

## Koryo Hand Therapy

“Koryo” also means Korea. So there you go. Dates back to only 1971. Developed by Dr. Tae Woo Yoo. Mainly based on TCM meridian theory, so is a hand microsystem of the meridians. *14 micromeridians* – TCM has 12 regular + 8 and *14 meridians* with points on them. 345 points! Damn!! But don’t need to know paths – know meridian pathways and which areas corresponds to which areas of the body. We’re only responsible for 20-30 points. Principals are the most important thing to know.

Note:

Not necessary to get the needling sensation. Strong sensation is not recommended nor required. Use the Koryo hand therapy needles and you can also use an instrument to insert the needles. Works like a little pen and is great for ear acupuncture too. Use the probe to find the sensitive spots.

Know the posture on the left on slide 3 of Koryo Hand Therapy.pdf.

Principles of KHT:

1. palm is the ventral side and ab region
2. dorsal = back of body and waist
3. index and ring fingers = upper limbs
4. thumb, little finger = lower limbs
5. head/neck = middle phalanx and finger

Slide 6 – skeleton showing, but that’s to show you the landmarks. Remember the dorsum of the hand is back side of body and waist!

Note: base of thumb corresponds to hip. In Master Tung’s system corresponds to sciatic pain.

Slide 7: remember this posture!!! Don’t get confused and look at your hand in front of you!!

One hand can represent the whole body or half of the body. For instance, if you want to treat the left shoulder, you could use the left hand, left most arm finger (ring) or right hand, left most arm finger (index)

Slide 9 – Index and Ring fingers - Upper Limbs

Upper limbs are represented on index and ring finger. Hands are at the distal ends, shoulders at the proximal ends

Slide 10 – Thumb and Little Fingers = Lower Limbs.

Distal ends represents toes, proximal is hip. Remember thumb is different from little finger – missing one of the phalanxes.

Slide 11 – Head and Neck represented by the Middle Finger’s Distal and Middle Phalanx

Carries over to dorsal side of the finger too. Joint is about Du 16 corresponding to neck joint at skull. Tip (P9) is representative of the vertex/Du 20

## Meridian Names in KHT

Ren = A, Du = B. After that, start at Lung → LI → ST → SP, etc. as the energy of the meridians flow. Thus, Lung = C, LI = D, ST = E, SP = F, Ht = G, SI = H, BL = I, Ki = J,

**Gotta memorize the points of the Ren/A channel and the Du/B meridians and what they correspond to. This will be on the next test!!!**

## Ren/A Meridian

Slide 12 and 14. **Know everything on the chart on Slide 14.** A8 is usually in the deep depression of the palm – corresponds to the navel/Ren 8. A6 = adrenals, A7 = urethra.

Slide 15. Ren channel in this system has 33 points, not 24 like in TCM.

## Front Mu Points

Slide 16.

## Du Meridian Points (B-Meridian in Koryo)

Loc'd on back of the hand.

B1 point = Find the 2<sup>nd</sup> metacarpal bone and follow it proximally toward the wrist. Feel the process then the depression below it. This depression is the intercarpal/metacarpal joint or the “B1” point on slide 19. This spot treats sacral pain. Corresponds to the Du 1 area...and would be a lot less embarrassing to needle!

B14 = the MCP joint. This point is right *in* the joint on the top of the bone/knuckle. You needle it very shallowly – 0.1 or 0.2 at the most. Don't need to go into the joint space. You can use an ear tack for this too. Remember you don't need needling sensation for this method of needling!

B7 = midpoint between B1 and B14. Corresponds to the L2 area of the body.

B19 = located on the proximal interphalangeal joint on the dorsum side of the middle finger. Corresponds to the C7 joint. Du 14 area.

B24 = is on the distal interphalangeal joint on the dorsum side of the middle finger. Corresponds to C1-C2 area of the neck, Du 16 or so.

B27 = 2mm below the nail root. (Not shown on slide 19.)

Slide 20 – you can also treat the points lateral to the Du line to treat lateral areas of neck/face

## **The 12 Micro-Regular Meridians on the Hands**

This looks really overwhelming. We just need to know the major landmarks (like the section above). Know also the general locations of the meridians. No special method to remember where they are according to Dr. Liu...

See slides starting at Slide 23. Remember LI yangming regular is on index finger and so is this one.

<<Babs: He's currently trying to give us ways to remember all this crap, but I'm not writing it down. It's not working as a mnemonic for me, so screw that. So while he's doing this, I'll tell you we went to Mimi's for a breakfasty kind of lunch. Now I'm sleepy-full from pancakes and would rather be napping!

Qigong was good. We did the sit in the chair Healing Qigong. I find it strange that I've been through all 3 Med Qigong's and then some and this is my first time to encounter Healing Qigong! Weird. Also, she worked the crap out of us. I think my shoulders are permanently pissed off!

Meanwhile, back at our class....>>

### **Hand meridians**

See slide 25 and look at the diagram for the small intestine channel, or the H channel. What's with the dashed line connecting it to the Du meridian? Because the small intestine opens to the Du channel – SI 3. Note that there is a pink line going over to the side of the middle finger. Where it meets to the top of the middle finger corresponds to SI 19 where SI channel goes to the ear.

A note about this: you don't have to know which H point corresponds to SI 19...you need to know that this general area is the ear and this aspect of this finger corresponds to the SI channel.

Stomach Meridian (E) starting at slide 30, is "totally different-a" per Dr. Liu. To match TCM, starts at the middle finger where the eyes are and where ST 1 would be. Goes down to shoulder area, straight down to the wrist area, the inguinal area. Where the standard ST meridian flows to the leg, goes to thumb/little finger.

Gallbladder (M) Meridian – M1 = GB 1. Use nail corner for the landmark of the M meridian. Where GB 30 would be at the hip pocket, corresponds to the M17 and M18 area.

Bladder Meridian (I) = measured as ½ way mark between nail center and nail corner. Use middle of thumb and tiny finger as the back shus (?)

### **Foot meridians**

Distal inter phalangeal joint of the finger is equivalent to the ankle area of the 3 foot yins.

Liver Meridian (N)

N18 = Liver 14. That's the Liver front mu. N16 = is about Liver 11. Again, for purposes of the test, have the pathway down, not the individual points.

Spleen Meridian (F)

The F22's are connections to the LU1 area.

#### Kidney Meridian (J)

Kidney in this painful therapy goes to the head...TCM says it goes to the tongue root. It's kinda like that. Where the meridian in this model goes after the bottom of the hand is to a more yang area. Deviates from standard TCM. We asked him why he thought it did that and his answer was "I tell you ze troos...I have no idea!" Just remember it goes to the dorsum side.

He just slipped in a little comment about this being a major therapy for the test.