

# Master Tung's Points Dr. Tan's Applications



By  
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Lotus Institute Of Integrative Medicine

LEARN THE SCIENCE PRACTICE THE ART HEAL

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To provide the highest quality,  
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# *Our Vision*

All TCM practitioners operate in the highest level of  
efficiency and effectivity in the healing of patients  
and the professional practice becoming an active,  
vital and integral resource in the health needs of  
the community.

# *Our Promise*

To help you maximize clinical success and to make  
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# READ FIRST

## **Welcome** to our Lotus CEU seminar.

It is a pleasure to have you here today.

Before class starts, please read through our policies/guidelines.

## Lotus CEU Seminar

### **GENERAL POLICIES / GUIDELINES**

1. In order to receive your CEU today, please register for this class and sign in. If you have not, please do so at the registration table.
2. Please be sure to keep track of your CEU/PDA certificate of completion. Only one copy will be provided. There will be a \$10 retrieval charge for request of additional copies.
3. Please find the following in your packet:
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    - If you are a practitioner coming both days this weekend, your gift certificate is worth \$200.
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5. As a courtesy to our speaker, we ask that you turn your cell phone off or to the vibrate setting.
6. There will be two breaks in the morning and in the afternoon. Lunch is from 1 pm to 2 pm.

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### **2. Consent and Disclaimer Part II (Video)**

- a. For educational purposes, each of our seminars is videotaped. We will also ask you to sign a video consent form when signing-in in the morning. Please note that some attendees will inevitably be filmed throughout the day due to seating arrangements. If you wish not to be recorded, please choose a seat that is not close to the camera and notify our staff. Thank you.

### **3. Consent and Disclaimer Part III (Treatment)**

- a. For those who are participating in a class where you are volunteering as a patient for treatment, you will be asked to sign a full-video consent form as we may use your case for educational purposes in the future. This form provides consent to disclose, share and discuss your case/medical history and allow treatment in a public setting. Please see our staff for a copy.



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For years, Lotus Institute has taken pride in the presentation of the most qualified and experienced speakers and practitioners of Oriental Medicine in their respective specialties. This allows us to fulfill our mission of providing the highest quality, clinically relevant, and readily available information to the TCM community. Most of our speakers have over twenty-five years of clinical experience. They have preserved and developed clinically effective approaches that now serve as testaments to their longevity of successful practice.

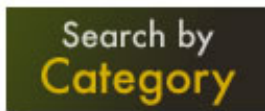
Our speakers are individuals who are respected by their peers, beyond the readily apparent scholastic and professional achievements, but more so by their willingness to share their highly-valued insights so you will be able to utilize them immediately, the very next day in your practice.

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# MASTER TUNG'S POINTS: DR. TAN'S APPLICATIONS

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## Class Outline

- ☐ Introduction
- ☐ Acupuncture 1,2,3
  - ☐ Step 1: Determine the Sick Meridian(s)
  - ☐ Step 2: Choose the Treatment Vessel(s)
  - ☐ Step 3: Select Point(s)
- ☐ Master Tung's Points, Dr. Tan's Applications (Indications and Herbal Formulas)
- ☐ On Stage Demonstration (if time allows)



## Introduction

- Yin and yang is 50-50 in nature
- How many meridians? 12
- How many yang? 6
- How many yin? 6
- How to define yang meridians? Anything related to the sun “taiyang” – on the body exposed to the sun more – “dark meat”
- Yin side is the side that is exposed to the sun less – “white meat”



## Introduction

- Yangming – Dark meat, in front
- Taiyang – Major yang, extreme yang; Dark meat, in back
- Why is the back of the body yang and the front yin? The back is exposed to the sun more.
- Shaoyang – In btw Yangming and Taiyang; Lateral yang



## Introduction

- Taiyin – Frontal yin
- Shaoyin – Posterior yin
- Jueyin – In btw Taiyin and Shaoyin; Medial yin; balances with Shaoyang



## Introduction

- System 1 – one in the hand and one on the foot, share same Chinese name, balances each other (i.e. LI balances ST)
- System 3 – frontal yang with frontal yin, lateral yang with medial yin, back yang with back yin





## Introduction

- How many meridians on each side? 6
- On every yang side, there are 5 segments
- On every yin side, there are 5 segments



## Six meridians that pass the knee

- Taiyang
- Shaoyang
- Yangming
- Taiyin
- Shaoyin
- Jueyin



## Acupuncture 1, 2, 3

- Step 1. Diagnosis (in acupuncture way, by identifying the sick meridian)
- Step 2. Find a balance (choose the treatment meridian);
- Step 3. Select points



## Step 1

- Determine the Sick Meridian(s)



## Step 2

### ☐ Choose the Treatment Vessel(s)

☐ System 1: Anatomic meridian name sharing

☐ System 2:

Hand	<input type="checkbox"/> taiyang – taiyin;	Foot
	<input type="checkbox"/> shaoyang – shaoyin;	
(Foot)	<input type="checkbox"/> yangming – jueyin.	(hand)

☐ System 3

☐ System 4

☐ System 5



## Step 2

### ☐ Choose the Treatment Vessel(s)

☐ System 3: Biao-Li (exterior-interior)

☐ Taiyin – yangming

☐ Jueyin – shaoyang

☐ Shaoyin – taiyang

☐ Hand (meridian) – Hand (meridian)

☐ Foot (meridian) – Foot (meridian)

☐ \*\*\* **OPPOSITE SIDE** \*\*\*

☐ System 4

☐ System 5



## Step 2

### ☐ Choose the Treatment Vessel(s)

#### ☐ System 4: Chinese clock

##### ☐ **\*\*\* OPPOSITE SIDE \*\*\***

- ☐ Heart – Gallbladder
- ☐ Spleen – San Jiao
- ☐ Pericardium – stomach
- ☐ Lung – urinary bladder
- ☐ Liver – small intestine
- ☐ Kidney – large intestine



## Step 2

### ☐ Choose the Treatment Vessel(s)

#### ☐ System 5: Chinese clock

##### ☐ **Yang channels:**

- ☐ Kidney – pericardium
- ☐ Liver – lung
- ☐ Spleen – heart



## Step 2

- ☐ Choose the Treatment Vessel(s)

- ☐ System 6:

- ☐ Same meridians – same meridians
    - ☐ Usually the same side



## Step 2 – to find the “balance”

- ☐ Choose the Treatment Vessel(s)

- ☐ System 1:
  - ☐ System 2:
  - ☐ System 3
  - ☐ System 4
  - ☐ System 5
  - ☐ System 6



## Step 3: determine the points

- ☐ Select Point(s) Using
  - ☐ Step 2, six systems
  - ☐ Mirror and Image Concepts – for today's class
  - ☐ \*\*\* some pictures / notes of mirror are on the second to last page of the handout.
  - ☐ 5 elements
  - ☐ i-ching (yi-jing)
  - ☐ Ba Gua (Ba Gwa)
  - ☐ 12 Magic points
  - ☐ Etc.



## Mirror and Image Concepts


- ☐ (this is on the second to last page of handout)
- ☐ Fingers=toes=top of the head
- ☐ Hand=foot=genitals=head
- ☐ Wrist=ankle=top of the head=du20=neck
- ☐ Forearm=lower leg=forehead=upper abdomen=rib cage=chest=mid-upper back
- ☐ ...
- ☐ Ps: you don't have to write this – it's already in your handout..




## Marathon runner

- ☐ Achilles pain and lower leg pain
- ☐ Acu 1,2,3
  - ☐ 1: ID the sick meridian:
    - ☐ Liver, stomach, or where-ever the pain is, even if it is in between two meridians.
  - ☐ 2: use one of the six systems, and decide how to treat the pain
  - ☐ Don't ask "are you better?"
  - ☐ Ask: "Where is the pain?" So you can continue to target the pain that has not resolved.
  - ☐ 3: Determine the points


☐ Note: We can email this notes (the one I am typing) to you if you'd like. If we don't have your email address, please stop by outside and give it to one of our staff. Thanks.

- 
- ☐ Note: We can email this notes (the one I am typing) to you if you'd like. If we don't have your email address, please stop by outside and give it to one of our staff. Thanks.
  - ☐ You can also check with Eileen in the back for Dr. Tan's books and seminar schedule for more advances classes
  - ☐ [www.DrTanShow.com](http://www.DrTanShow.com)



## Headache, down neck to C7,T1, down UB channel or arm


- Step1: ID the sick meridian
  - GB, UB, SJ, SI, LI
- Step2: Balance (with one or more of the systems)



## HT+LU+(GB/K/P/SP); LV+K


SICK	SYS1:	SYS2:	SYS3:	SYS4:	SYS5
GB	SJ	HT	<u>LV</u>	<u>HT</u>	SJ
UB	SI	LU	<u>K</u>	<u>LU</u>	SI
SJ	GB	<u>K</u>	P	SP	GB
SI	UB	SP	<u>HT</u>	<u>LV</u>	UB
LI	ST	<u>LV</u>	<u>LU</u>	K	ST





Headache, down neck to C7,T1,  
down UB channel or arm

☐ Step3: select the points

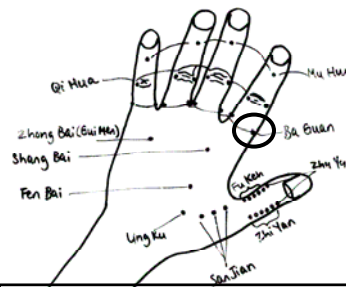


Hand-Dorsal Points

- ☐ *Ba Guan*
- ☐ *Fen Bai*
- ☐ *Fu Ke*
- ☐ *Ling Ku*
- ☐ *Mu Huo*
- ☐ *Qi Hua*
- ☐ *San Jian*
- ☐ *Shang Bai*
- ☐ *Zhi Yan*
- ☐ *Zhong Bai*
- ☐ *Zhu Yuan*

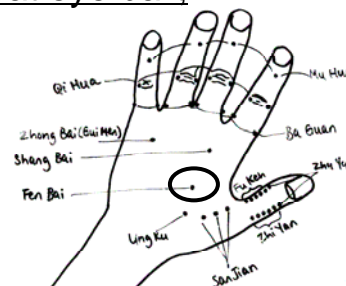
## Hand-Dorsal Aspect: *Ba Guan* pg2

- LOCATION: Ba Guan is located on the dorsal aspect of the 2nd, 3rd, 4th, and 5th finger in the notch formed just distal to the epicondyle of the proximal phalangeal bone, on both side of the bone.
- DR TAN'S APPLICATION:
  - Shoulder, upper arm,
  - upper leg, pain, atrophy,
  - Numbness, burning,



## Hand-Dorsal Aspect: *Fen Bai*, pg2

- LOCATION:
- DR TAN'S APPLICATION:
  - Eye problem (use with shang bai);
  - or use st35, liver 8, kid 10, pc 3, lung 5 gb 20. or points around knees and/or elbows. Zhu yuan is also helpful to treat eye ball;



## Hand-Dorsal Aspect: *Fu Ke* (pg2)

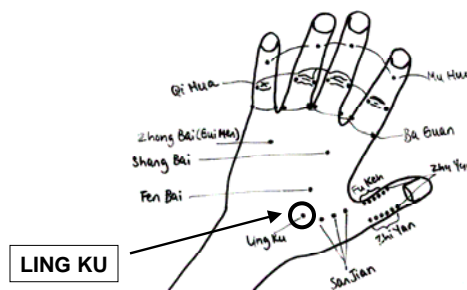
- LOCATION: The 5 *Fu Ke* points are located uniformly on the **ulnar line** (0.3 cun on the ulnar side of the midline) of the dorsal surface of the proximal phalanx of the thumb. \* *fu ke* = gynecology
  - *Fe Ke*(1/yi): 1/6 the distance from the metacarpophalangeal crease to the interphalangeal crease
  - *Fe Ke*(2/er): 1/3 the distance from the metacarpophalangeal crease to the interphalangeal crease
  - *Fe Ke*(3/san): halfway between the metacarpophalangeal crease and interphalangeal crease
  - *Fe Ke*(4/si): 2/3 from the metacarpophalangeal crease and interphalangeal crease.
  - *Fe Ke*(5/wu): 5/6 the distance from the metacarpophalangeal crease and interphalangeal crease.

### ○ DR TAN'S APPLICATION:

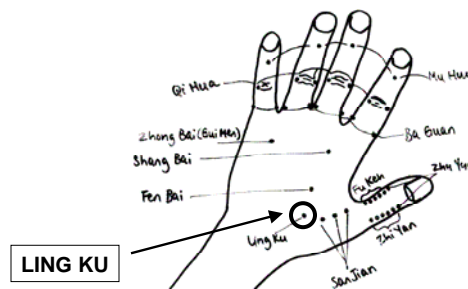


## Hand-Dorsal Aspect: *Ling Ku*

- LOCATION: In the depression distal to the junction of the first and second metacarpal bones. Approximately 0.5 cun proximal to LI-4 on the *Yangming* line.
- DR TAN'S APPLICATION:

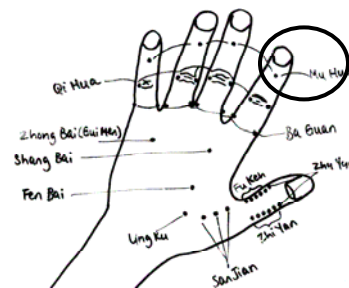


# Da Bai



## Hand-Dorsal Aspect: *Mu Huo* (wood/fire pg 2)

- LOCATION: Mu Huo is located on the dorsal aspect of the 2nd, 3rd, 4th, and 5th finger in the center of the distal interphalangeal crease.
- DR TAN'S APPLICATION:

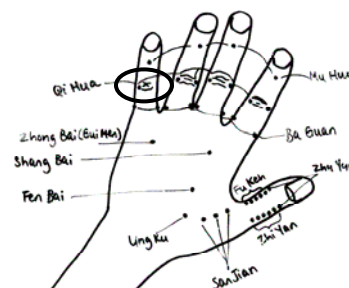


Please hold your questions for now.....

- We have a lot of material to cover today. So please write down your questions, and we will have time at the end of the day to answer them. This will help the flow of class. Thank you.

### Hand-Dorsal Aspect: *Qi Hua* (seven prosperous)

- LOCATION:
- DR TAN'S APPLICATION:
- Big joint arthritis pain, discomfort, tendonitis, knee problems, elbow problems



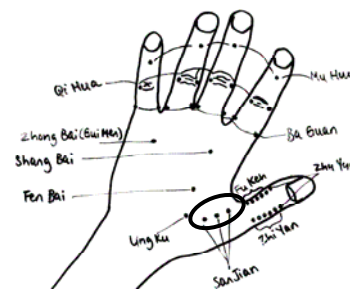
### Hand-Dorsal Aspect: *San Jian* (three shoulders)

○ LOCATION:

○ DR TAN'S APPLICATION:

○ This is on page 3 of handout

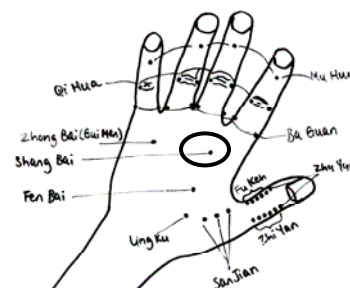
○ Dao ma zhen fa: collapsed horse needle method. Use a few points to stand a horse



### Hand-Dorsal Aspect: *Shang Bai* pg3

○ LOCATION: On the dorsal aspect of the hand, Shang Bai is located 0.5 cun proximal to the metacarpophalangeal joints of the index and middle finger.

○ DR TAN'S APPLICATION:



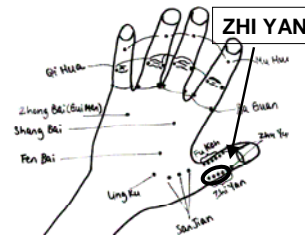
## Hand-Dorsal Aspect: *Zhi Yan* pg3

○ LOCATION: The Zhi Yan points are located on the **radial line** (0.2 cun radial from the midline) of the proximal phalanx on the dorsal aspect of the thumb.

- 1<sup>st</sup> point: 1/6 the distance from the metacarpophalangeal crease to the interphalangeal crease.
- 2<sup>nd</sup> point: 1/3 the distance from the metacarpophalangeal crease to the interphalangeal crease.
- 3<sup>rd</sup> point: halfway between the metacarpophalangeal crease and interphalangeal crease.
- 4<sup>th</sup> point: 2/3 from the metacarpophalangeal crease and interphalangeal crease.
- 5<sup>th</sup> point: 5/6 the distance from the metacarpophalangeal crease and interphalangeal crease.

○ DR TAN'S APPLICATION:

- Wind stroke paralysis

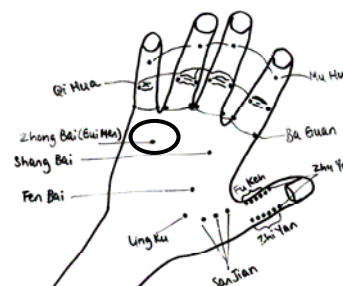


## Hand-Dorsal Aspect: *Zhong Bai*

○ LOCATION: Between the metacarpal bones of the 4th and 5th finger, Zhong Bai is 0.5 cun proximal to SJ-3 on the *Shaoyang* line.

○ DR TAN'S APPLICATION:

- Balances GB



## Hand-Dorsal Aspect: *Zhu Yuan*

- LOCATION: On the lateral and medial side of the first phalangeal joint of the thumb.
- DR TAN'S APPLICATION:



## Hand-Palm Points

- |                     |                       |
|---------------------|-----------------------|
| ○ <i>Chen Yin</i>   | ○ <i>San Huo</i>      |
| ○ <i>Chong Xian</i> | ○ <i>Shang Gao</i>    |
| ○ <i>Chong Zi</i>   | ○ <i>Shou Jie</i>     |
| ○ <i>Da Jien</i>    | ○ <i>Shuang Chuan</i> |
| ○ <i>Di Yang</i>    | ○ <i>Shuang Ling</i>  |
| ○ <i>Feng Chao</i>  | ○ <i>Tian Yang</i>    |
| ○ <i>Gu Guan</i>    | ○ <i>Tong Gu</i>      |
| ○ <i>Mu Guan</i>    | ○ <i>Wu Hu</i>        |
| ○ <i>Mu Lin</i>     | ○ <i>Xia Gao</i>      |
| ○ <i>Nei Yin</i>    | ○ <i>Xiao Jien</i>    |
| ○ <i>Ren Yang</i>   |                       |



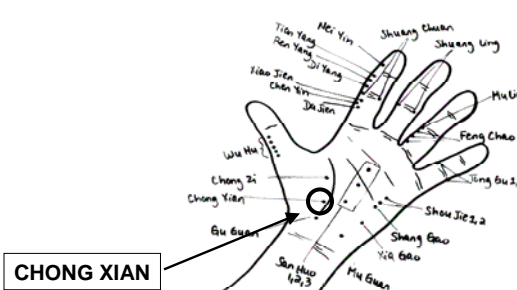
## Hand-Palm: *Chen Yin* pg4

- LOCATION:
- DR TAN'S APPLICATION:
- For prostate problem: Xiao jian, da dian, liver 4, +



## Hand-Palm: *Chong Xian*

- LOCATION: Chong Xian is located on the line drawn from the web-margin to PC-7, approximately 1 cun proximal to Chong Zi.
- DR TAN'S APPLICATION:

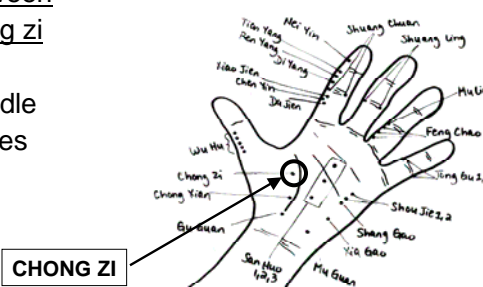


## Hand-Palm: *Chong Zi*, pg4

- LOCATION: Chong Zi is located on the thenar eminence of the palmar surface, about 1 cun medial to the web-margin between the thumb and index finger, between the first and second metacarpal bones.

The point is on a line drawn from the web-margin to PC-7.

- DR TAN'S APPLICATION:
- Needle ah-shi pt between
- Chong xian and chong zi
- Problem in between
- Shoulder blades, needle
- Same or opposite sides
- Lung dz: bronchitis,
- Pneumonia, asthma



## Hand-Palm: *Da Jien*

- LOCATION: On the palmar surface of the hand. The point is 0.3 cun radial to the center of the proximal segment of the index finger.

- DR TAN'S APPLICATION:



## Hand-Palm: *Di Yang*

○ LOCATION: Located at the junction of the “red and white skin” on the radial side of the middle phalanx of the index finger. Di Yang is the midpoint between Ren Yang and the proximal interphalangeal crease.

○ DR TAN’S APPLICATION:



## Hand-Palm: *Feng Chao (phoenix nest), 4*

○ LOCATION: Feng Chao is located at the junction of the “red and white skin” on the radial side of the proximal phalanx of the 4th finger. There are a total of 3 Feng Chao points.

- Feng Chao(er): middle point that is located midway between the metacarpophalangeal crease and the proximal interphalangeal crease.
- Feng Chao(vi): **proximal** to Feng Chao(er), found at the midpoint between the metacarpophalangeal crease and Feng Chao(er).
- Feng Chao(san): **distal** to Feng Chao(er), found at the midpoint between Feng Chao(er) and the **proximal** interphalangeal crease.

○ DR TAN’S APPLICATION:

Great for female problems

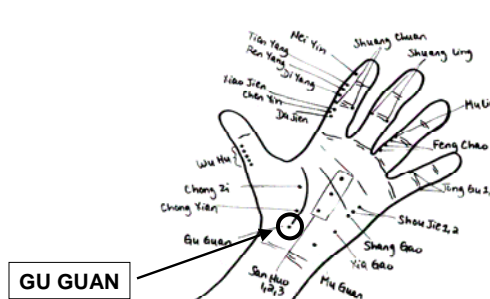
FENG CHAO



- Bai Feng Wan (white phoenix pill) – a patent medicine to treat women's dz.

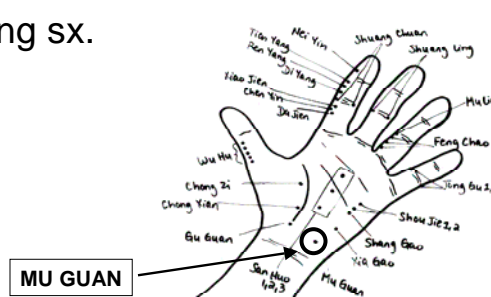
## Hand-Palm: *Gu Guan*

- LOCATION: Located at the base of the palm of the hand, this point is 0.5 cun radial to Zhong Guan (Zhong Guan is 0.5 cun distal to PC-7).
- DR TAN'S APPLICATION:



## Hand-Palm: *Mu Guan*; pg5

- LOCATION: Located at the base of the palm of the hand, this point is 0.5 cun to the ulnar side of Zhong Guan (Zhong Guan is 0.5 cun distal to PC-7).
- DR TAN'S APPLICATION: (mu guan + gu guan)
- For bone swelling sx.
- Arthritis, RA,



## Hand-Palm: *Mu Lin*

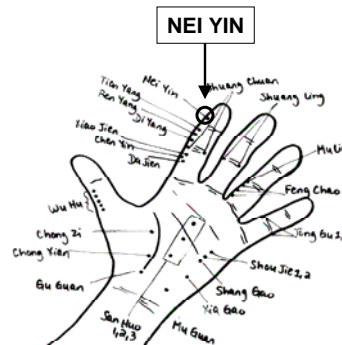
- LOCATION:
- DR TAN'S APPLICATION:



## Hand-Palm: *Nei Yin* (inner yin/private) pg9

○ LOCATION:

○ DR TAN'S APPLICATION:



## Hand-Palm: *Ren Yang*

○ LOCATION: Located at the junction of the “red and white skin” on the radial side of the middle phalanx of the index finger. Ren Yang is located exactly midway between the proximal interphalangeal and distal interphalangeal crease of the index finger.

○ DR TAN'S APPLICATION:



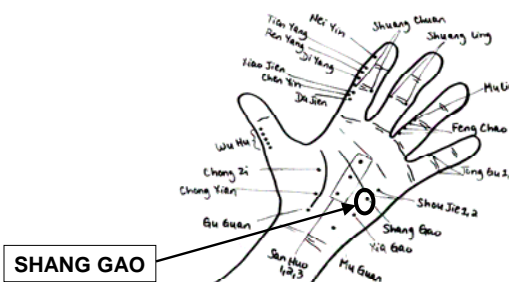
## Hand-Palm: *San Huo* 1, 2, 3, pg5

- LOCATION:
- DR TAN'S APPLICATION:
- San Huo:
- use ah-shi point here,
- top: chest area dz
- middle: digestion
- lower: lower abd problem,
- intestinal, uterine,
- mirror this with the frontal
- parts of the body from chest
- to lower abdomen




## Hand-Palm: *Shang Gao*

- LOCATION: Shang Gao is 1 cun proximal to Shou Jie(yi), between the 4th and 5th metacarpal bones.
- DR TAN'S APPLICATION:

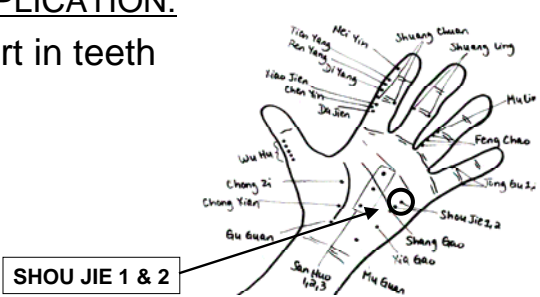







## Hand-Palm: *Shou Jie* (hand dissolve) 1, 2; pg6


- LOCATION: Shou Jie(yi) is located on the palmar aspect of the hand between the 4th and 5th metacarpal bones, at the point where the little finger touches the palm when a fist is made (same location as HT-8).
- Shou Jie(er) is 0.5 cun proximal to Shou Jie(yi).
- DR TAN'S APPLICATION:
- For discomfort in teeth
- Anesthesia





## Hand-Palm: *Shuang Chuan* (double spring)

- LOCATION: Bilateral sides on the 2<sup>nd</sup> phalangeal joint on the index finger.
- DR TAN'S APPLICATION:
- Basically, same function as *shuang ling*





## Hand-Palm: *Shuang Ling* (double spirit), pg6

- LOCATION: Bilateral sides of the 2<sup>nd</sup> phalangeal joint on the middle finger
- DR TAN'S APPLICATION:
  - For more serious problems, ie close to death
  - Such as cancer, heart problems
  - Lung cancer, bone cancer
  - Kidney infection, renal
  - Dialysis, liver cancer
  - Cirrhosis, heart problems
  - Throat cancer, blood cancer
  - Bleed dark blood vessel



## Hand-Palm: *Tian Yang*

- LOCATION: Located at the junction of the “red and white skin” on the radial side of the middle phalanx of the index finger. Tian Yang is the midpoint between Ren Yang and the distal interphalangeal crease.
- DR TAN'S APPLICATION:



## Hand-Palm: *Tong Gu 1, 2 (pg6)*

- LOCATION: Bilateral sides on the 2<sup>nd</sup> phalangeal joint of the fifth finger.
- DR TAN'S APPLICATION:
- Balance Kidney channel



## Hand-Palm: *Wu Hu (five tiger); pg7*

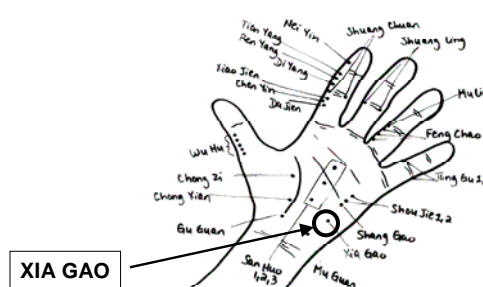
- LOCATION: There are a total of 5 Wu Hu points. The Wu Hu points are located at the junction of the “red and white skin” on the radial aspect of the proximal segment of the thumb.
- Wu Hu(san): middle point, located exactly midway between the metacarpophalangeal crease and the interphalangeal crease of the thumb.
- Wu Hu(er): 0.2 cun **distal** to Wu Hu(san)
- Wu Hu(yi): 0.2 cun **distal** to Wu Hu(er)
- Wu Hu(si): 0.2 cun **proximal** to Wu Hu(san)
- Wu Hu(wu): 0.2 cun **proximal** to Wu Hu(si)
- DR TAN'S APPLICATION:
  - Sciatica, neck pain, bronchitis, swelling
  - in the liver,



WU HU

## Hand-Palm: *Xia Gao*; page7

- LOCATION: Xia Gao is located between the 4th and 5th metacarpal bones, 0.5 cun proximal to Shang Gao (pg6).
- DR TAN'S APPLICATION:
- To grow taller for children



## Hand-Palm: *Xiao Jien*

- LOCATION: On the palmar surface of the hand, the point is on the radial side of the proximal segment of the index finger, 0.2 cun distal to Da Jien.
- DR TAN'S APPLICATION:



## Anterior Points

- |   |   |
|---|---|
| <input type="checkbox"/> <i>Di Zong</i>     | <input type="checkbox"/> <i>Ma Jin Shui</i>       |
| <input type="checkbox"/> <i>Fen Jin</i>     | <input type="checkbox"/> <i>Nei Jin</i>           |
| <input type="checkbox"/> <i>Fu Kuai</i>     | <input type="checkbox"/> <i>Qi Kuai</i>           |
| <input type="checkbox"/> <i>Gan Ling</i>    | <input type="checkbox"/> <i>Shui Jin</i>          |
| <input type="checkbox"/> <i>He Jin</i>      | <input type="checkbox"/> <i>Shui Tong</i>         |
| <input type="checkbox"/> <i>Hou Er Nine</i> | <input type="checkbox"/> <i>ST-7</i>              |
| <input type="checkbox"/> <i>Hou Ling</i>    | <input type="checkbox"/> <i>Twelve Hou</i>        |
| <input type="checkbox"/> <i>Huo Sheng</i>   | <input type="checkbox"/> <i>Twenty-Three Chao</i> |
| <input type="checkbox"/> <i>Jian Zhong</i>  | <input type="checkbox"/> <i>Wei Mao Seven</i>     |
| <input type="checkbox"/> <i>Li Bai</i>      | <input type="checkbox"/> <i>Yao Ling</i>          |
| <input type="checkbox"/> <i>Liu Kuai</i>    | <input type="checkbox"/> <i>Yun Bai</i>           |

## Anterior-Upper Arm: *Di Zong*, pg7

- ☐ LOCATION: With the palm placed on the chest, Di Zong is located on the anterolateral aspect of the brachium. It is on the radial side of m. biceps brachi, 6 cun superior to the transverse cubital crease (same location as LU-3).
- ☐ DR TAN'S APPLICATION:
- ☐ Pericardium/heart problem
- ☐ Good for unconsciousness



## Anterior-Upper Arm: *Fen Jin*

- LOCATION: Fen Jin is found with the palm placed on the chest. It is located on the medial aspect of the anterior side of the humerus, 1.5 cun proximal to the elbow crease.
- DR TAN'S APPLICATION:



## Anterior-Face: *Fu Kuai*

- LOCATION: Fu Kuai is located at the level of the lower border of ala nasi, 0.5 cun lateral to the inferior lateral aspect of ala nasi.
- DR TAN'S APPLICATION:



## Anterior-Forearm: *Gan Ling (liver spirit) 1, 2, 3, pg8*

□ **LOCATION:** Gan Ling consists of 3 points that are on the anterior forearm. They are located on a line drawn from the center of the base of the proximal phalanx of the 4th finger (fingers adducted) to a point midway between HT-3 and PC-3.

- **Gan Ling(yi):** 3 cun proximal to the transverse wrist crease on the aforementioned line
- **Gan Ling(er):** 3 cun proximal to Gan Ling(yi) on the aforementioned line
- **Gan Ling(san):** 6 cun proximal to Gan Ling(er) on the aforementioned line

□ **DR TAN'S APPLICATION:**

For liver element disorder,



## Books

□ There are many books on Master Tung's points and Dr. Tan's Balance method in the back:

- 12 + 12
- 24 more
- 12 magic points,
- Etc.....

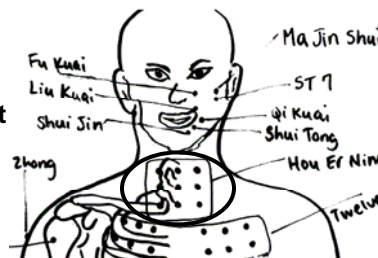
## Anterior-Upper Arm: *He Jin*

- LOCATION: He Jin is found with the palm placed on the chest. It is located on the medial aspect of the anterior side of the humerus, 1 cun proximal to the elbow crease.
- DR TAN'S APPLICATION:




## Anterior-Chest: *Hou Er Nine* (throat butterfly/moth 9 points), pg8

- LOCATION: Hou Er Nine has a total of 9 points.
  - The center point of the 1<sup>st</sup> row: the Adam's apple.
  - The center point of the 2<sup>nd</sup> row: 1.0 cun below the center point of the first row.
  - The center point of the 3<sup>rd</sup> row: 1.0 cun below the center point of the second row (or 2.0 cun below the center point of the first row).
  - The other six points: 1.5 cun lateral to the first three, respectively.
- DR TAN'S APPLICATION:
- Bleeding of these points to treat
- Throat infection

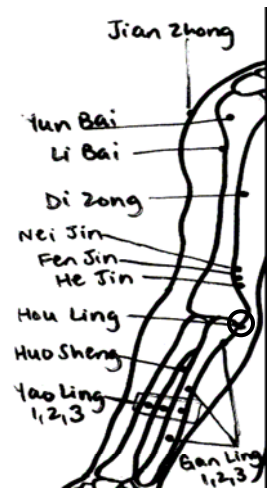







## Anterior-Forearm: *Hou Ling* (throat spirit), pg8


- ☐ LOCATION:
- ☐ DR TAN'S APPLICATION:
- ☐ Throat problem (any kind)





## Anterior-Forearm: *Huo Sheng*, pg8

- ☐ LOCATION: Located on the Hand Shaoyang channel, in the space between the ulna and radius bone.  
This point is 6.5 cun proximal to SJ-4.
- ☐ DR TAN'S APPLICATION:  
Cardiology/heart problems





## Anterior-Upper Arm: *Jian Zhong* ("shoulder center"), pg9

○ LOCATION: Jian Zhong is located on the lateral aspect of the upper arm, on the Hand Yangming channel.

It is 3 cun distal to LI-15.

○ DR TAN'S APPLICATION:

- Treats shoulder problems
- Treats upper leg/butt area
- For yangming and shaoyin
- Jueyin imbalance

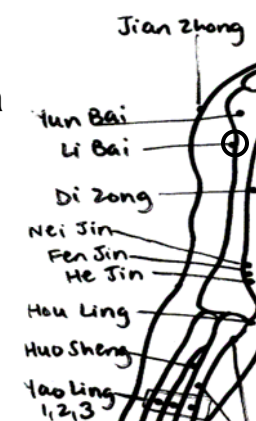


## Anterior-Upper Arm: *Li Bai*, pg9

○ LOCATION: Li Bai is 2 cun anterior to Jian Zhong ("establish center"). (Jian Zhong is 5 cun distal to LI-15 on the Hand Yangming channel.)

○ DR TAN'S APPLICATION:

- Vaginal discharge, leukorrhea



### Anterior-Face: *Liu Kuai* (six ); pg9

- LOCATION: Liu Kuai is located 1.4 cun lateral to the midpoint of the philtrum.
- DR TAN'S APPLICATION:
- Urination and kidney problems



### Anterior-Face: *Ma Jin Shui* (horse, metal, water), pg9

- LOCATION: Ma Jin Shui is located directly below the outer canthus, 1.5 cun beneath the lower border of the zygomatic bone.
- DR TAN'S APPLICATION:



## Anterior-Upper Arm: *Nei Jin*, pg9

○ LOCATION: Nei Jin is found with the palm placed on the chest. It is located on the medial aspect of the anterior side of the humerus, 2 cun proximal to the elbow crease.

○ DR TAN'S APPLICATION:

Use Nei Jin with *Fen Jin*, *He Jin*  
These three metal points treat  
Respiratory dz (lung/metal)  
Nose, throat, brochi, cough,



## Anterior-Face: *Qi Kuai*

○ LOCATION: Qi Kuai is located 0.5 cun from the lateral mouth corner.

○ DR TAN'S APPLICATION:



## Anterior-Face: *Shui Jin*

○ LOCATION: Shui Jin is 0.5 cun medial to Shui Tong (Shui Tong is 0.4 cun below the corner of the mouth).

○ DR TAN'S APPLICATION:



## Anterior-Face: *Shui Tong*

○ LOCATION: Shui Tong is 0.4 cun below the corner of the mouth.

○ DR TAN'S APPLICATION:



## Anterior-Face: ST-7

- LOCATION: This point is at the lower border of the zygomatic arch, in the depression anterior to the condyloid process of the mandible.

This point is located with the mouth closed.

- DR TAN'S APPLICATION:



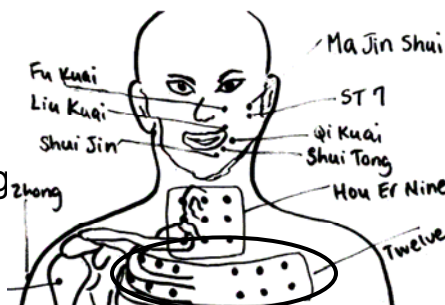
## Anterior-Chest: *Twelve Hou; pg10*

- LOCATION: With six points on each side, the first row of points (3 points) are on a line 1.3 cun inferior and parallel to the clavicle, with the second row (3 points) 1.5 cun below the first ones.

There are 12 points in total on both sides.

- DR TAN'S APPLICATION:

- Asthma, lower abd
- Problem (b/c of
- Reverse image)
- Liu Wei Di Huang
- Bu Zhong Yi Qi Tang



- ☐ Liu Wei Di Huang
- ☐ Bu Zhong Yi Qi Tang
- ☐ Qing Fei Tang, Qing Fei Yin, Zhi Sou San, Dun Sou San – all are good for cough.
- ☐ If they have weak pulse at chi, deep weak or low pulse, then add:
  - ☐ Liu Wei Di Huang Wan
  - ☐ Bu Zhong Yi Qi Tang – to help body absorb LWDHW. BZYQT is also the bridge that connects the disease (lung) and the treatment (kidney – LWDHW)

- 
- The diagram illustrates the back of a human figure with various acupuncture points and moxibustion grids. The labels and their corresponding locations are as follows:
- Jian Zhong**: Located at the upper back, near the shoulder blades.
  - Hou Er Ni**: Located at the upper back, near the shoulder blades.
  - Shi**: Located at the upper back, near the shoulder blades.
  - Wei**: Located at the upper back, near the shoulder blades.
  - Tong**: Located at the upper back, near the shoulder blades.
  - Jin**: Located at the upper back, near the shoulder blades.
  - Ning**: Located at the upper back, near the shoulder blades.
  - Jing**: Located at the upper back, near the shoulder blades.
  - Gao Ling**: Located at the upper back, near the shoulder blades.
- A circular inset shows a detailed view of a 5x5 grid of points, with a central point marked by a star.

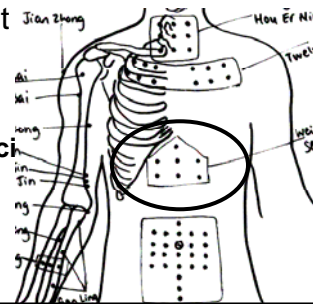
## Anterior-Chest: *Wei Mao Seven*, pg10

○ LOCATION: Wei Mao Seven has a total of 7 points.

- 1<sup>st</sup> point: 1.0 cun below the lower border of the xiphoid process.
- 2<sup>nd</sup> point: 1.0 cun below the 1st point
- 3<sup>rd</sup> point: 1.0 cun below the 2nd point
- The other four points: 1.5 cun lateral to the 2nd and 3rd point (on both sides).

○ DR TAN'S APPLICATION:

- Prolapse of stomach, too much acid
- Stomach ulcer



## Anterior-Forearm: *Yao Ling (waist spirit)* 1, 2, 3; pg11

○ LOCATION: The 3 Yao Ling points are located on the anterior forearm.

- Yao Ling(1/er): 4.5 cun proximal to PC-7 on a line connecting PC-7 with PC-3. The point is located between the radial and ulnar bones.
- Yao Ling(2/yi): 0.5 cun **ulnar** to Yao Ling(3/er).
- Yao Ling(4/san): 0.5 cun **radial** to Yao Ling(5/er).

○ DR TAN'S APPLICATION:

Waist problem.



## Anterior-Upper Arm: *Yun Bai*

○ LOCATION: This point is located on the anterolateral aspect of the upper arm, 2 cun anterior to Jian Zhong (“shoulder center”).

○ DR TAN’S APPLICATION:



## Posterior Points

- *Fen Zhi Shang*
- *Fen Zhi Xia*
- *Huo Chuan*
- *Huo Zhong*
- *Jeng Ji (Zheng Ji)*
- *San Shen*
- *Shou Qian Jin*
- *Shou Wu Jin*



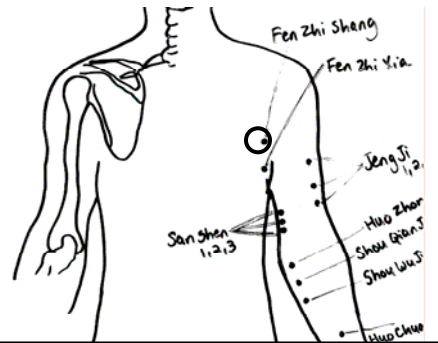
## Posterior-Back: *Fen Zhi Shang*, pg11

○ LOCATION: Fen Zhi Shang is located at the posterior axillary fold right below the acromian, 1.0 cun below the scapula joint.

○ DR TAN'S APPLICATION:

Use Fen Zhi shang and  
Fen Zhi Xia (pg11)  
together for detox

- Use 12 Magic Point +
- Two points above for
- Lime disease with muscle
- Soreness, aches and pain



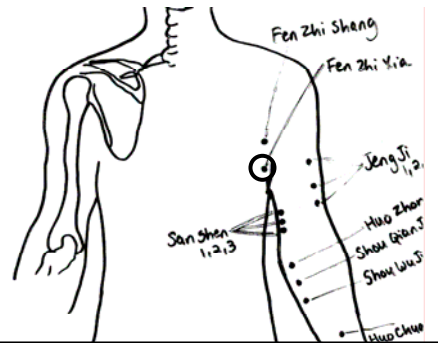
## Herbs for Detox

○ Yin Qiao San + Yu Ping Feng San +  
Zhen Ren Huo Ming Yin

○ If fever, lots of heat: use long dan xie  
gan tang, or huang lian jie du tang.  
These two formulas are very strong, so  
use only for about 1 week.

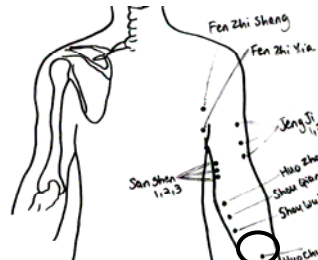
## Posterior-Back: *Fen Zhi Xia*

- LOCATION: Fen Zhi Xia is located 1.5 cun below and 0.5 cun medial to Fen Zhi Shang.
- DR TAN'S APPLICATION:



## Posterior-Forearm: *Huo Chuan*

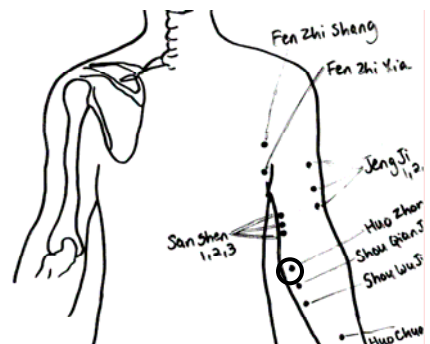
- LOCATION: Huo Chuan is located on the Hand *Shaoyang* line, 3 cun proximal to the dorsal wrist crease.
- DR TAN'S APPLICATION:



## Posterior-Forearm: *Huo Zhong*

○ LOCATION:

○ DR TAN'S APPLICATION:



## Posterior-Upper Arm:

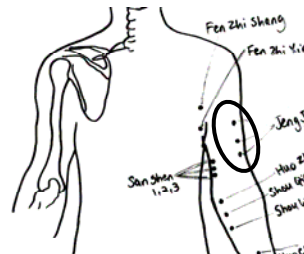
### pg12 *Jeng Ji 1, 2 & 3* or aka *Zheng Ji*

○ LOCATION: These 3 points are located uniformly on the lateral aspect of the distal brachium on the Hand Yangming channel; locate the points with the palm of the hand placed on the epigastrium.

- Jeng Ji(yi): 2 cun superior to the anterior transverse cubital crease
- Jeng Ji(er): 4 cun superior to the anterior transverse cubital crease
- Jeng Ji(san): 6 cun superior to the anterior transverse cubital crease

○ DR TAN'S APPLICATION:

- Use these three points for
- upper middle back, esp on the
- Spine. Can also combine with
- Gu guan + Mu guan. OPP side.
- Chong Zi and Chong Xian
- are also good.



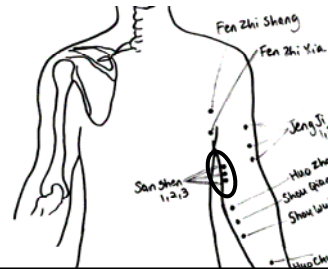
## Posterior-Upper Arm: *San Shen* 1, 2, 3, pg12

☐ LOCATION: These 3 points are located uniformly on the posteromedial aspect of the distal brachium immediately proximal to the apex of the olecranon process of the ulnar bone. Place the patient's palm on his/her chest when locating the points.

- ☐ San Shen(yi): 1.5 cun proximal to the apex of the olecranon process of the ulna bone and medial to the humerus
- ☐ San Shen(er): 2.5 cun proximal to the apex of the olecranon process of the ulna bone and medial to the humerus
- ☐ San Shen(san): 3.5 cun proximal to the apex of the olecranon process of the ulna bone and medial to the humerus

☐ DR TAN'S APPLICATION:

- ☐ **Back pain**
- ☐ **Ling ku, da bai, zhong bai, si4 are**
- ☐ **Usually good. But if they reach max,**
- ☐ **Then use san shen 123. the other**
- ☐ **Side use lung channel points**

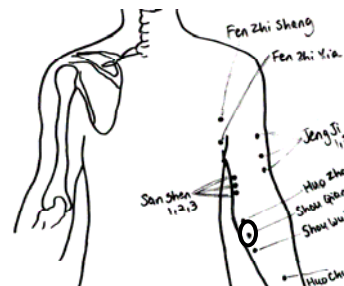


## Posterior-Forearm: *Shou Qian Jin*, pg12

☐ LOCATION: With the palm on the chest, Shou Qian Jin is located on the lateral side of the ulna, 8 cun proximal to the pisiform bone; longitudinally, 1.5 cun proximal to Shou Wu Jin.

☐ DR TAN'S APPLICATION:

- ☐ **sciatica**





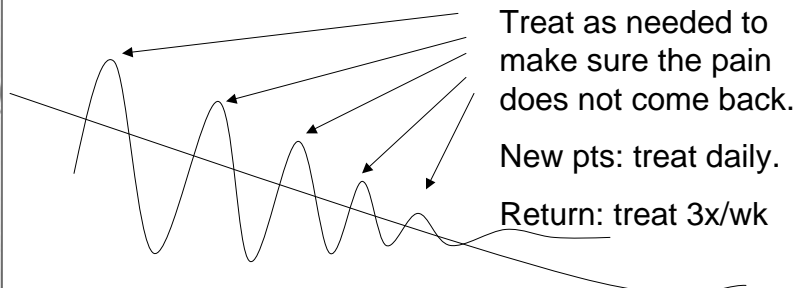
## Chest congestion

- From cold, infection, or heart condition
- Use:
  - One side: SJ 5, 5.5, 6
  - The other side: PC 6, 5.5, 5
  - One side yang, one side yin.



## Treatment protocol

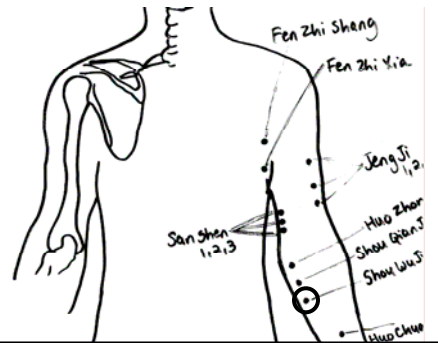
- Leave needles in for 30-60 minutes



## Posterior of Forearm: *Shou Wu Jin*

○ LOCATION: With the palm on the chest, Shou Wu Jin is located on the lateral side of the ulna, 6.5 cun from the pisiform bone.

○ DR TAN'S APPLICATION:



## Case #4 G.F.

○ s/sx: pain in the shoulder blade.

○ 1:

□ hand taiyang – foot taiyang


○ 2: LR (best because of structural similarity)

○ 3: Shoulder blade is imaged by LR 4.5 to LR 5.5 area. Bony. So to treat a bone problem, needle the bone. Treating tendons, needle the tendon, etc.

○ LR 4.5A (A stands for ashi), 3 needles around the ashi point area.


○ Now the pain moved to the shoulder joint. So now there is bone and muscle.

○ LR4A area is the place to stick more needles.




Case 1: A.K. Car accident, pain now on the neck, upper back, lower back, palpitation (as a result of chest hit by the steering wheel)

- Step 1: Foot taiyang, UB sick, also du channel
- Step 2: system 2, lung balances taiyang bilaterally since she has bilateral pain
- Step 3: LU 8,5 bilaterally.
- Now the pain is in the neck and in the spine. We haven't treated the spine yet.
- What channel balances the du channel? Scalp, c7, t1 is where the suture and du line crosses. Look of ashi there.
- 50% less pain now. So to get rid of the residual pain, you need to palpate for EXACT ashi point. Lu 5.82 to be exact




## Question

- What to needle for the palpitation? Du treats the ren.
- If you want to focus on treating the heart, add PC6.
- The tailbone images the protrusion around the du channel around the occipital area.



Case 2: L.W. meniscus tear on the lateral side of the left knee, pain on the lateral side, above and below the knee


- Step1: Foot taiyang and shaoyang and in between.
- Step 2: LU, chinese clock opposite side, HT balance the Shaoyang
- Step3: LU5, up and down 3 cun 2 needles, HT3, 1 Ashi, 3 cun down 1 Ashi, PC 3 (that's in between the LU, Ht which is in between UB and GB on the leg). Elbow images the knee
- Tip: This patient's pain is an AREA, so needle an AREA around the elbow.
- Lu5 area to treat the residual UB 40 pain.



Case 3: D.R. Finger pain, left middle finger, right at mu huo, first and second metaphalangeal joint, dorsal aspect.


- Dime size pain, not one pin point locations, so will needle a few needles to cover a dime size around the third toe on the RIGHT.
- Now the pain is more on the palmer side.
- Fingers mirror the toe
- Now treat the dorsal side of the finger so needle the ventral side of the toe. 2 needles there





## Case 6. R.N , heavey sensation behind the left eyeball

- Step 1: ST, SJ, SI are sick
- Step2: KI, LR, SP (tip: covering all three yin channels of the leg will cover all 12 channels!)
- The knee images the eye, eyeball.
- KI 9A, LR8A, Dr. Tan's LR point (medial condyle by the knee), Needle more LR ashi points around the knee



## Case 5: S.B. Neck pain

- SI5, SI4 for UB neck pain
- Wrist images the neck
- Still have pain, more on the vertebrae
- Needle the scalp, C2 area on the scalp. Look for exact ashi point. 3 needles here.
- Now 60% better. Add 4 more needles. Now 40% more improved



### Case 8: M.M. Medial border of left shoulder blade pain on the left

- Chong zi, chong xian, palmer side of the thumb right on the muscles
- Pain moved lower
- Lower so needle towards the wrist more, palpate for ashi, same line as chong zi and chong xian
- Pain reduced



### Case 10: M.L

- fell from a chair, sacroiliac pain, S1,S2 pain, radiates along the lateral side to the ankle and little and big toe. Leg is cold
- Mater Tung's point. Use lingku, da bai, zhong bai, SI4
- Balance method: LU5 to LU8 (4 needles, spread out evenly)



Medial knee pain, a little deep,  
pain area covering the sp and lr

- Step: SP, LR
- Step 2: LU,
- Knee images the elbow
- Step 3: LU channel and PC channel  
deeply into the elbow.