

Course:	Advanced Needle Technique/Theory 2	Date:	May 20, 2009
Class #:	6		

Handout is [Dr. Tan's Balance Method](#).

### Imaging Format

This method images the sick area onto a different area of the body. It targets problems on the head/trunk area, but images these sick parts onto the 4 limbs of the body. The corresponding area on the needled meridian often manifests with tenderness, weakness and/or tightness from the affected meridian on the sick part of the body. The limbs can balance the head/trunk or vice versa...but often is not clinically expedient.

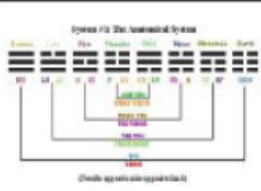



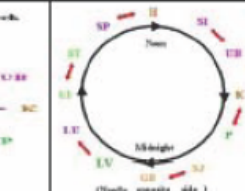
Remember "joints to joints." Neck joint below = hip joint. Use the navel or the Lumbar 2 as the pivot point – corresponds to knee and elbow.

## Image of LIMBS to head and Trunk

Needled Area	Sick Image	Area Reverse Image
Finger/Toe	Testicles & anus	Top of head
Hand/Foot	Genitals, coccyx, sacrum	Head & base of skull
Wrist/Ankle	Bladder area/lumbo- Sacral area	Neck and neck joint
Forearm/lower leg	Lower abdomen, and lower back	upper abdomen, rib cage Chest, mid-upper back
Elbow/Knee	Umbilicus level/L-2	Umbilicus level/L-2
Upper arm/upper leg	Upper abdomen, rib cage, Chest, mid-upper back	Lower abdomen, and lower back
Shoulder/hip joint	Neck, jaw, base of skull	Genitals, coccyx, sacrum
Top of shoulder/top of hip	Top of head	Testicles & anus

1. Locate the diseased channel (sick area in literature above)
2. Pick one of the five balance methods to choose the balance meridian
3. Use mirror/image to pick the points.

Zangfu	Limb	Yin-yang identity	Zangfu	Limb	Yin-yang identity
Lung	hand	taiyin (supreme yin)	Small Intestine	hand	taiyang (supreme yang)
Spleen	foot	taiyin (supreme yin)	Bladder	foot	taiyang (supreme yang)
Large Intestine	hand	yangming (yang brightness)	Pericardium	hand	jueyin (absolute yin)
Stomach	foot	yangming (yang brightness)	Liver	foot	jueyin (absolute yin)
Heart	hand	shaoyin (lesser yin)	Sanjiao	hand	shaoyang (lesser yang)
Kidney	foot	shaoyin (lesser yin)	Gall Bladder	foot	shaoyang (lesser yang)

	The Anatomical System	The Branching Channel System	The interior/ exterior system	The Chinese Clock-opposite system	The Chinese Clock-neighbor system
					
LU	SP	BL	LI	UB	LV
LI	ST	LV	LU	KI	ST
ST	LI	PC	SP	PC	LI
SP	LU	SI	ST	SJ	HT
HT	KD	GB	SI	GB	SJ
SI	UB	SP	HT	LV	UB
UB	SI	LU	KI	LU	SI
KD	HT	SJ	UB	LI	PC
PC	LV	ST	SJ	ST	KI
SJ	GB	KD	PC	SP	GB
GB	SJ	HT	LV	HT	SJ
LIV	PC	LI	GB	SI	LU

For the test: System 2 and 4 (evens) can be needled on either side. 1, 3, and 5 are contralateral.

## **Master Tong's Extra Points** **Tong's Orthodox Acupuncture**

Reported to be the best traditional Chinese physician like...ever. One of the 4 best known docs in Taiwan. Known for immediate results and very few needles. The points used are unique because they are located opposite from affected area and because of immediate effect.

Came from a very long line of docs (11 generations I think). Traditionally the information was only passed down to family members and then only to men.

Mostly these points are experience points. There are 12 principle areas in the Master Tong system rather than 12 regular meridians. Note from the handout, that there are a ton of points on the hand/finger area. Grand total of 38 of them. Points are named by area. For instance, the fingers are Area 11 and points are named 11.01 – 11.27.

Know the area numbers so that on the test when he asks what area 22.01 is you know that is the palm/dorsal area of the hand.

### **Areas in Master Tong's Acupuncture**

There are 12 principles areas in Master Tong's chart of human body

<b>Finger</b> as area 11,	27 points;
<b>Palm/Dorsal hand</b> as area 22,	11 points;
<b>Forearm</b> as area 33,	16 points;
<b>Arm</b> as area 44,	17 points;
<b>Sole</b> as area 55,	6 points;
<b>Dorsal Foot</b> as area 66,	15 points;
<b>Leg</b> as area 77,	28 points;
<b>Thigh</b> as area 88,	32 points;
<b>Ear</b> as area 99,	8 points;
<b>Head/Face</b> as area 1010,	25 points.
<b>Back</b> as area DT,	52points(B/L: 83 points)
<b>Chest/Abdomen</b> as area VT,	56 points.

There are a grand total of over 700 points, but only about 40-100 are used. (Even in TCM with 361 points, we commonly use about 60.)

### **Characteristics of Tong's Extra Points**

1. Points along the edge of the bone.  
These points are for bone membrane stimulation. Very strong stimulation. Also used the like-like theory from Neijing – bone treats bone, muscle treats muscle.

2. Points are combined for outstanding efficacy.  
Some points are actually a combination of a couple of spots. Wood anger, four flower, lower 3 emperors, etc. You combine these when you needle, rather like ranked needling in the beginning of the course.
3. 7 lines on the back:
  - a. 2 ub lines
  - b. 2 jia ji lines
  - c. 1 du line
4. Some points in this system overlap with TCM, but have different names. LV 2 and 3 for instance. Also, some points are shifted slightly.

### **Tong's Special Techniques**

1. Simple Techniques  
Pay attention to needling depth, most insertions are perp/oblique/trans. Different depths, however, give different effects. Kidney gate (77.18) for instance, ½ cun depth for SP, 1 cun depth for KI. ST 36 use ½ cun for local area problems while 1+ cun is to treat ST, 2+ cun goes to HT. Also with stronger stimulation.  
  
**Does *not* focus on the reduce/tonifying techniques.** Dr. Liu emphasizes this is on the next test. Master Tong did it this way, but successive students of his methods (Susan Johnson for instance) have modified to include reduce/tonify.
2. Parallel needle techniques using 2-3 needles. This is also called Dao Ma Needling and is very popular in Master Tong's methods. This is because one named point might require needling of 2-4 spots. The stimulation is stronger.
3. Activating Qi technique – De Qi Method – which is contralateral insertion combined with movement by the patient of the diseased area. Very common technique in Master Tong's method. This moves the Qi or activates it.
4. Inducing Qi technique (Chien Yin method). Contralateral insertion with ipsilateral distal needle to induce Qi. This uses the Shu Stream point to guide the Qi...this is called the Guiding Point. Example: use ST38 for a shoulder problem on the LI line and also needle LI 4.

Shu Stream point always helps with joint pain.

### **Blood Letting Technique**

1. Distal blood letting.  
Often used on the extremities, but M. Tong's method can use it anywhere on the body. Treats many disorders with good results. Even Dr. Liu says the results can be magic.  
Example: bleeding on the back of the knee to treat the back...or the back to treat the knee!

You can totally combine this with cupping.

2. Can be anywhere on the body.  
Can even bleed at Ht/LU on the back, Liver, Spleen, Kidney areas on the back.
3. Treats many disorders easily, safely with wonderful results.
4. Insert needle to abnormal pathologic morphologies of the body such as abnormal color/sensation/morphology.

### **Tong's Diagnostic Methods**

1. Read the palm  
Tong's Palm Diagnosis.
2. Inspect face  
Tong's Face Diagnosis
3. Diagnose from Qi and color's change.  
Tong's Back Diagnosis
4. Pick up points to treat it. This refers to treatment schedule.
5. If patient's chief complaint is sciatica, read the palm, inspect the face and color change. You might discover the reason for the sciatica is Lu xu. So you needle Ling gu and Da bai.

### **Tong's Theories**

1. Holographic correspondence.  
Imaging the body onto a small area. Example: image a body like a sitting Buddha onto the face...kidneys are around the sides of the chin as are the kidney points.
2. Analagous Correspondence  
Example: bone points for bone disease, skin points for skin disease. This is a Neijing theory.
3. Zang fu Collateral Way  
Lung/Bladder, Spleen/SI, Heart/GB, KI/SJ, PC/St. This isn't exactly TCM meridian system.
4. Vascular Pathology  
Blood stagnation causes a great many ailments, so blood letting is very important in this system.

**Know in which situations you can use blood letting!!!!**

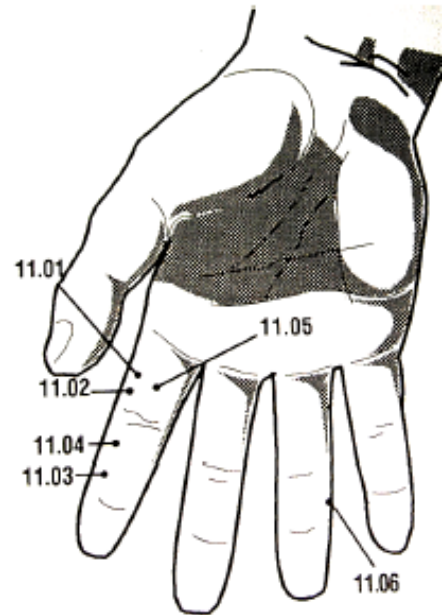
## Most Common Tong's Acupoints

The beauty of these points on the hand is that you can self-needle. You can send those you trust not to hurt themselves with Seirin needles and teach them how to find/needle. Retain 30-45 minutes.

**11.06還巢穴 Huanchao**(return to ovaries). Reflex area of liver and kidney.

**Location:** On the center of the ulnar side of the middle phalanx of the ring finger. Insert 2-5 fen in depth 無名指中節小指側正中央

**Indication:** Uterine pain, uterine tumor, uteritis, irregular menstruation, Leucorrhea with redish discharge, fallopian tube blockage, retroversion of uterus, frequent urination, vaginal swelling, frequency miscarriage. 子宮痛, 子宮瘤, 子宮炎, 月經不調, 赤白帶下, 輸卵管不通, 子宮不正, 小便過多, 陰門發腫, 安胎。



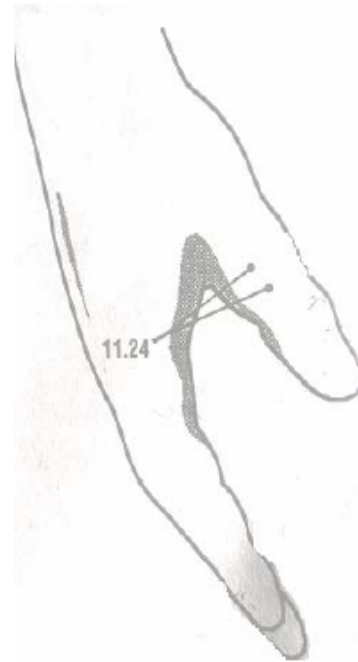
This is also called “return to nest.” A *fen* is 0.1 cun.

## 11.24婦科穴 Fuke (gynecology). Reflex area of Uterus.

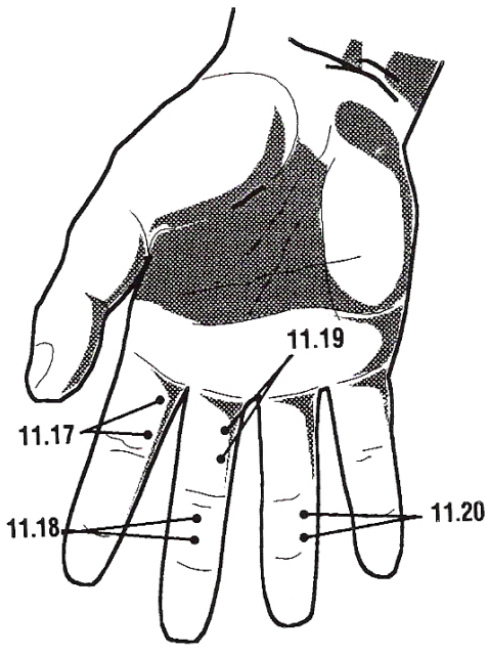
**Location:** These 2 points lie on ulnar side of the proximal phalanx of the thumb. Divide the dorsal proximal phalanx of the thumb into three section, find these 2 points just lie on the dividing lines very near the ulnar margin. 位於大指背第一節尺側，1/3, 2/3各一穴。

**Needling:** Usually inserts 2 fen in depth to these 2 points at the same time. 大指第一節尺側，針深2分，一用兩針。

**Indication:** Uteritis, pain of uterus (acute or chronic), hysteroma, distention of the lower abdomen, Female sterility, irregular menstruation, dysmenorrhea, menorrhagia, scanty menstruation. 子宮炎，子宮痛（急慢均可），子宮瘤，小腹痛，婦人久年不孕，月經不調，痛經，月經過多或過少。

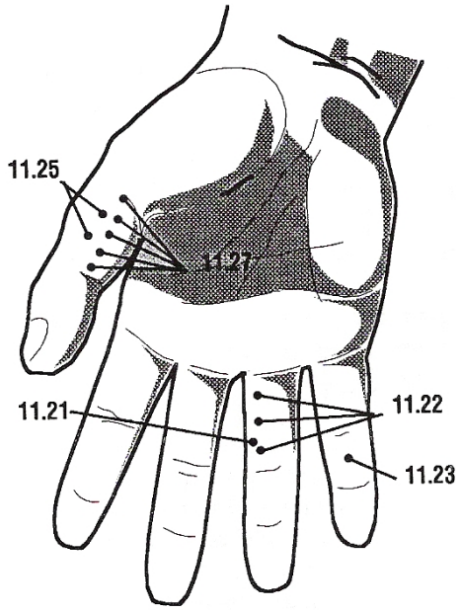


Combination of 2 points. Separate the 1<sup>st</sup> phalanx of the thumb into 3 equal parts...lies on the 2 dividing lines along the edge of the bone, usually right on the margin where the skin changes colors.



**11.17** is the **Mu or Wood** point and is the reflex area of the Liver. On the proximal phalanx of the ulnar aspect of the index finger and is 2 points at the 1/3 and 2/3 points. Draw a tic tac toe board and insert 2-3 fen in depth. Generally use the left side – because Liver is on the right.

This is for hyperactivity of the Liver fire and irritability. Can be used for any emotional instability though.



**11.27** is the **Wu Hu (five tigers)**. Reflex area of the spleen. Five points located on the radial border of the proximal phalanx of the thumb. 2 fen insertion depth. This is for bone swelling all over the body.