
Ren-17	Pericardium Meridian Jitsu
Ren-5	Triple Heater Meridian Jitsu
Gall Bladder-24	Gall Bladder Meridian Jitsu
Liver-14	Liver Meridian Jitsu

# MU POINTS (FRONT ALARM POINTS)



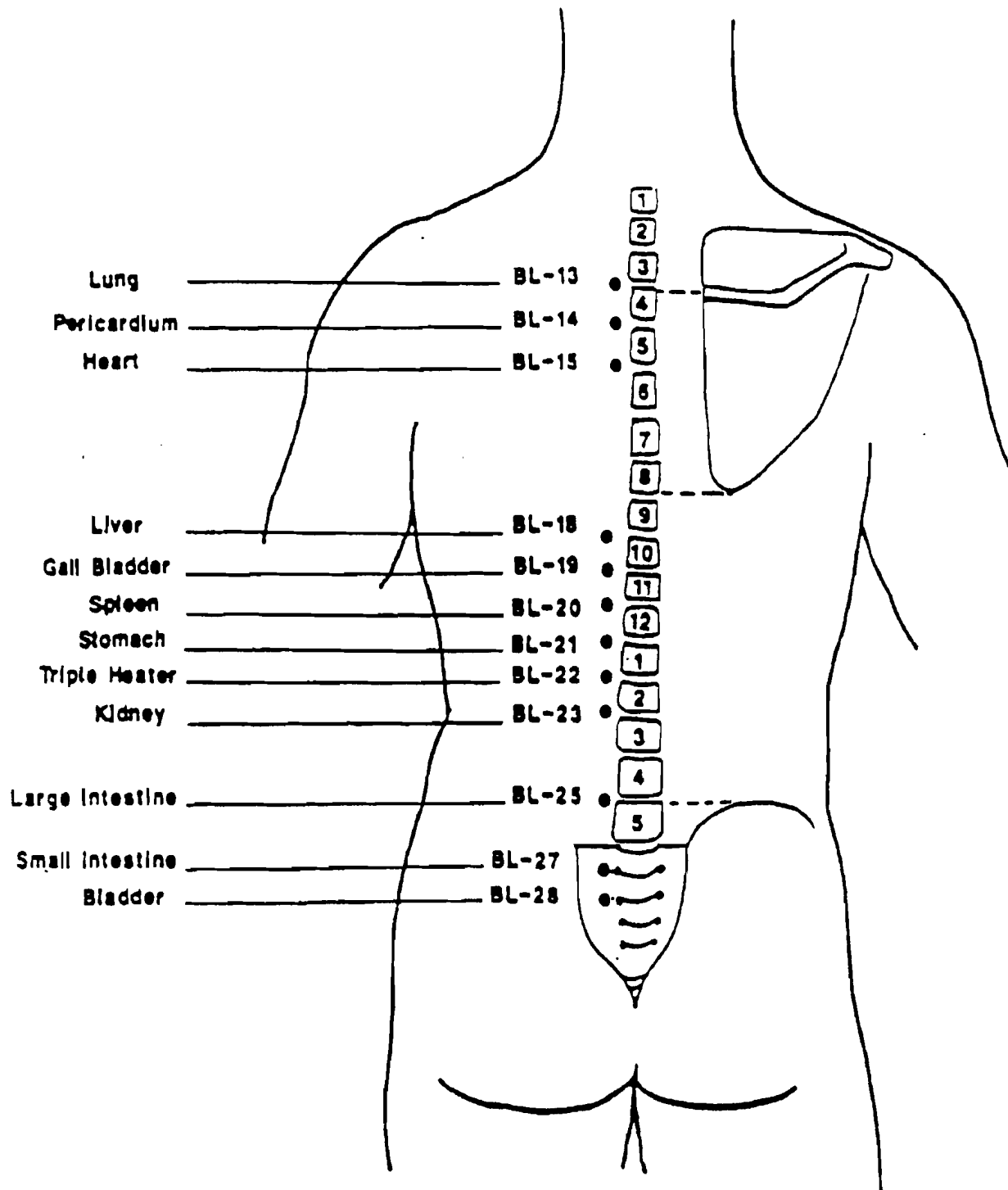
\* These points are located at  
the ends of the floating ribs.

The Back Shu Points are the tools to find which Meridian presents deficient or under energy, called Kyo in Japanese. Palpating the Shu Points for the most reactive point is the indicator for which Meridian needs to be tonified. Tonification is done by holding the reactive Shu Point and working the indicated Meridian front wards from the low numbers to the high numbers using tracing, pressure or circular kneading, bilaterally and three times.

The Back Shu Points are:

- Bladder-13 Lung Meridian Kyo
- Bladder-14 Pericardium Meridian Kyo
- Bladder-15 Heart Meridian Kyo
- Bladder-18 Liver Meridian Kyo
- Bladder-19 Gallbladder Meridian Kyo
- Bladder-20 Spleen Meridian Kyo
- Bladder-21 Stomach Meridian Kyo
- Bladder-22 Triple Heater Meridian Kyo
- Bladder-23 Kidney Meridian Kyo
- Bladder -25 Large Intestine Meridian Kyo
- Bladder-27 Small Intestine Meridian Kyo
- Bladder-28 Urinary Bladder Meridian Kyo

**SHU POINTS  
(ASSOCIATED BACK POINTS)**



# SECTION FOUR

## CHALLENGES

## Board Questions

- Shiatsu uses which of the following for evaluation?  
A. Tongue                      B. Hara                      C. Pulse                      D. All of the above.
- The relationship of Yin/Yang represents?  
A. Dynamic Balance                      B. Tsubo                      C. Chi                      D. Kyo
- The Yang organ of the Earth Element is?  
A. Spleen                      B. Stomach                      C. Liver                      D. Pericardium
- What is the name for where energy gathers on a meridian?  
A. Chi                      B. Yin                      C. Tsubo                      D. Jitsu
- What meridian is used to treat skin disorders?  
A. Lung                      B. Stomach                      C. Heart                      D. Triple Warmer
- What modality combines Chinese Acupuncture, Japanese Acupressure, Taoist Philosophy, Yoga, and Psychotherapy?  
A. Shiatsu                      B. Jin Shin Do                      C. Trager                      D. Polarity
- The Yin Meridians are located on the?  
A. Anterior of the body                      C. Posterior of the body  
B. On the superficial surface of the body.                      D. Tongue
- Which of the following describes Oriental Anatomical Position.  
A. Hands up above the head, palms forward                      C. Hands up above the head, palms facing out  
B. Hands down at the side, palms forward                      D. Hands down at the side, palms facing back
- In Eastern medicine, which is the Yin Wood Organ?  
A. Gall Bladder                      B. Large Intestine                      C. Liver                      D. Kidney
- In Eastern medicine, the energy that flows along the meridians is known as?  
A. Tsubo                      B. Chi                      C. Taoism                      D. Yang
- On a meridian, an area with an excess of energy is called a  
A. Blockage                      B. Kyo                      C. Tsubo                      D. Chi
- In Eastern Philosophy, the center for energy in the body is the?  
A. Head                      B. Heart                      C. Hara                      D. None of the Above
- Where would a Shiatsu practitioner observe the pulse?  
A. Carotid Artery                      B. Radial Artery                      C. Femoral Artery                      D. Popliteal Space
- In Eastern Philosophy, Yin and Yang balancing?  
A. Creates harmony and health                      C. Requires tapotement on the upper back  
B. Creates a tension headache                      D. Is not done by the practitioner

15. Triple Warmer controls?  
 A. Assimilation, digestion, elimination      D. Elimination, digestion, nervous system  
 B. Assimilation, digestion, skin temperature regulation  
 C. Digestion, elimination, skin temperature regulation
16. Moving from the medial to posterior lateral aspect of the wrist, which 3 meridians are encountered?  
 A. Heart, Pericardium, Large Intestine      C. Lung, Pericardium, Large Intestine  
 B. Lung, Heart, Large Intestine      D. Small Intestine, Triple Warmer, Large Intestine
17. Which two channels begin on the big toe?  
 A. Bladder, Gall Bladder    B. Gall Bladder, Liver    C. Liver, Spleen    D. Spleen, Stomach
18. Which statement does NOT characterize the Oriental view of the body and disease?  
 A. An organ is considered much more in terms of structure than in function.  
 B. Energy underlies and enlivens the physical body  
 C. The mind and the body are considered to be a continuum  
 D. The treatment of disease is directed toward seeking a rebalance of the interactive forces of the human being
19. Which meridian is lateral to mid sagittal line of posterior cervical vertebrae?  
 A. Governing Vessel      B. Triple Warmer      C. Stomach      D. Bladder
20. Where does Kidney Meridian originate?  
 A. Plantar surface of hand      C. Dorsal surface of hand  
 B. Plantar surface of foot      D. Dorsal surface of foot
21. The first and last points of the Large Intestine Meridian are on the hand and?  
 A. Chest      B. Shoulder      C. Face      D. Upper Back
22. Tan Den is located?  
 A. 2" above navel    B. 2" to either side of navel    C. 2" below navel    D. 1" below body
23. Earth is said to be creator or mother of?  
 A. Metal      B. Fire      C. Water      D. Wood
24. Manipulation of sacral area will most directly effect energy in which meridian?  
 A. Bladder      B. Gall Bladder      C. Kidney      D. Stomach
25. Manipulation of the medial aspect of the arm effects which organ?  
 A. Heart      B. Kidney      C. Lung      D. Stomach
26. According to Oriental Theory which channel most controls digestion?  
 A. Colon    B. Small Intestine      C. Spleen      D. Large Intestine
27. The Conception Vessel is located where?  
 A. Anterior Medial Mid Sagittal Line      C. Coronal Plane  
 B. Posterior Mid Sagittal Line      D. Sagittal

28. In Oriental Medicine, which organ is concerned with digestion?  
 A. Spleen                      B. Large Intestine                      C. Stomach                      D. Lung
29. Which meridian has a point on the ulnar side of the ring finger?  
 A. Small Intestine      B. Triple Warmer                      C. Heart                      D. Pericardium
30. The Vascular System is controlled by which meridian?  
 A. Heart      B. Triple Warmer                      C. Pericardium                      D. Conception Vessel
31. Which of the following is true about Oriental Massage?  
 A. 12 meridians and 2 vessels from deep to superficial  
 B. 12 meridians flowing on superficial aspect of body  
 C. 12 meridians flowing on deep aspect of body  
 D. 14 meridians flowing on superficial aspect of body
32. According to Chinese Theory, which meridian is least associated with elimination?  
 A. Kidney                      B. Large Intestine                      C. Lung                      D. Stomach
33. The Conception Vessel relates to what?  
 A. Yang      B. Yin                      C. Upper Head                      D. Lower Limb
34. Which 3 meridians meet approximately 3 inches above medial malleolus?  
 A. Liver, Spleen, Kidney                      C. Kidney, Stomach, Gall Bladder  
 B. Liver, Stomach, Kidney                      D. Kidney, Bladder, Gall Bladder
35. Applying pressure on the Lung Meridian release energy in which muscle?  
 A. Deltoid      B. Triceps      C. Biceps      D. Trapezius
36. Do proponents of Shiatsu claim they can do anything for a duodenal ulcer?    A. Yes                      B. No
37. Which meridians are found in medial aspect of lower extremities?  
 A. Spleen                      B. Liver                      C. Kidney                      D. All of the Above
38. Which path does the Lung Meridian flow?  
 A. Anterior Lateral Arm                      B. Posterior Lateral Arm  
 C. Anterior Medial Arm                      D. Posterior Medial Arm
39. Which of the following is true of Yin and Yang?  
 A. Yin refers to activity, while Yang refers to rest.  
 B. Yin refers to south, while Yang refers to the north.  
 C. Yin refers to back, while Yang refers to front.  
 D. Yin refers to shade, while Yang refers to bright sunlight.
40. Which is true of the Kidney Meridian?  
 A. It travels from earth to heaven.                      C. It ends on the medial aspect of the clavicle  
 B. It begins on the bottom of the foot.                      D. All of the Above

41. Which Elements rules circulation?  
 A. Wood                      B. Metal                      C. Fire                      D. Water
42. If you massage the dorsal surface of the foot, in which meridian is energy released?  
 A. Liver, Stomach                      C. Kidney, Large Intestine  
 B. Spleen, Heart Constrictor                      D. Lung, Small Intestine
43. Which meridian is involved with a system but does not have a corresponding organ?  
 A. Spleen      B. Heart      C. Liver      D. Triple Warmer
44. Where is the Lung Meridian located?  
 A. 2" above the nipple and distal forearm                      C. On the axilla and distal forearm  
 B. 2" below the nipple and distal forearm                      D. Proximal and distal arm
45. The Stomach Meridian is located between which muscles?  
 A. Rectus Femoris and Vastus Medialis                      C. Rectus Femoris and Vastus Lateralis  
 B. Rectus Femoris and Semitendinosus                      D. Semitendinosus and Semimembranosus
46. In the Five Element Theory, Fire controls which elemental phase?  
 A. Earth      B. Wood      C. Metal      D. Water
47. Which meridian transverse the abdomen?  
 A. Bladder, Liver, Triple Warmer                      C. Heart, Heart Constrictor, Lung  
 B. Gall Bladder, Large and Small Intestines                      D. Kidney, Spleen, Stomach
48. In traditional Chinese Medicine, which meridian is least closely associated with elimination of the waste and toxins from the body?  
 A. Kidney      B. Large Intestine      C. Lung      D. Stomach
49. Which phase does NOT describe the nature of the Yin Energy?  
 A. Internal      B. Tends to Float      C. Tends toward heaviness      D. Upward moving energy
50. In which direction do Yin Meridians flow?  
 A. Superior to inferior      B. Inferior to superior      C. Lateral to medial      D. Medial to lateral
51. Which meridians are located on the medial aspect of the leg?  
 A. Kidney, Liver, Spleen                      C. Liver, Stomach, Kidney  
 B. Gall Bladder, Spleen, Kidney                      D. Gall Bladder, Liver, Kidney
52. What emotion does Wood represent in Five Phase Philosophy?  
 A. Anger      B. Joy      C. Fear      D. Grief
53. Which energy channel can be massaged on the Thenar Eminence of the Hand?  
 A. Heart      B. Lung      C. Small Intestine      D. Triple Heater
54. In Oriental Energetic Theory, Yang Energy flows from?  
 A. Anterior to posterior                      C. Dorsal to ventral  
 B. Inferior to superior                      D. Superior to inferior

55. Manipulation of Occipital region of the neck primarily affects which meridians?  
 A. Bladder, Gall Bladder      C. Kidney, Triple Heater  
 B. Large Intestine, Spleen      D. Liver, Lung
56. The basic pattern of the flow of energy through the main channels is said to begin?  
 A. 3 AM in the Lung    B. 5 AM in the Colon    C. 5 AM in the Lung    D. 7 AM in the Colon
57. How many Yang Meridians terminate on the plantar surface of the foot?  
 A. 0                      B. 1                      C. 3                      D. 4
58. Which meridian travels through the anterior arm?  
 A. Lung, Heart    B. Small, Large Intestines    C. Kidney, Spleen    D. Bladder, Pericardium
59. What rules the Yin Meridians?  
 A. Governing Vessel    B. Conception Vessel    C. Gall Bladder    D. Heart
60. Yang organs are considered to be?  
 A. Blood related      B. Hollow                      C. Solid                      D. Constant in function
61. The earliest know text for acupuncture is the \_\_\_\_\_, or Classic of Internal Medicine.  
 A. Jing Luo                      B. Nei Ching                      C. Hong Fat                      D. Wei Qi
62. The Chinese word for energy is?  
 A. Tsubo                      B. Wei Mo                      C. Qi or Chi                      D. Betty
63. Acupuncture was introduced to the West in the 17<sup>th</sup> Century by?  
 A. Gun Runners      B. Pirates      C. Calvinists      D. Jesuit Missionaries
64. In a Yin Meridian, energy flows?  
 A. Upwards    B. Downwards    C. Sideways    D. None of the above
65. In a Yang Meridian, energy flows?  
 A. Upwards                      B. Downwards                      C. Sideways    D. None of the above
66. A cun (Chon, Tsun, etc.) is?  
 A. An acupuncture tool                      C. An Anatomical Unit of Measurement  
 B. A musical note                      D. A blank page
67. The width of your thumb at its widest part is?  
 A. 1 cun                      B. 5 cun                      C. 3 fen                      D. 6 fen
68. Four fingers held together is?  
 A. 1 cun                      B. 3 cun                      C. None of the above    D. All of the above
69. The acu-point Wei Zhong is listed numerically as?  
 A. SI-5                      B. BL-50                      C. BL-40 or BL-54                      D. None of the above

70. The acu-point Ho Gu is listed numerically as?  
 A. LI-4      B. LI-11      C. ST-36      D. SP-6
71. The acu-point Nei Guan is listed numerically as?  
 A. SI-3      B. P-6      C. BL-40      D. None of the above
72. Special Point 1, Yin Tang is located on the?  
 A. Foot      B. Hand      C. Face      D. Back
73. There are \_\_\_pairs of Strange Flows?  
 A. 16      B. 4      C. 5      D. There are none.
74. The color associated with the Metal Element is?  
 A. Blue      B. Green      C. White      D. None of the above
75. The time of the Stomach Energy is?  
 A. 7 - 9 AM      B. 5 - 7 AM      C. When you are hungry      D. All of the above
76. A fear of intimacy suggests a \_\_\_\_\_ imbalance?  
 A. Earth      B. Wood      C. Fire      D. Metal
77. Shiatsu is a massage system from?  
 A. Israel      B. Japan      C. Turkey      D. Havana
78. The function of the Small Intestine Meridian is?  
 A. Impetus to move      B. Assimilation      C. Protection      D. Purification
79. The primary external source of nourishment is?  
 A. Qi      B. Water      C. Food      D. Emotional Stimuli
80. The purpose of Shiatsu is to effect changes in the flow of energy in a meridian by manipulating the energy vortexes called?  
 A. Tsubo      B. Hair Balls      C. Jing Ching      D. All of the above
81. The Yang Metal Channel is?  
 A. Stomach      B. Large Intestine      C. Lung      D. Liver
82. The Yin Water Channel is?  
 A. Kidney      B. Bladder      C. Small Intestine      D. Triple Warmer
83. The Fire Element has how many Channels associated with it?  
 A. 1      B. 2      C. 3      D. 4
84. The color associated with Wood is?  
 A. Purple      B. Green      C. Orange      D. Brown
85. The emotion associated with Metal is?  
 A. Anger      B. Joy      C. Fear      D. Grief

86. Which Element has to do with the ability to rest?  
 A. Water                      B. Wood                      C. Fire                      D. Metal
87. Which Channel houses the Shen or mind?  
 A. Small Intestine                      B. Heart                      C. Pericardium                      D. Kidney
88. The Element Water controls what?  
 A. Wood                      B. Fire                      C. Metal                      D. Earth
89. Triple Warmer is a \_\_\_\_\_ Element?  
 A. Yin Fire                      B. Yin Earth                      C. Yang Fire                      D. Yang Water
90. Gall Bladder starts on the head and ends on the?  
 A. Hand                      B. Stomach                      C. Sacrum                      D. Foot
91. Which 3 Channels End on the Foot?  
 A. Kidney, Liver, Spleen                      C. Gall Bladder, Stomach, Bladder  
 B. Lung, Large Intestine, Gall Bladder                      D. Stomach, Spleen, Kidney
92. The 3 Yang Channels of the Hand are?  
 A. Kidney, Liver, Stomach                      C. Gall Bladder, Large Intestine, Heart  
 B. Large Intestine, Triple Warmer, Small Intestine                      D. Heart, Pericardium, Lung
93. Which 3 Channels start on the hand?  
 A. Lung, Pericardium, Heart                      C. Heart, Liver, Spleen  
 B. Large Intestine, Triple Warmer, Small Intestine                      D. Bladder, Kidney, Stomach
94. The Fire Element is associated with?  
 A. Grief                      B. Fear                      C. Joy                      D. Anger
95. The Wood Element controls?  
 A. Metal                      B. Earth                      C. Fire                      D. Water
96. Water is created by?  
 A. Wood                      B. Earth                      C. Metal                      D. Fire
97. Small Intestine is a \_\_\_\_\_ Element?  
 A. Yang Fire                      B. Yin Fire                      C. Yang Wood                      D. Yin Water
98. Zang Organs are described as being?  
 A. Constant                      B. Solid                      C. Yin                      D. All of the above
99. Fu Organs are described as being?  
 A. Hollow                      B. Solid                      C. Yin                      D. All of the above
100. The Water Element is associated with the color?  
 A. Pink                      B. Green                      C. Blue                      D. White

## Board Answers

1. D	2. A	3. B	4. C	5. A	6. B	7. A
8. A	9. C	10. B	11. A	12. C	13. B	14. A
15. C	16. D	17. C	18. A	19. D	20. B	21. C
22. C	23. A	24. A	25. A	26. C	27. A	28. A
29. B	30. C	31. D	32. D	33. B	34. A	35. C
36. A	37. D	38. A	39. D	40. D	41. C	42. A
43. D	44. A	45. C	46. C	47. D	48. D	49. B
50. B	51. A	52. A	53. B	54. D	55. A	56. A
57. A	58. A	59. B	60. B	61. B	62. C	63. D
64. A	65. B	66. C	67. A	68. B	69. C	70. A
71. B	72. C	73. B	74. C	75. A	76. C	77. B
78. B	79. C	80. A	81. B	82. A	83. D	84. B
85. D	86. A	87. B	88. B	89. C	90. D	91. C
92. B	93. B	94. C	95. B	96. C	97. A	98. D
99. A	100. C					

## **Suggested places where the Board answers are located.**

1. Page 6 - "Asian Diagnosis"
2. Introduction - Paragraph 1, Last Sentence
3. Page 2 - "Earth", Last Sentence
4. Page 4 - "Tsubo"
5. Page 18 - "Traditional Association"
6. Page 6 - "Jin Shin Do", 1<sup>st</sup> Sentence
7. Page 14 - "Yin Meridians run..."
8. Page 4 - Illustration, Lower Right
9. Page 3 - Yin and Yang with Elements
10. Page 10 - Paragraph 2, 2<sup>nd</sup> Sentence
11. Page 14 - "The Meridians", Last Sentence
12. Page 4 - "Hara"
13. Page 6 - "Asian Diagnosis"
14. Page 11 - Paragraph 4, 2<sup>nd</sup> Sentence
15. Page 27 - "Traditional Association"
16. Check all the Meridian Illustrations.
17. Page 14 - "3 Yin Meridians of foot..."
18. Page 16 - "Asian Way...", Last Sentence
19. Check all the Meridian Illustrations.
20. Page 14 - "3 Yin Meridians of foot..."
21. Page 15 - "3 Yang Meridians of hand..."
22. Pg 5 - "Tan Den", What is the best answer?
23. Page 3 - "Creation Cycle" - Last Sentence
- #24, #25 Check all the Meridian Illustrations.
26. Page 21 - "Function", 1<sup>st</sup> Sentence
27. Page 3 - "Meridian" - Last Sentence
28. Same as #26, only worded differently.
29. Check all the Meridian Illustrations.
30. Page 26 - "Function"
31. Page 3 - "Meridian", 2<sup>nd</sup> Sentence
32. Think
33. Page 12
- #34, #35 Check all the Meridian Illustrations.
36. Think
- #37, #38. Check all the Meridian Illustrations.
39. Page 12
40. Page 14 - "Yin Meridians run..."
41. Page 2 - "Fire", 5<sup>th</sup> Sentence
42. Check all the Meridian Illustrations.
43. Page 27 - "Function", Last Sentence
44. Pg 18 - Illustration, What is the best answer?
45. Check all the Meridian Illustrations.
46. Page 3 - "Control Cycle", Last Sentence
47. Check all the Meridian Illustrations.
48. Same as #32, only worded differently.
49. Page 11 - Paragraph 4, Last Sentence
50. Page 14 - "Yin Meridians run..."
51. Same as #37, only worded differently.
52. Page 13 - Diagram
53. Check all the Meridian Illustrations.
54. Page 14 - "Yang Meridians run..."
55. Check all the Meridian Illustrations.
56. Page 14 - "The Meridians", 2<sup>nd</sup> Sentence
57. Page 15 - "3 Yang Meridians of foot..."
58. Check all the Meridian Illustrations.
59. Page 30 - "Function"
60. Page 11 - Last Paragraph, 3<sup>rd</sup> Sentence
61. Page 1 - "Nei Ching", 1<sup>st</sup> Sentence
62. Page 1 - "Qi", 1<sup>st</sup> Sentence.
63. Page 17 - "Acupuncture Introduction..."
64. Page 14 - "Yin Meridians run..."
65. Page 14 - "Yang Meridians run..."
66. Page 4 - "Cun"
- #67, #68 Page 4 - "Cun", Illustration
69. Page 36 - "Second two points"
70. Page 32 - Illustration
71. Page 33 - Illustration
72. Page 15 - "The Special Points"
73. Page 6 - "Jin Shin Do", Last Sentence.
74. Page 13 - Diagram.
75. Page 20 - "Time of Greatest Activity"
76. Page 2 - "Fire", Last Sentence
77. Introduction - Paragraph 1, 1<sup>st</sup> Sentence
78. Page 23 - "Function"
79. Page 16 - "Diet", 1<sup>st</sup> Sentence
80. Page 4 - "Tsubo", Last Sentence
81. Page 2 - "Metal", 2<sup>nd</sup> Sentence
82. Page 2 - "Water", 4<sup>th</sup> Sentence
83. Page 3 - "Meridian", 5<sup>th</sup> Sentence
- #84 and #85 Page 13 - Diagram
86. Page 2 - "Water", Last Sentence
87. Page 22 - "Function", 1<sup>st</sup> Sentence
88. Page 3 - "Control Cycle", Last Sentence
89. Page 3 - Yin and Yang with Elements
- #90, #91 Pg 15 - "3 Yang Meridians of foot..."
- #92, #93 Pg 15 - "3 Yang Meridians of hand..."
94. Page 13 - Diagram
95. Page 3 - "Control Cycle", Last Sentence.
96. Page 3 - "Create Cycle", Last Sentence.
97. Page 3 - Yin and Yang with Elements
- #98, #99 Page 11 - Last Paragraph
100. Page 13 - Diagram

## Take Home Test

1. The flavor of the Earth Element is? A. Sour B. Sweet C. Bitter D. Spicy
2. What season is associated with the Metal Element?  
A. Fall B. Spring C. Winter D. None of the above.
3. What method is used to “pump up” or stimulate deficient Qi?  
A. Depersal B. Tonification C. Sedation D. Both A and C.
4. Polarity therapy is an alternative holistic health care system involving?  
A. Exercises B. Gentle Bodywork C. Nutrition D. All of the above.
5. If the Sun is Yang, then the Moon is?  
A. Yang B. Yin C. Both A and B D. None of the above.
6. If Yin is dark, then Yang is?  
A. Fuscia B. Light C. Dark D. All of the above.
7. Yin organs are hollow and are called Fu. A. True B. False
8. One of the points used to Tonify Pericardium is?  
A. Pericardium-9 B. Heart-9 C. Triple Warmer-9 D. Lung-9
9. The sound of the Wood Element is?  
A. Laughing B. Weeping C. Shouting D. Snoring
10. The Water Element rules the bones and marrow. A. True B. False
11. The organs of the Earth Element are?  
A. Kidney, Lung B. Wind, Rain  
C. Stomach, Spleen/Pancreas D. Liver, Heart
12. The muscle associated with Stomach Meridian is?  
A. Pectoralis Minor B. Vastus Medialis  
C. Levator Scapula D. Soleus
13. Another name for “Yang Gu” is?  
A. Ravine Divide B. Suken Valley C. Bundle Bone D. Yang Valley
14. What point contraindicated during pregnancy is part of the Outer Gate?  
A. Large Intestine-4 B. Lung-3 C. Pericardium-2 D. Heart-4
15. The odor associated with Water is?  
A. Burnt B. Putrid C. Sweet D. Sour
16. The Governing Vessel rules?  
A. Yin Body B. Yang Body C. Nothing D. The people

17. The Fire Element rules the circulation of our body and manifest in the?  
A. Head Hair    B. Toe Nails    C. Complexion    D. Muscle
18. A term used to describe deficient energy is called?  
A. Kyo    B. Hara    C. Jitsu    D. Cun
19. Two points of the Inner Gate are?  
A. Stomach-43, Heart-8    B. Small Intestine-1, Liver-2  
C. Conception Vessel-24, Colon-3    D. Pericardium-6, Spleen-4
20. Sedating the Urinary Bladder Channel can help increases confidence and decreases fear.  
A. True    B. False

## Answers

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. B  | 2. A  | 3. B  | 4. D  | 5. B  |
| 6. B  | 7. B  | 8. A  | 9. C  | 10. A |
| 11. C | 12. C | 13. D | 14. A | 15. B |
| 16. B | 17. C | 18. A | 19. D | 20. A |

## Find Answers

- |                                   |  |
|-----------------------------------|--|
| 1. Page 13 - Diagram              | 11. Page 3 - "Yin, Yang"                       |
| 2. Page 2 - "Metal"               | 12. Page 20 - "Muscle Association"             |
| 3. Page 5 - "Tonification"        | 13. Page 35 - "First two points"               |
| 4. Page 6 - "Polarity"            | 14. Page 9 - "14"                              |
| 5. Page 12                        | 15. Page 13 - Diagram                          |
| 6. Page 12                        | 16. Page 31 - "Function"                       |
| 7. Page 11 - Last Paragraph       | 17. Page 2 - "Fire"                            |
| 8. Page 37 - "Tonify Pericardium" | 18. Page 4 - "Kyo"                             |
| 9. Page 13 - Diagram              | 19. Page 33 - Illustration                     |
| 10. Page 2 - "Water"              | 20. Page 36 - "Sedate Urinary Bladder Channel" |