



Master Tung's Acupuncture for
Neuromusculoskeletal Disorders

A quick clinical reference for Acupuncturists
Lecture Notes

by Robert Chu, PhD, L.Ac., QME

Revision 2

Disclaimer

Please note that the author and publisher of these lecture notes are NOT RESPONSIBLE in any manner whatsoever for any injury that may result from practicing the techniques and/or following the instructions given within. Since the material deals with prior knowledge of acupuncture described herein, it will be too complex in nature for some readers to engage in safely, and it is essential that a licensed acupuncturist be consulted prior to application.

These lecture notes are to be used as a supplement when taking a course with Robert Chu and are not to be distributed to others who have not taken the course on **Master Tung's Acupuncture for Neuromusculoskeletal Disorders** with Robert Chu.

Note of Abbreviations used in this text

In this text we use the following abbreviations for the various channels:

Lu = Lung Channel

LI = Large Intestine Channel

St = Stomach Channel

Sp = Spleen Channel

H = Heart Channel

SI = Small Intestine Channel

UB = Urinary Bladder Channel

K = Kidney Channel

Pc = Pericardium Channel

SJ = Sanjiao Channel

GB = Gallbladder Channel

Liv = Liver Channel

Ren = Ren Channel

Du = Du Channel

Author's Preface:

Although Master Tung's Acupuncture has been in the public domain since his untimely passing in 1975, very little information is available publicly on how to use the system in a practical and systematic way in English. In these lecture notes, I hope to guide my fellow colleagues into the intricacies of applying Master Tung Acupuncture in the clinic. Since I am also a practicing martial artist and deal with sports injuries, pain management, and worker's comp injuries quite frequently, I wrote these lecture notes based on my clinical experience based on the protocols that I use daily. **Each of these protocols has been personally used by me one time or another in the clinic.** Many of these are also the same protocols I used when I worked at the Olympic Trials in July of 2004, and have used these protocols successfully on the sports field, or in my martial arts school.

Since I am a visual person, and I like things in a simple manner, I have placed the pictures of the points indicated for the various ailments together, to make it as simple as possible for the practicing acupuncturist to use in his or her clinic. I dislike overly drawn out discussions on theory, but prefer that application be one's guide. I also dislike secrecy, so I hold back no "alleged" secrets from anyone who wants to learn the real art. My goal is to help end suffering in the world and help English speaking acupuncturists improve their proficiency through the vehicle of Master Tung's Acupuncture.

Many get overwhelmed when they refer to other media on Master Tung's Acupuncture. The existing numbering system is poor and nonsensical, the names of the points are all in Chinese, and the English translations of the names are poorly selected, and even worse, point locations are off. Some have deliberately tried to differentiate Master Tung's Acupuncture and regular

acupuncture by stating that it is “non-channel acupuncture” - nothing could be further from the truth!

Also, little is done to approach the body of work on Master Tung's Acupuncture in a practical manner, and for one to use clinically on a daily basis. It is hoped that the reader can use these few points here and achieve amazing results in his or her practice, as these are the same points I use in my own practice daily with amazing results!

In future revisions of this work, I will further explain the use of the points and their application in other types of neuromusculoskeletal disorders. It is hoped that reader's questions and interest will lead to new revisions of these lecture notes.

I would like to thank Dr. Young Wei-chieh, for his instruction in this method that he learned from Master Tung Ching-chang. Although I am not a disciple of Dr. Young, nor one of his inner students, I gleaned what information I could through his various seminars and written works and applied them in the clinic to prove them to myself and my patients. What I present here certainly works and is reasoned out using solid acupuncture principles.

I would like to acknowledge Esther Su, a renowned master of Tung's Acupuncture, for her generous help. I am touched by her openness and generosity.

I would also like to thank my students Kari Purhonen, Robert Ting and Theodore Zombolas for their wonderful photography and artwork!

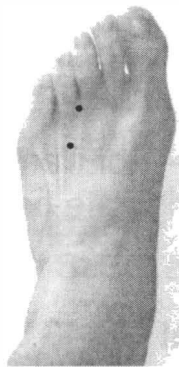
Master Tung's Acupuncture for Neuromusculoskeletal Problems:

Headaches –

1) Mu Dou, Mu Liu – For Frontal or Temporal Headaches

Mu Dou; Mu Liu/ Wood Fight; Wood Remains

Location: Mu Dou is located 0.5 cun from web margin between 3rd and 4th metatarsal bones. Mu Liu is anterior to the junction of the 3rd and 4th metatarsal bones.



Headaches:

2) Hai Bao – For Frontal and Occipital Headaches

Hai Bao/ Sea Leopard

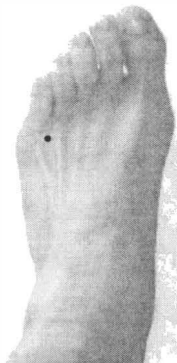
Location: This point is found between Sp1 and Sp2 on the junction of the red and white skin.



3) Liu Wan, Shui Qu– For Temporal or Migraine headaches, headaches that originate behind eye, occipital headaches

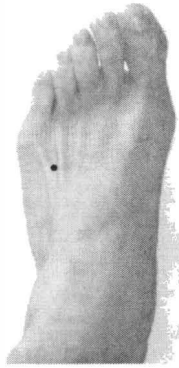
Liu Wan/ Six Whole

Location: This point is found at GB 43 or according to some sources, 0.5 cun posterior to GB 43.



Shui Qu/ Water Score

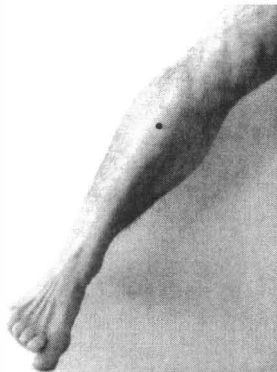
Location: This point is found 1 cun behind Liu Wan.



4) Si Hua Shang – For Frontal Headache

Si Hua Shang/ Four Flowers Upper

Location: This point is level with St 36, along the tibia. Actually, this is the original location of St 36.

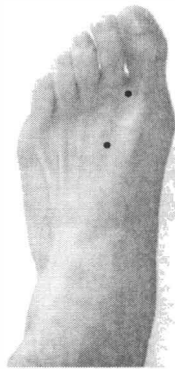


Headaches:

5) Liv 2, Liv 3 – For Vertex Headache

Liv 2; Liv 3

Location: Liv 2 is posterior to the web margin between the 1st and 2nd toes, Liv 3 is at the junction of the 1st and 2nd metatarsal bones.

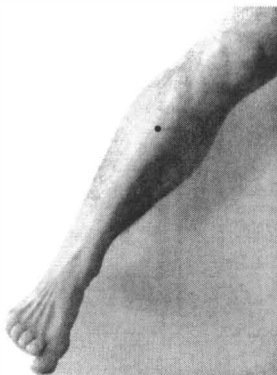


Facial Pain -

- 1) Si Hua Shang, Ce San Li, Ce Xia San Li

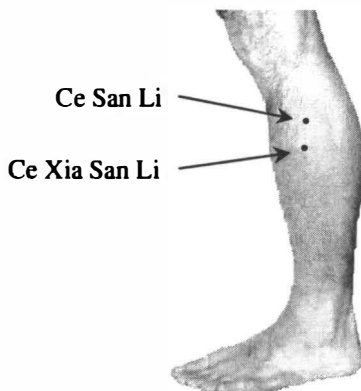
Si Hua Shang/ Four Flowers Upper

Location: This point is level with St 36, along the tibia. Actually, this is the original location of St 36.



Ce San Li; Ce Xia San Li/ Beside Three Miles; Lower Beside Three Miles

Location: Ce San Li is level with St 36, 0.5 cun lateral; Ce Xia San Li is 2 cun below Ce San Li.

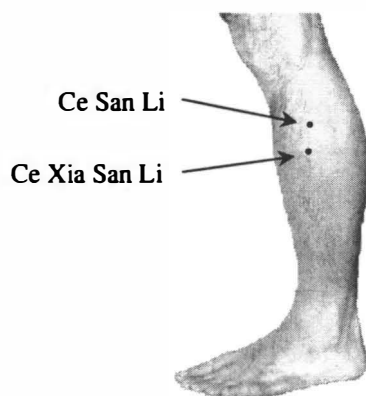


TMJ –

1) Ce San Li, Ce Xia San Li

Ce San Li; Ce Xia San Li/ Beside Three Miles; Lower Beside Three Miles

Location: Ce San Li – Level with St36, 0.5 cun lateral; Ce Xia San Li is 2 cun below Ce San Li.

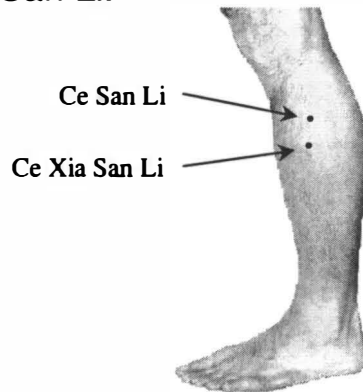


Trigeminal Neuralgia –

1) Ce San Li, Ce Xia San Li

Ce San Li; Ce Xia San Li/ Beside Three Miles; Lower Beside Three Miles

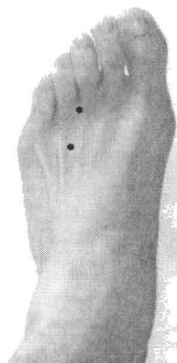
Location: Ce San Li – Level with St36, 0.5 cun lateral; Ce Xia San Li is 2 cun below Ce San Li.



2) Mu Dou, Mu Liu

Mu Dou; Mu Liu/ Wood Fight; Wood Remains

Location: Mu Dou is located 0.5 cun from web margin between 3rd and 4th metatarsal bones. Mu Liu is anterior to the junction of the 3rd and 4th metatarsal bones.

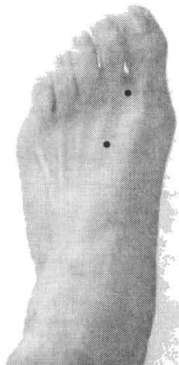


3) Bell's Palsy –

1) Huo Ying, Huo Zhu

Huo Ying/Fire Hard

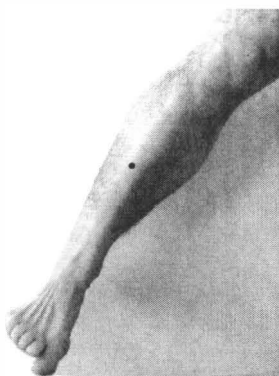
Location: Huo Ying - 0.5 cun posterior to Liv 2



2) Si Hua Zhong – Bloodlet

Si Hua Zhong/ Four Flowers Center

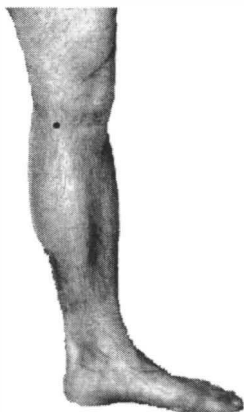
Location: This point is 4.5 cun below Si Hua Shang, along the tibia.



3) Xia San Huang

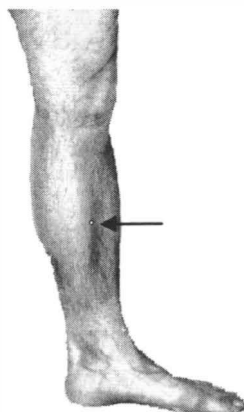
Tian Huang/ Heavenly Emperor

Location: This point is found at Sp 9.



Di Huang/ Earth Emperor

Location: This point is 7 cun above the tip of the medial malleolus, on the Sp channel.



Ren Huang/ Human Emperor

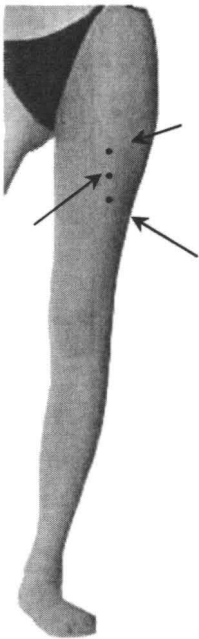
Location: This point is located at Sp 6.



4) Si Ma Shang/Zhong/Xia

Si Ma Zhong; Si Ma Shang; Si Ma Xia/ Rapid Horses Middle, Upper, and Lower

Location: Si Ma Zhong is found 4 fingerbreadths anterior to GB 31, Si Ma Shang is 2 cun superior, Si Ma Xia is 2 cun inferior.

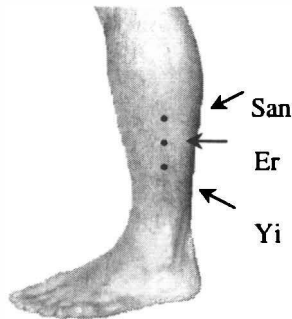


Neck Pain –

1) Yi Zhong

Yi Zhong; Er Zhong; San Zhong/ Three Layers

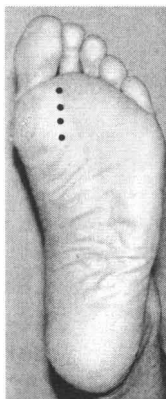
Location: Yi Zhong is at GB 39; Er Zhong is 2 cun above Yi Zhong; San Zhong is 2 cun above Er Zhong.



2) Hua Gu Yi

Hua Gu Yi/ Flower Bone One

Location: 4 points between the 1st and 2nd metatarsal bones; The 1st point is 0.5 cun posterior to web, and the 3rd point is posterior to Liv 3.

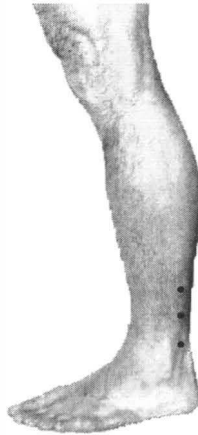


Neck Pain

3) Qi Hu

Qi Hu/ Seven Tigers

Location: 3 points, first find UB 60, then go up 2 cun above UB 60, that is the first point. The 2nd point is 2 cun above the first, the 3rd point is 2 cun above the 2nd.



Shoulder Pain –

1) Si Zhi

Si Zhi/ Four Limbs

Location: 1 cun above Sp 6.

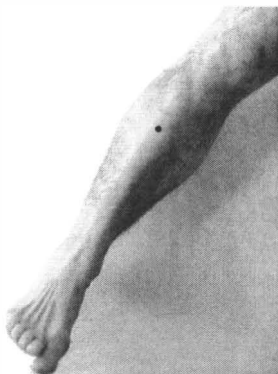


Shoulder Pain –

2) Si Hua Shang

Si Hua Shang/ Four Flowers Upper

Location: Level with St 36, along the tibia.



3) Qi Hu

Qi Hu/ Seven Tigers

Location: 3 points, first find UB 60, then go up 2 cun above UB 60, that is the first point. The 2nd point is 2 cun above the first, the 3rd point is 2 cun above the 2nd.



Frozen Shoulder –

- 1) Lu5 Bloodlet (no illustration), Shen Guan

Shen Guan/ Kidney Gate

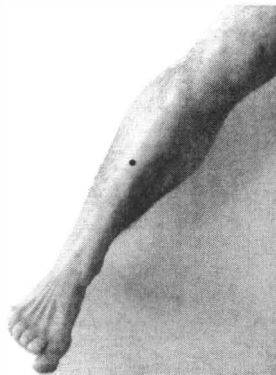
Location: 1.5 cun below Tian Huang (Sp 9).



- 2) Bloodlet Si Hua Zhong

Si Hua Zhong/ Four Flowers Center

Location: The point is found 4.5 cun below Si Hua Shang (St 36), along the tibia, but in bloodletting, it is advised to lance one fingerbreadth lateral from the tibia.

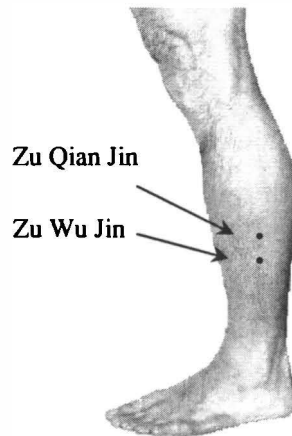


Frozen Shoulder –

3) Zu Wu Jin, Zu Qian Jin, electrostim

Zu Wu Jin; Zu Qian Jin/ Foot Five Gold; Foot Thousand Gold

Location: Zu Qian Jin is 0.5 cun lateral to Ce Xia San Li and 2 cun below; Zu Wu Jin is 2 cun below Zu Qian Jin



Mid Back Pain –

- 1) GB34 (No illustration)
- 2) Gan Men

Gan Men/ Liver Gate

Location: On SI channel, 6 cun proximal from wrist crease.



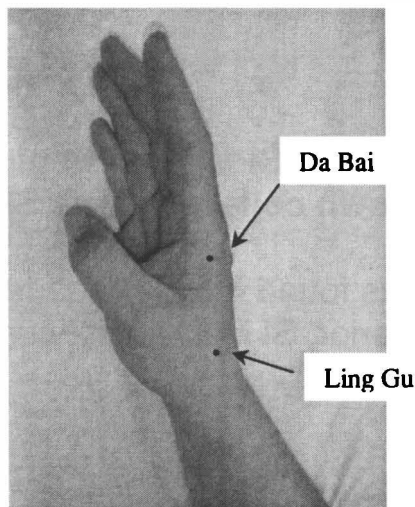
- 3) Liv 6 (No illustration)
- 4) UB 40, UB 60 (No illustrations)

Lumbago –

- 1) Ling Gu, Da Bai (illustrated below), and points along the UB channel (no illustrations)

Ling Gu; Da Bai/ Adroit Bone; Big White

Location: Ling Gu is located at the junction of the first and second metacarpal bones on the LI channel. Da Bai is located at LI 3.

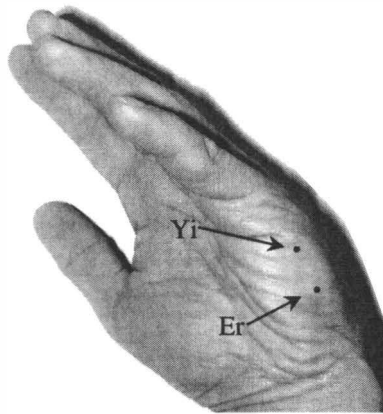


- 2) Wan Shun Yi, Wan Shun Er for Kidney Deficiency

Wan Shun Yi; Wan Shun Er/ Wrist Flow 1 and 2

Location: Wan Shun Yi - On the lateral side of the 5th metacarpal bone, on the SI channel, 2.5 cun from the wrist crease.

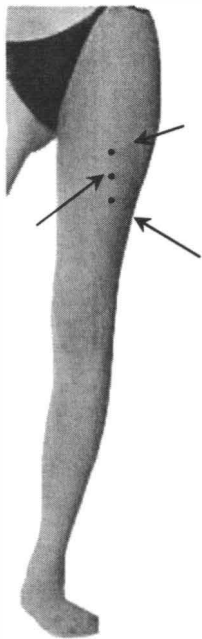
Wan Shun Er - On the lateral side of the 5th metacarpal bone, on the SI channel, 1.5 cun from the wrist crease.



3) Si Ma San

Si Ma Zhong; Si Ma Shang; Si Ma Xia/ Rapid Horses Middle, Upper, and Lower; known collectively as Si Ma San/Rapid Horses Three

Location: Si Ma Zhong is found 4 fingerbreadths anterior to GB 31, Si Ma Shang is 2 cun superior, Si Ma Xia is 2 cun inferior.

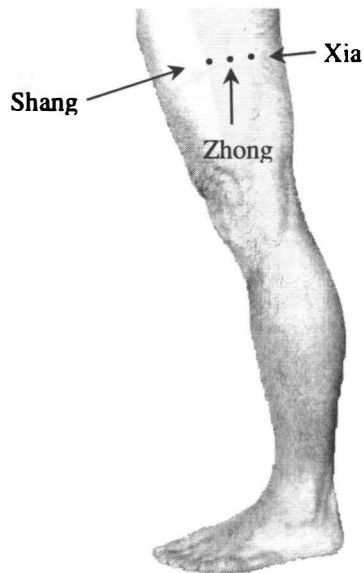


Lumbago –

4) San Jiu Li

Zhong Jiu Li; Shang Jiu Li; Xia Jiu Li/ Know collectively as San Jiu Li/Three Nine Miles

Location: Zhong Jiu Li is located at GB 31; Shang Jiu Li is 1.5 cun anterior, Xia Jiu Li is 1.5 cun posterior to Zhong Jiu Li.

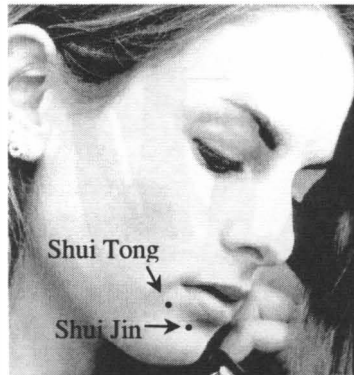


Lumbago –

5) Shui Jin, Shui Tong, and Shen Guan for Kidney deficiency

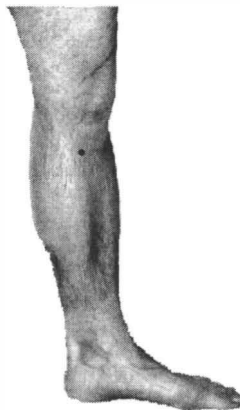
Shui Jin; Shui Tong/ Water Metal; Water Through

Location: Shui Tong is 0.4 cun below the outer corner of the mouth;
Shui Jin is 0.5 cun medial to Shui Tong.



Shen Guan/ Kidney Gate

Location: 1.5 cun below Tian Huang.

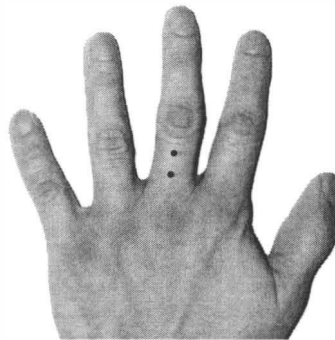


Lumbago –

6) Er Jiao Ming

Er Jiao Ming/ Two Corner Bright

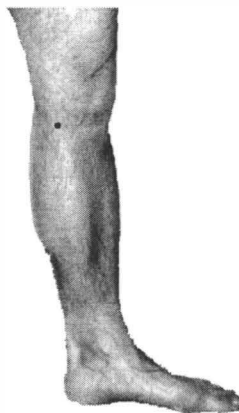
Location: On the G line, two points (0.33 cun and 0.66 cun) at the proximal segment of the dorsal middle finger.



7) Xia San Huang for deficiency

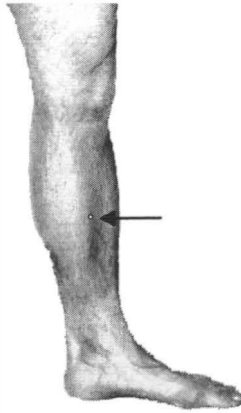
Tian Huang/ Heavenly Emperor

Location: At Sp 9.



Di Huang/ Earth Emperor

Location: 7 cun above the tip of the medial malleolus, on the Sp channel.



Ren Huang/ Human Emperor

Location: At Sp6.

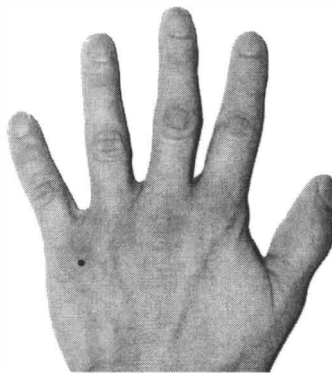


Lumbago –

8) Zhong Bai

Zhong Bai/ Middle White

Location: This point is located at SJ 3.



Rib Cage Pain –

1) Gan Men, GB34

Gan Men/ Liver Gate

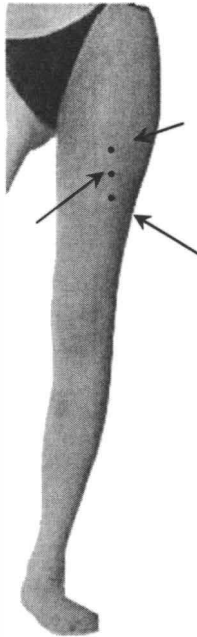
Location: On SI channel, 6 cun from wrist crease.



2) Si Ma San

Si Ma Zhong; Si Ma Shang; Si Ma Xia/ Rapid Horses Middle, Upper, and Lower; known collectively as Si Ma San/ Rapid Horses Three

Location: Si Ma Zhong is found 4 fingerbreadths anterior to GB 31, Si Ma Shang is 2 cun superior, Si Ma Xia is 2 cun inferior.

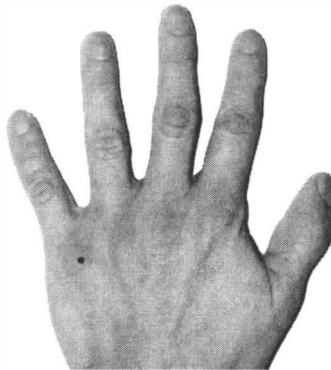


Rib Cage Pain –

3) Zhong Bai

Zhong Bai/ Middle White

Location: This point is located at SJ 3. Traditionally, it was said in the *Zhen Jiu Da Cheng* (Great Compendium of Acupuncture and Moxibustion) that SJ 3 was indicated for pain behind the heart.

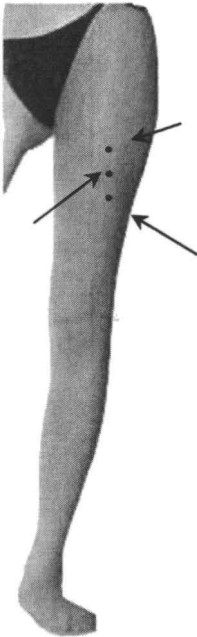


Chest Pain -

- 1) Pc 6 (No illustration)
- 2) Si Ma San

Si Ma Zhong; Si Ma Shang; Si Ma Xia/ Rapid Horses Middle, Upper, and Lower; known collectively as Si Ma San/Rapid Horses Three

Location: Si Ma Zhong is found 4 fingerbreadths anterior to GB 31, Si Ma Shang is 2 cun superior, Si Ma Xia is 2 cun inferior.

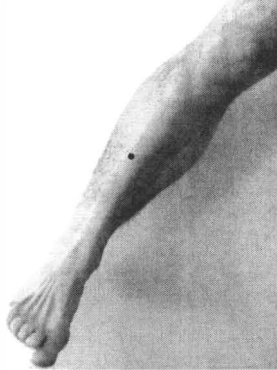


Chest Pain -

3) Si Hua Zhong

Si Hua Zhong/ Four Flowers Center

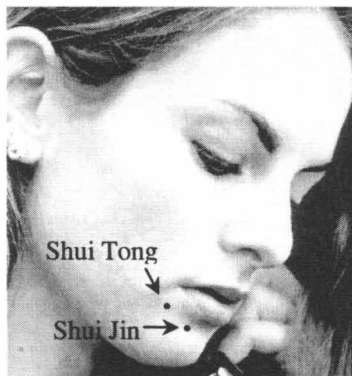
Location: 4.5 cun below Si Hua Shang, along the tibia.



4) Shui Jin, Shui Tong

Shui Jin; Shui Tong/ Water Metal; Water Through

Location: Shui Tong is 0.4 cun below the outer corner of the mouth;
Shui Jin is 0.5 cun medial to Shui Tong.

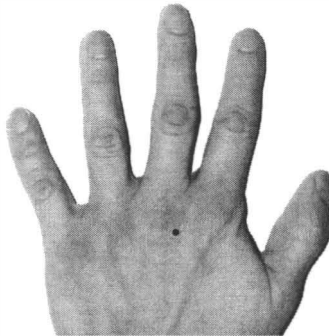


Chest Pain -

5) Shang Bai

Shang Bai/ Upper White

Location: This point is located at the TCM point Lou Zhen (Fallen Pillow) – 0.5 cun proximal from the 2nd and 3rd metacarpals.



6) Shui Xiang (K3)

Shui Xiang/ Water Image

Location: This point is located at K3.

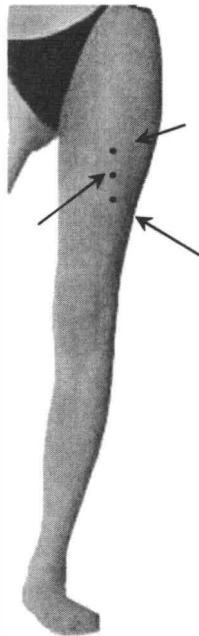


Abdominal Pain –

1) Si Ma San

Si Ma Zhong; Si Ma Shang; Si Ma Xia/ Rapid Horses Middle, Upper, and Lower

Location: Si Ma Zhong is found 4 fingerbreadths anterior to GB 31, Si Ma Shang is 2 cun superior, Si Ma Xia is 2 cun inferior.



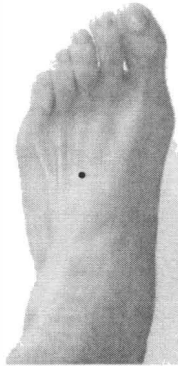
Abdominal Pain –

2) Pc 6 (No Illustration)

3) Men Jin

Men Jin/ Door Gold

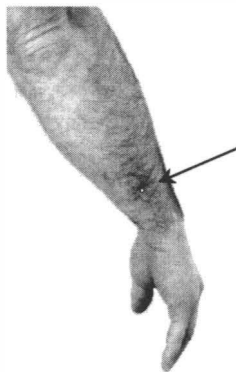
Location: at St 42.



4) Chang Men

Chang Men/ Intestine Gate

Location: On the SI channel, 3 cun from wrist crease.



Abdominal Pain –

5) Qu Ling

Qu Ling/ Score mound

Location: At Lu 5.

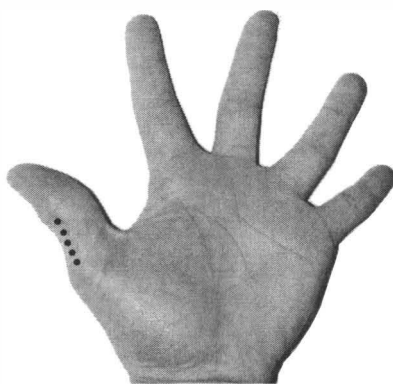


Carpal Tunnel Syndrome –

1) Wu Hu 1, 2

Wu Hu/ Five Tigers

Location: On the A line of the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant.



2) Guang Ming

Guang Ming/ Bright Light

Location: 2 cun above K3.

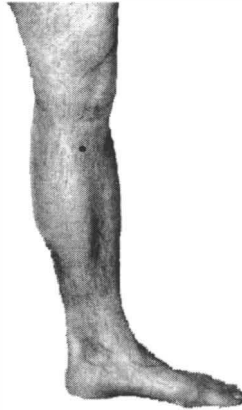


Carpal Tunnel Syndrome –

3) Shen Guan

Shen Guan/ Kidney Gate

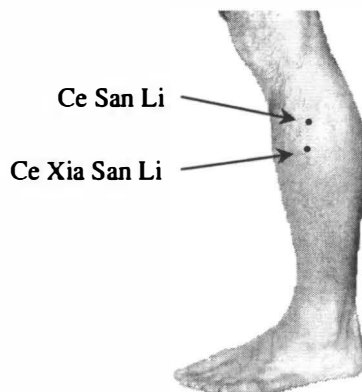
Location: 1.5 cun below Tian Huang (Sp 9).



4) Ce San Li, Ce Xia San Li

Ce San Li; Ce Xia San Li/ Beside Three Miles; Lower Beside Three Miles

Location: Ce San Li – Level with St36, 0.5 cun lateral; Ce Xia San Li is 2 cun below Ce San Li.

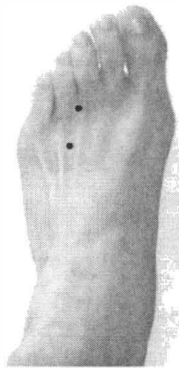


Carpal Tunnel Syndrome –

5) Mu Dou, Mu Liu

Mu Dou; Mu Liu/ Wood Fight; Wood Remains

Location: Mu Dou is located 0.5 cun from web margin between 3rd and 4th metatarsal bones. Mu Liu is anterior to the junction of the 3rd and 4th metatarsal bones.

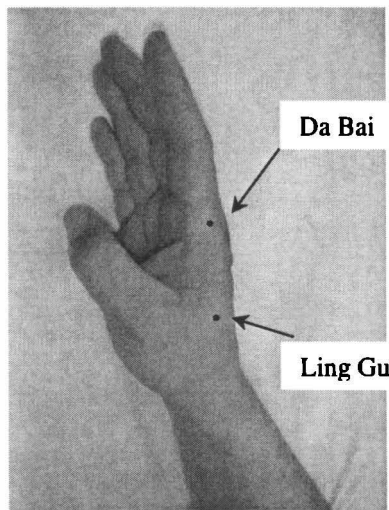


Sciatica –

- 1) Ling Gu, Da Bai (illustrated), GB Channel Points (not illustrated)

Ling Gu; Da Bai/ Adroit Bone; Big White

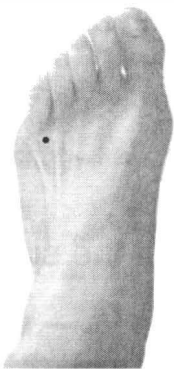
Location: Ling Gu is located at the junction of the first and second metacarpal bones on the LI channel. Da Bai is located at LI3.



- 2) Liu Wan

Liu Wan/ Six Whole

Location: At GB 43 or 0.5 cun posterior to GB 43.



Sciatica –

3) Bi Yi

Bi Yi/ Nasal wing

Location: This point is located at the superior depression of the ala nasi.



4) UB40 (No Illustration)

5) Ma Jin Shui, Ma Kuai Shui

Ma Jin Shui; Ma Kuai Shui/ Horse Gold Water; Horse Fast Water

Location: Ma Jin Shui is below the outer canthus, at the lower border of the zygomatic bone. Ma Kuai Shui is located 0.4 cun below Ma Jin Shui.

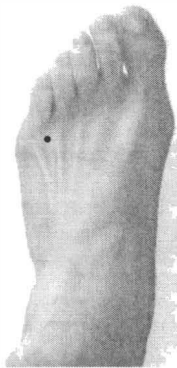


Hip Pain to the Side –

- 1) H 5 (No illustration)
- 2) GB 34 (No Illustration)
- 3) Liu Wan

Liu Wan/ Six Whole

Location: At GB 43 or 0.5 cun posterior to GB 43.



- 4) SI 13, 14 (No illustration)
- 5) UB 43 (No illustration)

Biceps Femoris Pain –

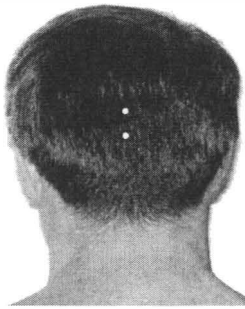
1) Lu 3, 4 (No illustration)

Buttocks Pain –

- 1) SJ 14 (No illustration)
- 2) Du 26 (No illustration)
- 3) Zheng Hui (Du20) (No illustration)
- 4) Zhou Shui

Zhou Shui/ Prefecture Water

Location: 2 points – 1st point is at the center of the EOP; the 2nd point is 0.8 cun superior.

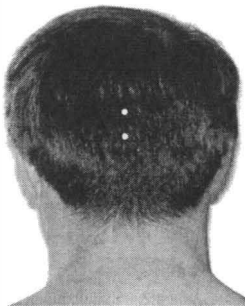


Coccyx Pain –

- 1) Du 26 (No illustration)
- 2) Zhou Shui

Zhou Shui/ Prefecture Water

Location: 2 points – 1st point is at the center of the EOP; the 2nd point is 0.8 cun superior.



- 3) UB 40 (No illustration)

Knee Pain –

- 1) Lu 5 (No illustration)
- 2) LI 11 (No illustration)
- 3) Pc 6 (No illustration)
- 4) Liv 3 (No illustration)

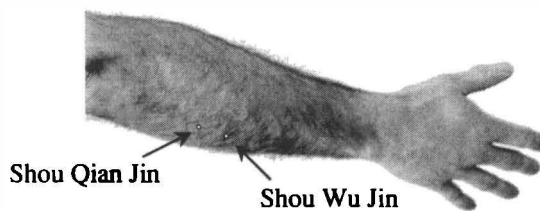
Restless Leg syndrome –

1) Shou Wu Jin, Shou Qian Jin

Shou Wu Jin; Shou Qian Jin/ Hand Five Gold; Hand Thousand Gold

Location: Shou Wu Jin – 0.5 cun lateral to SJ channel, 6.5 cun above dorsal wrist crease on the medial border of the radius.

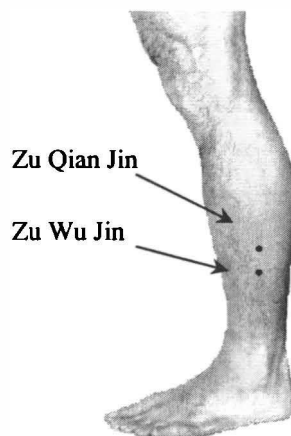
Shou Qian Jin - 0.5 cun lateral to SJ channel, 8 cun above dorsal wrist crease on the medial border of the radius.



2) Zu Wu Jin, Zu Qian Jin

Zu Wu Jin; Zu Qian Jin/ Foot Five Gold; Foot Thousand Gold

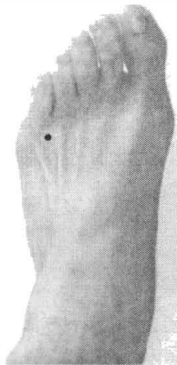
Location: Zu Qian Jin is 0.5 cun lateral to Ce Xia San Li and 2 cun below; Zu Wu Jin is 2 cun below Zu Qian Jin



3) GB 34 (No illustration), Liu Wan

Liu Wan/ Six Whole

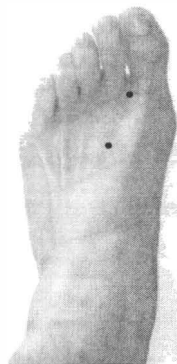
Location: At GB 43 or 0.5 cun posterior to GB 43.



4) Huo Ying, Huo Zhu

Huo Ying; Huo Zhu/ Fire Hard; Fire Ruler

Location: Huo Ying - 0.5 cun posterior to Liv 2, Huo Zhu is at the junction of the 1st and 2nd metatarsal bones.



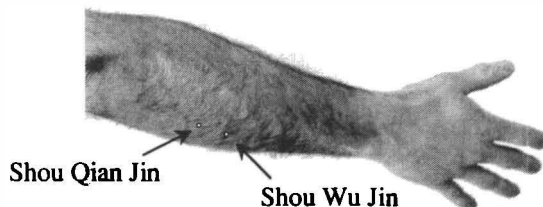
Peripheral Neuropathy –

1) Shou Wu Jin, Shou Qian Jin

Shou Wu Jin; Shou Qian Jin/ Hand Five Gold; Hand Thousand Gold

Location: Shou Wu Jin – 0.5 cun lateral to SJ channel, 6.5 cun above dorsal wrist crease on the medial border of the radius.

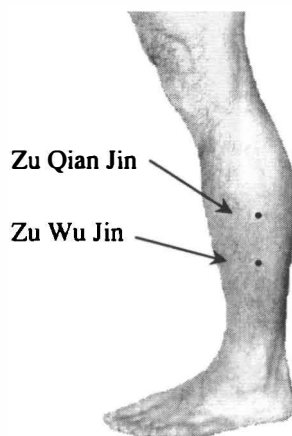
Shou Qian Jin - 0.5 cun lateral to SJ channel, 8 cun above dorsal wrist crease on the medial border of the radius.



2) Zu Wu Jin, Zu Qian Jin

Zu Wu Jin; Zu Qian Jin/ Foot Five Gold; Foot Thousand Gold

Location: Zu Qian Jin is 0.5 cun lateral to Ce Xia San Li and 2 cun below; Zu Wu Jin is 2 cun below Zu Qian Jin

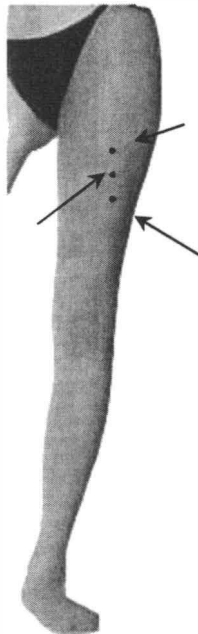


Peripheral Neuropathy –

3) Si Ma San

Si Ma Zhong; Si Ma Shang; Si Ma Xia/ Rapid Horses Middle, Upper, and Lower; known collectively as Si Ma San/Rapid Horses Three

Location: Si Ma Zhong is found 4 fingerbreadths anterior to GB 31, Si Ma Shang is 2 cun superior, Si Ma Xia is 2 cun inferior.

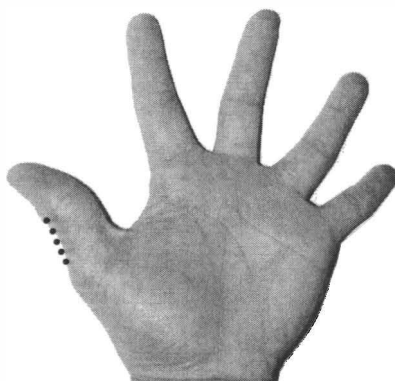


Peripheral neuropathy –

4) Wu Hu 3, 4, 5

Wu Hu/ Five Tigers

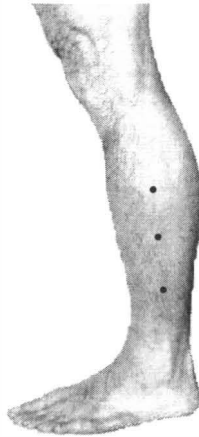
Location: On the A line of the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant.



5) Wai San Guan

Wai San Guan/ Outer Three Gates

Location: 3 points by drawing an imaginary line between the head of the fibula and the lateral malleolus, the 2nd point is the mid point, the upper point is the midpoint between the 2nd point and the head of the fibula; the lower point is the midpoint between the 2nd point and the lateral malleolus.

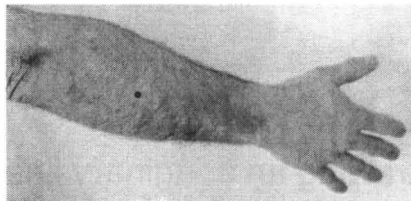


Peripheral neuropathy –

6) Huo Shan, Huo Fu Hai

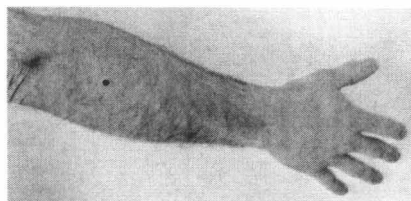
Huo Shan/ Fire Mountain

Location: On SJ channel, 6.5 cun proximal from wrist crease, along the medial border of the ulna.



Huo Fu Hai/ Fire Appendage Sea

Location: On SJ channel, 8.5 cun proximal from wrist crease, along the medial border of the ulna.

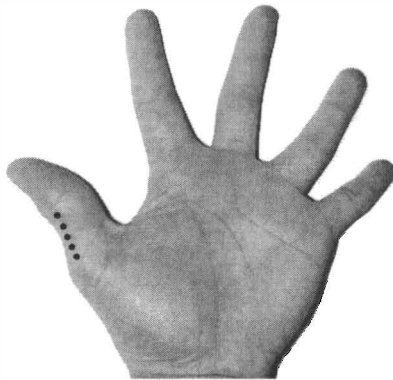


Ankle Pain –

- 1) Wrist image points (Lu 9, LI 5, SJ 4, Pc 7, SI 5, H 7) (No illustrations)
- 2) Wu Hu 4, 5

Wu Hu/ Five Tigers

Location: On the A line of the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant.



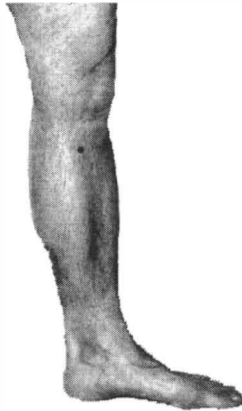
- 3) UB 40 (No illustration)

Toe Pain –

1) Shen Guan

Shen Guan/ Kidney Gate

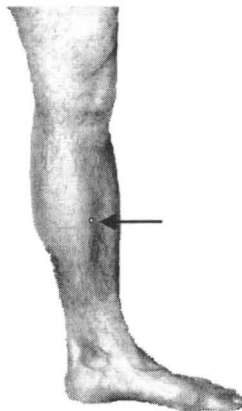
Location: 1.5 cun below Tian Huang (Sp 9).



2) Di Huang, Ren Huang

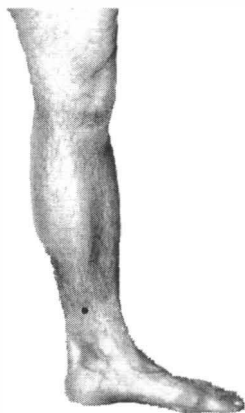
Di Huang/ Earth Emperor

Location: 7 cun above the tip of the medial malleolus, on the Sp channel.



Ren Huang/ Human Emperor

Location: Located at Sp 6.

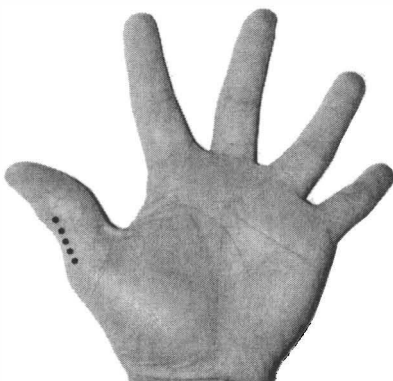


Top of Foot Pain –

1) Wu Hu 4

Wu Hu/ Five Tigers

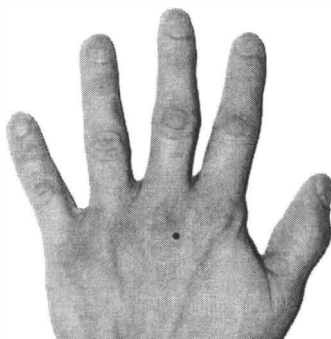
Location: On the A line of the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant.



2) Shang Bai

Shang Bai/ Upper White

Location: This point is located at the TCM point Lou Zhen (Fallen Pillow) – 0.5 cun proximal from the 2nd and 3rd metacarpals.

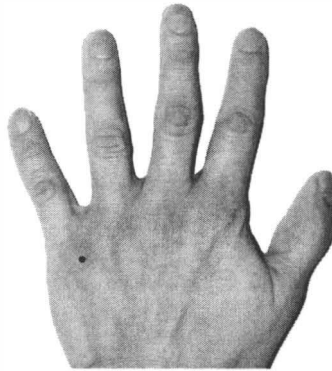


Top of Foot Pain –

3) Zhong Bai

Zhong Bai/ Middle White

Location: This point is located at SJ3.



Heel Spur –

- 1) Opposite Side Shui Xiang, Shui Xian

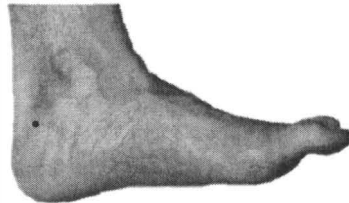
Shui Xiang/ Water Image

Location: This point is located at K3.



Shui Xian/ Water Sprite

Location: This point is located at 2 cun below K3.



- 2) UB 40 Bloodlet Ipsolateral side (No illustration)

Heel Spur –

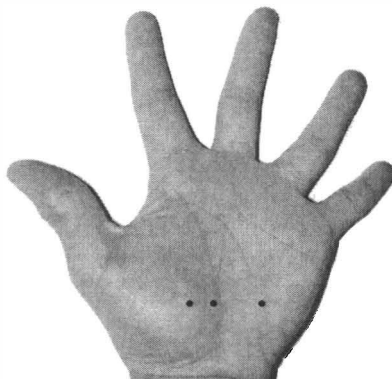
- 3) Mu Guan, Gu Guan, Zhong Guan - these three points are on the palm of the hand

Mu Guan is found at 1 cun distal from the wrist crease on the palm intersecting with an imaginary line extending between the 3rd and 4th digits

Gu Guan is located at 1 cun above the wrist crease on the palm intersecting with an imaginary line extending between the 2nd and 3rd digits

Zhong Guan is between both Mu Guan and Gu Guan

Refer to diagram below:

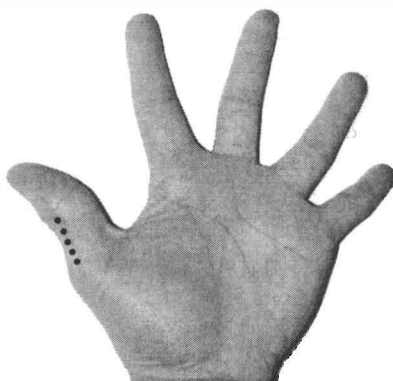


Heel Pain –

1) Wu Hu 5

Wu Hu/ Five Tigers

Location: On the A line of the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant.

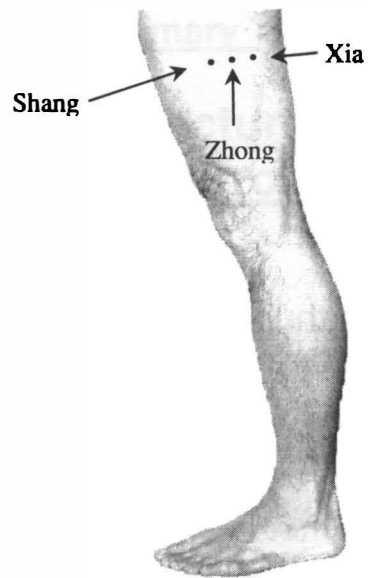


2) UB 40 (No illustration)

3) San Jiu Li

Zhong Jiu Li; Shang Jiu Li; Xia Jiu Li/ Three Nine Miles

Location: Zhong Jiu Li is located at GB 31; Shang Jiu Li is 1.5 cun anterior, Xia Jiu Li is 1.5 cun posterior to Zhong Jiu Li.

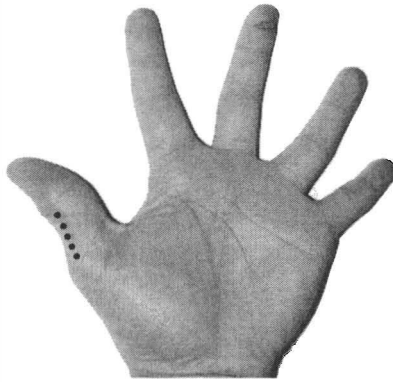


Gout –

1) Wu Hu 3, 4

Wu Hu/ Five Tigers

Location: On the A line of the thumb, along the radial aspect of the proximal segment of the palmar thumb, the 5 points are equidistant.



2) Bloodlet affected area (No illustration)

Appendix: Summary Treatment Formulary

Master Tung's Acupuncture for Neuromusculoskeletal Problems:

Headaches –

- 1) Mu Dou, Mu Liu – For Frontal or Temporal Headaches
- 2) Hai Bao– For Frontal and Occipital Headaches
- 3) Liu Wan, Shui Qu – For Temporal or Migraine headaches, headaches that originate behind eye, occipital headaches
- 4) Si Hua Shang – For Frontal Headache
- 5) Liv 2, Liv 3 – For Vertex headache

Facial Pain -

- 1) Si Hua Shang, Ce San Li, Ce Xia San Li

TMJ –

- 1) Ce San Li, Ce Xia San Li

Trigeminal Neuralgia –

- 1) Ce San Li, Ce Xia San Li
- 2) Mu Dou, Mu Liu

Bell's Palsy –

- 1) Huo Ying, Huo Zhu
- 2) Si Hua Zhong - Bloodlet
- 3) Xia San Huang
- 4) Si Ma Shang/Zhong/Xia

Neck Pain –

- 1) Yi Zhong
- 2) Hua Gu Yi
- 3) Qi Hu

Shoulder Pain –

- 1) Si Zhi
- 2) Si Hua Shang
- 3) Qi Hu

Frozen Shoulder –

- 1) Lu5 Bloodlet, Shen Guan
- 2) Bloodlet Si Hua Zhong
- 3) Zu Wu Jin, Zu Qian Jin, electrostim

Mid Back –

- 1) GB34
- 2) Gan Men
- 3) Liv 6
- 4) UB40, UB60

Lumbago -

- 1) Ling Gu, Da Bai, UB Channel Points
- 2) Wan Shun Yi, Wan Shun Er for Kidney Deficiency
- 3) Si Ma San
- 4) San Jiu Li
- 5) Shui Jin, Shui Tong, and Shen Guan for Kidney deficiency
- 6) Er Jiao Ming
- 7) Xia San Huang for deficiency
- 8) Zhong Bai

Rib Cage Pain –

- 1) Gan Men, GB 34
- 2) Si Ma San
- 3) Zhong Bai

Chest Pain -

- 1) Pc 6
- 2) Si Ma San
- 3) Si Hua Zhong
- 4) Shui Jin, Shui Tong
- 5) Shang Bai
- 6) Shui Xiang (K3)

Abdominal Pain –

- 1) Si Ma Shang
- 2) Pc 6
- 3) Men Jin
- 4) Chang Men
- 5) Qu Ling

Carpal Tunnel Syndrome –

- 1) Wu Hu 1, 2
- 2) Guang Ming
- 3) Shen Guan
- 4) Ce San Li, Ce Xia San Li
- 5) Mu Dou, Mu Liu

Sciatica –

- 1) Ling Gu, Da Bai, GB Channel Points
- 2) Liu Wan
- 3) Bi Yi
- 4) UB40
- 5) Ma Jin Shui, Ma Kuai Shui

Hip Pain to the Side –

- 1) H 5
- 2) GB 34
- 3) Liu Wan
- 4) SI 13, 14
- 5) UB 43

Biceps Femoris Pain –

- 1) Lu 3, 4

Buttocks Pain –

- 1) SJ 14
- 2) Du 26
- 3) Zheng Hui (Du 20)
- 4) Zhou Shui

Coccyx Pain –

- 1) Du 26
- 2) Zhou Shui
- 3) UB 40

Knee –

- 1) Lu 5
- 2) LI 11
- 3) Pc 6
- 4) Liv 3

Restless Leg syndrome –

- 1) Shou Wu Jin, Shou Qian Jin
- 2) Zu Wu Jin, Zu Qian Jin
- 3) GB 34, Liu Wan
- 4) Huo Ying, Huo Zhu

Peripheral Neuropathy -

- 1) Shou Wu Jin, Shou Qian Jin
- 2) Zu Wu Jin, Zu Qian Jin
- 3) Si Ma San
- 4) Wu Hu 3, 4, 5
- 5) Wai San Guan
- 6) Huo San, Huo Fu Hai

Ankle –

- 1) Wrist image points (Lu 9, LI 5, SJ 4, Pc 7, SI 5, H 7)
- 2) Wu Hu 4, 5
- 3) UB40

Toe Pain –

- 1) Shen Guan
- 2) Di Huang, Ren Huang

Top of Foot Pain –

- 1) Wu Hu 4
- 2) Shang Bai
- 3) Zhong Bai

Heel Spur –

- 1) Opposite Side Shui Xiang, Shui Xian
- 2) UB 40, Ipsolaterally, and bloodlet
- 3) Mu Guan, Gu Guan, Zhong Guan

Heel Pain –

- 1) Wu Hu 5
- 2) UB40
- 3) San Jiu Li

Gout –

- 1) Wu Hu 3, 4
- 2) Bloodlet affected area

Appendix One - Quick Reference Charts

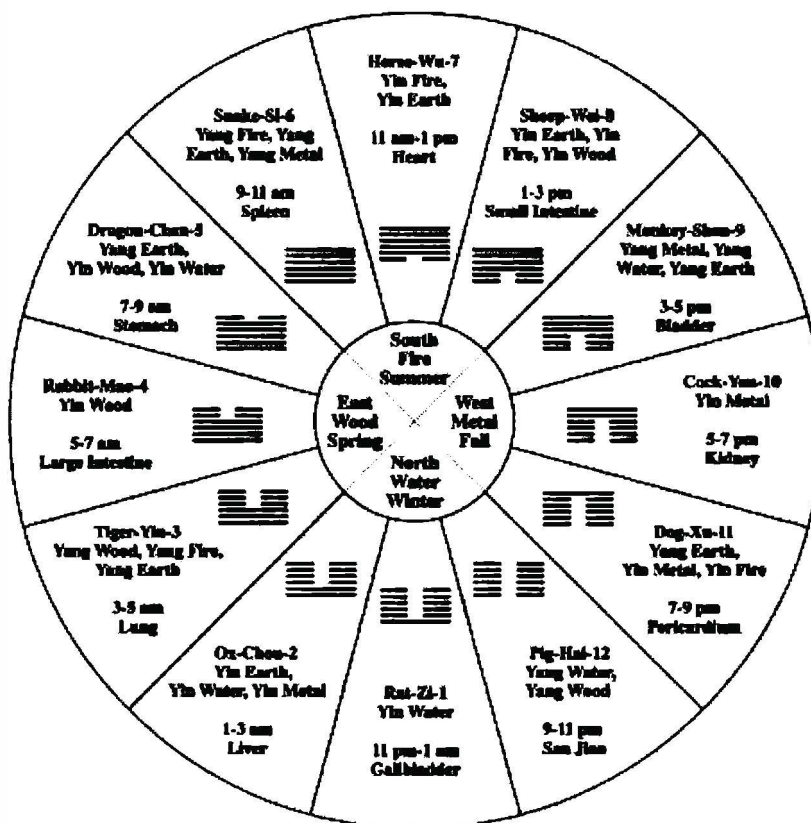
Channel Flow Clock

Qi flows through the channels in a defined path and rhythm.

The channels cycle Qi in our bodies from chest to hand, hand to head, head to foot, and foot to chest. In a 24 cycle, Qi circles our bodies in each channel for two hours.

Courtesy of David Twicken

Earthly Branches, Elements, Time, Organ-Channel



Chrono Acupuncture Clock

Time of Day	Channel	Flow
3am – 5am	Lung	Chest to Hand
5am – 7am	Large Intestine	Hand to Head
7am – 9am	Stomach	Head to Foot
9am – 11 am	Spleen	Foot to Chest
-	-	-
11am – 1pm	Heart	Chest to Hand
1pm – 3pm	Small Intestine	Hand to Head
3pm – 5pm	Bladder	Head to Foot
5pm – 7pm	Kidney	Foot to Chest
-	-	-
7pm – 9pm	Pericardium	Chest to Head
9pm – 11pm	Sanjiao	Hand to Head
11pm – 1am	Gall Bladder	Head to Foot
1am - 3am	Liver	Foot to Chest

Quick Summary of Points

Front Mu Points

Organ	Point
Lungs	Lu 1
Pericardium	Ren 17
Heart	Ren 14
Liver	Liv 14
Gallbladder	GB 24
Spleen	Liv 13
Stomach	Ren 12
San Jiao	Ren 5
Kidneys	GB 25
Large Intestine	St 25
Small Intestine	Ren 4
Bladder	Ren 3

Back Shu Points

	Point
Lungs	UB 13
Pericardium	UB 14
Heart	UB 15
Liver	UB 18
Gallbladder	UB 19
Spleen	UB 20
Stomach	UB 21
San Jiao	UB 22
Kidneys	UB 23
Large Intestine	UB 25
Small Intestine	UB 27
Bladder	UB 28

Lower He Sea Points of the 6 Fu Organs

Large Intestine	St 37	Yang Ming	Stomach	St 36
San Jiao	UB 39	Shao Yang	Gall Bladder	GB 34
Small Intestine	St 39	Tai Yang	Urinary Bladder	UB 40

Xi-Cleft Points

Lung	Lu 6	Urinary Bladder	UB 63	Yin Qiao	K 8
Large Intestine	LI 7	Kidney	K 5	Yang Qiao	UB 59
Stomach	St 34	Pericardium	Pc 4	Yin Wei	K 9
Spleen	Sp 8	San Jiao	SJ 7	Yang Wei	GB 35
Heart	H 6	Gall Bladder	GB 36		
Small Intestine	SI 6	Liver	Liv 6		

Yuan-Source Points

Lung	Lu 9	Urinary Bladder	UB 64
Large Intestine	LI 4	Kidney	K 3
Stomach	St 42	Pericardium	Pc7
Spleen	Sp 3	San Jiao	SJ 4
Heart	H 7	Gall Bladder	GB 40
Small Intestine	SI 4	Liver	Liv 3

Luo-Connecting Points

Lung	Lu7	Urinary Bladder	UB 58
Large Intestine	LI 6	Kidney	K 4
Stomach	St40	Pericardium	Pc6
Spleen	Sp4	San Jiao	SJ 5
Heart	H 5	Gall Bladder	GB 37
Small Intestine	SI 7	Liver	Liv 5

Five Element Points

<u>Channel</u>	Mother	Child
Lung (Metal)	Lu 9	Lu 5
Large Intestine (Metal)	LI 11	LI 2
Stomach (Earth)	St 41	St 45
Spleen (Earth)	Sp 2	Sp 5
Heart (Fire)	H 9	H 7
Small Intestine (Fire)	SI 3	SI 8
Urinary Bladder (Water)	UB 67	UB 65
Kidney (Water)	K 7	K 1
Pericardium (Fire)	P 9	Pc 7
San Jiao (Fire)	SJ 3	SJ 10
Gall Bladder (Wood)	GB 43	GB 38
Liver (Wood)	Liv 8	Liv 2

If Deficient in	Tonify
Spleen	Heart
Lung	Spleen
Kidney	Lung
Liver	Kidney
Heart	Liver

If Excess in	Reduce
Spleen	Lung
Lung	Kidney
Kidney	Liver
Liver	Heart
Heart	Spleen

Five Shu Points

Yin Meridians	Jing-well (Wood)	Ying-spring (Fire)	Shu-stream (Earth)	Jing-river (Metal)	He-Sea (Water)
Lu	Lu 11	Lu 10	Lu 9	Lu 8	Lu 5
Pc	Pc 9	Pc 8	Pc 7	Pc 5	Pc 3
H	H 9	H 8	H 7	H 4	H 3
Sp	Sp 1	Sp 2	Sp 3	Sp 5	Sp 9
Liv	Liv 1	Liv 2	Liv 3	Liv 4	Liv 8

K	K 1	K 2	K 3	K 7	K 10
Yang Meridians	Jing-well (Metal)	Ying-spring (Water)	Shu-stream (Wood)	Jing-river (Fire)	He-Sea (Earth)
LI	LI 1	LI 2	LI 3	LI 5	LI 11
SJ	SJ 1	SJ 2	SJ 3	SJ 6	SJ 10
SI	SI 1	SI 2	SI 3	SI 5	SI 8
St	St 45	St 44	St 43	St 41	St 36
GB	GB 44	GB 43	GB 41	GB 38	GB 34
UB	UB 67	UB 66	UB 65	UB 60	UB 40

Hui-Meeting Points

Zang	Liv 13	Sinews	GB 34
Fu	Ren 12	Vessels	Lu 9
Qi	Ren 17	Bones	UB 11
Blood	UB 17	Marrow	GB 39

Command Points

Abdomen	St 36
Lumbar Region	UB 40
Head & Posterior Neck	Lu 7
Face & Mouth	LI 4
Heart, Chest & Epigastrium	Pc 6
Fainting & Collapse	Du 26

Summary of Points used in Optimal Acupuncture

Jing/Well	Lu11	LI1	St 45	Sp1
Ying/Spring	Lu 10	LI2	St44	Sp2
Shu/Stream	Lu 9	LI3	St43	Sp3
Yuan	Lu9	LI4	St42	Sp3
Lou	Lu7	LI6	St40	Sp4
Xi	Lu6	LI7	St34	Sp8
Jing/River	Lu8	LI5	St41	Sp5
He/Sea	Lu5	LI11	St36	Sp9
Ben/Horary	Lu8	LI1	St36	Sp3
Mu/Mother	Lu9	LI11	St41	Sp2
Zi/Son	Lu5	LI2	St45	Sp5

Jing/Well	H9	SI1	UB67	K1
Ying/Spring	H8	SI2	UB66	K2
Shu/Stream	H7	SI3	UB65	K3
Yuan	H7	SI4	UB64	K3
Lou	H5	SI7	UB58	K4
Xi	H6	SI6	UB63	K5
Jing/River	H4	SI5	UB60	K7
He/Sea	H3	SI8	UB40	K10
Ben/Horary	H8	SI5	UB66	K10
Mu/Mother	H9	SI3	UB67	K7
Zi/Son	H7	SI8	UB65	K1

Jing/Well	Pc9	SJ1	GB44	Liv1
Ying/Spring	Pc8	SJ2	GB43	Liv2
Shu/Stream	Pc7	SJ3	GB41	Liv3
Yuan	Pc7	SJ4	GB40	Liv3
Lou	Pc6	SJ5	GB37	Liv5
Xi	Pc4	SJ7	GB36	Liv6
Jing/River	Pc5	SJ6	GB38	Liv4
He/Sea	Pc3	SJ10	GB34	Liv8
Ben/Horary	Pc8	SJ6	GB41	Liv1
Mu/Mother	Pc9	SJ3	GB43	Liv8
Zi/Son	Pc7	SJ10	GB38	Liv2

Chart of Single Points for Diseases	Point
For Area:	
Head	Lu7
Face	LI3
Eyes	Liv2
Mouth	St44
Throat	SJ2
Neck	GB39
Back of Neck	UB65
Shoulders	Sp9
Scapula	Liv6
Upper Back	Liv6
Lower Back	UB40
Chest	Pc6
Abdomen	St36
Lower Abdomen	St36
Groin	Liv3
Hypochondrium	GB34
Anus	Du26
Gynecological	Sp6

Bloodletting Methods

Vertex Head pain – Liv 2, Du 20

Tai Yang Head pain – UB 66, UB 40

Yang Ming Head Pain – St 44, LI 1

Shao Yang Head Pain – GB 43, Ce San Li, Ce Xia San Li

Neck Pain – GB 39, SJ 5, UB 40

Shoulder Pain – Si Hua Wai, St 38, GB 34, UB 40

Scapular Pain – Liv 6

Upper Arm Pain – GB 36, Si Hua Wai

Forearm Pain – GB 36, GB 39, UB 57

Wrist Pain – GB 39, 40, K 3

Hand Pain – Wu Hu 2, Si Hua Zhong

Finger Pain – Wu Hu 1, Shi Xuan, Mu Dou, Mu Liu

Upper Back pain – UB 40, UB 57, Du 26, GB 34

Lower Back Pain – UB 40, UB 63, GB 34

Sciatic Pain – GB 34, GB 43, UB 40

Hip Pain – H 5, SI 10

Buttocks Pain – Tai Yang, Yin Tang, SJ 14

Coccyx Pain – Du 26

Groin Pain – Liv 2, St 36

Thigh Pain – Lu 5, San Zong

Lower Leg Pain – San Zong, LI 10

Ankle Pain – SJ 5, LI 5, Pc 7

Foot Pain – Wu Hu 3, 4, SJ 3

Heel Pain – UB 63, UB 40

Toe Pain – Wu Hu 3, Hand Jing Well

3 Simple Exercises for Back Pain *by Robert Chu, PhD, L.Ac., QME*

Perhaps you've had a hard day, you had to shovel the walk, dig your car out of the snow, mailed a few heavy packages, are carrying around some extra holiday weight, or had to take your in-laws around town. You're tired, and it feels like your back is about to go out.

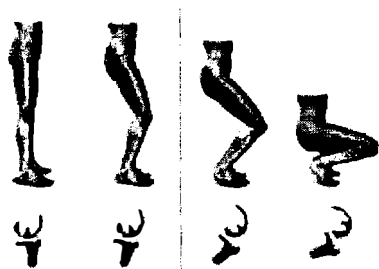
To keep your back in supple working order, you can simply do a few exercises that will help loosen you up and restore your posture. You should do these before running to your pain relievers or muscles relaxants. You don't even need a personal trainer or gym membership to do them, and they will prevent a visit to the doctor. A few relaxed sets of these exercises can immediately make you feel better.

These golden exercises include knee bends, waist twists and hip rolls. Doing these three treasures is a great way to get the blood moving, release endorphins and help you detox, all of which keeps the back in shape and pain away.

Since these simple exercises deal with moving the major muscle groups including the core stabilizing muscles, you can do them anytime with varying degrees of difficulty--adjusting as you get more accustomed to doing them.

The exercises promote blood circulation and release muscle tightness and spasms. Done regularly, they will increase your health and fitness levels, helping to tone your body. You will feel warmer and they will even help aid digestion, as the exercises assist the moving action of the intestines to move your bowels to aid detoxing.

Detoxing is important when considering pain, as toxins in the blood and muscles creates inflammation and pain.



Exercise 1 — Knee Bends: Do some gentle, relaxed knee bends. If you have knee or back issues it is best to do them with the assistance of a chair, table or desk. Stand in a relaxed shoulder-width position and place your hands on the support. Tighten your stomach muscles and exhale while bending your knees and going down as far as you can without falling or straining your knees.

Inhale while standing up. Do 10 of these, and then move onto the next exercise.

Exercise 2 — Hip Rolls: Stand back away from your support and stand with legs a shoulder-width apart. Tighten your abdominal muscles and put your hands on your hips. Imagine you have a hula hoop, or are doing the hula, and rotate your hips clockwise 5 times, then rotate them counter-clockwise 5 times. Be sure to relax and smile and breathe naturally with this exercise.



Exercise 3 — Waist Twists: With your hands relaxed at your sides and with feet a shoulder-width apart, simply start swinging your arms right then left, patting both hands on your lower back as they reach around. This will massage the kidneys. Be sure not to swing or pat too hard, just in a relaxed easy motion! Breathe naturally and relax. Simply do a count of 10, and then relax.

The complete series of these golden exercises takes about 2 minutes to complete. Initially, try to do the exercises 3 times a day. Take an exercise break, rather than a coffee or cigarette break, and you'll be delighted on how good your low back will feel.



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About the Author: Robert Chu, PhD, L Ac, QME

Robert Chu (Chu Sau Lei) began the study of the Chinese martial and healing arts since childhood. Robert is a California Certified and Licensed Acupuncturist and Herbalist in Pasadena, CA. He specializes in the Master Tung and Optimal Acupuncture methods of painless Acupuncture where he effectively treats pain, industrial medicine, sports injuries, and neuromusculoskeletal disorders. He also treats a wide variety of internal diseases including hypertension, hyperlipidemia, diabetes, psoriasis, thyroid disorders, gynecological disorders and side-effects from cancer treatments. He is appointed by the **Industrial Medical Council** as a **Qualified Medical Evaluator (QME)**.

Dr. Chu was formerly affiliated with the **St. Vincent Medical Center, Center for Health and Healing**, as the first fulltime Acupuncturist on staff and treated cancer patients with Acupuncture, Herbal Therapy Qigong and Tai Chi. Robert is a former faculty member of **Samra University of Oriental Medicine** in Los Angeles, where he taught acupuncture. He graduated from Samra University with a Master of Science in Oriental Medicine. Not satisfied with his education, he went on to study with the renowned **Young Wei-chieh**, student of Master Tung; and **Chen Chao**, creator of I Ching Acupuncture. His studies in classical acupuncture led him to create the system that he calls "Optimal Acupuncture".

Dr. Chu has also taught Tai Chi and Qigong at **Loyola Law School**. He volunteers regularly at **Pasadena's Wellness Community**, where he does monthly lectures on Acupuncture and Herbal Therapy for Cancer Patients and a weekly lifestyle/nutrition and Qi Gong class for cancer patients. In July of 2004, he was the Acupuncturist to Olympic Athletes in Sacramento, CA at the Olympic Trials.

Robert also lectures nationally and internationally on Acupuncture and Chinese Medicine to provide continuing education to MD's and Acupuncturists. He has been decorated as an honorary member of the **Finnish Traditional Chinese Medicine Society of Acupuncture and Herbs** and a therapist member of the **National Register of Acupuncture Therapists** in Finland. Robert is also listed as a *Master Practitioner of Oriental Bodywork Therapy* and *Master Practitioner of Tui-Na Manipulations*, awarded by the **International Association of Tui-Na Therapies** in London, England. He has lectured at Emperor's College of TCM, CSOMA, American College of Acupuncture and Oriental Medicine, Acupuncture Integrative Medicine College, the American Cancer Society and other functions as a dynamic and entertaining speaker.

In the martial arts world, he specializes in combat application and health aspects with a focus on the *Yip Man Wing Chun Kuen* system as taught by Hawkins Cheung and the *Yuen Kay-San* and *Gulao*

Wing Chun Kuen systems as taught by Kwan Jong-Yuen. He is the co-author of **Complete Wing Chun**, (Charles E. Tuttle Co., Inc, 1998), author of **The Essence of Wing Chun** (3 volumes, 2004) and has written many articles for *Inside Kung Fu*, *Martial Arts Legends*, *Inside Martial Arts*, *Martial Arts Combat Sports* and other publications. Dr. Chu was featured in the book, ***Kung Fu Masters (CFW Enterprises)***, in 2002. Robert Chu has been formally involved in the martial arts since 1972, specializing in *wing chun kuen* and its weapons. Having learned Yip Man wing chun kuen from several prominent instructors such as his current teacher, Hawkins Cheung, and the Yuen Kay-San and Gulao systems from his good friend and teacher Kwan Jong-Yuen, he has also researched several other branches of the system. In addition, he has a background in the empty hand fist and weapons sets of Hung ga kuen under Yee Chi Wai, and the Lama martial arts as taught by Chen Tai Shan. He is one of the last disciples and a successor to Lui Yon-Sang's flying dragon tiger gate combat pole in the United States.

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Dr. Chu will have revisions to these lecture notes on Master Tung's Acupuncture for Neuromusculoskeletal Disorders and will be available for further seminars. Please feel free to contact him with the information above.