Exercises

Dear Students

This is a possible revision tool to be used during the month before the beginning of the course. You need 30 to 40 min per day.

Linear revision means

1. Follow the trajectory of the channel like it was a railway and focus on the surrounding of each station (the point) – which anatomical landmark define the point, distance from the previous and the following point … features
2. At each station visualise the operations to locate the point

AM it would be ideal to do this immediately after waking up.
PM It would be ideal to do this before you go to sleep

WEEK 1		**WEEK 2**	
Day 1	**AM (20 to 30 min)** Revision of Lu points from 11 to 5 **PM (10 to 20 min)** Linear (in the order of learning) revision of Lu	**Day 1**	**AM (20 to 30 min)** Revision of Sp points from 1 to 9 **PM (10 to 20 min)** Linear revision of SP
Day 2	**AM (20 to 30 min)** Revision of Co point from 1 to 11 **PM (10 to 20 min)** Linear revision of Co	**Day 2**	**AM (20 to 30 min)** Revision of St point from 45 to 34 **PM (10 to 20 min)** Linear revision of ST
Day 3	**AM (20 to 30 min)** Revision of Ht points from 9 to 3 **PM (10 to 20 min)** Linear revision of Ht	**Day 3**	**AM (20 to 30 min)** Revision of Ki points from 1 to 10 **PM (10 to 20 min)** Linear revision of Ki
Day 4	**AM (20 to 30 min)** Revision of SI points from 1 to 8 **PM (10 to 20 min)** Linear revision of SI	**Day 4**	**AM (20 to 30 min)** Revision of BL points from 67 to 54 **PM (10 to 20 min)** Linear revision of BL
Day 5	**AM (20 to 30 min)** Revision of Pc points from 9 to 3 **PM (10 to 20 min)** Linear revision of Pc	**Day 5**	**AM (20 to 30 min)** Revision of Liv points from 1 to 8 **PM (10 to 20 min)** Linear revision of Liv
Day 6	**AM (20 to 30 min)** Revision of TH points from 1 to 10 **PM (10 to 20 min)** Linear revision of TH	**Day 6**	**AM (20 to 30 min)** Revision of GB points from 44 to 34 **PM (10 to 20 min)** Linear revision of GB
Day 7	Revision of the 6 Arm channels randomly	**Day 7**	Revision of the 6 Leg channels randomly

Exercises

WEEK 3		WEEK 2	
Day 1	**AM (20 to 30 min)** Revision of Ren points from 1 to 12 **PM (10 to 20 min)** Linear revision of Ren (1 to 12) Random revision of 10 limbs points	**Day 1**	**AM (20 to 30 min)** Random revision of 10 points **Complete Exercises 1 to 5** **PM (10 to 20 min)** Random revision of 25 points
Day 2	**AM (20 to 30 min)** Revision of Ren points from 13 to 24 **PM (10 to 20 min)** Linear revision of Ren (13 to 24) Random revision of 10 limbs points	**Day 2**	**AM (20 to 30 min)** Random revision of 10 points **Complete Exercise 6 to 10** **PM (10 to 20 min)** Random revision of 25 points
Day 3	**AM (20 to 30 min)** Linear Revision of Ren from 1 to 24 **PM (10 to 20 min)** Random revision of 20 limbs points	**Day 3**	**AM (20 to 30 min)** Random revision of 10 points **Complete Exercise 11 to 14** **PM (10 to 20 min)** Random revision of 25 points
Day 4	**AM (20 to 30 min)** Revision of all the land marks of the back Revision of the BL inner line (BL11 to 30) **PM (10 to 20 min)** Linear revision of the BL inner line Random revision of Ren point	**Day 4**	**AM (20 to 30 min)** Random revision of 10 points **Complete Exercise 14 to 19** **PM (10 to 20 min)** Random revision of 25 points
Day 5	**AM (20 to 30 min)** Revision of Du from 1 to 14 **PM (10 to 20 min)** Linear revision of the Du Random revision of BL point	**Day 5**	**AM (20 to 30 min)** Random revision of 10 points **Complete Exercise 20** **PM (10 to 20 min)** Random revision of 25 points
Day 6	**AM (20 to 30 min)** Random revision of 25 points **PM (10 to 20 min)** Random revision of 25 points		
Day 7	**AM (20 to 30 min)** Random revision of 25 points **PM (10 to 20 min)** Random revision of 25 points		

Exercises

1. Jing Well points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

2. Ying Spring points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

3. Shu Stream points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

4. Jing River points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

5. He Sea points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

6. Tonification points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

7. Horary points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

8. Sedation points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

9. Yuan Source points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

10 Luo-connecting points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
Sl		Liv	

Ren		Du	

Exercises

11. Xi-cleft points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
SI		Liv	
YinWei		YangWei	
YinQiao		YangQiao	

12. Entry/Exit points

Entry		Exit		Entry		Exit
Lu1	→		→		→	
	→		→		→	
	→		→		→	
	→		→		→	
	→		→		→	
	→		→		→	

13. The Hui-meeting points

	MUSCLES AND TENDONS
	FU
	VESSELS
	QI
	BONE
	BLOOD
	MARROW

14. Shu points

Lu		Bl	
Co		Ki	
St		Pc	
Sp		TH	
Ht		GB	
SI		Liv	
Bones		**Bones/Xue**	
Du		**Diaphragm**	
Qi Hai		**Yuan Qi**	
Sacrum		**Anus**	

15. Group Luo-points

3 ARM YIN	
3 ARM YANG	
3 LEG YIN	
3 LEG YANG	

16. The confluent points of the 8Extra

REN		YIN QIAO	
DU		YANG QIAO	
CHONG		YIN WEI	
DAI		YANG WEI	

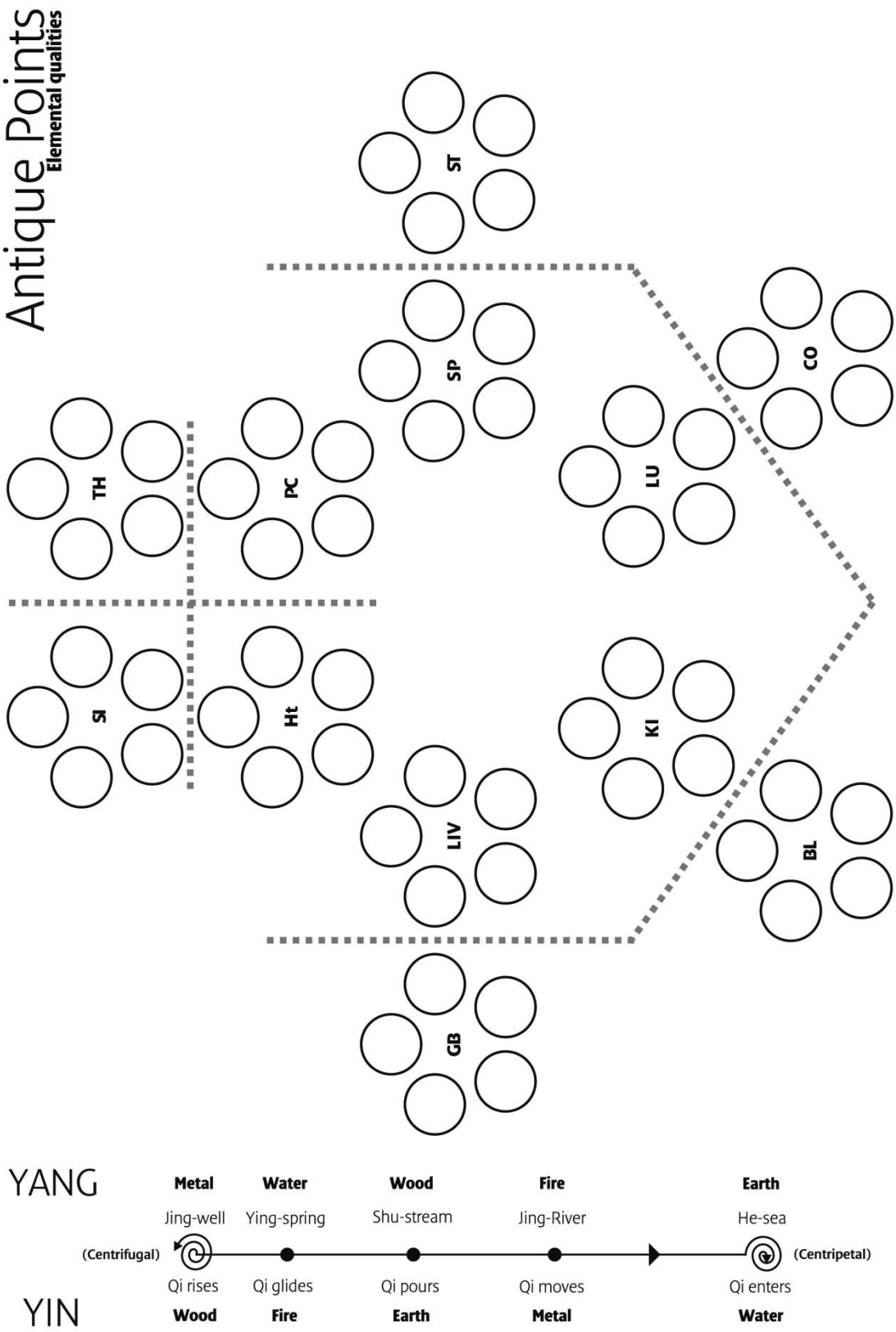
17. Seas points

Nourishment	Entry Exit	
Blood	Entry Exit	

18. Command Points

	Abdomen		**Face & mouth**
	Lumbar area		**Nape of neck**
	Chest		

20.


Antique Points
Elemental qualities
ST
SP
CO
TH
PC
LU
SI
Ht
KI
LIV
BL
GB
YANG
Metal
Water
Wood
Fire
Earth
Jing-well
Ying-spring
Shu-stream
Jing-River
He-sea
(Centrifugal)
(Centripetal)
Qi rises
Qi glides
Qi pours
Qi moves
Qi enters
YIN
Wood
Fire
Earth
Metal
Water