

Class 2 - Needling Techniques

Needle Angles

Perpendicular - 90° (anything over 60°)

Oblique - 45° (30°-60°)

Horizontal/Transverse - 10°-20° (even up to 30°)

Needle Depths

Concerns

1) Concern is always safety of patient

Only use 1 cun long needles, Transverse or Oblique

Neck

Upper Back (T1-T10)

Downwards or towards back bone

Chest Area

Puncture lateral away from organs

Lower than T10 Back, Limbs and Abdomen (well)

Perpendicular

(Ask for lower abdomen punctures for patient to relieve their bladder.)

No lower back and Abdomen during pregnancy

No abdomen during first two days of menstruation

2) Arrival of Qi 气 (de qi)

Patient Sensation:

Distention, Heavy, Tingle, Electric, Numbness

Practitioner Sensation:

Fish biting a hook

Three reasons of Qi delay:

1) Improper Location of Point

2) Improper Depth of Point

Too deep or too shallow no Qi

Spring and Summer easy and shallow

Winter and Autumn deeper

3) Patient's Body Constitution

Weak body, weak Qi

3) Direction of Needle

a) Tip towards area to affect

b) Tonify (fill deficiency) or Sedate (get rid of excess)

Sample method:

Tonify - follows direction of meridian

Sedate - against direction of meridian

Yin Meridians - Upward (from chest to finger tip)

Tonification and Sedating

1) Through point selection

Yuan-source - most are tonify points

Ren 6, Ren 4, Du 4, St 36, GB 39, etc.

Jing-well - most are sedate points

Lu 1, Li 20, etc.

Ht and PC are exceptions it tonifies

Ying-Spring - all points sedate

Removes heat and sedates

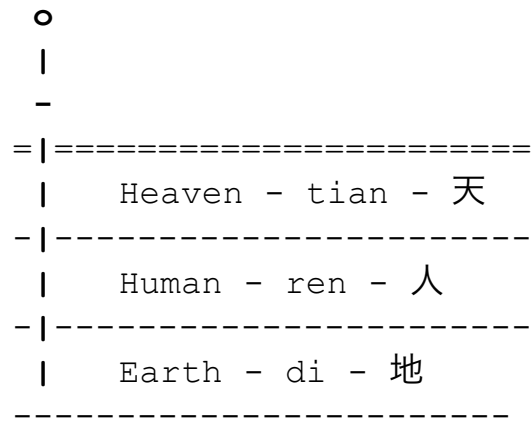
Mother points - Tonify

Son point - Sedate

Moxa - Tonify

Cupping, Electric, and Bleeding - Sedate

Needle Levels



Basic Promotion of De Qi - 得气 (Qi Arrival):

1. Lifting and Thrusting
In thick areas
Slight movements
2. Twirling and Rotating
Rotate needle in place at same level

Other Common Methods:

1) Tapping / Pressing - Xun Fa

Tapping the direction of Qi to go

Pressing down to prevent Qi movement in direction not desired

Reducing Qi affect after needle removal possible through tapping out both directions away from point to remove sensation

2) Scraping - Gua Fa

Very good at removing pain when sedating and used heavily and ashi

points

Scraping handle of needle

1) Scrape from tail towards root while holding needle to prevent increase of depth. Hold needle using two fingers on body side of needle, other side scraped with thumb nail on needle

Tonify - Scrape down

Sedate - Scrape up towards tail

3) Trembling - Can Fa

Practitioner vibrations on needle from his own tightened muscle coming from upper arm

4) Swing - Yao Fa (Blue Dragon Wags Tail)

Usually with oblique needle

Gentle movement in arc maintaining oblique insertion

Very good to get Qi to pass a joint

Can be used to sedate since hole is opened wider to release evil qi

5) Flying - Fei Fa (Red Phoenix Returns to Source)

Warms or cools area

Needle is pinched and lightly released with hand opened as hand is removed causing vibration on needle. Turning slightly but not enough to turn needle.

Tonify - hand floats w/turn forward

Sedate - hand floats w/turn backwards

6) Quick and Lightly Rotating - Cuo Fa

Very good strengthen Qi quickly and used for anesthesia before electricity

Rotate needle back and forth between fingers

7) Flicking needle

Promotes qi

Light flick of needle

Needling Techniques - Basic

1. Lifting and Thrusting - Ti Ca Bu Xie

In thick areas

Slight movements

Tonify -

1. De Qi - 得气
2. lift gentle from Earth-di level to Heaven-tian level
3. Insert slowly pressing strongly with fingers on needle
greater strength tonifies more

Sedate

1. De Qi - 得气
2. Pull gentle from Earth-di level to Heaven-tian level pressing strongly on needle. Greater strength sedates more
3. Insert back slowly

2. Twirling and Rotating - Nian Zuan Bu Xie

Rotate needle in place at same level

Tonify-

Strong forward twirl then weak rotate back all in same level
(with possible very slight movement deeper and return)

Sedate-

Strong backward twirl then weak rotate forward all in same level
(with possible very slight movement shallower and return)

3. Rapid and Slow - Xu Ji Bu Xie

Movement of needle

Tonify -

Slow movement in and out
Slow rotation

Sedate -

Fast movement in and out
Quick rotations

4. Open or Close - Kai He Bu Xie

Used during removal of needle

Sedate -

Lift slow, vibrate in whole to open as leaving and leave whole open

Tonify -

Left needle more quickly, cover whole by pulling skin with cotton ball

5. Follow and Against - Ying Sui Bu Xie

Direction of needle

Tonify -

Towards big number
Follows direction of meridian

Sedate -

Towards smaller number
Against direction of meridian

6. Special Respiration - Hu Xi Bu Xie

According to patient respiration

Tonify

Thrust/Stimulate during exhalation
Opposite direction of needle (needle in air out)
warm air in system

Sedate

Thrust/Stimulate during inhalation

Same direction of needle (needle in air in)

Cold air in system

Full pushing from the inside to push out evil qi

7. Open and Closed Points of Lunar Calendar - Zi Wu Liu Zhu

Lunar Calendar

(See Chart)

Sedate -

If point punctured just before open

Tonify -

If point punctured just after open time

Needling Techniques - Comprehensive

1. Setting the mountain on fire - Shao Shan Huo

Strongest method of tonification

A) Insert needle until de qi

B) Lift and thrust (Ti Ca) in tian level (gentle lift strong thrust) 9 times (yang #)

C) Lift and thrust in ren level (gentle lift strong thrust) 9 times

D) Lift and thrust in di level (gentle lift strong thrust) 9 times

Can replace thrust with rotation tonify technique (Nian Zuan) 9 times if area is shallow.

For less strength use 3 times instead of 9 or even 1 at each level

2. Penetrating the heaven coolness - Tou Tian Liang

Strongest method to sedate

- A) Insert needle until de qi
- B) Lift and thrust (Ti Ca) in di level (strong lift gentle thrust) 6 times (yin #)
- C) Lift and thrust in ren level (strong lift gentle thrust) 6 times
- D) Lift and thrust in tian level (strong lift gentle thrust) 6 times

Can replace thrust with rotation sedate technique (Nian Zuan) 6 times if area to shallow.

For less strength use 2 times instead of 6 or even 1 at each level

3. Yin within the Yang - Yang Zhong Ying Yin

Shallow Tonify, Deep Sedate

Predominate Yang - excess is due to deficiency / deficiency causing excess

Cold then fever symptoms

Mixed excess and deficiency at same time

- A) Insert needle until de qi
- B) Lift and tonify (9 thrusts - gentle lift strong thrust) in shallow top 1/2
- C) Insert to second 1/2 and sedate (6 thrusts - strong lift gentle thrust)

4. Yang within the Yin - Yin Zhong Ying Yang

Deep Sedate, Shallow Tonify

Predominate Yin - deficiency is due to excess / excess causing deficiency

Fever then cold symptoms

Mixed excess and deficiency at same time

- A) Insert needle until de qi
- B) In lower second 1/2 sedate (6 thrusts - strong lift gentle thrust)
- C) Lift and tonify (9 thrusts - gentle lift strong thrust) in shallow top 1/2

5. Midnight and noon hole dig - Zi Qu Dao Jiu

Mixed excess and deficiency at same time

(Severe Cases:) Treat edema and Qi stagnation

- A) Insert needle until de qi
- B) Strong thrust and gentle lift full space to qi 9 times
- C) Gentle thrust and strong lift full space to qi 6 times

6. Conflict Between Dragon and Tiger - Long Hu Jiao Zhan

Uses rotating and twisting

Stops chronic severe pain in particular in Zang Fu

- A) Insert needle until de qi
- B) Strong forward gentle back 9 times
- C) Gentle forward strong back 6 times