



# YIN-YANG BALANCING ACUPUNCTURE

陰陽平針 (음양평침)

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**Instructor: H.B. Kim, L.Ac.**

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### 3 YIN-YANG BALANCING Pyung Chim



		SYSTEM 1	SYSTEM 2	SYSTEM 3	SYSTEM 4	SYSTEM 5	SYSTEM 6
		Affected Channel	Pair of System 1	Same Energy	Pair of System 3	Opposition	Energy of System 5
	Diseased Side	+F -W	-F +W	+F -W	-F +W	+F -W	+F -W
	Opposite Side	-F +W	+F -W	-F +W	+F -W	-F +W	-F +W
LU	H. Tai Yin	LU	LI	SP	ST	UB	SI
LI	H. Yang Ming	LI	LU	ST	SP	KD	HT
ST	F. Yang Ming	ST	SP	LI	LU	HT	KD
SP	F. Tai Yin	SP	ST	LU	LI	SI	UB
HT	H. Shao Yin	HT	SI	KD	UB	ST	LI
SI	H. Tai Yang	SI	HT	UB	KD	SP	LU
UB	F. Tai Yang	UB	KD	SI	HT	LU	SP
KD	F. Shao Yin	KD	UB	HT	SI	LI	ST
PC	H. Jue Yin	PC	SJ	LV	GB	•	•
SJ	H. Shao Yang	SJ	PC	GB	LV	•	•
GB	F. Shao Yang	GB	LV	SJ	PC	•	•
LV	F. Jue Yin	LV	GB	PC	SJ	•	•

F=Fire point W=Water point

**1. Fire and Water Points:** Fire and Water are the elemental symbols of Yin and Yang. With Yin-Yang Balancing theory, Fire and Water Points are used to balance Qi flow between the left and right sides of the body and between all the channels. While this theory is effective for pain control, it is not limited to pain control.

	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
<b>FIRE POINT</b>	10	5	41	2	8	5	60	2	8	6	38	2
<b>WATER POINT</b>	5	2	44	9	3	2	66	10	3	2	43	8

**2. Six systems:** The six systems are listed in the chart above.

<b>System 1</b>	<ul style="list-style-type: none"> <li>System 1 uses only the affected channel.</li> <li><b>Example:</b> For headache on the right side in the GB channel area Right side → tonify GB38 (Fire) and sedate GB43 (Water) Left side → sedate GB38 (Fire) and tonify GB43 (Water)</li> <li><b>It is not necessary to use all four points for one system.</b></li> </ul>
<b>System 2</b>	<ul style="list-style-type: none"> <li>System 2 is the paired organ channel of System 1.</li> <li>The treatment is the opposite of system 1.</li> </ul>
<b>System 3</b>	<ul style="list-style-type: none"> <li>System 3 is the channel with the same energy as system 1.</li> </ul>
<b>System 4</b>	<ul style="list-style-type: none"> <li>System 4 is the paired organ channel of system 3.</li> <li>The treatment is the opposite of system 3.</li> </ul>
<b>System 5</b>	<ul style="list-style-type: none"> <li>Systems 1 and 5 are “Tai Yin &amp; Tai Yang” and “Shao Yin &amp; Yang Ming” balancing.</li> </ul>
<b>System 6</b>	<ul style="list-style-type: none"> <li>System 6 is the channel with the same energy as System 5.</li> </ul>

**PYUNG-CHIM** 陰陽平針(음양평침)  
Korean Yin-Yang Balancing Acupuncture

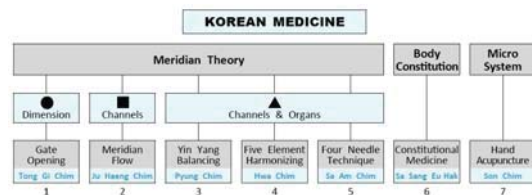


Lecturer: HB Kim, L.Ac.

## Overview of Korean Medicine

Summary for Seven Theories

## Overview of Korean Style Acupuncture



## 1. Gate Opening (Tong Gi Chim)

SUMMARY	KEY
<ul style="list-style-type: none"> <li>There are 24 Gate Opening treatments. Excellent as the first treatment in a course. Increases the body's receptiveness to acupuncture's benefits.</li> <li>Exhibits the unique function of synchronizing the body in time and space, aligning the body with the environment.</li> </ul>	Space & Time

## 2. Meridian Flow (Ju Haeng Chim)

<ul style="list-style-type: none"> <li>Facilitates overall Qi flow by promoting the interchange of Qi between the channels.</li> <li>Harmonizes and balances Qi flow within the meridians by utilizing the Eight Extra Vessels.</li> </ul>	Channels
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## 3. Yin Yang Balancing (Pyung Chim)

<ul style="list-style-type: none"> <li>Addresses overall imbalances of Yin and Yang in the body, for example: Zang and Fu, left and right, upper and lower.</li> <li>Water and Fire are the elemental symbols of Yin and Yang. Uses Water and Fire points to equalize the imbalance.</li> </ul>	Yin Yang
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#### 4. Five Element Harmonizing (Hwa Chim)

- |   |            |
|---|------------|
| <ul style="list-style-type: none"> <li>Restoring the five elements to a state of harmonious equilibrium is the focus of this theory.</li> <li>Pulse is used to determine the relative states of the five elements and their corresponding organs. Points are chosen based on the five-element generating and controlling cycles.</li> </ul> | 5 Elements |
|---|------------|

#### 5. Four Needle Technique (Sa Am Chim)

- |   |            |
|---|------------|
| <ul style="list-style-type: none"> <li>Six energies define the nature of all the channels: Tai Yin &amp; Yang Ming, Shao Yin &amp; Tai Yang, Jue Yin &amp; Shao Yang.</li> <li>The six energies are used in conjunction with biorhythm to treat all three levels of being: physical, emotional and intellectual.</li> </ul> | 6 Energies |
|---|------------|

#### 6. Constitutional Medicine (Sa Sang Eu Hak)

- |   |           |
|---|-----------|
| <ul style="list-style-type: none"> <li>This philosophy focuses on the body type, or constitution, rather than on the disease.</li> <li>The constitutional type indicates susceptibility to a common set of ailments as well as a common set of preventative measures and treatments.</li> </ul> | Body Type |
|---|-----------|

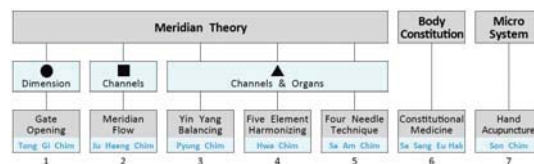
#### 7. Hand Acupuncture (Son Chim)

- |  |             |
|--|-------------|
| <ul style="list-style-type: none"> <li>This microsystem reflects the 12 meridians and 361 points within the hand. Diagnostic techniques include: corresponding points, comparison of radial and carotid pulses &amp; palpation of abdominal points.</li> <li>Treatment modalities include: acupuncture, moxibustion, seeds, magnets and ring therapy.</li> </ul> | Microsystem |
|--|-------------|

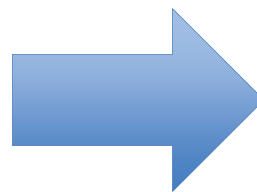
### Note

**Note:** Korean Medicine is not limited to the theories presented here. This summary is only a fraction of what Korean Medicine has to offer. It has been chosen by the author in an attempt to provide a representative sampling of the variety of Korean medical philosophies and systems.

### Review



## MindMap



## Yin Yang Balancing

Pyung Chim

## Pyung-Chim Contents

- 24 Points (Fire & Water)
- Six Systems (Individual & Combined Tx.)
- Channel Pathway & Pathology
- Concept of Acupuncture Points
- How to use Pyung-Chim with 8 Extra Vessel
- How to use Local Points

## Yin - Yang

Symbol of Yang

Fire

Symbol of Yin

Water

		SYSTEM 1	SYSTEM 2	SYSTEM 3	SYSTEM 4	SYSTEM 5	SYSTEM 6
		SAME CHANNEL		SAME ENERGY		OPPOSITION	
		Same Channel	Pair of System #1	Same Energy	Pair of System #3	Opposition	Energy of System #5
TX.	Diseased Side	↑F ↓W	↓F ↑W	↑F ↓W	↓F ↑W	↑F ↓W	↓F ↑W
	Opposite Side	↓F ↑W	↑F ↓W	↓F ↑W	↑F ↓W	↓F ↑W	↑F ↓W
LU	H. Tai Yin	LU	LI	SP	ST	UB	SI
LI	H. Yang Ming	LI	LU	ST	SP	KD	HT
ST	F. Yang Ming	ST	SP	LI	LU	HT	KD
SP	F. Tai Yin	SP	ST	LU	LI	SI	UB
HT	H. Shao Yin	HT	SI	KD	UB	ST	LI
SI	H. Tai Yang	SI	HT	UB	KD	SP	LU
UB	F. Tai Yang	UB	KD	SI	HT	LU	SP
KD	F. Shao Yin	KD	UB	HT	SI	LI	ST
PC	H. Jue Yin	PC	SJ	LV	GB	*	*
SJ	H. Shao Yang	SJ	PC	GB	LV	*	*
GB	F. Shao Yang	GB	LV	SJ	PC	*	*
LV	F. Jue Yin	LV	GB	PC	SJ	*	*

## Six Systems

- System 1: Same Channel
- System 2: Pair of System #1
- System 3: Same Six-Energy
- System 4: Pair of System #3
- System 5: Opposition
- System 6: Same Six-Energy of System #5

## 6 Systems Chart

SYSTEM 1	SYSTEM 2	SYSTEM 3	SYSTEM 4	SYSTEM 5	SYSTEM 6
SAME CHANNEL		SAME ENERGY		OPPOSITION	
Same Channel	Pair of System #1	Same Energy	Pair of System #3	Opposition	Energy of System #5

## Tonification & Sedation

	SYSTEM 1	SYSTEM 2	SYSTEM 3	SYSTEM 4	SYSTEM 5	SYSTEM 6
	SAME CHANNEL		SAME ENERGY		OPPOSITION	
	Same Channel	Pair of System #1	Same Energy	Pair of System #3	Opposition	Energy of System #5
H. = Hand F. = Foot						
TX.	Diseased Side	↑F ↓W	↓F ↑W	↑F ↓W	↓F ↑W	↑F ↓W
	Opposite Side	↓F ↑W	↑F ↓W	↓F ↑W	↑F ↓W	↓F ↑W

## System 1 & 2

		SYSTEM 1	SYSTEM 2
		SAME CHANNEL	
		Same Channel	Pair of System #1
H. = Hand F. = Foot			
TX.	Diseased Side	↑F ↓W	↓F ↑W
	Opposite Side	↓F ↑W	↑F ↓W
LU	H. Tai Yin	LU	LI

## System 3 & 4

	SYSTEM 1	SYSTEM 2	SYSTEM 3	SYSTEM 4
	SAME CHANNEL		SAME ENERGY	
	Same Channel	Pair of System #1	Same Energy	Pair of System #3
H. = Hand F. = Foot				
TX.	Diseased Side	↑F ↓W	↓F ↑W	↑F ↓W
	Opposite Side	↓F ↑W	↑F ↓W	↓F ↑W
LU	H. Tai Yin	LU	LI	SP

## System 5 & 6

	SYSTEM 1	SYSTEM 2	SYSTEM 3	SYSTEM 4	SYSTEM 5	SYSTEM 6
	SAME CHANNEL		SAME ENERGY		OPPOSITION	
	Same Channel	Pair of System #1	Same Energy	Pair of System #3	Opposition	Energy of System #5
H. = Hand F. = Foot						
TX.	Diseased Side	↑F ↓W	↓F ↑W	↑F ↓W	↓F ↑W	↑F ↓W
	Opposite Side	↓F ↑W	↑F ↓W	↓F ↑W	↑F ↓W	↓F ↑W
LU	H. Tai Yin	LU	LI	SP	ST	UB

## Earth Circuit

LU	H. Tai Yin	LU	LI	SP	ST	UB	SI
LI	H. Yang Ming	LI	LU	ST	SP	KD	HT
ST	F. Yang Ming	ST	SP	LI	LU	HT	KD
SP	F. Tai Yin	SP	ST	LU	LI	SI	UB

## Heaven Circuit

HT	H. Shao Yin	HT	SI	KD	UB	ST	LI
SI	H. Tai Yang	SI	HT	UB	KD	SP	LU
UB	F. Tai Yang	UB	KD	SI	HT	LU	SP
KD	F. Shao Yin	KD	UB	HT	SI	LI	ST

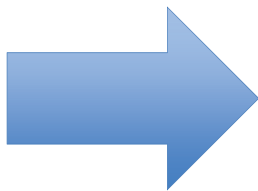
## Human Circuit

PC	H. Jue Yin	PC	SJ	LV	GB	*	*
SJ	H. Shao Yang	SJ	PC	GB	LV	*	*
GB	F. Shao Yang	GB	LV	SJ	PC	*	*
LV	F. Jue Yin	LV	GB	PC	SJ	*	*

## Summary of 6 Systems

2. Six systems: The six systems are listed in the chart above.

System 1	<ul style="list-style-type: none"> <li>System 1 uses only the affected channel.</li> <li><b>Example:</b> For headache on the right side in the GB channel area Right side → tonify GB38 (Fire) and sedate GB43 (Water) Left side → sedate GB38 (Fire) and tonify GB43 (Water)</li> <li>It is not necessary to use all four points for one system.</li> </ul>
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System 6	<ul style="list-style-type: none"> <li>System 6 is the channel with the same energy as System 5.</li> </ul>



## 24 Points for Pyung-Chim

1. **Fire and Water Points:** Fire and Water are the elemental symbols of Yin and Yang. With Yin-Yang Balancing theory, Fire and Water Points are used to balance Qi flow between the left and right sides of the body and between all the channels. While this theory is effective for pain control, it is not limited to pain control.

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FIRE POINT	10	5	41	2	8	5	60	2	8	6	38	2
WATER POINT	5	2	44	9	3	2	66	10	3	2	43	8

**LU10 & LU5**

- **LU10:** On the radial aspect of the midpoint of the 1<sup>st</sup> metacarpal bone, at the junction of the red & white skin
- **LU5:** On the cubital crease, on the radial side of tendon m. biceps brachii, located with the elbow slightly flexed

**LU channel pathology**

1. Cough, asthmatic breathing, hemoptysis
2. Congested and sore throat
3. A sensation of fullness in the chest
4. Pain in the supracavicular fossa
5. Shoulder back and anterior border of the medial aspect of arm

**LI5 & LI2**

- **LI5:** When the thumb is tilted upward, it is in the depression between the tendons of m. extensor pollicis longus & brevis
- **LI2:** On the radial side of the index finger, distal to the metacarpal-phalangeal joint, at the junction of the red & white skin

**LI channel pathology**

1. Epistaxis, watery nasal discharge
2. Toothache, Congested and sore throat
3. Pain in the neck, anterior part of the shoulder and anterior border of lateral aspect of the upper limb
4. Borborygms, abdominal pain
5. Diarrhea and dysentery

**ST41 & ST44**

- **ST41:** In the transverse crease of the ankle joint, in the depression between the tendon of m. extensor digitorum longus & hallucis longus
- **ST44:** Proximal to the web margin between 2<sup>nd</sup> & 3<sup>rd</sup> toes, in the depression distal & lateral to the 2<sup>nd</sup> metatarsodigital joint

**ST channel pathology**

1. Borborygms, abdominal distension
2. Edema, epigastric pain
3. Vomiting, hunger, epistaxis
4. Deviation of the mouth
5. Congested and sore throat
6. Pain in the chest, abdomen and lateral of the lower limb
7. Fever and mania



**SP2 & SP9**

- **SP2:** On the medial side of the great toe, distal and inferior to the 1<sup>st</sup> metatarsodigital joint, at the junction of the red & white skin
- **SP9:** On the lower border of the medial condyle of the tibia, in the depression on the medial aspect of the tibia

**SP channel pathology**

1. Belching, vomiting, epigastric pain
2. Abdominal distention, loose stools
3. Jaundice, heaviness of the body, lassitude
4. Stiffness and pain in the root of the tongue
5. Swelling and coldness in the medial aspect of the thigh and knee

**HT8 & HT3**

- **HT8:** On the palmar aspect of the hand, between the 4<sup>th</sup> & 5<sup>th</sup> metacarpal bones
- **HT3:** In the depression between the medial end of the transverse cubital crease and the medial epicondyle of the humerus when the elbow is flexed into a right angle

**HT channel pathology**

1. Cardiac pain, palpitation
2. Hypochondriac pain
3. Insomnia, night sweating
4. Dryness of the throat, thirst
5. Pain in the medial aspect of the upper arm and heat sensation in the palms

**SI5 & SI2**

- **SI5:** On the dorsal aspect of the wrist, in the depression between the styloid process of the ulna & triquetral bone
- **SI2:** On the ulnar side, distal to the 5<sup>th</sup> metacarpophalangeal joint, at the junction of the red & white skin

**SI channel pathology**

1. Deafness, yellow sclera
2. Sore throat, swelling of the cheeks
3. Distension and pain in the lower abdomen and pain in the posterior border of the lateral aspect of the shoulder and arm

**UB60 & UB66**

- **UB60:** In the depression between the external malleolus & tendon calcaneus
- **UB66:** In the depression anterior to the 5<sup>th</sup> metatarsophalangeal joint

**UB channel pathology**

1. Retention of urine, enuresis
2. Manic and depressive mental disorders, malaria
3. Pain of the eyes, Lacrimation when exposed to wind, nasal obstruction, rhinorrhea, epistaxis
4. Headache
5. Pain in the nape, back, low back, buttocks and posterior aspect of the lower limbs

**KD2 & KD10**

- **KD2:** Anterior & Inferior to the medial malleolus, in the depression on the lower border of the tuberosity of the navicular bone
- **KD10:** On the medial side of the popliteal fossa, between the tendons of m. semitendinosus & semimembranosus

**KD channel pathology**

1. Enuresis, frequent urination, nocturnal emission, impotence
2. Irregular menstruation
3. Asthmatic breathing, hemoptysis
4. Dryness of the tongue, congested and sore throat
5. Edema, pain in the lumbar region and in the posteromedial aspect of the thigh, weakness of the lower limbs and heat sensation in the soles

**PC8 & PC3**

- **PC8:** On the transverse crease of the palm, between the 2<sup>nd</sup> & 3<sup>rd</sup> metacarpal bones
- **PC3:** On the transverse cubital crease, at the ulnar side of the tendon of m. biceps brachii

**PC channel pathology**

1. Cardiac pain, palpitations, mental restlessness
2. Stuffiness in the chest, flushed face, swelling in the axilla
3. Depressive and manic mental disorders
4. Spasm of the upper limbs and heat sensation in the palms

**SJ6 & SJ2**

- **SJ6:** 3 cun above SJ4, between the radius & ulna, on the radial side of m. extensor digitorum
- **SJ2:** In the depression proximal to the margin of the web between the ring finger & small finger

**SJ channel pathology**

1. Abdominal distention, edema, enuresis, dysuria
2. Deafness, tinnitus
3. Pain in the outer canthus
4. Swelling of the cheeks
5. Congested and sore throat
6. And pain in the retroauricular region, shoulder and lateral aspect of the arm and elbow

**GB38 & GB43**

- **GB38:** 4 cun above & slightly anterior to the tip of the external malleolus, on the anterior border of the fibula
- **GB43:** On the dorsum of the foot, between the 4<sup>th</sup> & 5<sup>th</sup> toe, proximal to the margin of the web

**GB channel pathology**

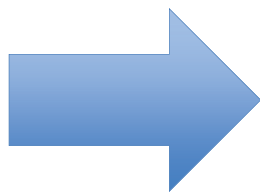
1. Headache, pain in the outer canthus
2. Pain in the jaw
3. Blurring of vision, bitter taste in the mouth
4. Swelling and pain in the supraclavicular fossa, pain in the axilla, and pain along the lateral aspect of the chest
5. Hypochondrium, thigh and lower limbs

**LV2 & LV8**

- **LV2:** On the dorsum of the foot between the 1<sup>st</sup> & 2<sup>nd</sup> toe, proximal to the margin of the web
- **LV8:** When the knee is flexed, in the depression above the medial end of the transverse popliteal crease

**LV channel pathology**

1. Low back pain, fullness in the chest in the lower abdomen
2. Hernia, vertical headache
3. Dryness of the throat, Hiccups
4. Enuresis, dysuria and mental disturbance



## Pyung Chim + 8 Extra



### LU7 REN + KD6 YIN QIAO

	<b>LU7</b> REN	<b>KD6</b> YIN QIAO
SYMPTOMS	<ul style="list-style-type: none"> <li>Disorders of the throat and lungs</li> <li>Urinary disorders</li> <li>Gynecological illness</li> <li>Visual disorders</li> <li>Disorders of the abdominal organs</li> </ul>	
ENERGETIC FUNCTION	<ul style="list-style-type: none"> <li>Stores yin and causes it to ascend to nourish the head/eyes</li> <li>Distributes energy to the yin meridians, yin body parts, and yin functions</li> <li>Useful in treating women's illness</li> </ul>	

### SI3 DU + UB62 YANG QIAO

	<b>SI3</b> DU	<b>UB62</b> YANG QIAO
SYMPTOMS	<ul style="list-style-type: none"> <li>Symptoms of the head, neck, and back</li> <li>Central nervous system disorders</li> </ul>	
ENERGETIC FUNCTION	<ul style="list-style-type: none"> <li>Stores yang and causes it to ascend to the head and eyes</li> <li>Distributes energy to the yang meridians, yang body parts, and yang functions</li> <li>Useful in treating men's illness</li> </ul>	

### SP4 CHONG + PC6 YIN WEI

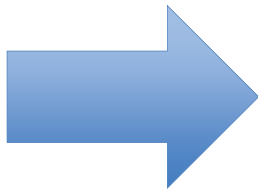
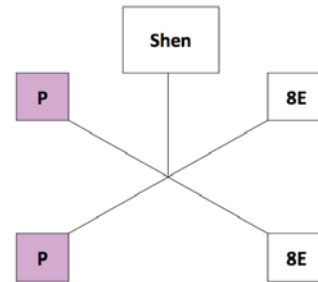
	<b>SP4</b> CHONG	<b>PC6</b> YIN WEI
SYMPTOMS	<ul style="list-style-type: none"> <li>Heart and circulatory disorders</li> <li>Gastrointestinal disorders</li> <li>Counterflow Qi</li> <li>Blood stasis</li> <li>Blood vacuity</li> <li>Gynecological illness</li> <li>Fullness in the chest</li> </ul>	
ENERGETIC FUNCTION	<ul style="list-style-type: none"> <li>Circulates energy throughout the internal organs</li> <li>Links the heart and digestive functions</li> <li>Moves the digestate</li> <li>Courses the blood and prevents stasis</li> <li>Regulates the physical and spiritual heart</li> </ul>	

### GB41 DAI + SJ5 YANG WEI

	<b>GB41</b> DAI	<b>SJ5</b> YANG WEI
SYMPTOMS	<ul style="list-style-type: none"> <li>Symptoms of the lateral side of the body</li> <li>Weakness of the abdomen and lower back</li> <li>Yang rising symptoms</li> </ul>	
ENERGETIC FUNCTION	<ul style="list-style-type: none"> <li>Binds the exterior and braces the back and lower abdomen</li> <li>Causes yang to descend</li> </ul>	

	OPENING & COUPLED PT.	RANGE OF ACTION
REN	LU7	abdomen, chest, lungs, throat, face
YIN QIAO	KD6	
DU	SI3	back of legs, back, spine, neck, neck, head, eyes, brain
YANG QIAO	UB62	
DAI	GB41	outer aspect of leg, sides of body, shoulders, side of neck
YANG WEI	SJ5	
CHONG	SP4	inner aspect of leg, abdomen, chest, heart, stomach
YIN WEI	PC6	

## PYUNG + 8 EXTRA



## Dynamic 8 Extra Vessel Tx.

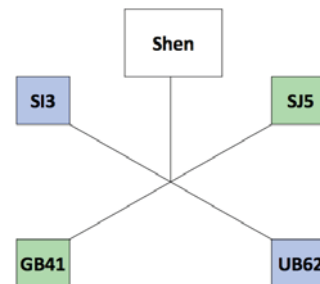
How to utilize 8 Extra Vessel

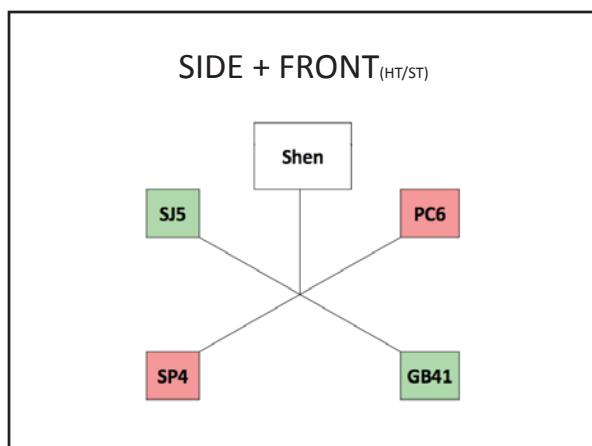
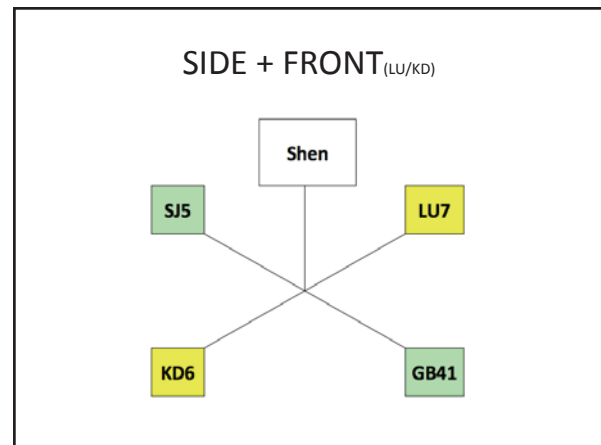
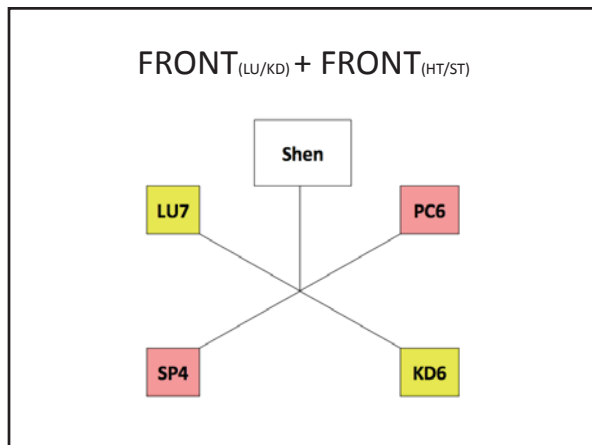
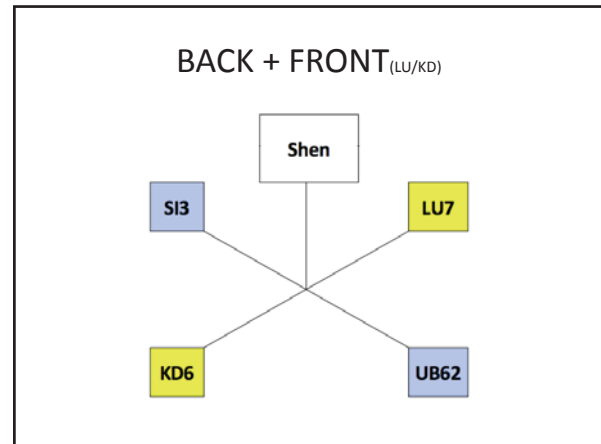
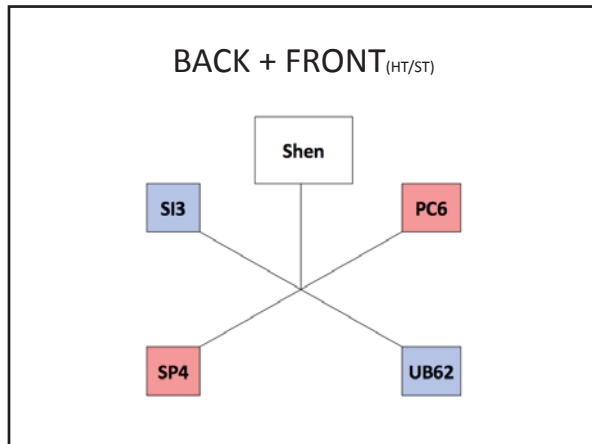


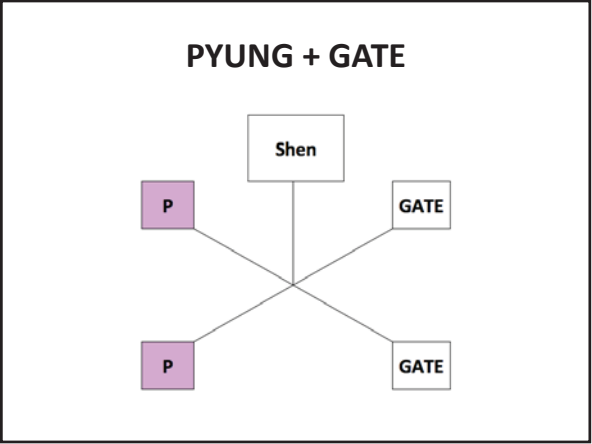
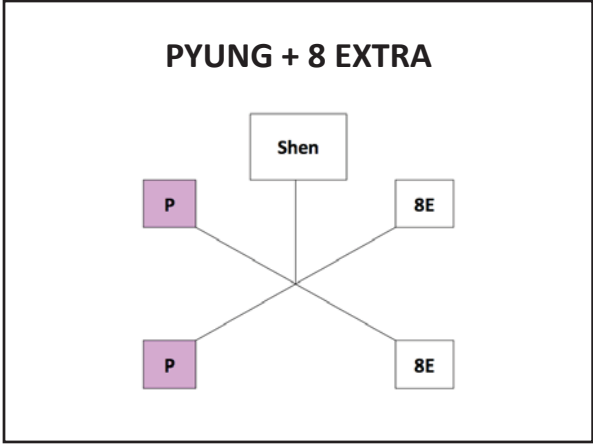
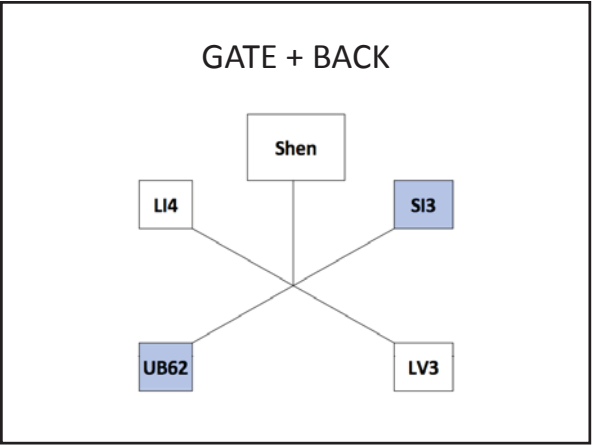
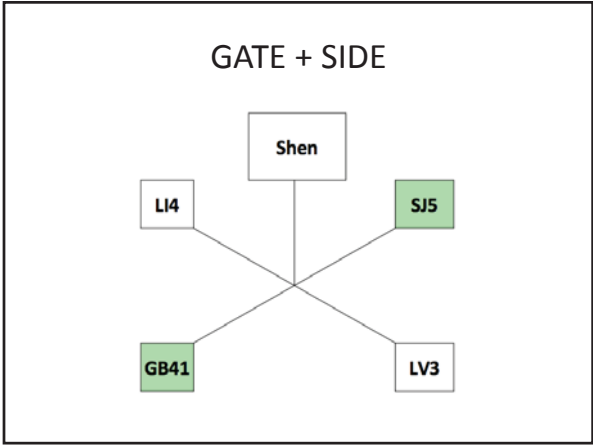
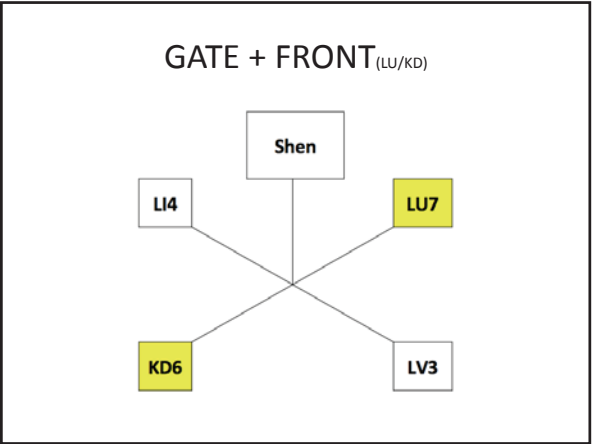
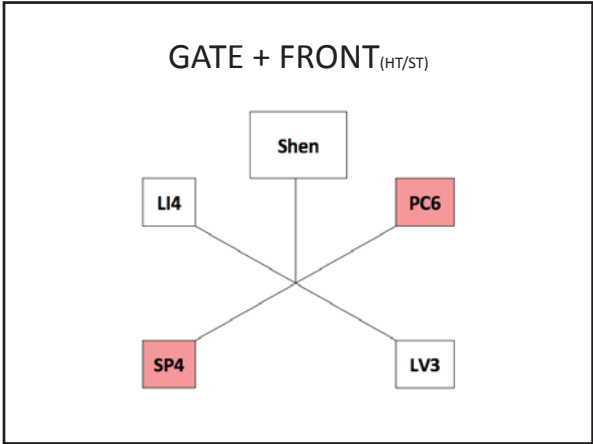
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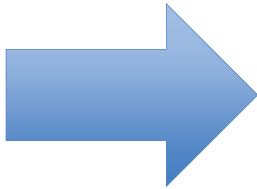


## Back + Side





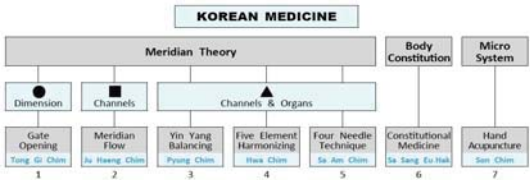




24 Gate Opening

Tong Gi Chim

Overview



Gate Opening (Tong Gi Chim)

SUMMARY	KEY
<ul style="list-style-type: none"><li>• There are 24 Gate Opening treatments. Excellent as the first treatment in a course. Increases the body's receptiveness to acupuncture's benefits.</li><li>• Exhibits the unique function of synchronizing the body in time and space, aligning the body with the environment.</li></ul>	Space & Time

3 Circuits – 12 Points – 24 Combinations

- Heaven – Human – Earth Circuits
- Yuan-Source Points
- Hand – Foot combination
- Yin – Yang combination

Earth Circuit

E A R T H	LU9	H	UB64
		M	GB40
	LI4	H	KD3
		M	LV3
	ST42	H	HT7
		M	PC7
	SP3	H	SI4
		M	SJ4



## Heaven Circuit

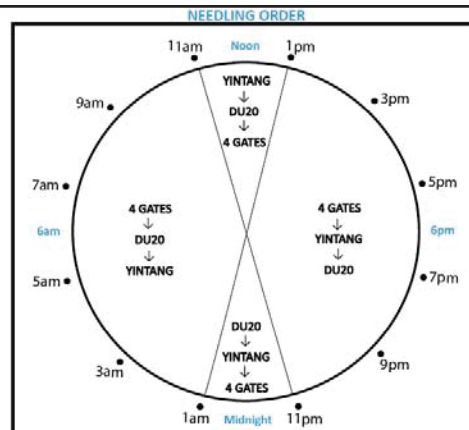
H E A V E N	HT7	E	ST42
		M	GB40
	SI4	E	SP3
		M	LV3
	UB64	E	LU9
		M	PC7
	KD3	E	LI4
		M	SJ4

## Human Circuit

H U M A N	PC7	E	ST42
		H	UB64
	SJ4	E	SP3
		H	KD3
	GB40	E	LU9
		H	HT7
	LV3	E	LI4
		H	SI4

## Order of Insertion

1. **Order of insertion:** According to the theory, the order of needling has a significant impact on the treatment. The needling order should be modified according to the time of day. Refer to the meridian clock above.

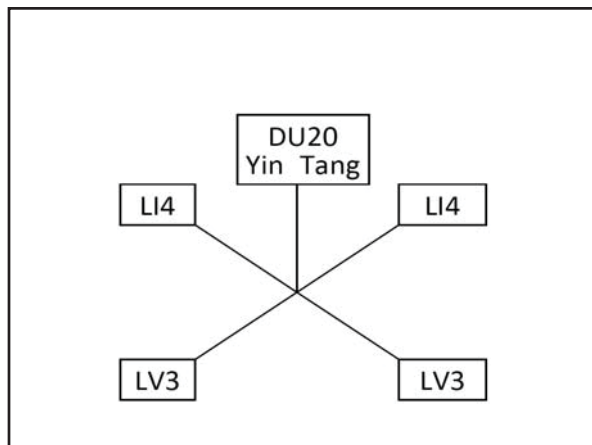
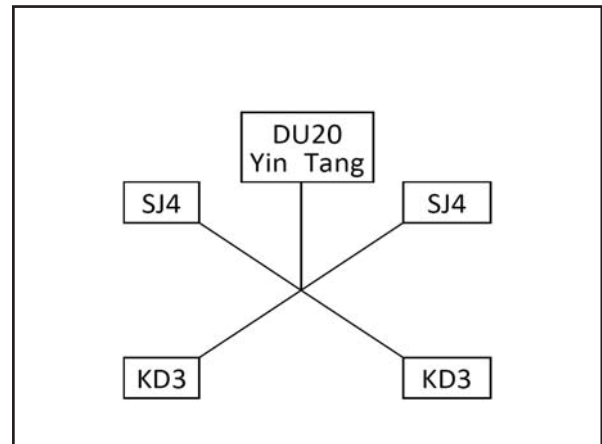
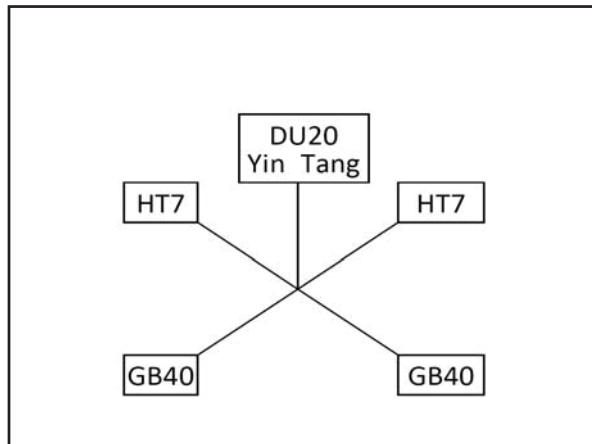


## Combination principle

2. **Combination principle:** Yuan source points are used in the practice of Tong Gi Chim. Yuan source points are paired by opposite polarity of both yin and yang channels as well as hand and foot channels. For example: LI4 (E), a hand yang channel, is combined with LV3 (M) or KD3 (H) which are foot yin channels. Points within the same circuits (Heaven, Earth, HuMan) cannot be combined. 2 possible combinations for each point x 12 Yuan source points = 24 Gate Opening treatments. While there is some overlap of pair combinations, the treatment is considered different depending on which point is used as the primary or secondary point.

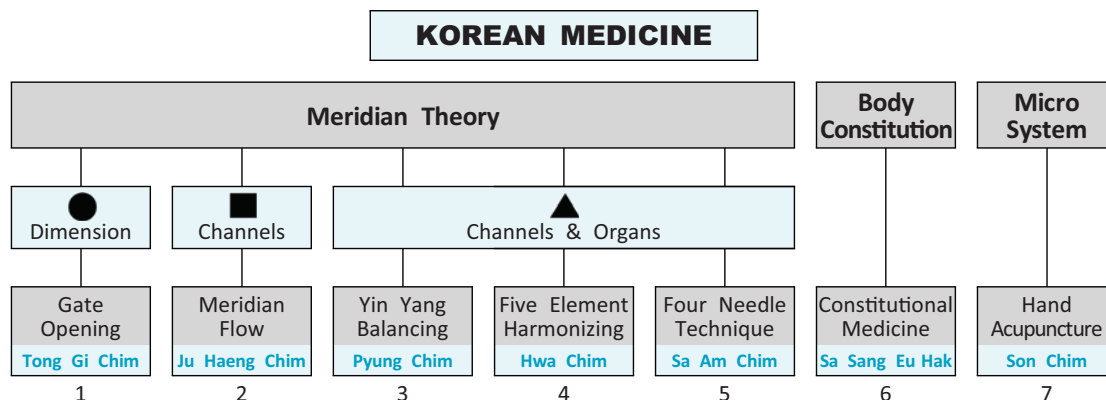
## Clinical application

3. **Clinical application:** Gate Opening is not limited to the use of LI4+LV3. Depending on the presenting symptoms, different Gate Opening pairs are more appropriate. For example, HT7+GB40 targets the HT and GB for Wen Dan Tang type conditions. KD3+LI4 should be used for Si Shen Wan type conditions. The best Gate Opening combo is chosen based on Zang-Fu theory. If uncertain, the use of LI4+LV3 is never a bad choice.



## Great Gate opening

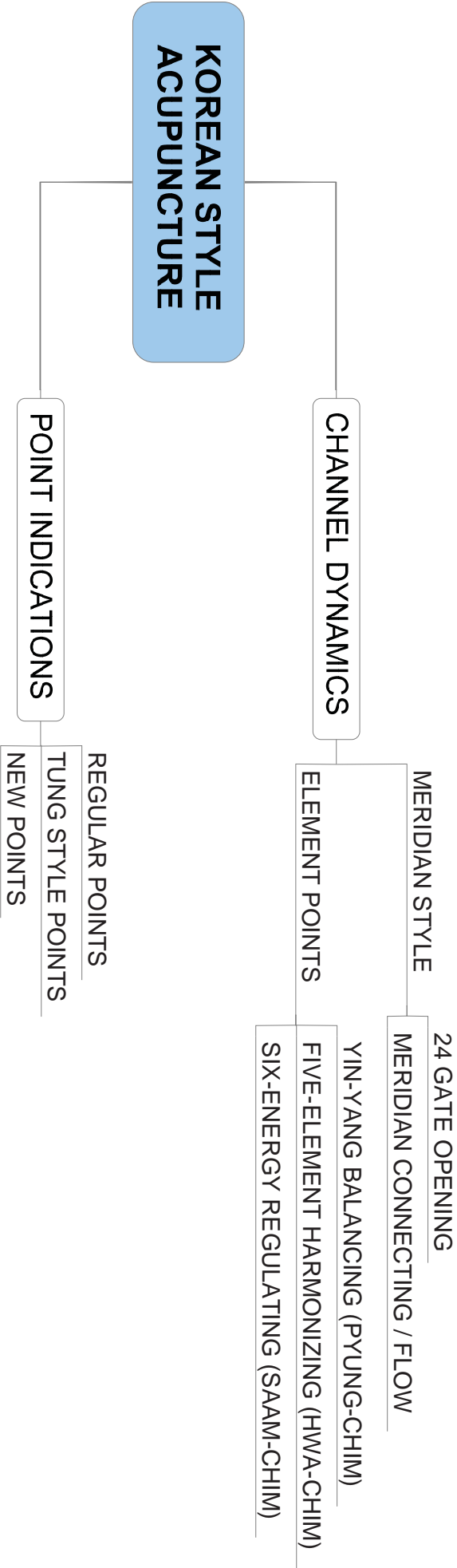
**4. Great Gate Opening:** A treatment called Great Gate Opening is used in addition to Gate Opening for more severe conditions. Two more needles are added: PC9 on one side, and SJ1 on the other. Note that both the PC and SJ both exist only as functions, not as true physical organs.



## OVERVIEW

THEORY	SUMMARY	KEY
① <b>GATE OPENING</b> (Tong Gi Chim)	<ul style="list-style-type: none"> <li>There are 24 Gate Opening treatments. Excellent as the first treatment in a course. Increases the body's receptiveness to acupuncture's benefits.</li> <li>Exhibits the unique function of synchronizing the body in time and space, aligning the body with the environment.</li> </ul>	Space & Time
② <b>MERIDIAN FLOW</b> (Ju Haeng Chim)	<ul style="list-style-type: none"> <li>Facilitates overall Qi flow by promoting the interchange of Qi between the channels.</li> <li>Harmonizes and balances Qi flow within the meridians by utilizing the Eight Extra Vessels.</li> </ul>	Channels
③ <b>YIN YANG BALANCING</b> (Pyung Chim)	<ul style="list-style-type: none"> <li>Addresses overall imbalances of Yin and Yang in the body, for example: Zang and Fu, left and right, upper and lower.</li> <li>Water and Fire are the elemental symbols of Yin and Yang. Uses Water and Fire points to equalize the imbalance.</li> </ul>	Yin Yang
④ <b>FIVE ELEMENT HARMONIZING</b> (Hwa Chim)	<ul style="list-style-type: none"> <li>Restoring the five elements to a state of harmonious equilibrium is the focus of this theory.</li> <li>Pulse is used to determine the relative states of the five elements and their corresponding organs. Points are chosen based on the five-element generating and controlling cycles.</li> </ul>	5 Elements
⑤ <b>FOUR NEEDLE TECHNIQUE</b> (Sa Am Chim)	<ul style="list-style-type: none"> <li>Six energies define the nature of all the channels: Tai Yin &amp; Yang Ming, Shao Yin &amp; Tai Yang, Jue Yin &amp; Shao Yang.</li> <li>The six energies are used in conjunction with biorhythm to treat all three levels of being: physical, emotional and intellectual.</li> </ul>	6 Energies
⑥ <b>CONSTITUTIONAL MEDICINE</b> (Sa Sang Eu Hak)	<ul style="list-style-type: none"> <li>This philosophy focuses on the body type, or constitution, rather than on the disease.</li> <li>The constitutional type indicates susceptibility to a common set of ailments as well as a common set of preventative measures and treatments.</li> </ul>	Body Type
⑦ <b>HAND ACUPUNCTURE</b> (Son Chim)	<ul style="list-style-type: none"> <li>This microsystem reflects the 12 meridians and 361 points within the hand. Diagnostic techniques include: corresponding points, comparison of radial and carotid pulses &amp; palpation of abdominal points.</li> <li>Treatment modalities include: acupuncture, moxibustion, seeds, magnets and ring therapy.</li> </ul>	Microsystem

**Note:** Korean Medicine is not limited to the theories presented here. This summary is only a fraction of what Korean Medicine has to offer. It has been chosen by the author in an attempt to provide a representative sampling of the variety of Korean medical philosophies and systems.

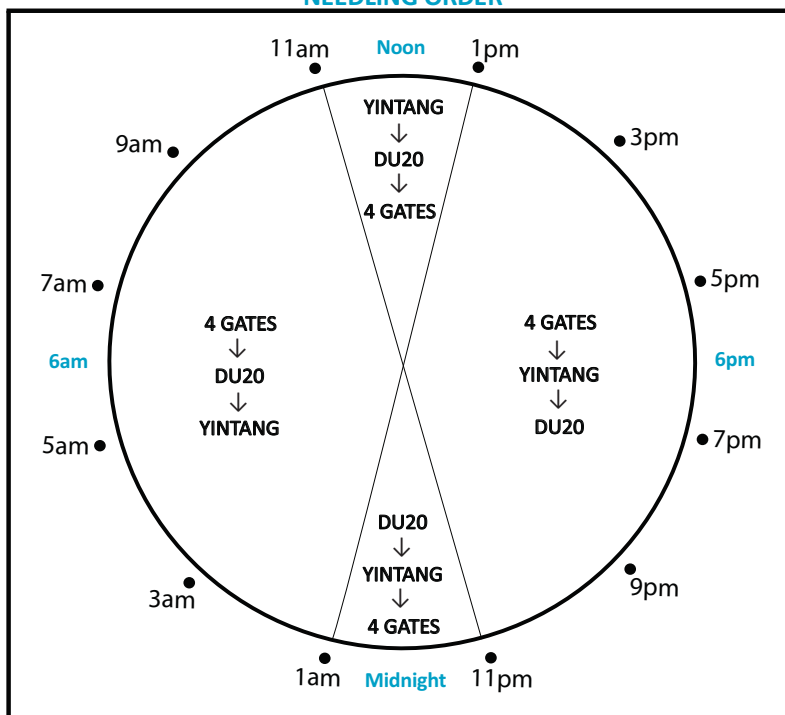


# 1 GATE OPENING Tong Gi Chim

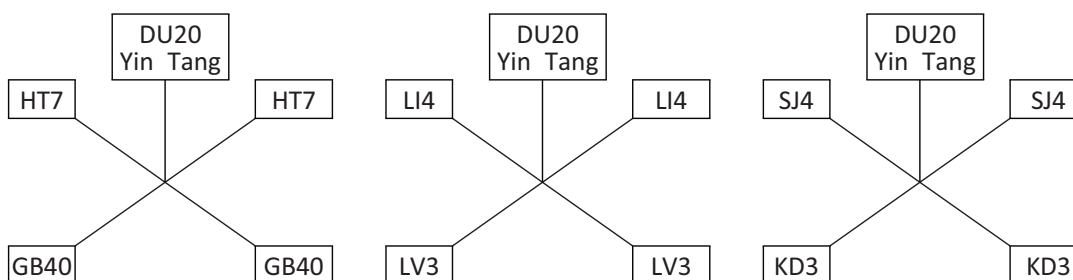
## 24 GATE OPENINGS

E A R T H	LU9	H	UB64
		M	GB40
	LI4	H	KD3
		M	LV3
H E A V E N	ST42	H	HT7
		M	PC7
	SP3	H	SI4
		M	SJ4
H U M A N	HT7	E	ST42
		M	GB40
	SI4	E	SP3
		M	LV3
	UB64	E	LU9
		M	PC7
	KD3	E	LI4
		M	SJ4
H U M A N	PC7	E	ST42
		H	UB64
	SJ4	E	SP3
		H	KD3
	GB40	E	LU9
		H	HT7
	LV3	E	LI4
		H	SI4

## NEEDLING ORDER



## FOUR GATES EXAMPLES



**1. Order of insertion:** According to the theory, the order of needling has a significant impact on the treatment. The needling order should be modified according to the time of day. Refer to the meridian clock above.

**2. Combination principle:** Yuan source points are used in the practice of Tong Gi Chim. Yuan source points are paired by opposite polarity of both yin and yang channels as well as hand and foot channels. **For example:** LI4 (E), a hand yang channel, is combined with LV3 (M) or KD3 (H) which are foot yin channels. Points within the same circuits (Heaven, Earth, HuMan) cannot be combined. 2 possible combinations for each point x 12 Yuan source points = 24 Gate Opening treatments. While there is some overlap of pair combinations, the treatment is considered different depending on which point is used as the primary or secondary point.

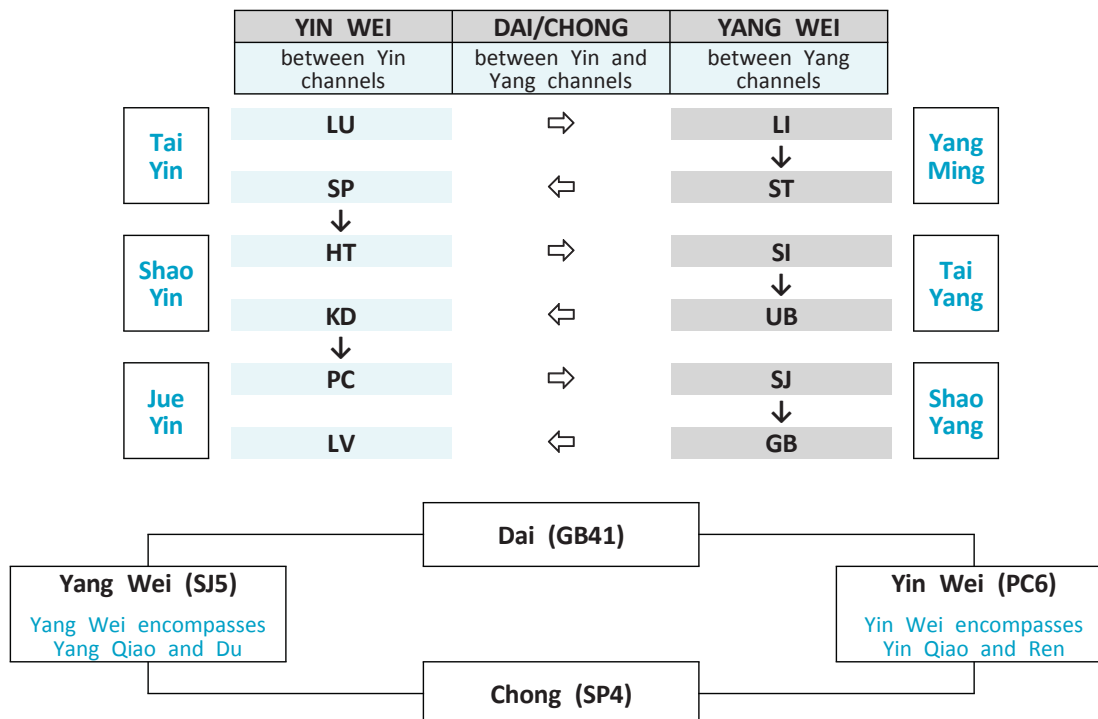
**3. Clinical application:** Gate Opening is not limited to the use of LI4+LV3. Depending on the presenting symptoms, different Gate Opening pairs are more appropriate. For example, HT7+GB40 targets the HT and GB for *Wen Dan Tang* type conditions. KD3+LI4 should be used for *Si Shen Wan* type conditions. The best Gate Opening combo is chosen based on Zang-Fu theory. If uncertain, the use of LI4+LV3 is never a bad choice.

**4. Great Gate Opening:** A treatment called Great Gate Opening is used in addition to Gate Opening for more severe conditions. Two more needles are added: PC9 on one side, and SJ1 on the other. Note that both the PC and SJ both exist only as functions, not as true physical organs.

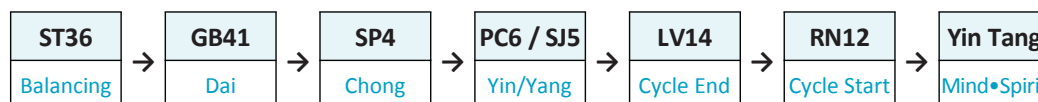
## ② MERIDIAN FLOW Ju Haeng Chim

**Note:** Meridian Flow is a comprehensive subject encompassing many sub-theories. Meridian Connecting theory is just one subject under the umbrella of Meridian Flow Theory. **Meridian Flow Theory** is literally "the royal treatment," as this theory was developed by palatial doctors for treating the royal family. **Meridian Connecting Theory** has been chosen as an introduction to Meridian Flow theory because of its simplicity and usefulness. It is a good choice to use after Gate Opening.

### MERIDIAN CONNECTING



### MERIDIAN CONNECTING TREATMENT



**1. Eight Extra Vessels:** Meridian Connecting treatments utilize the Eight Extra Vessels. The Eight Extra Vessels serve as a reservoir for the 12 meridians. Activating the confluent points is like opening the dam to refill the channels.

**2. Order of insertion/withdrawal:** The order of needle insertion and removal is a significant factor of the treatment, and changing the order can alter the treatment.

Insertion			Withdrawal		
Limbs	Torso	Head	Head	Torso	Limbs
ST36→GB41→SP4→PC6/SJ5	→LV14→RN12	→Yintang	Yintang→	RN12→LV14→	ST36→GB41→SP4→PC6/SJ5

**3. Rationale of Point Selection:** ST36, the initial point, supports post-natal Qi and Blood. Energetically ST36 is linked with SP4 and RN12. GB41 activates the Dai Vessel and SP4 activates the Chong Vessel. PC6 or SJ5 is chosen based on whether Yin Wei or Yang Wei is more applicable. LV14 is the last point in the cycle of Qi flow, while RN12 is the first point since that's where the LU channel begins. Qi flow has a higher probability of stagnating at this interchange than any other since it is not only a link between channels, but also the circuit junction. The addition of Yin Tang opens the Upper Dan Tian (third eye) and brings mental clarity, assisting the natural progression of harmony and balance in the physical body.

### 3 YIN-YANG BALANCING Pyung Chim



		SYSTEM 1	SYSTEM 2	SYSTEM 3	SYSTEM 4	SYSTEM 5	SYSTEM 6
		Affected Channel	Pair of System 1	Same Energy	Pair of System 3	Opposition	Energy of System 5
	Diseased Side	+F -W	-F +W	+F -W	-F +W	+F -W	+F -W
	Opposite Side	-F +W	+F -W	-F +W	+F -W	-F +W	-F +W
LU	H. Tai Yin	LU	LI	SP	ST	UB	SI
LI	H. Yang Ming	LI	LU	ST	SP	KD	HT
ST	F. Yang Ming	ST	SP	LI	LU	HT	KD
SP	F. Tai Yin	SP	ST	LU	LI	SI	UB
HT	H. Shao Yin	HT	SI	KD	UB	ST	LI
SI	H. Tai Yang	SI	HT	UB	KD	SP	LU
UB	F. Tai Yang	UB	KD	SI	HT	LU	SP
KD	F. Shao Yin	KD	UB	HT	SI	LI	ST
PC	H. Jue Yin	PC	SJ	LV	GB	•	•
SJ	H. Shao Yang	SJ	PC	GB	LV	•	•
GB	F. Shao Yang	GB	LV	SJ	PC	•	•
LV	F. Jue Yin	LV	GB	PC	SJ	•	•

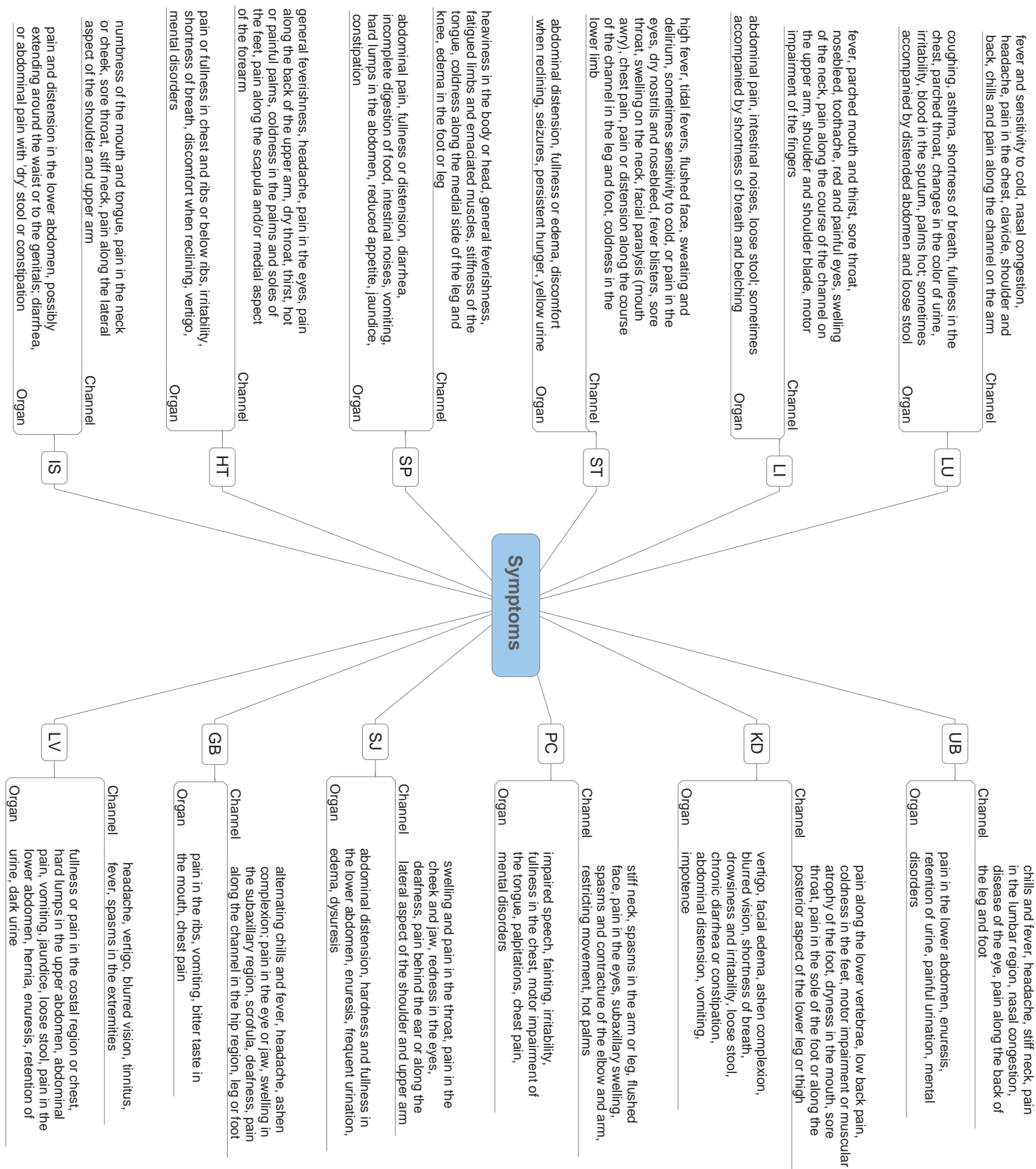
F=Fire point W=Water point

**1. Fire and Water Points:** Fire and Water are the elemental symbols of Yin and Yang. With Yin-Yang Balancing theory, Fire and Water Points are used to balance Qi flow between the left and right sides of the body and between all the channels. While this theory is effective for pain control, it is not limited to pain control.

	LU	LI	ST	SP	HT	SI	UB	KD	PC	SJ	GB	LV
<b>FIRE POINT</b>	10	5	41	2	8	5	60	2	8	6	38	2
<b>WATER POINT</b>	5	2	44	9	3	2	66	10	3	2	43	8

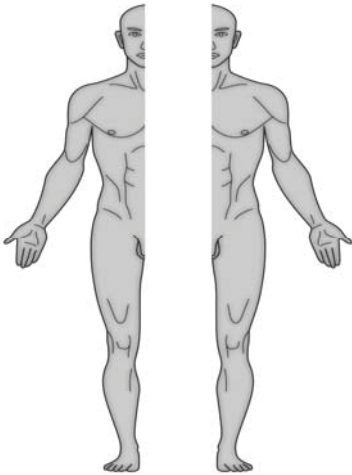
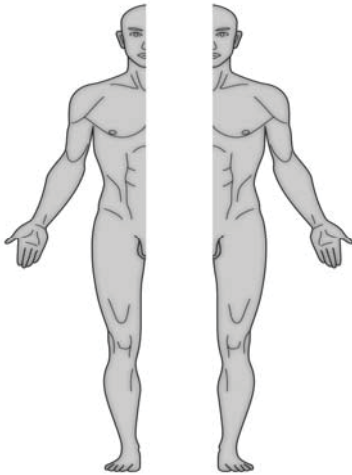
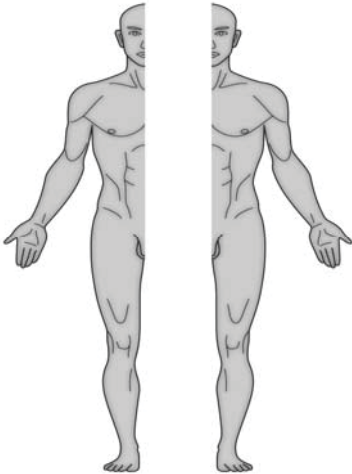
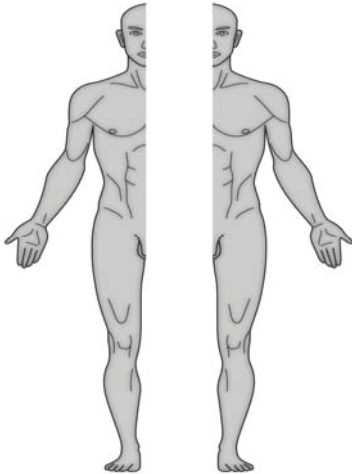
**2. Six systems:** The six systems are listed in the chart above.

<b>System 1</b>	<ul style="list-style-type: none"> <li>System 1 uses only the affected channel.</li> <li><b>Example:</b> For headache on the right side in the GB channel area Right side → tonify GB38 (Fire) and sedate GB43 (Water) Left side → sedate GB38 (Fire) and tonify GB43 (Water)</li> <li><b>It is not necessary to use all four points for one system.</b></li> </ul>
<b>System 2</b>	<ul style="list-style-type: none"> <li>System 2 is the paired organ channel of System 1.</li> <li>The treatment is the opposite of system 1.</li> </ul>
<b>System 3</b>	<ul style="list-style-type: none"> <li>System 3 is the channel with the same energy as system 1.</li> </ul>
<b>System 4</b>	<ul style="list-style-type: none"> <li>System 4 is the paired organ channel of system 3.</li> <li>The treatment is the opposite of system 3.</li> </ul>
<b>System 5</b>	<ul style="list-style-type: none"> <li>Systems 1 and 5 are “Tai Yin &amp; Tai Yang” and “Shao Yin &amp; Yang Ming” balancing.</li> </ul>
<b>System 6</b>	<ul style="list-style-type: none"> <li>System 6 is the channel with the same energy as System 5.</li> </ul>





PYUNG-CHIM & HWA-CHIM PRACTICE SHEET

CASE:	NOTES	CASE:	NOTES
			
CASE:	NOTES	CASE:	NOTES
			
CASE:	NOTES	CASE:	NOTES
