

Course:	Advanced Needling Techniques 2	Date:	June 3, 2009
Class #:	7 – Master Tong points		

Master Tong stuff cont'd

11.27 Wu Hu – Five Tigers

This is the reflex area of the Spleen. Located on the radial border of the proximal phalanx of the thumb on the radial side of the bone. Insert 0.2 cun in depth. Indicated for bone swelling and pain in the body. Points 1, 3, and 5 are the most used.

- 1 – hands
- 2 – assistant point for #1 and 3
- 3 – toes
- 4 – dorsal foot/ankle
- 5 - heel

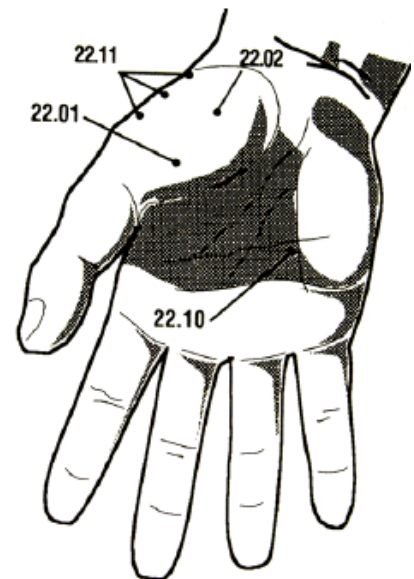
Find the mid point first (middle of the prox phalangeal), then 2 on each side.

22.01 重子穴 Zhongzi (Double son). Reflex area of lungs.

- **Location:** The point located in the thenar area about 1 cun from skin fold between the 1st and 2nd metacarpals. 掌側虎口下1寸，大指掌骨與食指掌骨之間
- **Indication:** Back pain, pneumonia (esp. effective), common cold, coughing and asthma (most effective to children). 背痛，肺炎（特效），感冒，氣喘（小兒特效）。

22.02 重仙穴 Zhongxian (Double immortal). Reflex area of lungs

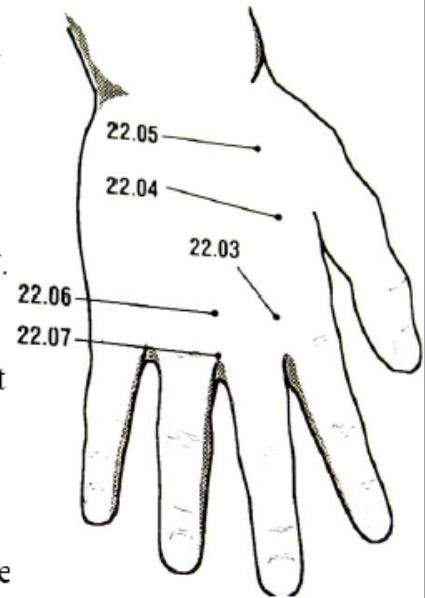
- **Location:** This point lies at the joint between the 1st and 2nd metacarpal bones, oblique and distal 1 cun to Zhongzi. **Needling** 3-5 fen depth. 重子下1寸，靈骨正反面。針深3 - 5分。
- **Indication:** High fever, Pneumonia, Back pain, Knee pain (esp. anterior knee pain) 背痛，肺炎，退燒，心跳，膝蓋痛（膝前痛）。



Can find these points by using the medial edge of the index finger down and from base of thumb across. Also, 22.02 is flip side of Ling Ku – some books say you can needle through and get both. Can find Ling ku then wrap around to the palm – 1 cun from the edge of the webbing.

22.04 大白穴 Dabai (great white) Reflex area of LU.

- **Location & Needling :** The point lies 1.2 cun distal to bony junction of the 1st & 2nd metacarpals. Insert 4-6 fen depth 當第一掌骨與第二掌骨接合處向下1.2寸，針深4-6分。
- **Indication:** Asthma in child (Blood letting), High Fever (most effective), Sciatica d/t lung deficiency. 小兒氣喘 (點刺出血)，發高燒 (特效)，肺機能不夠之坐骨神經痛。
N.B.: not for pregnant women. 孕婦禁針。



22.05 靈骨穴 Linggu (spirit bone) Reflex area of LU.

- **Location & Needling :** The points lies at the bony junction of 1st & 2nd metacarpals of dorsal hand. Deep insert to 22.02 Zhongxian. 位於手背姆指與次指叉骨稍前。可透刺至重仙穴。
- **Indication:** Sciatica d/t lung deficiency, Lumbago, Leg pain, Bell's palsy (Facial nerve palsy), Hemiplegia, Tinnitus, Hyper or oligo-menorrhagia, Polyuria, Amenorrhea, Migraine Difficult to delivery, Hearing impairment (sensorineural type). 肺機能不夠之坐骨神經，腰痛，膝痛；半面神經麻痺，半身不遂，骨節脹大；婦女經脈不調，經閉，難產；背痛，耳聾，偏頭痛，經痛，腸痛，頭暈腦脹。
N.B. Not for pregnant women. 孕婦禁針。

To locate the points: find the 2 heads of the 1st and 2nd MC bones. That's 22.05. Don't use it for preggers! Too strong and the target area is lower jiao below belly button. Good for sciatica, leg pain, etc.

For Da Bai, find the bone edge.

Review the Korean Hand Therapy! Remember that this area is for hip/GB 30.

Use these points and then ask patients to do movement...always do opposite side.

Da bai is just prox to the head of the 2nd MC bone. Needle just under the edge of the bone.

33.10腸門穴 Changmen (intestine gate) Reflex area of liver and Intestine.

· **Location & Needling :** This point lies longitudinally 3 cuns above the pisiform bone, just on the medial side of ulna. 3 – 5 fen deep insertion. 在尺骨內側，距豌豆骨3寸，針深三至五分。

· **Indication:** Enteritis caused by hepatitis, dizziness and blurred vision.

肝炎之腸炎，頭暈眼花

33.11肝門穴 Ganmen (liver gate) Reflex area of liver.

· **Location:** This point lies longitudinally 6 cuns above the pisiform bone, which is on the medial Side of the ulna. 尺骨內側，距豌豆骨六寸。

· **Treatment:** Acute hepatitis (most effective).

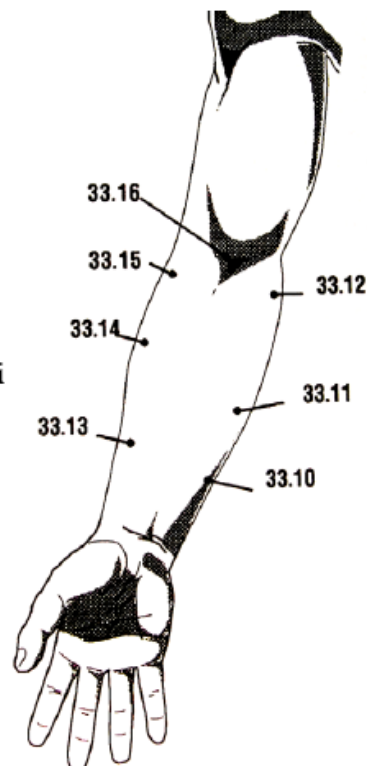
· **Procedure:** 3-5 deep insertion will relieve liver pain immediately. Manipulating Clockwise to relieve chest tension. Manipulating anti-clockwise to relieve intestine Pain. Permitted only on the left forearm.

針下後立止肝痛，右旋轉針胸悶即除，左旋轉針，腸痛亦除。單用左手穴道

33.12心門穴 Xinmen(heart gate) Reflex area of HT & LIV

Location & Needling : This point lies longitudinal 1.5 cuns distal to the olecranon. Insert 4-7 fen in depth. 尺骨鷹嘴突之下，去肘一寸五分陷，針四至七分深。

· **Indication:** Carditis, Palpitation, Chest oppression, Vomiting (dry), Inguinal region pain. 心臟炎，心跳胸悶，嘔吐，乾嘔亂。



In the SI area. Right on the edge of the bone. For Heart Gate also has the function of treating inguinal pain – use opposite side. “Magic” point! The treatment:

① Insert 33.12

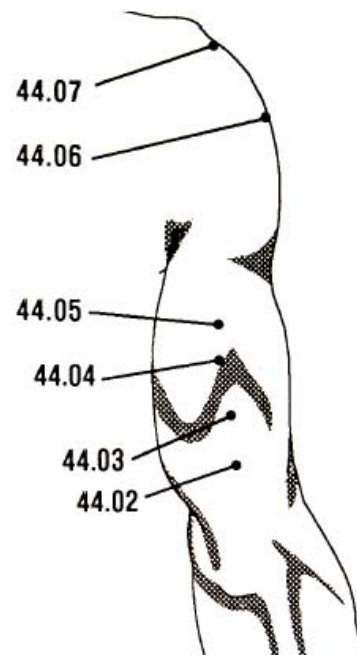
② then move the inguinal joint different directions.

③ After that, do one more point, use the Shu point of the Liver (which is for joint pain), LV 3.

Also good for medial area knee pain. Add LV 3, KI 3.

44.06 肩中穴 Jianzhong(central shoulder) Reflex area of HT

- **Location:** The point lies at the center of the deltoid muscle. 當後臂肱骨之外側，去肩骨縫二寸五分，針深五分至一寸。(中三角肌中央)
- **Needling** 0.5-1.0 cun in depth.
- **Indication:** Knee pain(most effective-contralateral insert), Skin disorder (esp. neck skin), Hemiplegia, Poliomyelitis(Infantile paralysis), Arterio-sclerosis, Nose bleeding(Epistaxis), Shoulder pain (contralateral). 膝蓋痛特效(針健側)，皮膚病(頸項反膚病有特效)，小兒麻痺，半身不遂，心跳，血管硬化，鼻出血，肩痛特效(針健側)。



Find deltoid muscle to locate.

66.05 門金穴 Menjin (golden door) Reflex area of stomach and duodenum.

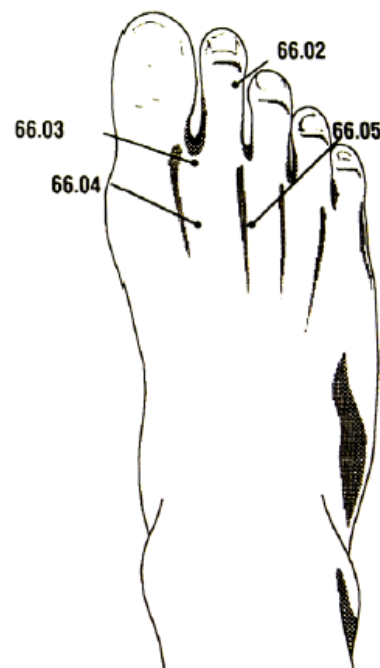
Location & Needling : 2 cuns proximal to the web between the 2nd and 3rd toes. Insert 1.0-1.5 cuns in depth. 第二趾骨與第三趾骨連接部之直下陷中。針深一寸至寸半。

Indication: Enteritis, Gastritis, Abdomain pain, Dysentery, Appendicitis. 腸炎，胃炎，腹部發脹及腹痛，盲腸炎。

N.B.: Only use one point in one treatment. 禁雙腳同時取針。

Explanation:

1. Just proximal to ST43 or 2 cuns proximal to ST44. 位在胃經陷谷之上。或內庭後二寸。
2. Can treat any kind of Gastritis. 腸胃炎，腹瀉特效。
3. Good for temporal migraine and nose congestion and menstrual cramp. 太陽穴偏頭痛及鼻塞，經痛均有效。
4. Good for Dysentery, with Linggu treat abdominal pain. 配靈骨治腹痛，腹脹。
5. Always with ST44 treat above disease, also rectal prolapse. 內庭倒馬治以上各病及脫肛效更佳



Before needling, palpate to feel congestion inside. When you press gauge the pain level. Needle the opposite side. Palpate and you should have reduction of pain in a couple of minutes. Strong stimulation, 1 cun needle.

Combine with “guiding” points. Spleen 3 or 4 – palpate for sensitive points – to treat lower digestive problems. Try ST 36 and 37 too, same side as you are treating.

Also good for acid reflux – this time you use ST 44 for the guide.

Always needle ONE side - contralateral, not both!

TONG POINTS – contralateral

GUIDING POINTS – same side as problem.

Which one first doesn't matter. Don't add in a whole bunch of other points – just these to treat the problem.

Feel the bone before you needle

66.06木留穴 Muliu (wood keep) Reflex area of spleen and liver.

Location & Needling : 1.5 cun proximal to the web between the 3rd and 4th toes. Insert 0.5-1.0 cun in depth. 第三趾骨與第四趾骨連接部之直前陷中，距趾趾關節一寸五分。針深一寸至一寸五分。

Indication: Splenomegaly, Indigestion, Liver disease, Fatigue, Cholecystitis, Poliomyelitis & Leukaemia. 脾腫大(硬塊)，消化不良，肝病，疲勞，膽病，小兒麻痺及白血球症。

66.07木斗穴 Mudou (wood scoop)

Location: 1 cun proximal to the web between the 3rd & 4th toes. Insert 0.5-1.0 cun in depth. 第三趾骨與第四趾骨之間，距趾趾關節五分。針深一寸至一寸五分

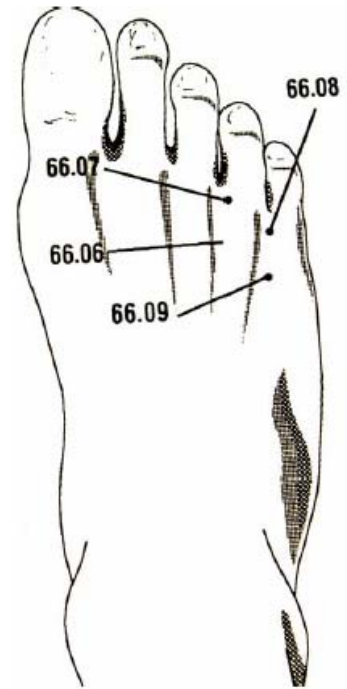
Indication: Same as Muliu but not including Leukaemia. 同木留穴但無白血球症。

66.10火連穴 Huolien (fire connection) Reflex area of heart and kidneys.

Location: Just 1.5 cun proximal to the medial side of 1st metatarso-phanlangeal joint. Insert 5-8 fen in depth. 第一趾骨內側，從趾趾關節向足跟一寸五分。針深五至八分。

Indication: Vertigo, Dizziness, Palpitation, Heart weakness d/t Hypertension. 血壓高引起的頭暈眼昏，心跳，心臟衰弱。

N.B. : Only use one point in one treatment. Not for pregnant women. 單腳取穴，孕婦禁針。



Learn these on your own.

77.01 正筋穴 Zhengjin (Upright tendon) Reflex area of brain and spine.

Location & Needling : The point located on the Achilles tendon just 3.5 cuns straight above the heel. Insertion 5 – 8 fen in depth (Penetrate tendon more effective). Needle tough guy In sitting position; weak person with side lying position. 足後跟筋中央上，距足底三寸五分。針深五分至八分（透筋尤佳），體壯可坐姿扎，體弱者應側臥扎。

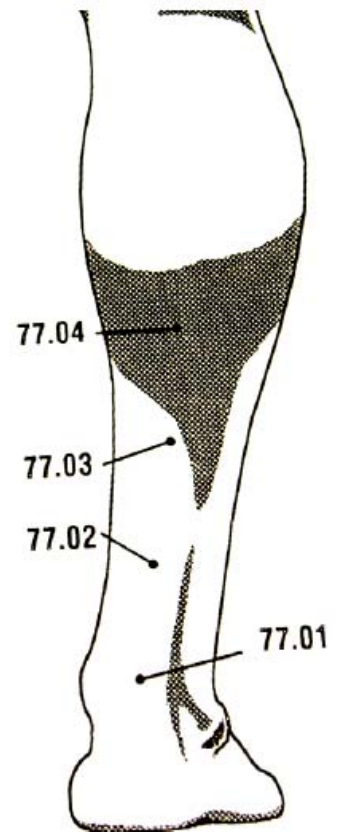
Indication: Spinal pain(S/S), Lumbago, Neck pain(d/t herniated cervical disc and S/S), Hydrocephalus and Occiput pain. 脊椎骨閃痛，腰脊椎痛，頸項筋痛及扭轉不靈，腦骨脹大，腦積水。

77.02 正宗穴 Zhengzong (upright ancestral) Reflex area of brain & spine.

Location & Needling : 2 cuns straightly above Zhengjin. Insert depth as Zhengjin. 正筋上二寸，針深同之。

Indication Same as Zhengjin. 治同正筋。

N.B.: Always use with Zhengjin to have better effective. 正筋正宗相配用針。



77.01 Find malleoli, right between them, right on the tendon. Really relax this tendon – Susan Johnson does some massage here to facilitate this. Use a 2 cun needle for this. Let the needle pass thru the tendon until you feel the bone.

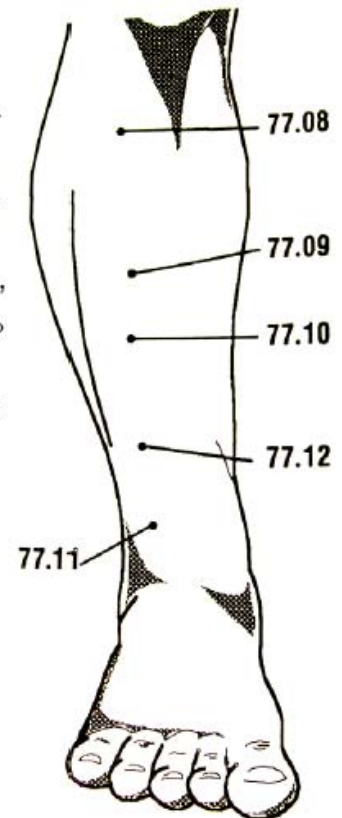
Also good for scalp area and water retention therein.

77.09 四花中穴 Sihuzhong(middle four flowers) or Tz'u-Hua-Chung. Reflex area of heart, lung and 6 bowels.

Location: The point lies 4.5 cuns distal to Sihushang(ST36). 四花上穴直下四寸五分。

Indication: Asthma, Ophthalmalgia, Carditis, Arteriosclerosis, Chest oppression & Restless, Acute stomachache, Bony swelling. 哮喘，眼球病，心臟炎，心臟血管硬化（心兩側痛），心臟麻痺（心悶難過，坐臥不安），急性胃痛，消骨頭之腫脹。

Procedure: Inserts 2-3 cuns for asthma and ophthalmalgia; Bloodletting to treat the rest of disease. 針深二至三寸治哮喘及眼球痛，其他刺血治心臟病變。



77.09 is the four flower point.

77.17 天皇穴 Tianhuang (heaven emperor) Reflex area of kidney & heart

Location: The point is located just below the med. condyle of the tibia bone. **Needling** 0.5-1.0 depth. 在脛骨頭之內側陷中，去膝關節二寸五分，針深五分至一寸。

Indicaiton: Hyperchlorhydria(excessive gastric acid), Esophageal reflux, Glomerulonephritis, Diabetes. 胃酸過多，反胃（倒食病），腎臟炎，糖尿病，小便蛋白質。

Procedure: with 77.18 Shenguan, treat excessive gastric and Esophageal reflux. 配腎關治胃酸過多，倒食症。

N.B.: No moxa, not for pregnant women. 禁灸及孕婦禁針。

77.18 天皇副穴 (腎關) Tianhuangfu (Shenguan) (kidney gate) Reflex area of heart and kidney.

Location: The point lies 1.5 cuns below Tianhuang. **Needling** 0.5 – 1.0 cun depth. 天皇穴直下一寸五分，脛骨之內側，針深五分至一寸。

Indication: Hyperchlorhydria(excess gastric acid), Esophageal reflux, Strabismus (squint), Astigmatism(visual distortion), Anemia, Idiopathic epilepsy, Hysteria, Headache(frontal), Nose pain, Vertigo. 胃酸過多，倒食症，眼球歪斜，散光，貧血，癲癇病，神經病，眉酸骨痛，鼻骨痛，頭暈。

The lower 3 emperors are:

- ☉ Heaven is SP 9 and then 77.18 is 1.5 cun below – the assistant to heaven.
- ☉ Earth point – SP 7.5
- ☉ Human - 77.21 = SP 6 (see next slide)

Use 77.17, .18, and .19 for water metabolism problems.

77.19地皇穴 Dihuang (earth emperor) Reflex area of kidneys.

Location & Needling : The point lies 7 cuns above the med. malleolus just beside the med. border of the tibia. Insert obliquely 1.0-1.8 cun in depth. 在脛骨之內側，距內踝骨七寸，四十五度進針，針深一寸至一寸八分。

Indication: Edema, Glomerulonephritis, Diatetes, Early ejaculation, Impotence, Gonorrhoea, Hematuria, Uterine myoma. Lumbago due to **Kidney Deficiency Syndrome** or period. 腎臟炎，四肢浮腫，糖尿病，淋病，陽萎，早洩，夢遺，小便蛋白質，小便出血，子宮瘤，月經不調腎虧之腰痛。

N.B.: Not for pregnant women. 孕婦禁針。

77.21人皇穴 Renhuang. (human emperor) Reflex area of kidney.

Location: 4 cun below 77.19, on the medial posterior border of tibia (SP6)

Indication: Gonoorrhoea, Impotence, Lumbago, Neck pain(acute), Early ejaculation, Hands numbness d/t Diabetes, Dizziness. 淋病，陽萎，早洩，遺精，滑精，腰脊椎骨痛，脖子痛，頭暈，手麻，糖尿病，小便出血，腎臟炎，腎虧之腰痛。

N.B.: Not for pregnant women. 孕婦禁針。

On an unrelated note:

Four horses (which are actually only 3 points):

- ☉ Find GB 31 (stand up, let middle fingertip touch it). This is the middle point.
- ☉ Measure 3 cun over to the Stomach meridian from here. It's right on the edge of the bone.
- ☉ Measure 2 cun up, 2 cun down.

Use this for skin problems like psoriasis, asthma.

Nine mile – find stomach meridian on thigh

77.22側三里穴 Cesanli (lateral 3 mile) Reflex area of teeth & lungs.

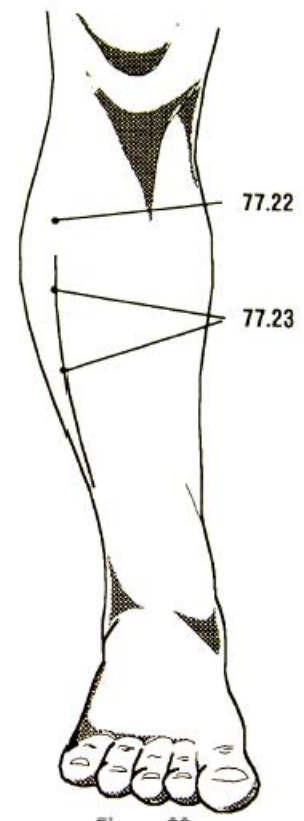
Location & Needling : The point lies horizontally 1.5 cuns lateral to ST36. 0.5 –1.0 cun depth insert. 四花上穴 (足三里穴向外橫開三寸故名，針深五分至一寸。

Indication: Toothache(Gingivitis), Facial nerve palsy. 牙痛，面部麻痺。

77.23側下三里穴 Cexiasanli (Distal to lateral 3 mile)

Location & Needling : The point lies longitudinally 2 cuns below the Cesanli. 0.5-1.0 cuns depth insert. 側三里下二寸，針深五分至一寸。

Indication: Same as Cesanli. Always combine these 2 points contralaterally in practice. 治同側三里，兩穴一組共用。



These are 3 cun lateral to ST channel...except for 77.22 above which is 1.5 cun lateral from ST 36. These are almost on the GB channel. Then again, the 2 chinese speakers are debating this...could be somewhere in between!

Four horse

1010.19水通穴 Shuitong(water open). Reflex area of kidneys.

Location & Needling : 4 fens longitudinally below the corner of the mouth. Obliquely insert 1-5 fens from medial to lateral side of the chin. 在嘴角下四分，針由內向外斜扎，針深一分至五分。

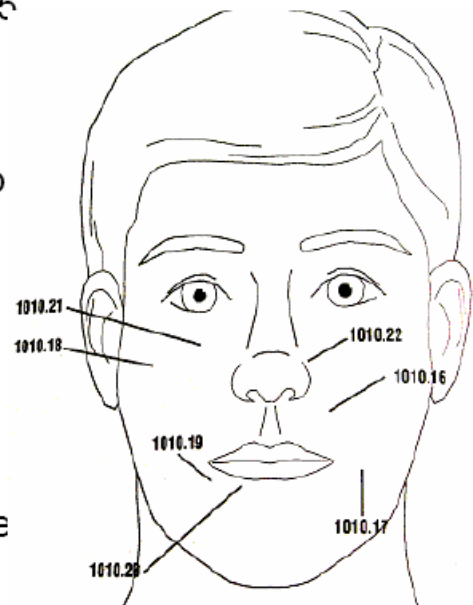
Indication: Fibromyalgia and chronic fatigue d/t kidney deficiency, vertigo, blurred vision, lumbago Low back sprain/strain d/t qi blockage. 腎臟之風濕病，腎機能不夠之疲勞，頭暈，眼花，腎虛，腎虧，腰痛，閃腰岔氣。

1010.20水金穴 Shuijin(water metal).

Reflex area of kidneys.

Location & Needling : Horizontally 5 fens to the medial side of Shuitong. Same inserting technique 水通穴向裡平開五分，針由內向外斜扎，針深一分至五分。

Indication: Same as Shuitong(plus asthma, cough,). 治同水通。



Find the corner of the mouth and go 0.4 cun down. Needle in the direction of the line for 1010.19. Shuijin above adds the action of asthma...kidney/lung connection....also mirror image of a sitting Buddha. You can draw the image of the sitting Buddha on the face – a holographic picture of the body...that puts Shuitong at the level of the kidneys.

For the test: know the numbers, what they are for and the principles of why (i.e., the imaging listed above).