

Postures

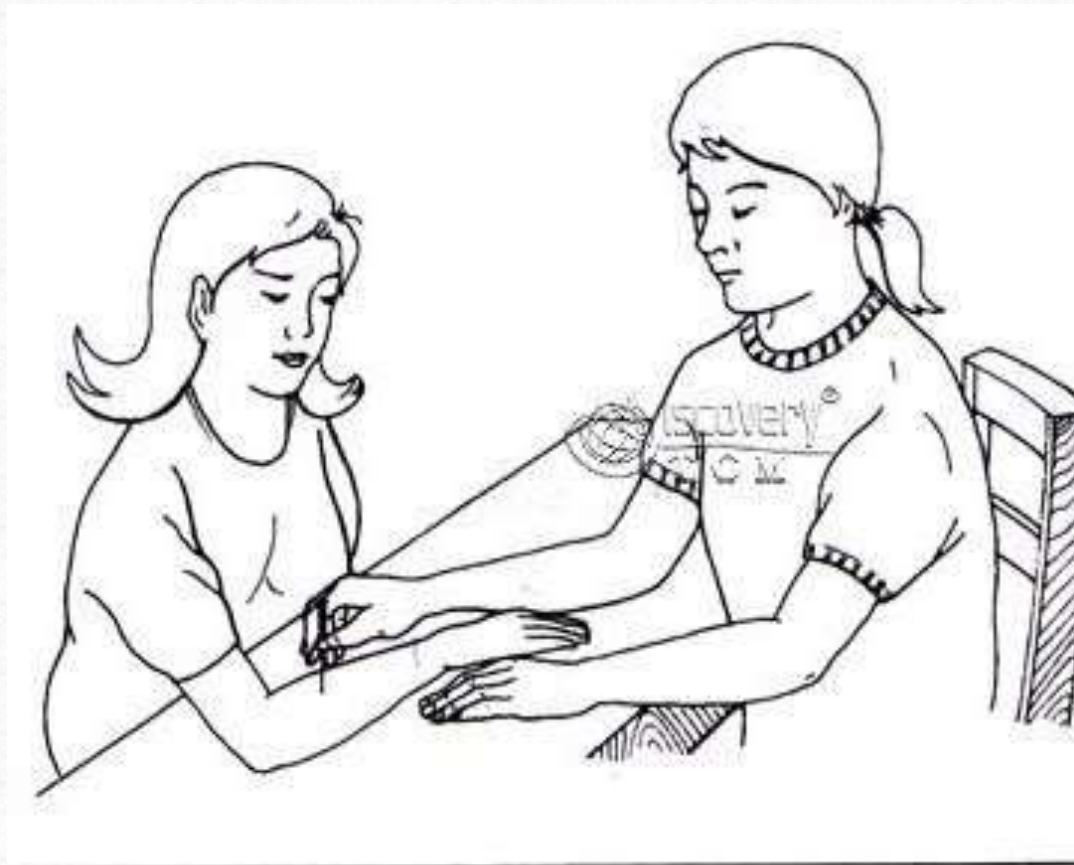


Fig. 1 – 13 Practice on each other

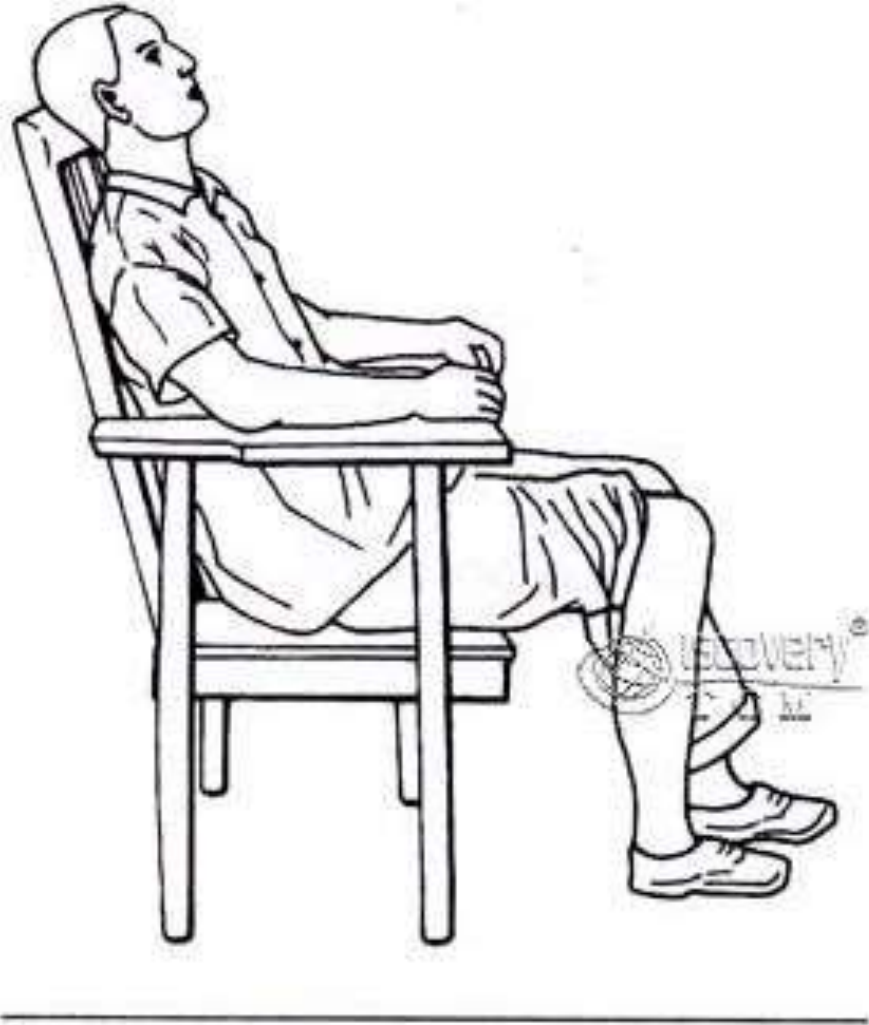


Fig. 1 – 14 Supination





4. Supine sitting





The 24 Single Manipulation Techniques

張縉教授二十四式單式手法

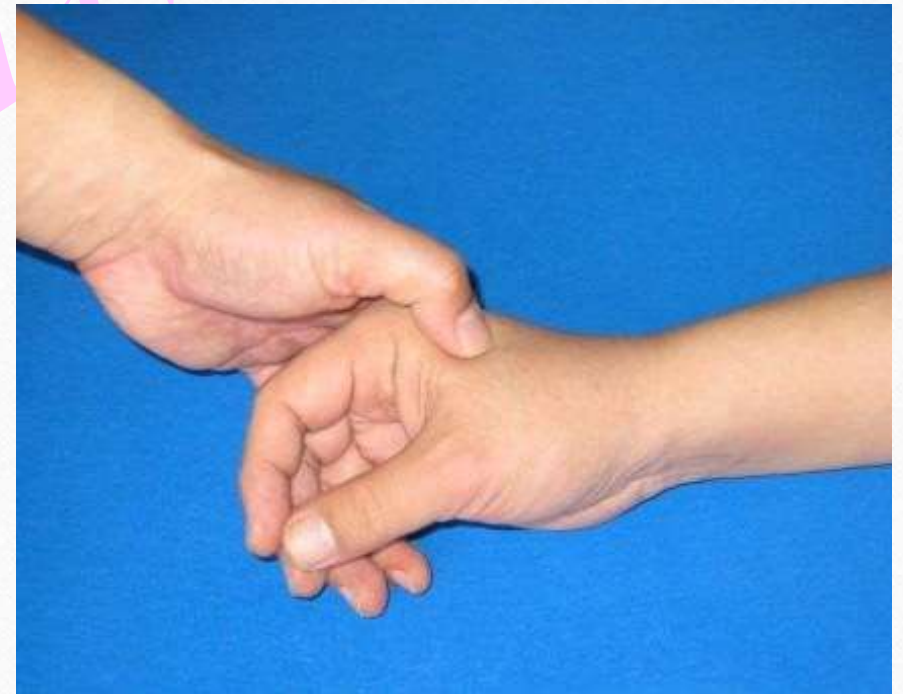
1-4 Manipulations on the Point and Meridian

一至四式：揣、爪、循、攝是在穴上和經上的運作

1. Chuǎi 揣

- **Literal translation: To appraise, select, search.**
- Locating the point. The muscle will answer by bouncing back. Use the radial side of the thumb. (e.g. Hegu LI4). Ringing the bell of the house.

Mō 摸 lit.transl: To touch, feel
Mō 摸 means looking for the point like
“searching the house”
before “ringing the bell”. Therefore
Mō 摸 comes before **Chuǎi** 揣.



Four specific situations

- a) For points on a bigger muscle (e.g. Gb30 環跳) more pressure is needed
- b) If points are located in between tendons (e.g. PC 6 內關) they have to be separated.
- c) Some points are underneath a bone structure or joint and need to be opened first (SP6, GB20, ST36 AND GB34).
- d) To locate certain points the joint has to be in specific position: LI15, SJ14 – the shoulder has to be abducted; LI11 – the elbow needs to be flexed.



2. Zhǎo 爪

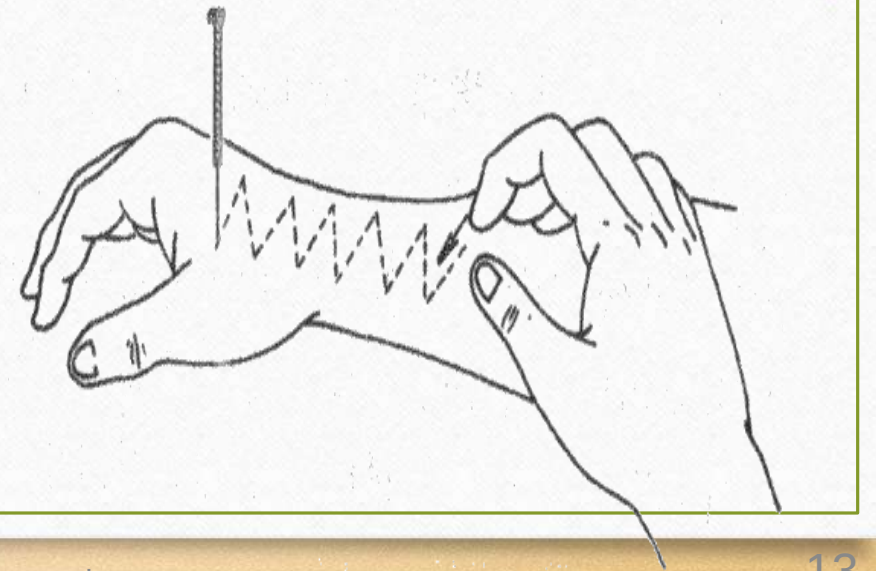
- **Literal Translation:** To grab, seize, clutch,
- The point is first located and then stimulated with the nail (like a claw or paw).
It will desensitize the area and if a cross is made it will act as a marker.



3. Xún 循

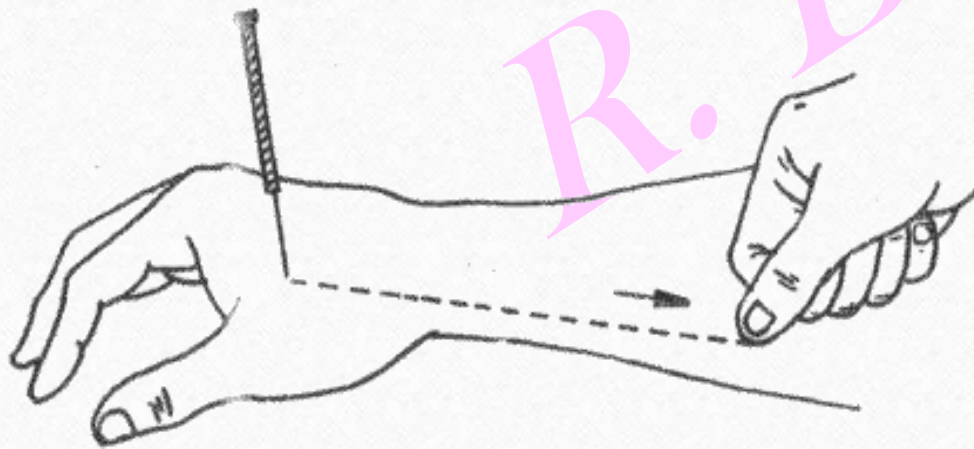
Literal translation: To follow

- After locating the point the acupuncturist follows along the meridian. The direction is from distal to proximal (we need to get the Qi to the organ). It is the tuina technique of pressing and kneading. The tip of the Index, middle and ring finger are used, the middle finger is on the acupoint.
- If we do **Xún** 循 when the needle is already inserted, the palpating hand holds the Qi by closing more distally while the needling hand is following along the meridian.



4. Shè 攝

- **Literal translation : To absorb,**
assimilate, act for, conserve
- Here the technique is the same as in **Xún**
循, but we use our nails like a claw of an
eagle.



Combination of manipulation 1.-4.:

1. **Chuǎi** 揣
2. **Zhuǎ** 爪
3. Needle insertion
4. **Xún** 循 + **Shè** 攝 combined together as a sort of taping
5. Waiting for the Qi-arrival
6. Needle manipulation (The Qi will now move according to the natural flow of the channel.) Or we do manipulation 1.-4. before needling in order to prepare the meridian.
7. Techniques 1-2 on the points, 3-4 on the meridian. Techniques 1- 4 are used on the limbs, esp. on the five Shu points (except Jing-well points), Yuan, Luo-connecting and Xi-Cleft points

5. – 8.

Manipulations to the Left and Right

5. Yáo 搖

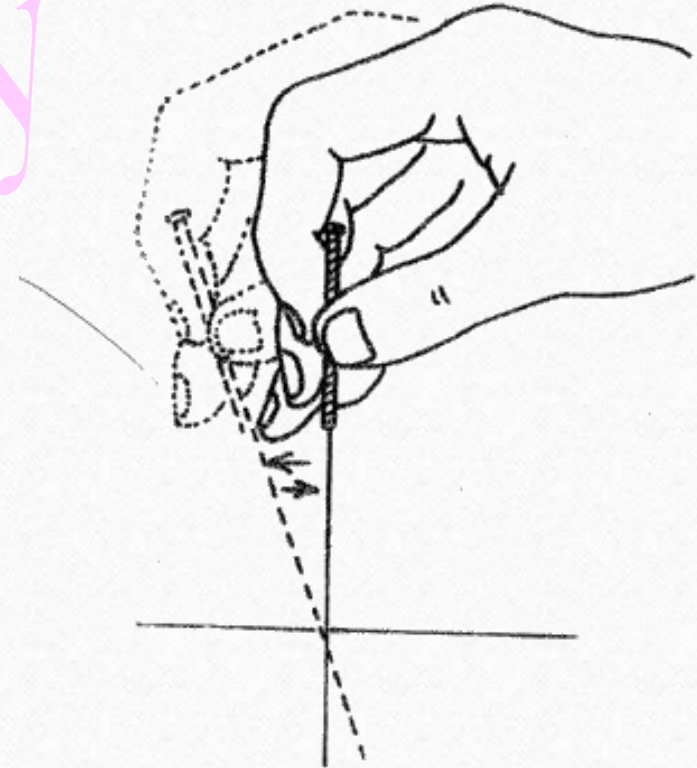
- **Literal Translation:** To shake, rock, wave, wag, turn

1. This technique is used to enable the Qi to pass the joint.

- “Old dragon wags its tail” Qīng Lóng Bǎi Wěi 青龍擺尾: Superficial insertion, slow, big motion to the left and right. Used for points on smaller muscle (e.g. SJ5 外關).
- “White tiger waves its head” Bái Hǔ Yáo Tóu 白虎搖頭 Deeper insertion, faster motion, circling in clockwise direction, shaking. Used on points on larger muscles (e.g. St36).
- Close the channel with the palpating hand. The angle of the needle is 45°, the tip facing the intended direction



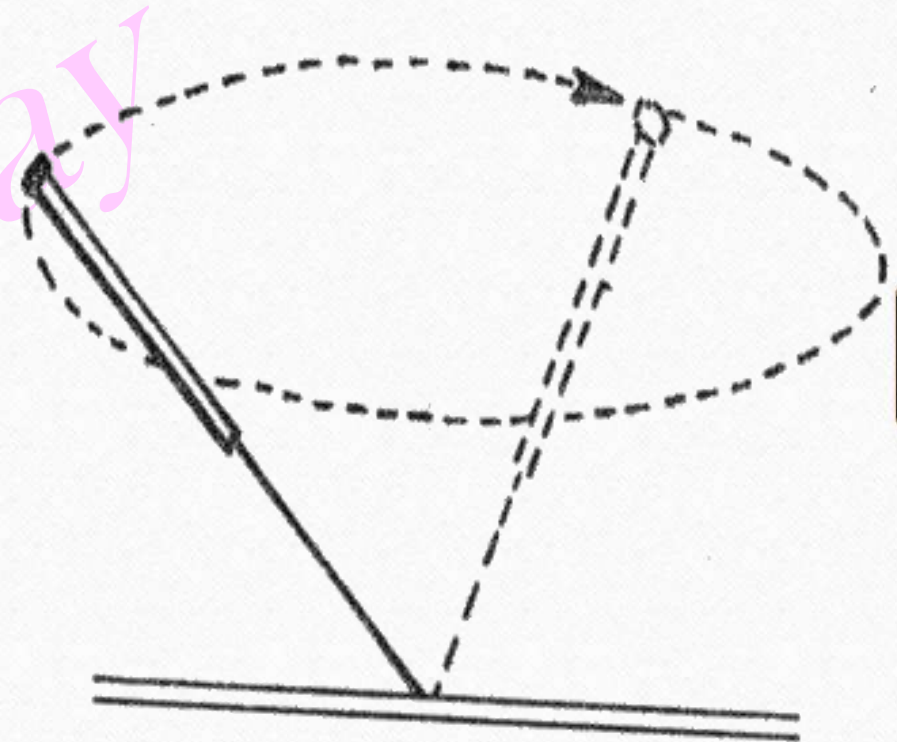
1. Another function would be to reduce (by opening a hole) before withdrawing the needle By shaking and turning we make a little hole, it does not matter in which direction.
2. If the needle gets stuck this technique can help to release the needle before taking it out.



6. Pán 盤

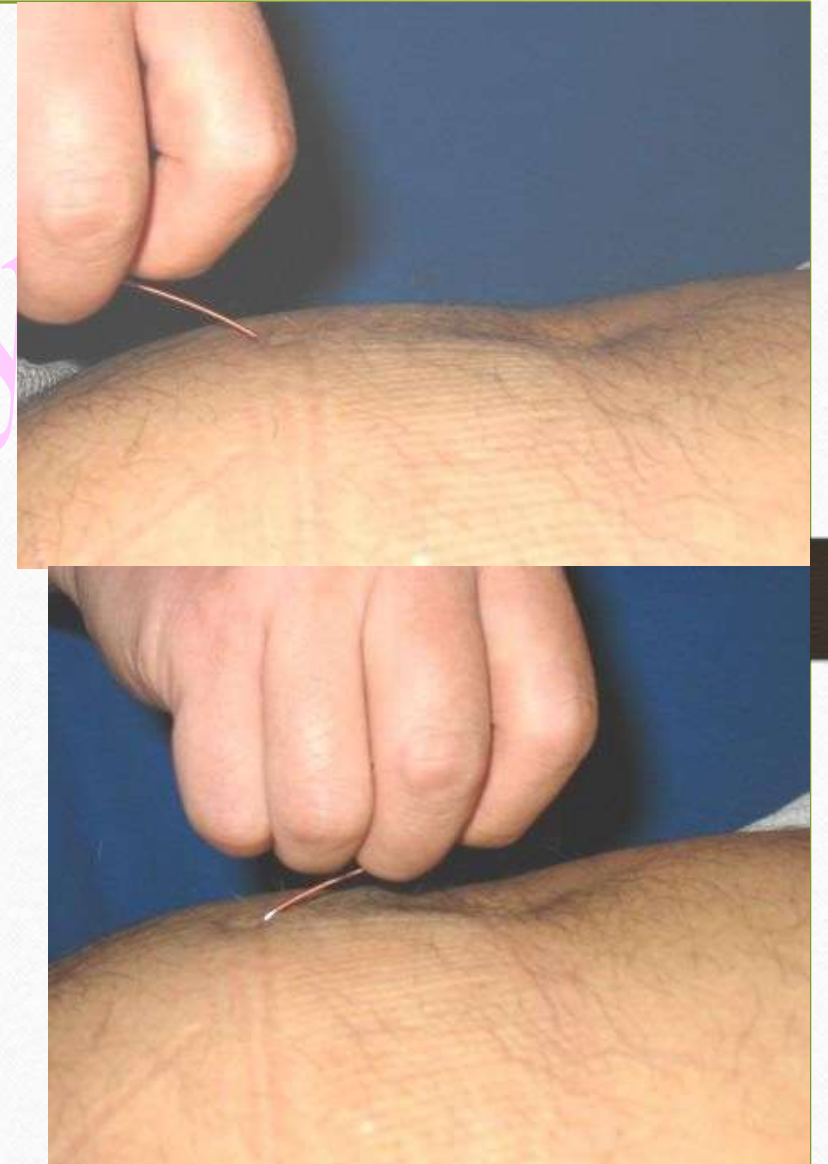
- **Literal Translation: To coil, bend, spiral, circle**
- This technique is used in the abdominal area, esp. lower abdomen. Here the muscle is soft. A 1,5-2cun needle is used (depending on the persons body shape). Only 1/3 of the needle is inserted. After insertion the needle is bent (at a 35° - 75° angle) and rotated in a circles.

The fingers are at the very end of the needle (hold the handle with the nail). By this motion a bigger area is stimulated through one acupoint.
Before doing the stimulation the acupuncturist has to wait for the Qi arrival.



Clockwise **Pán** 盤: Tonifying.
Anticlockwise **Pán** 盤: Reducing.

In China this technique is clinically applied to treat diarrhea. The needle is inserted and penetrates the small and large intestines. This technique can only be used on the abdomen. If used incorrectly the needle can bend or even break.



7. Niǎn 捻

-Literal Translation: To twist

Twisting and turning without exceeding 180°

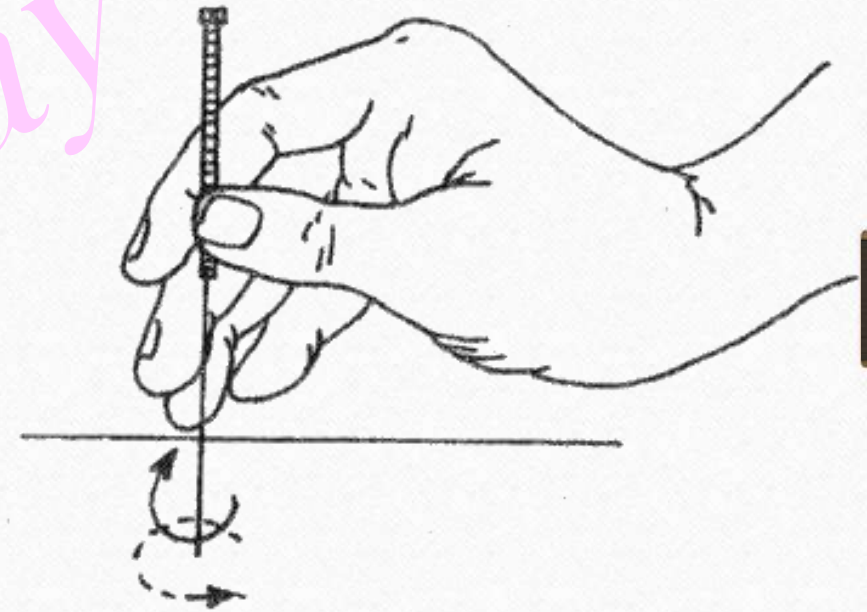
After inserting the needle twist and rotate to get the Qi-arrival (= even technique)



Action	Thumb direction	Vertical power	Temperature
Tonifying Bo 補	Forwards	Down	Down Warm Rè 熱
Reducing Xiè 瀉	Backwards	Up	Cold Liáng 涼

Other applications:

- a) Insert the needle with a little rotation.
- b) Tonifying **Bǔ** 補 Reducing **Xiè** 瀉
- c) Direction of Qi motion:
 - Thumb in front = Qi flows from distal to proximal (thumb of palpating hand blocks the Qi of flowing in the opposite direction)
 - Thumb backwards = Qi flows from proximal to distal.



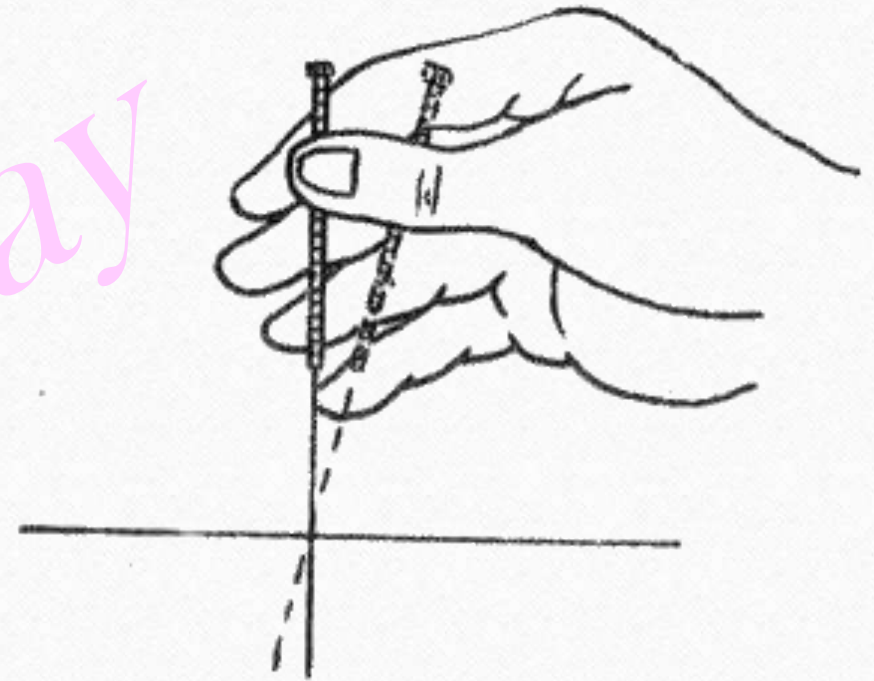
8. Cuō 搓

Literal Translation: To rub with hands

→ **MOST IMPORTANT TECHNIQUE!**

Basic technique to get the Qi arrival. Hold the handle of the needle and rotate clockwise (right thumb forward), keep turning in the same direction over 360° .

- First **Shí** 實 (“real movement”) **Cuō** 搓: Rotating manipulation of needle until the Qi grasps the needle. Don't let the tissue rotate around the needle!
- Second **Xū** 虛 (“pretended movement”) **Cuō** 搓: Rotating manipulation takes place in the air without turning the needle.



Key words for a proper technique:

- Rotate quickly (in order to avoid pain).
- Turning in one direction.
- Apply **Shí** 實 (“real movement”) and **Xū** 虛 (“pretended movement”).
- The power in the finger should always be the same.

How do you know the manipulation was successful?

1. Thrusting – the needle does not go further in.
2. Lifting – the needle does not move.
3. Rotating – the needle does not rotate anymore.
4. The needle is vibrating: Qì Mǎn Zì Yáo 氣滿自搖:
“The Qi is full and the needle vibrates by itself.”

All these signs show that there is a strong Qi reaction what means the Qi has grasped the needle.



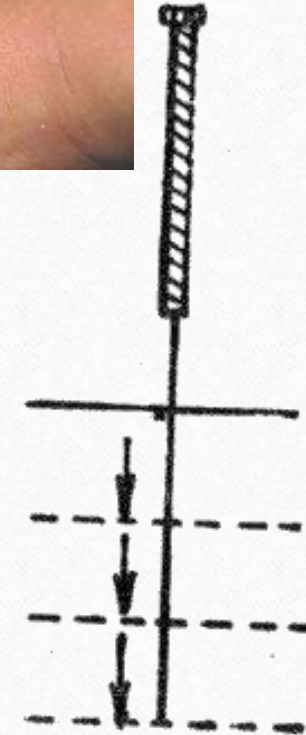
9. – 12.

Manipulations of the depth

9. Jìn 進

- Lit.transl: To advance, move forward, enter, and receive

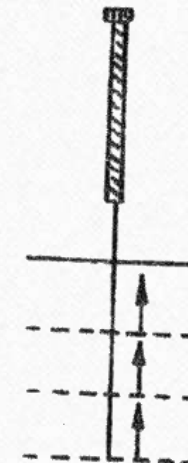
- Downward movement through all three levels, through two or within one. In combination with **Niǎn** 撚 (To twist) it would mean inserting the needle and rotating it in clockwise direction (right thumb forward).



10. Tuì 退

Literal Translation: To move back, retreat, withdraw, remove

- Upwards movement through all three levels, through two or within one. In combination with **Niǎn** 捻 (To twist) it would mean inserting the needle and rotating it anti-clockwise (right thumb backwards).
- **Tuì** 退 can also mean to withdraw the needle completely

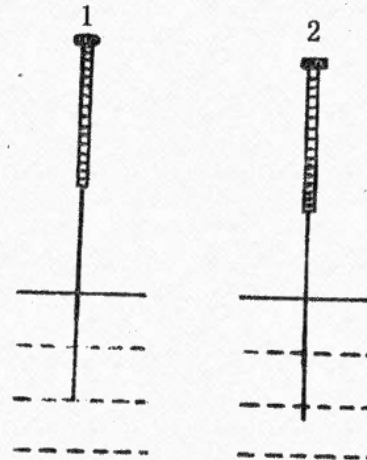


11. Chā 插

Literal Translation: To insert,
stick in

- Manipulation within one level.

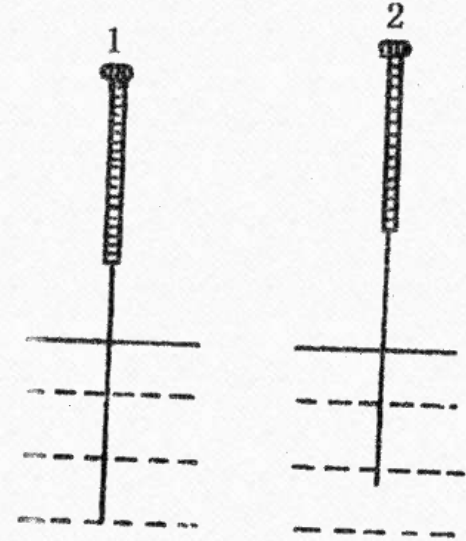
→ Basic technique to warm



12. Tí 提

Literal Translation: To move upwards, lift, rise

- Manipulation within one level.



	Jìn 進	Tuì 退	Chā 插	Tí 提
Tiān 天 Heaven	↓	↑	↓	↑
Rén 人 Human	↓	↑	↓	↑
Dì 地 Earth	↓	↑	↓	↑

13. – 16.
Manipulations on the Handle

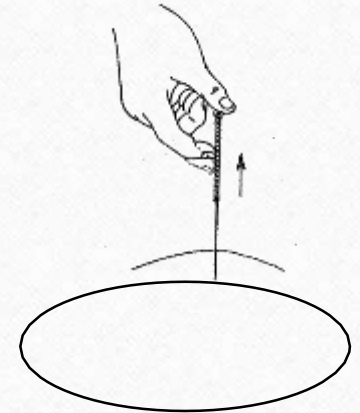
13. Guā 刮

Literal Translation: To scratch, scrape

- Use the nail of thumb or middle finger and scratch up and down the handle.

Different applications:

1. Continuous stimulation and even movement will create a ave/vibration in the body. The patient feels a pleasant warm feeling.
2. This manipulation if done in a soft, light and even manner can bring the patient into a hypnotic state.
3. If the downwards scratching is stronger than the upwards scratching it induces a warming effect.
4. If the upwards scratching is stronger than the downwards scratching it induces a cooling effect.



General rule:

If the patient feels soreness **Suān** 酸 and/or heaviness 重 as a Qi-sensation it means this patient is constitutionally prone to cold or has a cold syndrome. Therefore you can easily induce the “**Burning Mountain**”.

If the patient feels numbness **Má** 麻 and/or itchiness 癢 as a Qi-sensation it means constitutionally prone to heat or has a warm syndrome. Therefore you can easily induce the “**Cooling the Sky**”.

→ Talking about **Guā** 刮:

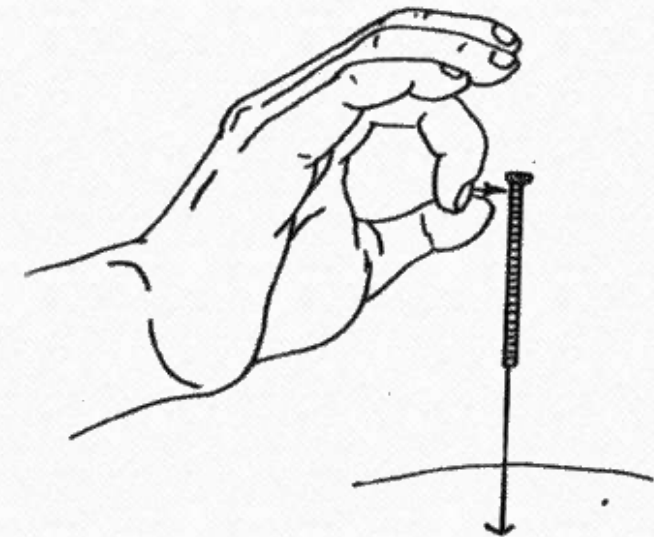
- If feeling soreness/heaviness we focus on downwards scratching - warming.
- If feeling numbness/itchiness we focus on upwards scratching - cooling.



14. Tán 彈

Literal Translation: To flick

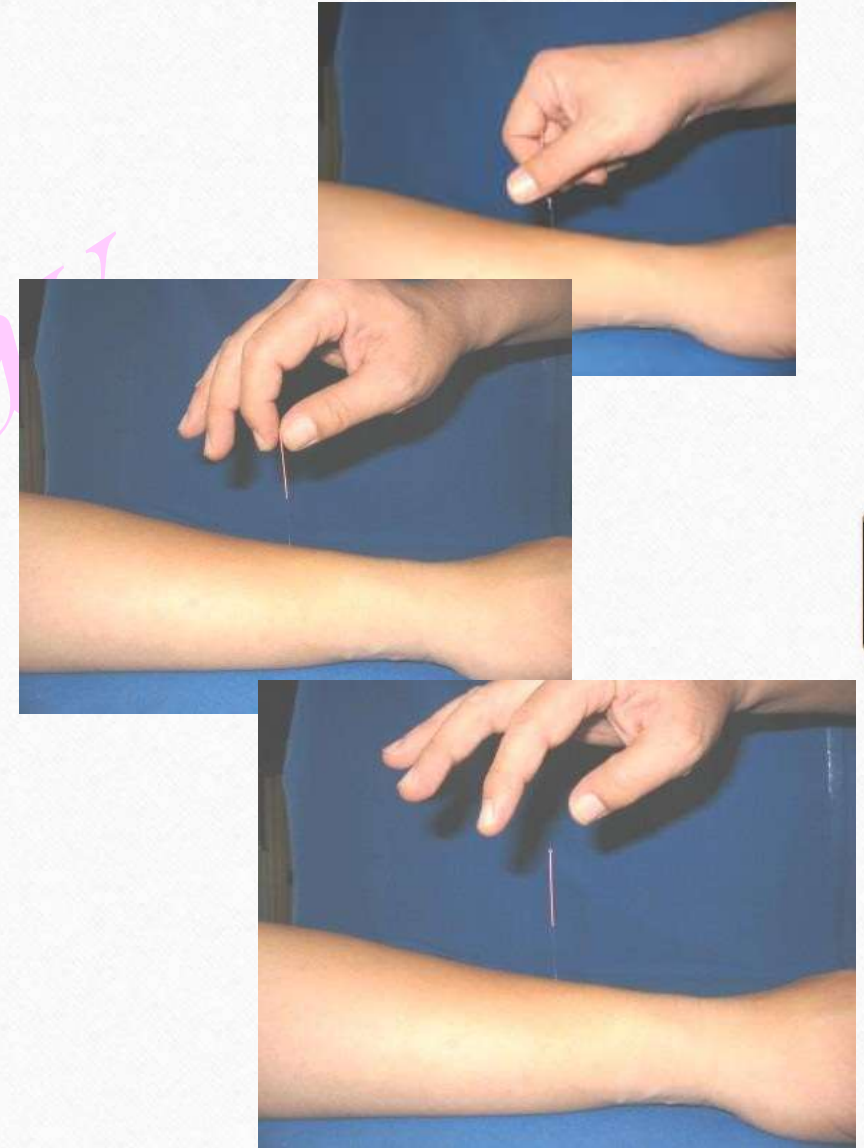
- The index finger is used to flick.
- 1. Flick around the needle to reduce pain and local Qi-stagnation.
- 2. Method to insert the needle after placing it on the skin.
- 3. Flick the needle in order to get the Qi-arrival or to induce vibration in the body

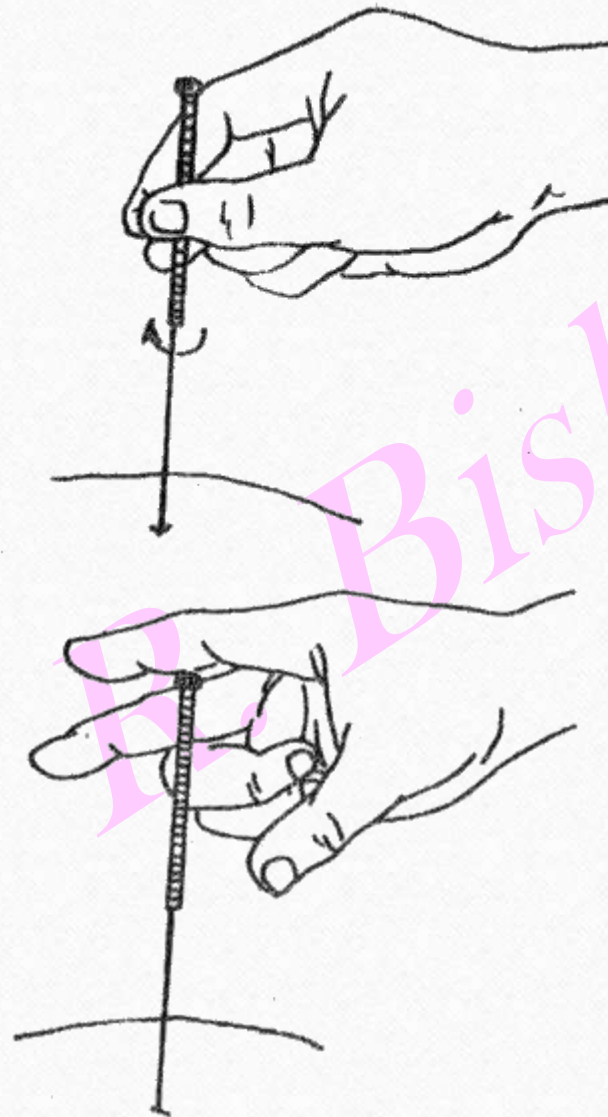
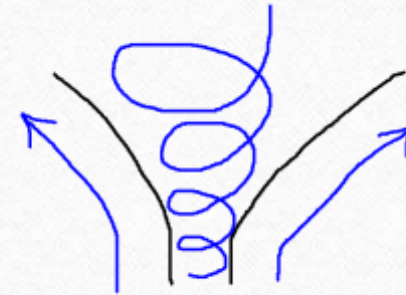


15. Feī 飛

Literal Translation: To fly, flutter heaven

- After the Qi-arrival the needle is grasped by Qi (“Qì Mǎn Zì Yáo” 氣滿自搖 “The Qi is full and the needle vibrates by itself.”) Now we hold the bottom handle of the needle and rotate counter clockwise towards the top while opening the hand like a spiral and time. The needle does not turn. With our finger we produce wind which makes the patient easily feel cool.





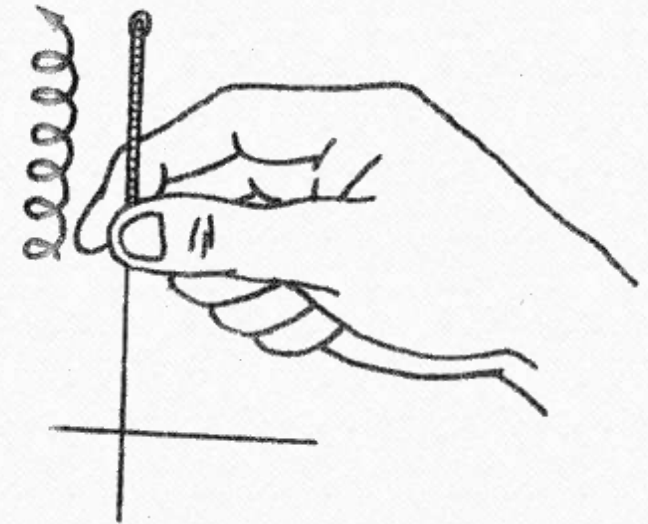
“Basic technique for “Cooling the sky”.

16. Mó 摩

Literal Translation: To rub

- This manipulation is similar to **Feī** 飛 (To fly), but the fingers stay on the needle.

Like Xu Cuo 虛搓 (pretend movement), we call Xu Fei 虛飛 (飛 pretend fei).



17. -20.

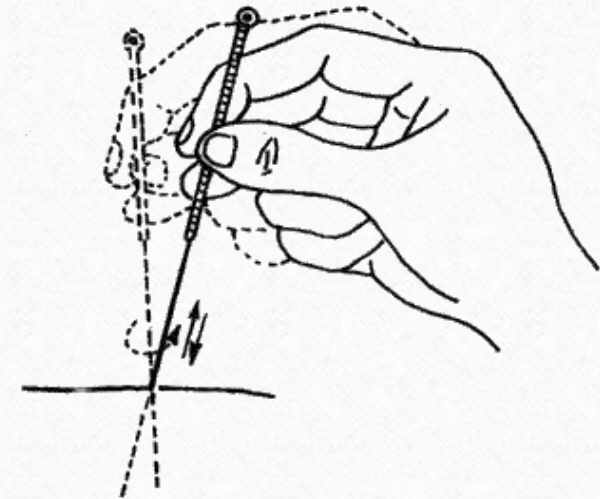
Manipulations on the Needle

17. Dòng 動

Literal Translation: To move, stir, get moving

Dòng 動 means the intention to take the needle out of the body. It does not have to be a full removal.

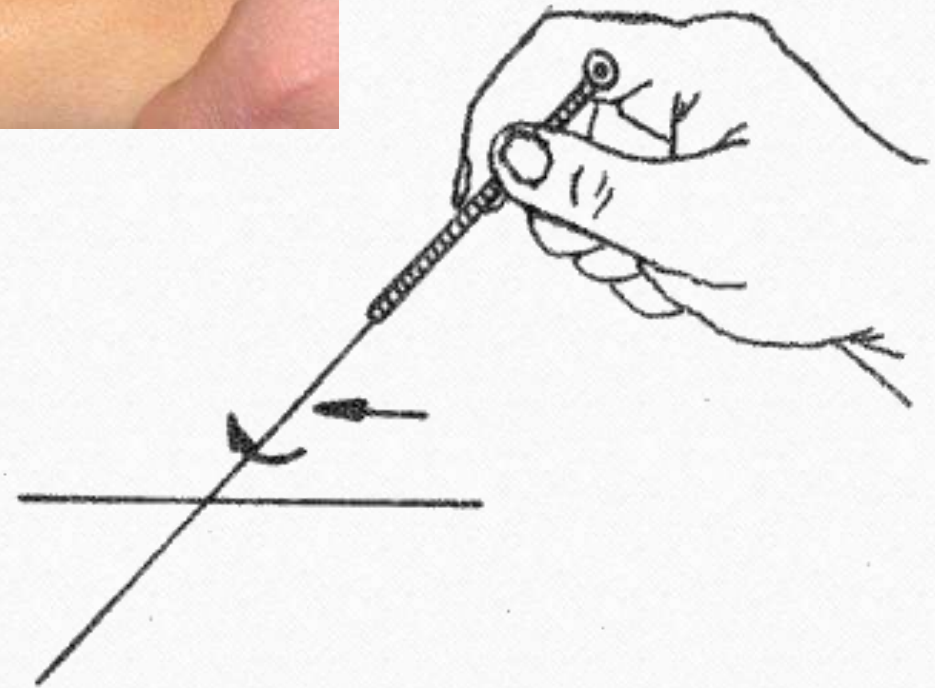
→ Power outwards



18. Tuī 推

Literal Translation:
To push, thrust

- **Tuī 推** means the intention to get the needle in.
→ Power inwards



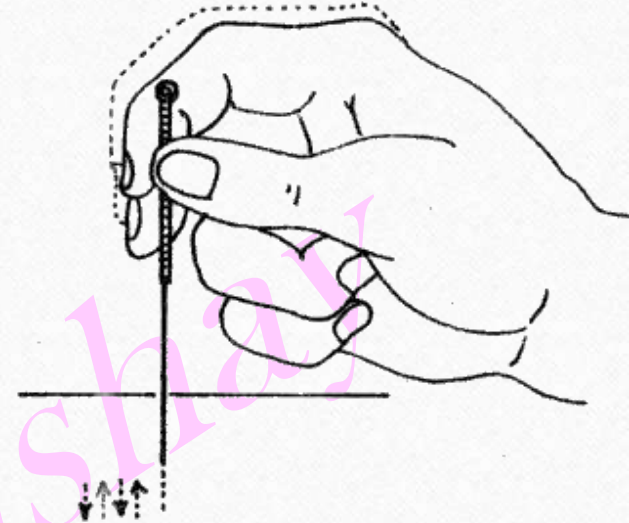
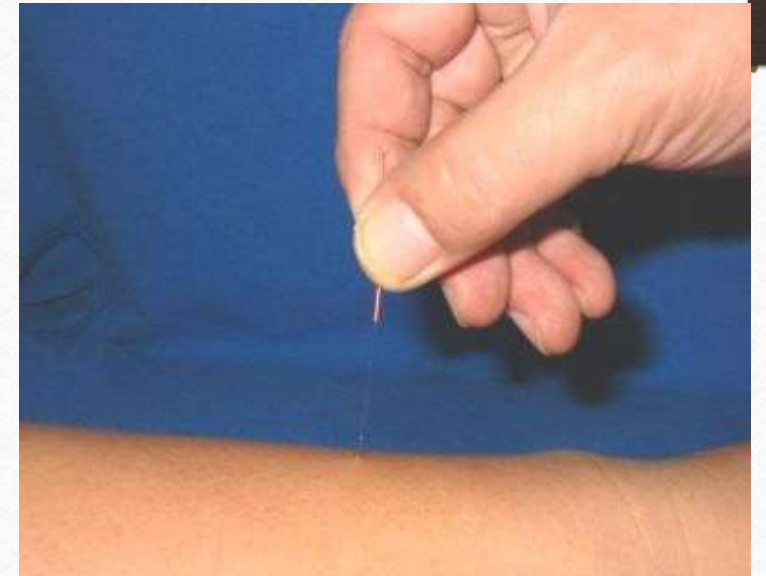
19. Zhàn 顫

Literal Translation: To tremble, vibrate

- Very quick and small movement to the left/right and up/down.

This technique helps to maintain the Qi-sensation.

It is warming in nature

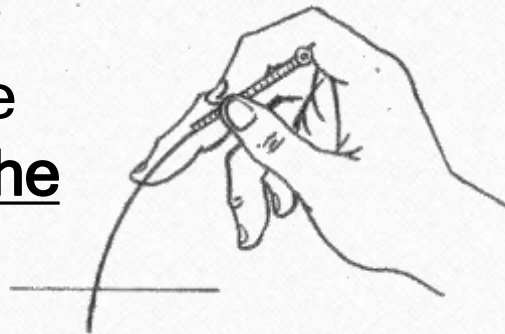


(20) Nu 弩

Literal Translation: Crossbow

Hold the needle with thumb, index and middle finger (or only thumb and index finger) and bend the needle.

Technique to direct Qi within the meridian (don't forget to close the channel with thumb).



21. – 24.
Manipulations on the Acupoint

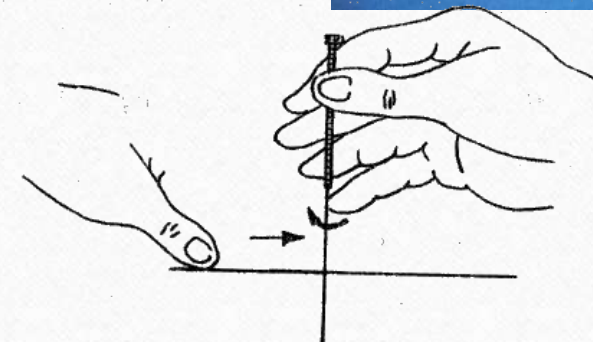
21. Àn 按

Literal Translation: To press, push down

For this technique we use the palpating hand:

1. Holding the Qi with the thumb.
2. Closing the channel with thumb to move the Qi up or down.

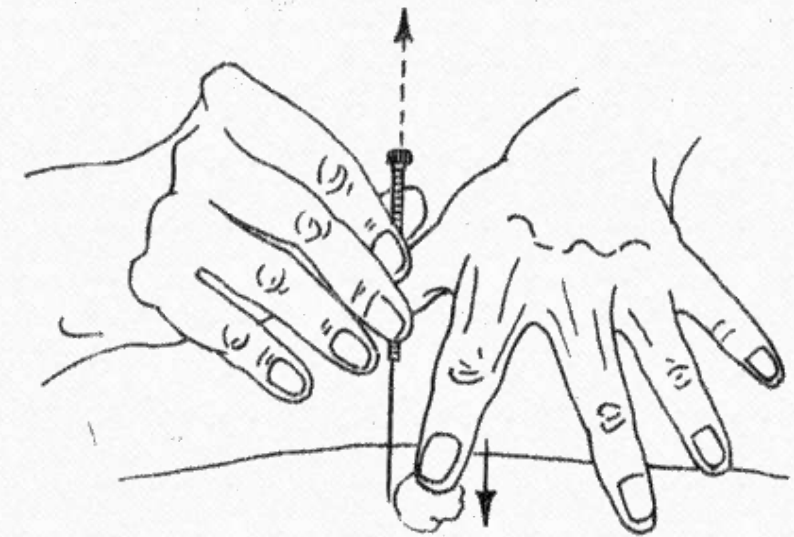
For example: SJ5 closed distally allows the Qi to move up the meridian; if closed proximally allows the Qi to move down the meridian.



22. Mén 捫

Literal Translation: To touch, feel, stroke

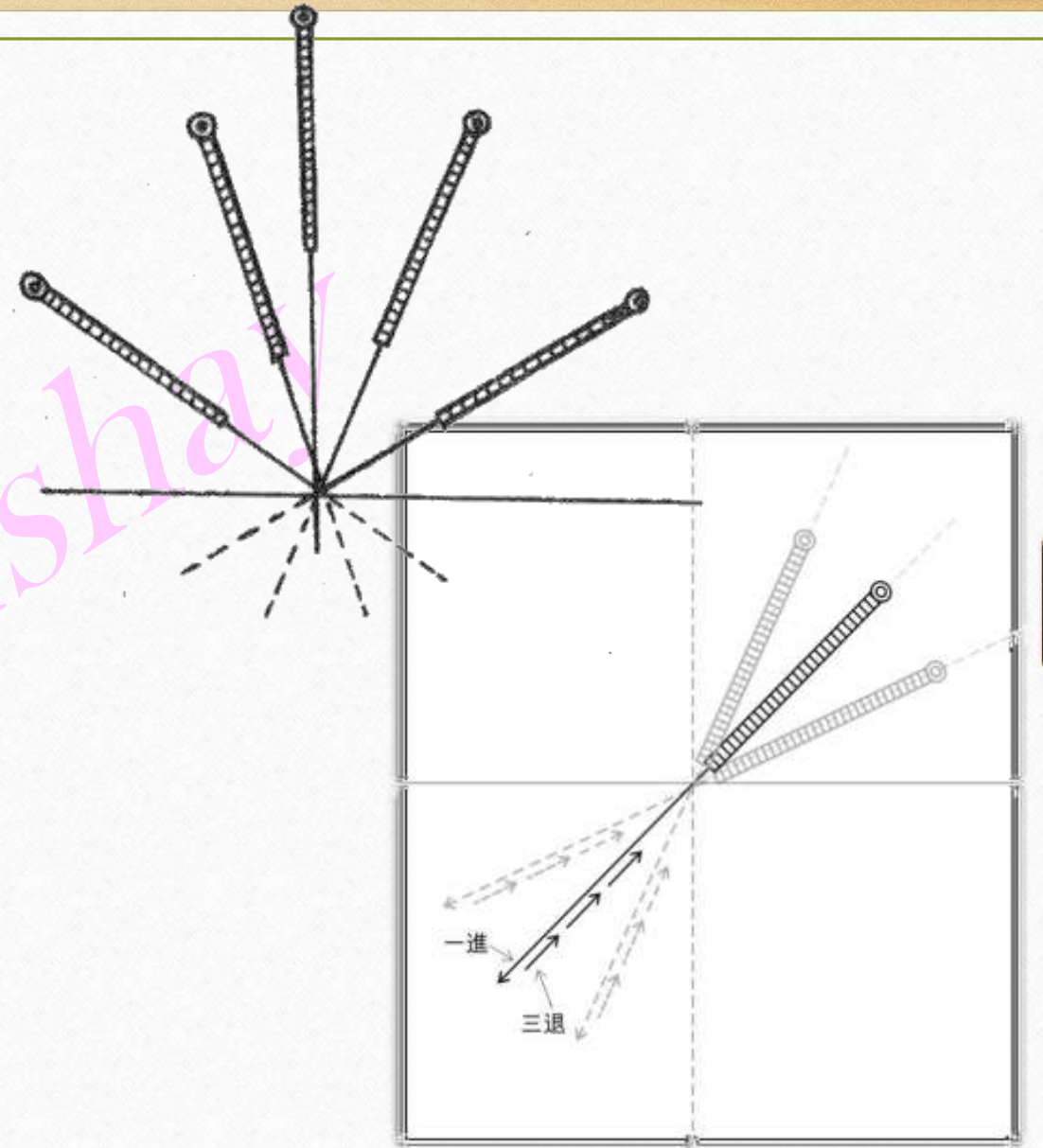
1. After removing the needle we press the point with a cotton ball. Esp. on the scalp we want to prevent bleeding.
2. While closing the point with a cotton ball we avoid the leaking out of Qi.



23. Sōu 搜

Literal Translation: To search, look for, seek

- “Old turtle searching for the hole.”
Cang Gui Tan Xue 蒼龜探穴
- Method to search for the Qi, to look for the fish around the point after inserting the needle. The movements are slow.



24. Bō 撥

Literal Translation: To move with hand, foot or stick, to set aside

The needle is used as a knife to cut:

1. Cataract operation
2. Separation of tendons
3. Removal of smaller skin nodules

(Side note: If a patient with gallstones has a nodule on the Back-Shu of the gallbladder it is believed in terms of TCM that if the nodule is removed it will treat the gallbladder and the stones).

In China, if patients can't afford to come to a follow-up treatment, or they live too far away, the acupuncturist puts a self-absorbent thread into the acupoint (e.g. LI4 in case of headache).