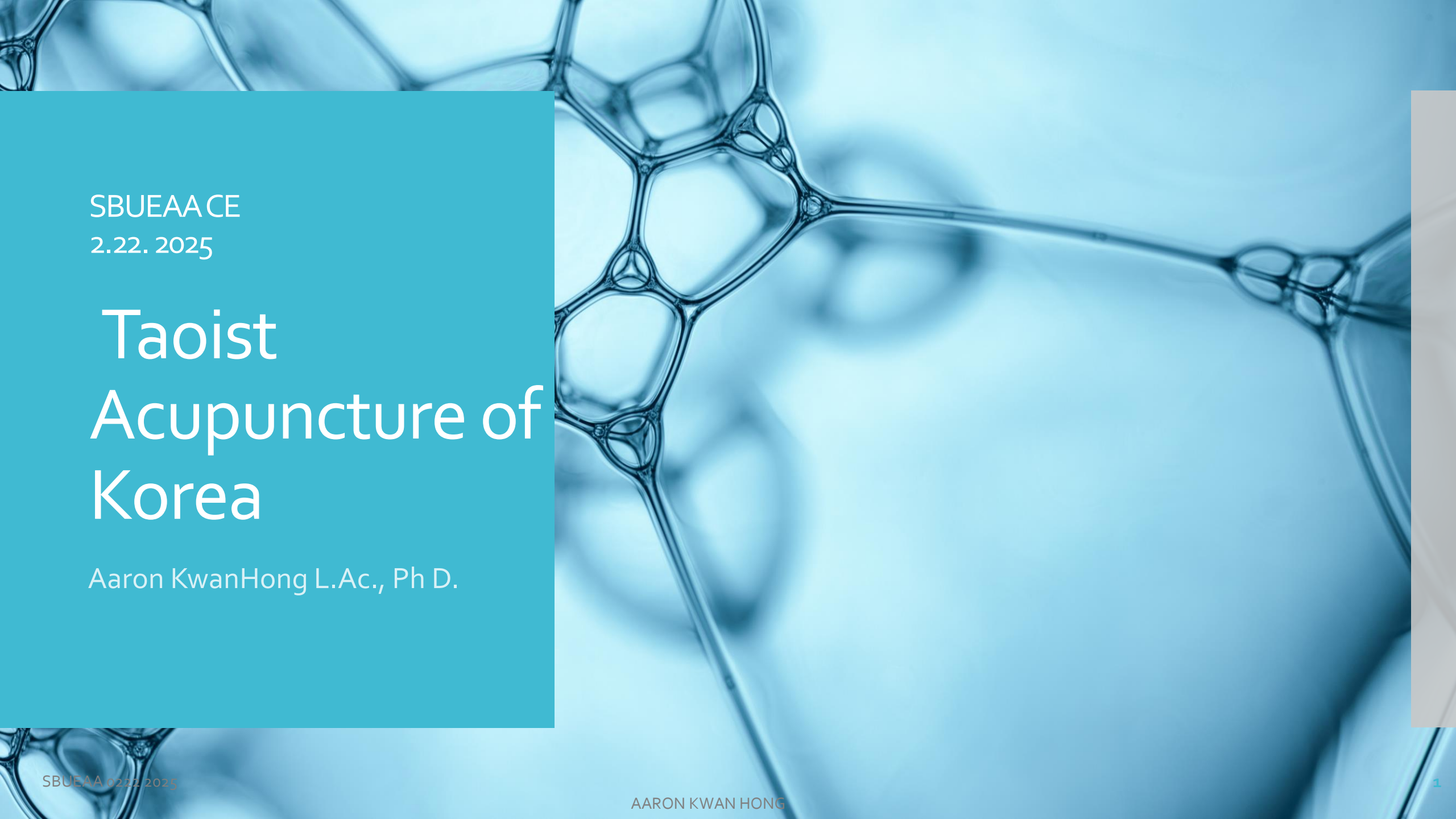




SBUEAA CE

2.22. 2025

Taoist Acupuncture of Korea

Aaron KwanHong L.Ac., Ph D.

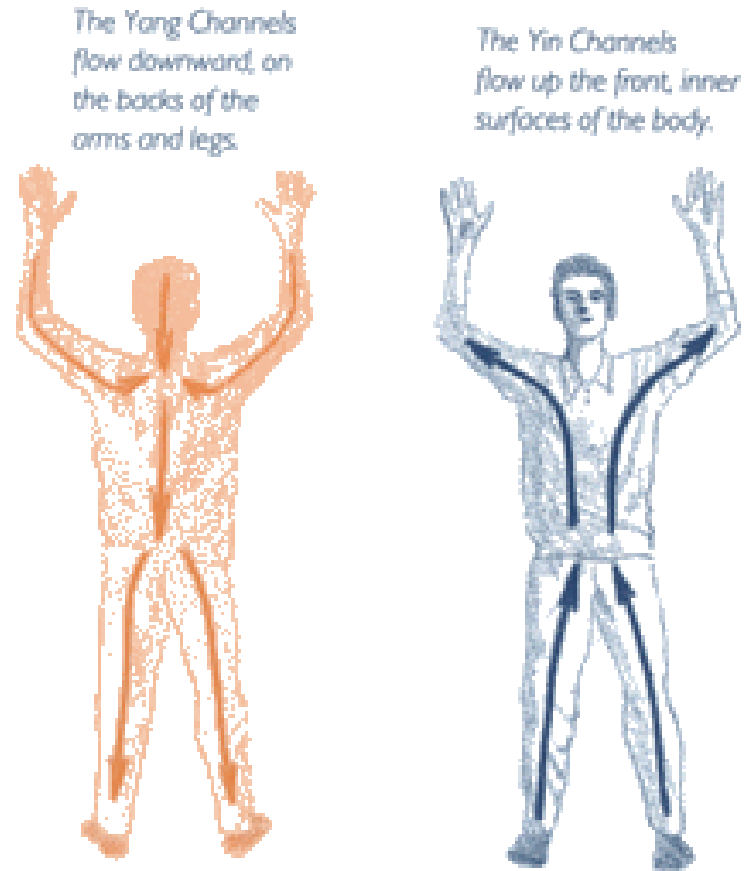
Understanding the two opposite direction of the Acupuncture Meridian

Nature : fire goes up
water goes down



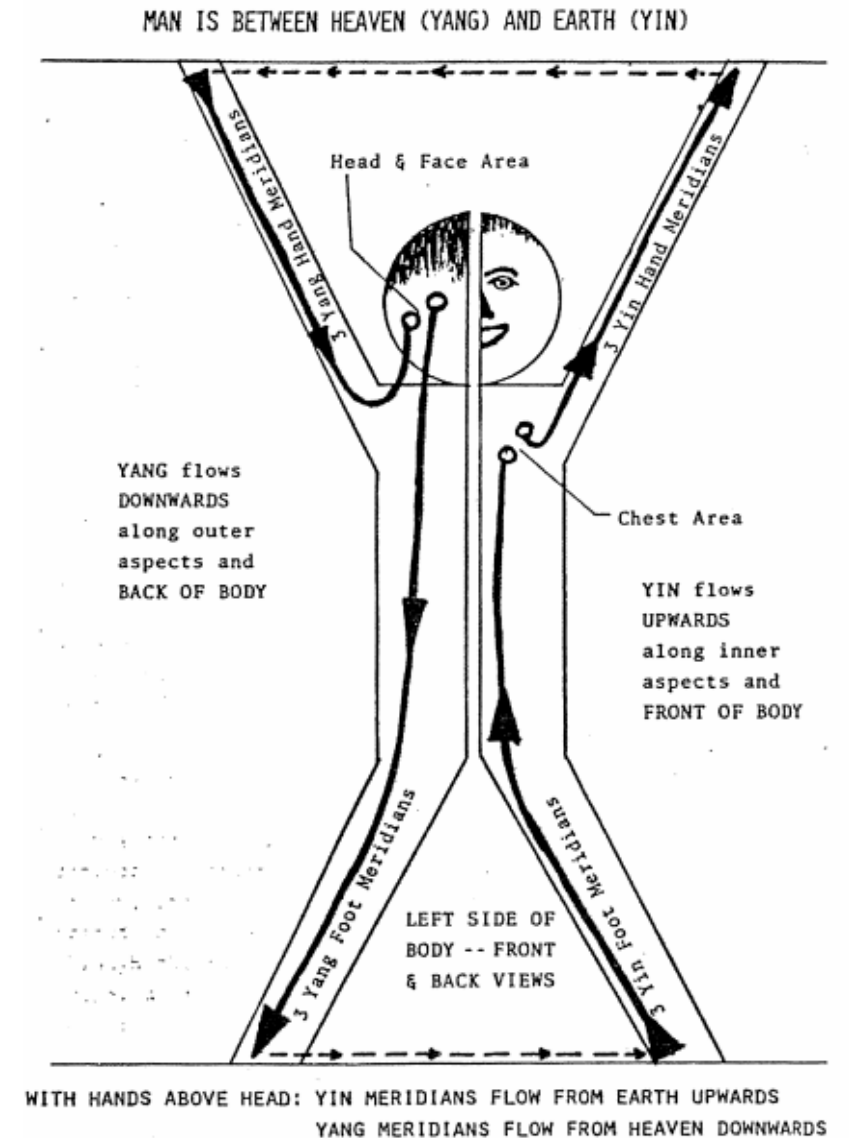
Understanding the two opposite direction of the Acupuncture Meridian

Human : Fire goes downward(Yang Meridian)
Water goes upward(Yin Meridian)



Yin and Yang Meridian flow

- 3 Hand Yin Meridian Upward
 - chest to hand finger
 - 3 Hand Yang Meridian Downward
 - finger to head
 - 3 Foot Yang Meridian Downward
 - head to toe
 - 3 Foot Yin Meridian Upward
 - toe to body trunk
- Yang meridians Downward
 - Yin meridians upward



Yin and Yang around our universe

- What about the birds, animals and fish in terms of Yin and Yang
 - Birds
 - Wings
 - Sky



Photo by: Bruce Bennett/Getty Images

Yin and Yang around our universe

- What about the birds, animals and fish in terms of Yin and Yang
 - Animals
 - Four legs
 - Land



- Pics by wikifidia

Yin and Yang around our universe

- What about the birds, animals and fish in terms of Yin and Yang
 - Fish
 - Tails
 - Water



Download from
Dreamstime.com
This watermarked comp image is for previewing purposes only.

ID 7239015
Amwu | Dreamstime.com

Yin and Yang around our universe

- What about the birds, animals and fish in terms of Yin and Yang
 - Fish
 - Tails
 - Water



Nature of Heat and Cold

	HEAT	COLD
Flow (locate)	Ascending affect upper body heat accumulation	Descending affect lower body cold accumulation
Pathological Condition	Upper body hot fever, tired, restlessness, anxiety	Lower body cold sensation, Lazy, depression

- Healthy Condition
 - Head – cold
 - Abdomen –warm
 - Feet – warm
- Which is healthier for human
 - Going hiking to mountain or swimming in the sea?

Characterize of male and female

MALE	FEMALE
Yang	Yin
Heat	Cold
Upper body excess	Upper body deficiency
Lower body deficiency	Lower body excess
Shoulder developed	Pelvic developed
Yang channel as main (3 foot yang)	Yin channel as main (3 hand yin)
Squat	Push up

Importance of the Leg

- Importance of the leg for the regulating the energy flow to stay healthy
 - As the leg gets weaker life energy become weaker aging starts form the leg
 - 3 foot yang meridians (sedation)
 - Bring the heat down form the head
 - 3 foot yin meridians (tonification)
 - Bring the energy to abdomen to recharge the organs
- Longevity Points
 - ST 36
 - SP 6

Exercises

YOGA - WARRIOR POSE



RICK CUMMINGS

Exercises

YOGA - WARRIOR POSE



Rick Cummings

Exercises

WEIGHTS – SQUAT

SQUAT

TIP

Keep your head up, torso straight, and your core engaged as you squat, sending your hips back and down.



Ben Goldstein / Verywell

Exercises

TAICHI – STANDING POST



이찬태극도관

Exercises

HIKING – BARE FOOT



- Bare foot Walking
 - 40 mins to 2 hours walking by barefoot on earth will cure most of disease by grounding

Exercises

EARTHING(GROUNDING)



Exercises

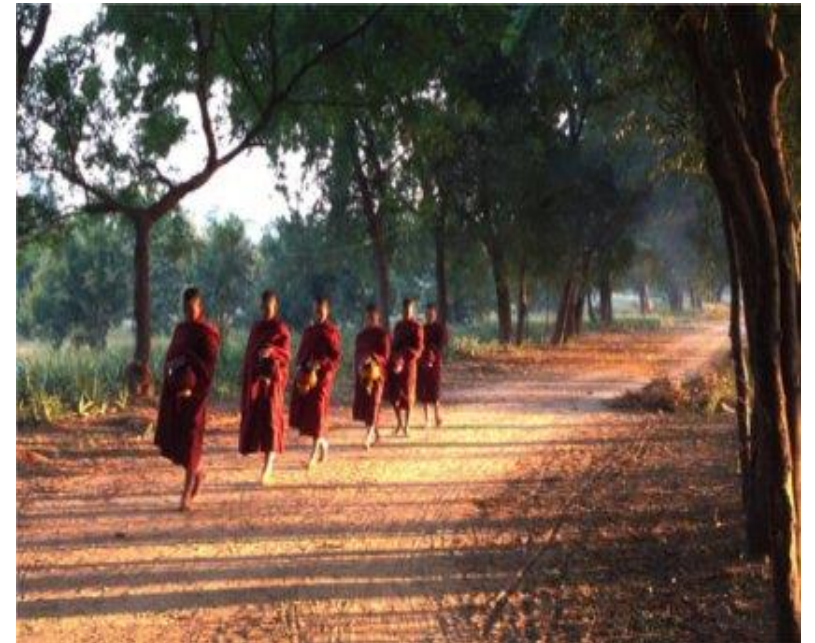
EARTHING(GROUNDING)

- 3-6 volt of positive electricity will be neutralized by meeting negative electricity of the earth by barefoot
- Oxygen free radicals will be removed
- 2.7 times faster the speed of blood circulation
- Elementary school kids read 2000 books by 3-6 times of better concentration
- Myanmar Vipassana Center, they do walking meditation by barefoot

Exercises

EARTHING(GROUNDING)

- Myanmar Vipassana Center, they do walking meditation by barefoot



Walking meditation

Walking meditation

- Walk slowly with awareness of Breathing

Wind

What is the wind in Eastern Medicine?

- Stroke or facial paralysis is called as hit by the wind
- When it become upper excess lower deficiency
 - Heat lingered on the upper body
 - Head region kept heat
 - Cold lingered on the lower body
 - Lower body kept cold
- Shoulder stiffness, neck pain, back pain

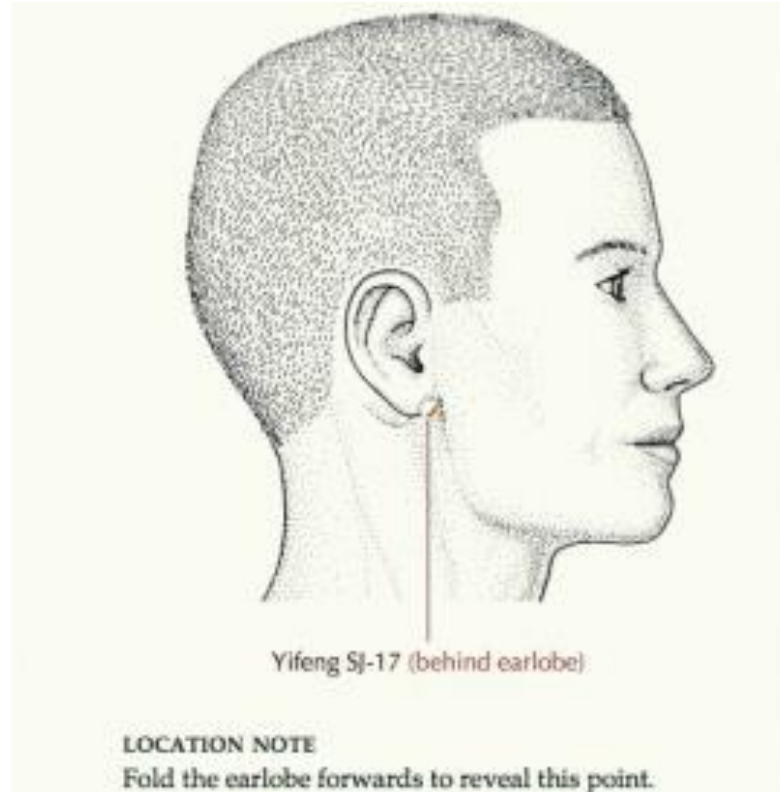
Wind

6 acupuncture points with wind

- SJ17 翳風 예풍
 - SI12 秉風 병풍
 - GB20 風地 풍지
 - GB31 風市 풍시
 - UB12 風門 풍문
 - DU16 風府 풍부
- All those acupuncture points only exist at Yang Meridians . WHY?

Wind

- SJ17 翳風 예풍



Wind

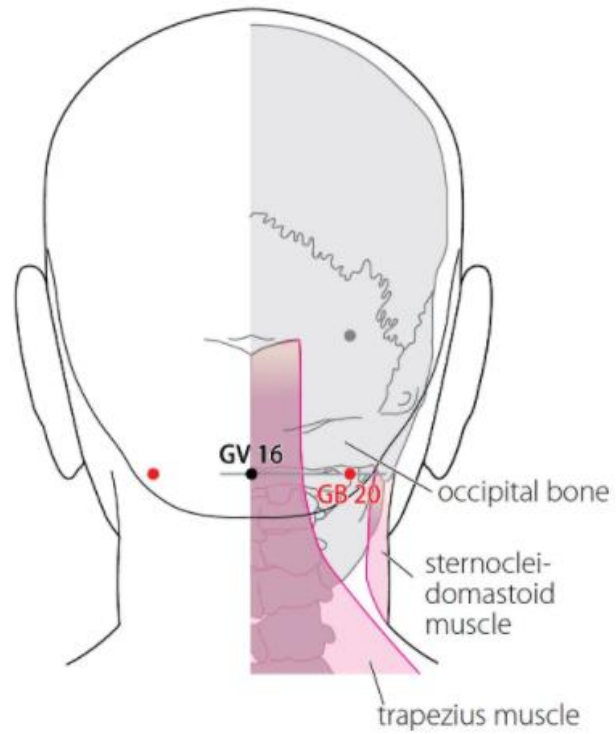
- SI12 乘風 병풍



Bingfeng-SI12

Wind

- GB20 風地 풍지



GB20

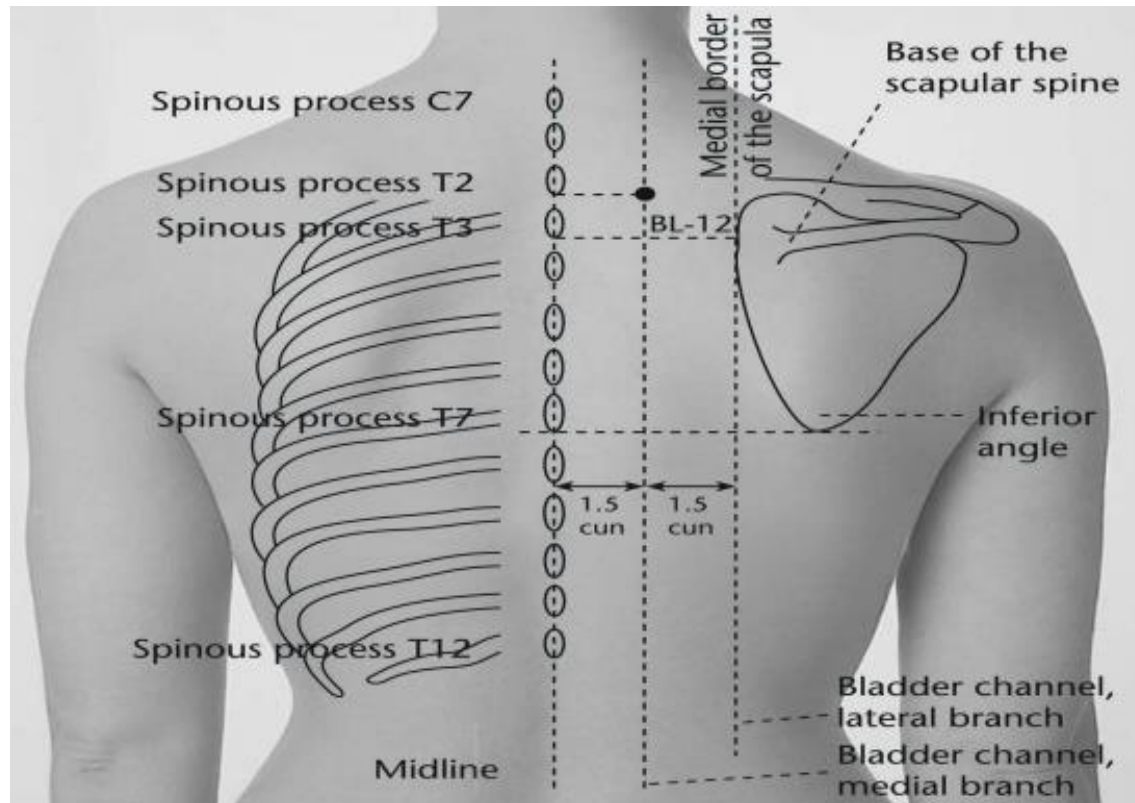
Wind

- GB₃₁ 風市 풍시



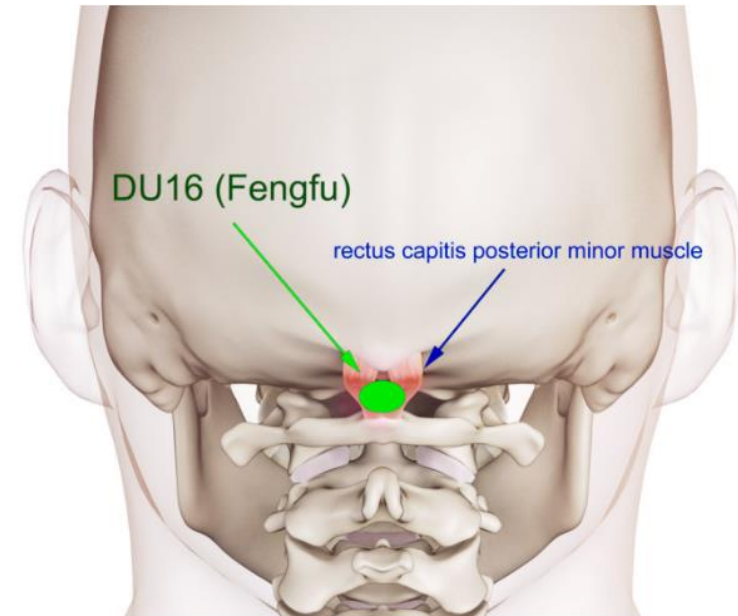
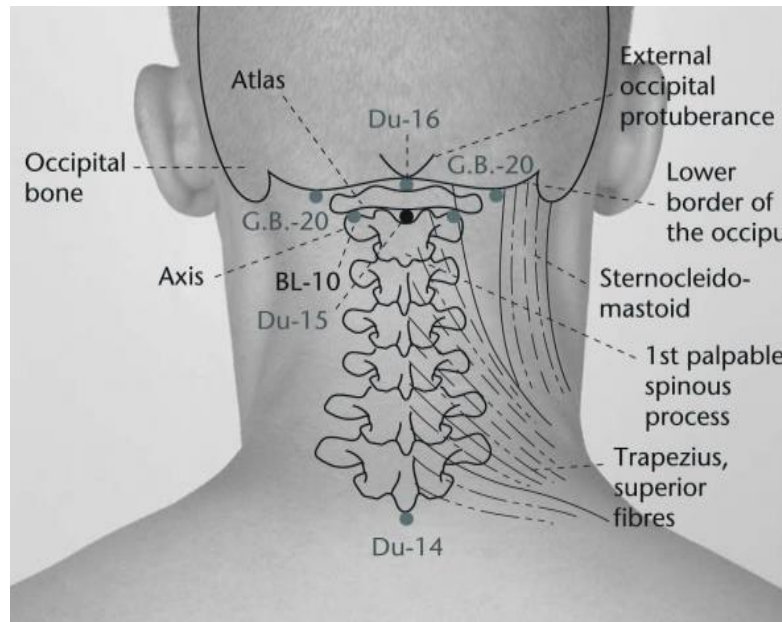
Wind

- UB12 風門 풍문



Wind

- DU16 風府 풍부



Wind

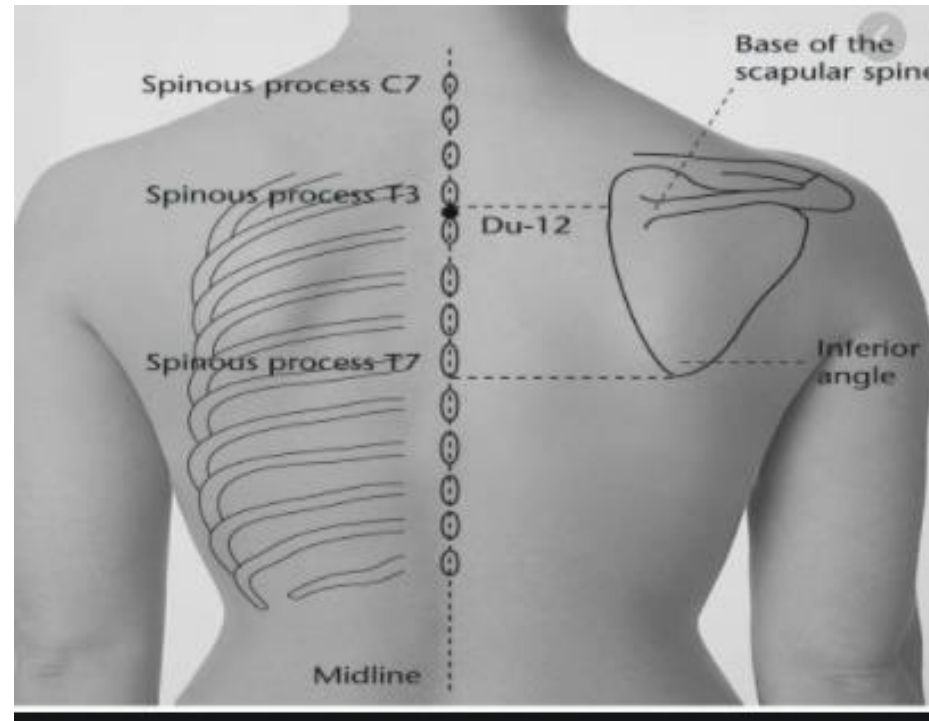
3 acupuncture points

- DU 12 身柱 신주
- DU 9 至陽 지양
- DU 4 命門 명문

* WHY only at the DU meridian?

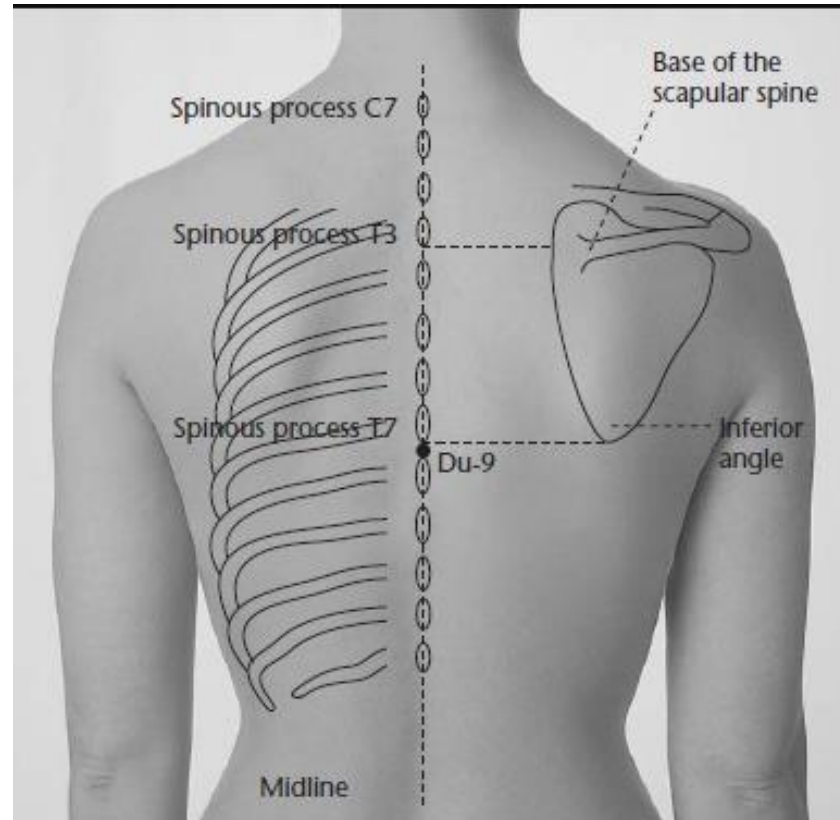
Wind

- DU 12 身柱 신주



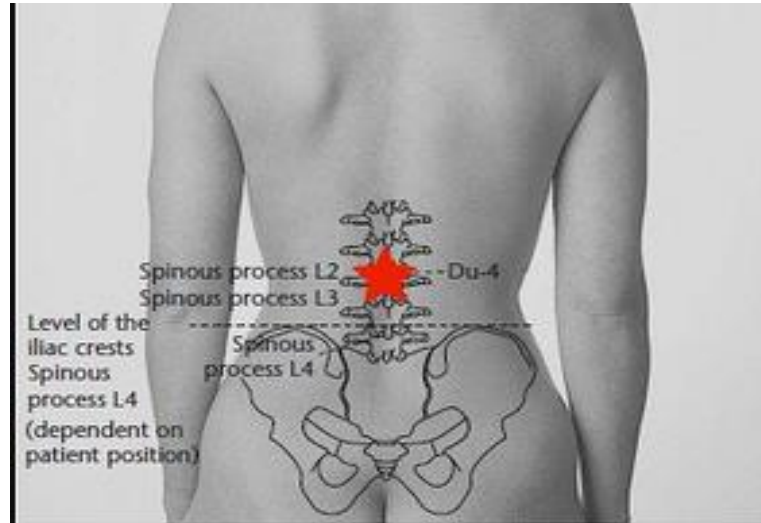
Wind

- DU 9 至陽 지양



Wind

- DU 4 命門 명문

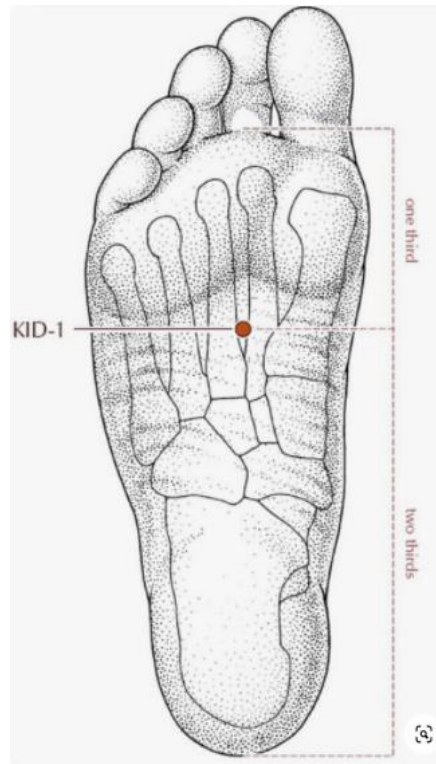


Wind- Balancing Points

- KD 1 湧泉 용천
 - Grounding spot
 - Direct connection to DU20 head
- REN6 氣海 기해
 - sea of Qi
 - Bring heat down from the upper body
 - Recovery point from stroke
 - Longevity point
- SP10 血海 혈해
 - Sea of blood
- GB21 肩井 견정
 - Sea of life or death

Wind-Balancing Points

* KD 1 湧泉 용천

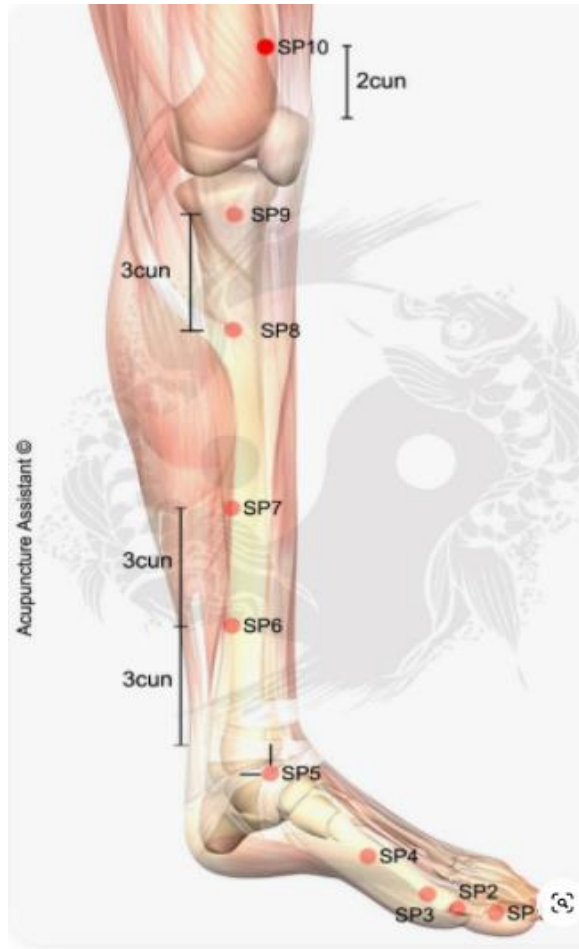


* REN6 氣海 기해

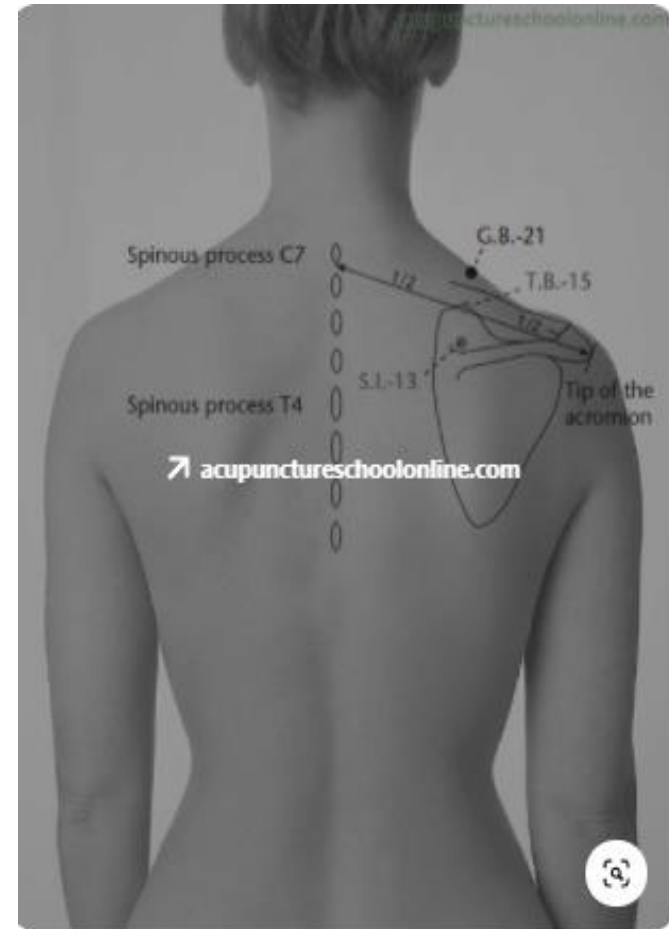


Wind-Balancing Points

* SP10 血海 혈해



*GB21 肩井 견정



Energy building breathing exercise

Energy building breathing exercise

1. Calm the mind(brain) – thoughtless
2. Enter into the heart - emotionless
3. Breathing on lower abdomen – mindfully

Breathing exercise for Qi cultivation

How to exercise for treatment

- For relaxation or detox
 - Focus on exhale
- For recharging
 - Focus on inhale

Yin and Yang	Breathing	Comparison
Yang type	Exhale longer	ST9 pulse stronger
Yin type	Inhale longer	LU9 pulse stronger

Breathing exercise for Qi cultivation

How to exercise for treatment

1. Concentrate on breathing
Feeling the breathing on the nose
 2. As inhale intention goes to lower abdomen
Below the umbilicus
 3. As you exhale
Your mind still focus on the lower abdomen
- TRY minimum 15 minutes

Energy building breathing exercise

Energy building breathing exercise

Down to lower abdomen

1, 2

Up to nose

1, 2

- With nothing the gap
 - Down 1,2, 3 gap up 1,2,3 gap
- Lengthen the time
 - Down 1,2 gap up 1,2 gap
- Gap or pause is where meets the prenatal Qi
- Up and down is postnatal Qi
- Without the effort is prenatal Qi
- With effort is postnatal Qi

Yin and Yang Meridian flow

LU – LI – ST – SP

HT – SI – UB – KD

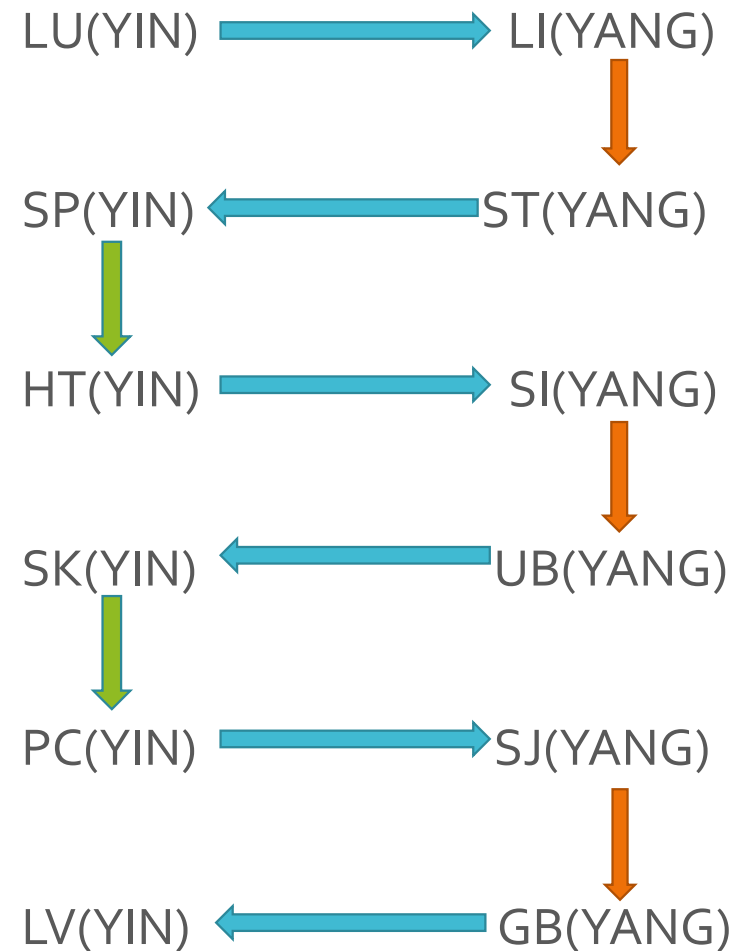
PC – SJ – GB – LV

Anterior

Posterior

Lateral

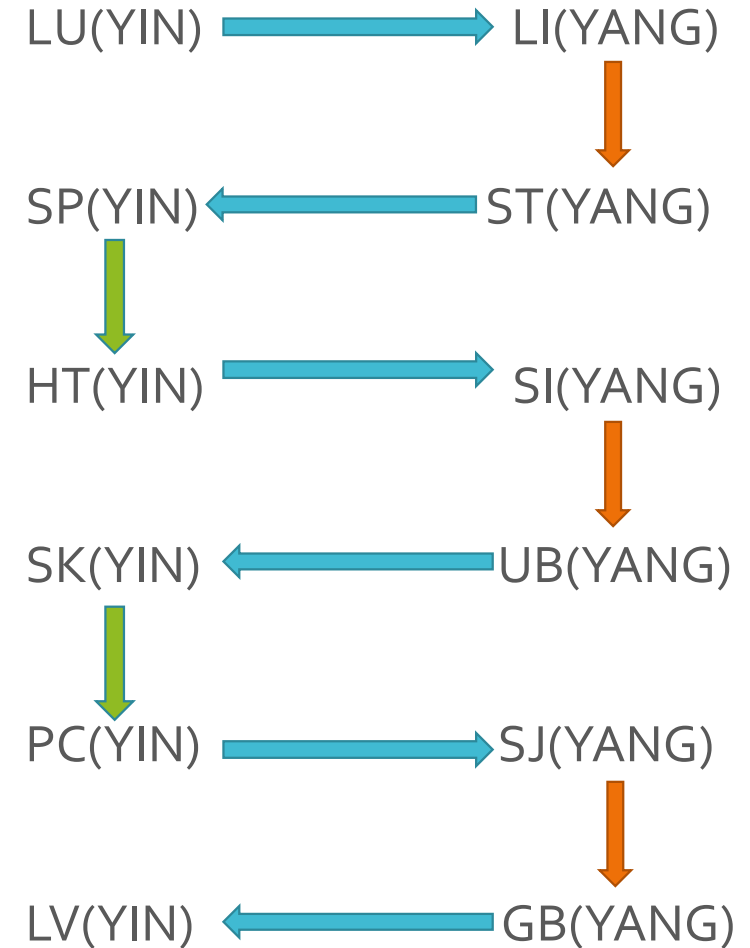
Yin and Yang Meridian flow



Sequence of Acupuncture Treatment

2. Connecting channel points

- 8 Extra Meridians
 - Yang linking – all yang channels
 - Yin linking – all Yin channels
 - Daimai – Yin and Yang channels



Yin and Yang Meridian flow

- Our human body meridian flow is against the universal energy flow
- That is why we can not live more than 120yrs.
- Then how can we help ourselves to stay healthy and live longer?
 - With assistance of Acupuncture, Moxa, Herb, and Qi gong to minimize the adverse energy flow naturally.

8 extra channel	12 channel	ZangFu
Connection with space Prenatal Qi	Flowing	Staying Postnatal Qi
No emotion Intuition Thoughtless awareness		Storage of emotion
Head	Limbs	Trunk
Brain, spine, 8 extra channel points	Four Gates Source, Lou points	4needle technique Front Mu Back Shu points

Sequence of insert and withdraw

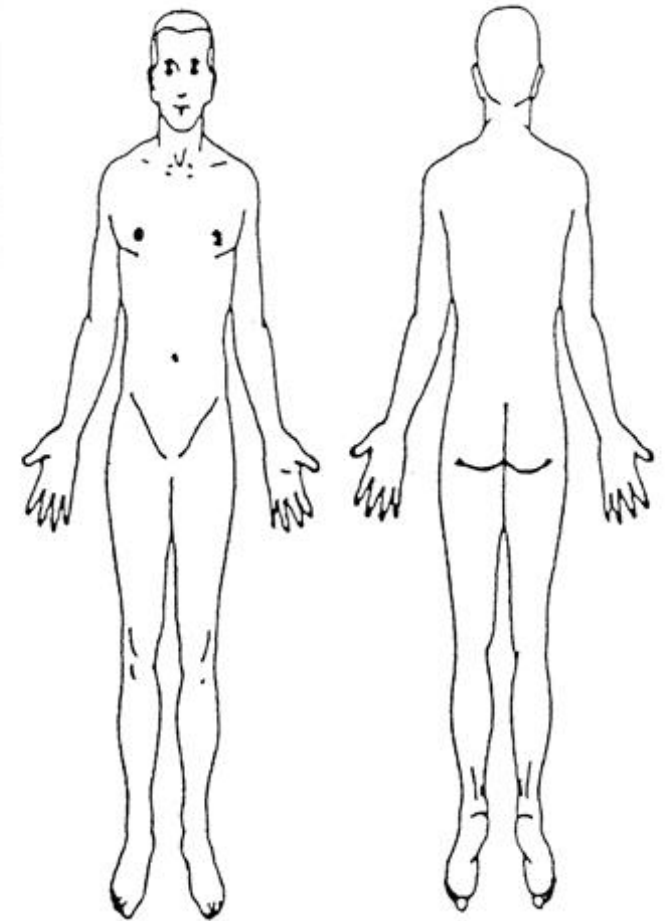
• BY ACCORDING TO MERIDIAN FLOW

Insertion

- Upper body – Yin Meridian first
- Lower body – Yang Meridian first
 - EX) LU7, LI11, ST36, SP4
 - LU5, PC6, HT7, ST36, GB41, SP4

Withdraw

By the sequence of insertion



Sequence of insert and withdraw

- **BY HEALTHY SIDE AND PAIN AREA**

- Insertion

Healthy side – First and longer

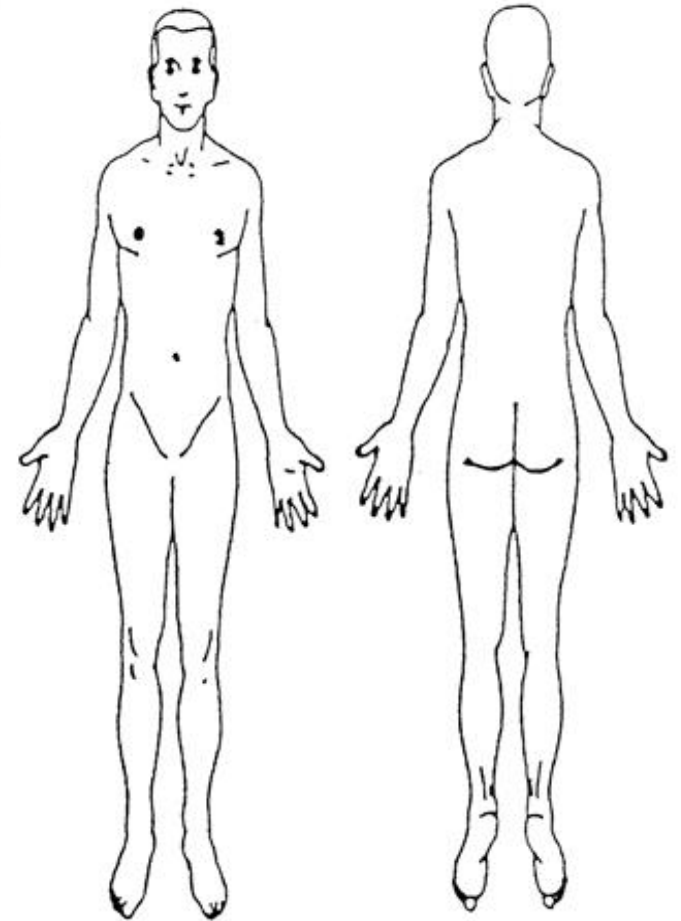
Pain area – later and shorter (3:1)

EX) Sprain RIGHT ankle (area GB 40)

Left GB₄₀ then Right GB₄₀

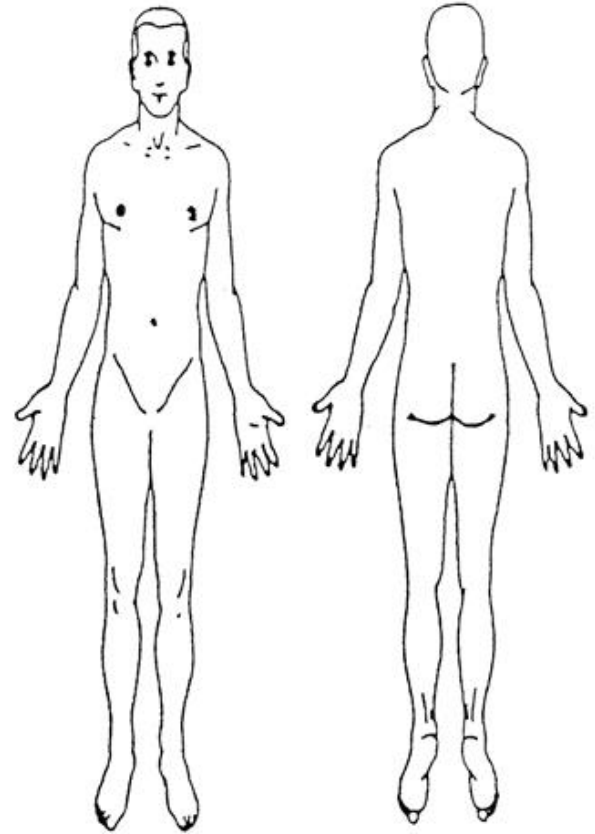
Withdraw

- Pain side first then healthy side later



Sequence of insert and withdraw

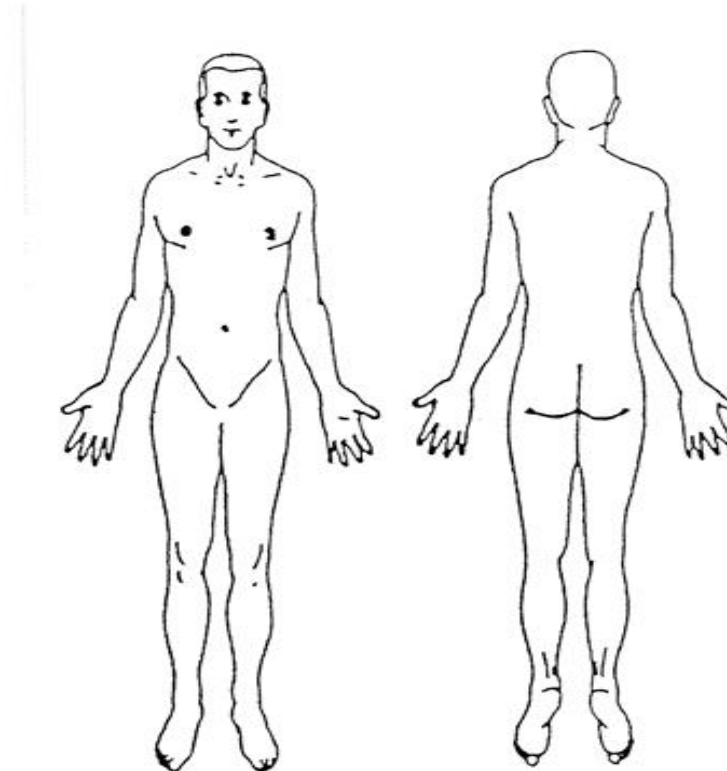
- **BY AM PM**
- Insertion
 - AM – Male left Female Right
 - PM – Male Right Female Left
- Withdraw
 - By the sequence of insertion



Sequence of insert and withdraw

- **BY BODY PARTS I.**

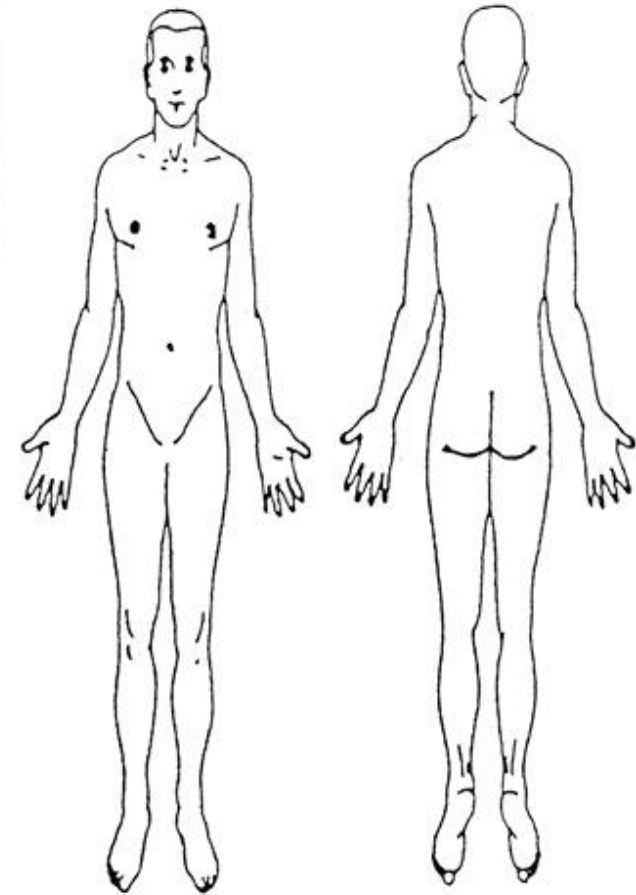
- Insertion
 - Limbs > Body Trunk(except REN, DUMAI) > Head > Limbs
- With draw
 - Ren > Dumai > head > Body trunk > Limbs



Sequence of insert and withdraw

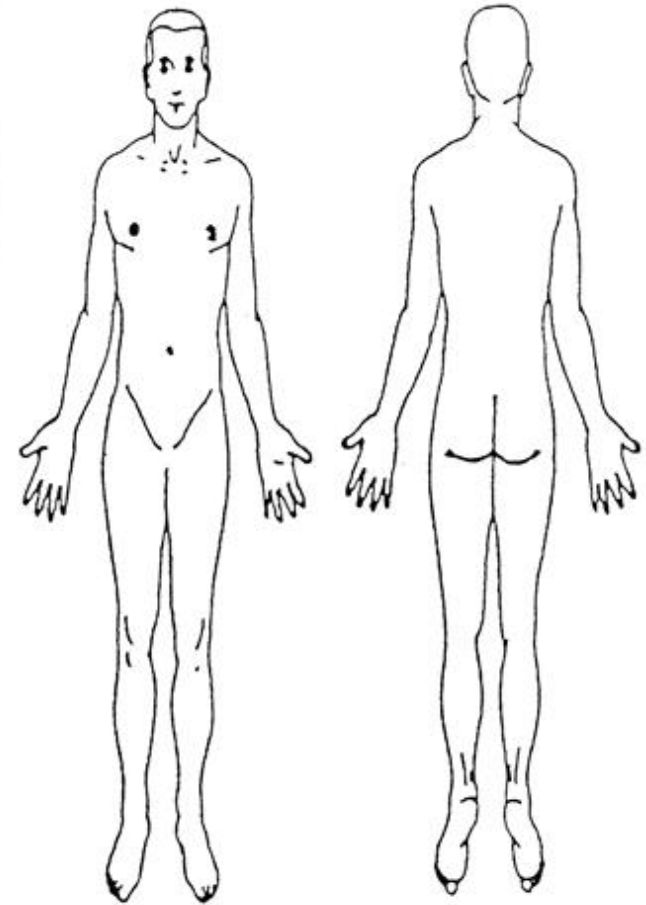
- **BY BODY PART II.**

- Insertion
 - Front then Back
 - 3 : 1
- Withdraw
 - By the sequence of insertion



Sequence of insert and withdraw

- **BY BODY PART III.**
- Insertion
 - Top to Bottom
- Withdraw
 - By the sequence of insertion



Sequence of Acupuncture Treatment

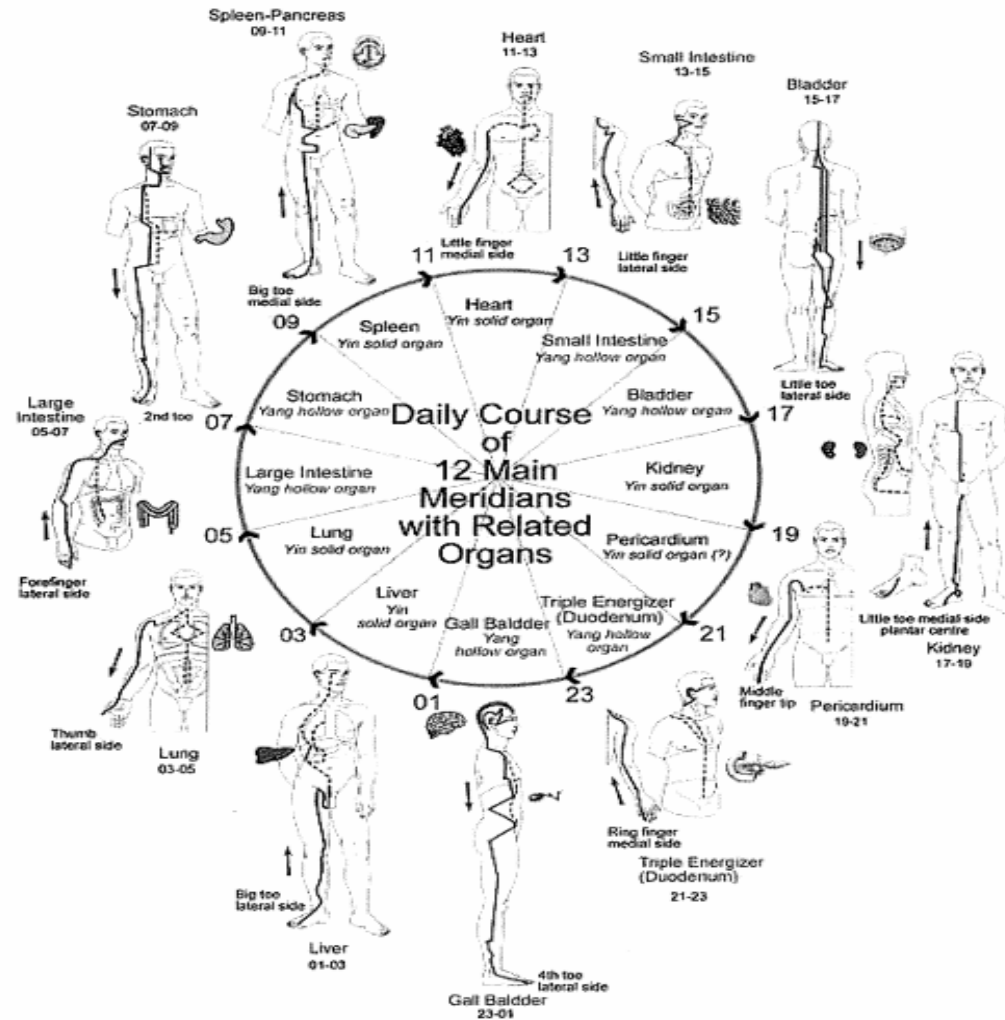
1. Opening meridian Tech(Tong Ki)
 - Prior to pulse exam
 - Head Du20, Yin Tang point
 - Limb (four Gate)
 - LI4 : First Yang Channel
 - LV3 : Last Yin Channel



8 Extra meridian

- 1. Descending then Ascending
 - PC6 (Nei Guan 內關 내관) – Yin Linking
 - SP4 (Gongsun 公孫 공손) – Chong Mai Channel
 - GB41(Zu Lin Qi 足臨泣 족입음) – Dai Mai
 - SJ6(Waiguan 外關 외관) – Yang Linking
- 2. Ascending then Descending
 - SI3 (Hou Xi 後谿 후계) – Du Mai
 - UB62 (Shen Mai 申脈 신맥) – Yang Heel
 - LU7 (Lie Que 列缺 열결) – Ren Mai
 - KD6 (Zhaohai 照海 조해) – Yin Heel

Daily course of 12 main meridians with related organs



Thank you for participating special CE lecture, Taoist Acupuncture of Korea

02/22/2025

Aaron Kwan Hong L.Ac. , Ph D