

# Basic Needle Techniques in the HARI

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	Size, depth	Angle, flow	Holding, insertion	Movement	Removal	Pulse, Remark	
<b>Tonification Technique (Hohō)</b> The purpose of tonification is to tonify weak life force.							
<b>HO</b>	#1-2 silver, Contact -1mm depth	Place needle with flow of meridian)	Advance the needle slowly and remove it quickly. After removing the needle, close the point. Sayuatsu and Retaining a needle generates tonification. Hold needle very lightly, allow weight of needle to take the tip of the needle to the point. Advance the needle to the desired depth without any pain	Increase Sayuatsu at the top of the fingers without any opening bottom of Oshide, with no downward pressure. Should feel needle in Oshide. Gather Ki; Keep apply light mind pressure to point in the appropriate depth that you feel connection to the patient, hold or advance the needle with intention that obtain ki.	After you obtain maximal ki in the tip of the needle, gently applying Sayuatsu at the opposite side from the surface contacting the patient to release ki from you and focus attention on converges and crystallization. When you observe light of the ki in the point, simultaneously quickly remove needle, close hole and use your thumb to give a final burst of tonification, sending ki coursing through the meridian.	Middle pulse is deficient (lack of the centripetal force). Essence of Ho is equal L/R pressure upon needle (Sayuatsu) <b>Integration with Relax, focus and feel connection with patent and wholeness.</b>	
<b>Dispersion within Tonification (Ho tyu no Sha)</b> The purpose is to both remove deficient-type evil and to tonify weak life force.							
<b>SHA</b> for Def.-type evil	<b>Blood (yin) Level Ken</b>	# 1-2 silver usually at luo points Contact 1-2 mm depth	against flow of meridian (about 60 degrees)	When you disperse, hold needle more firmly than HO and gently more than SHA so as to be able to slide fingers on needle handle without moving the needle. Needle should be move only slightly, but with a clear image in your mind's eye.	From the position of the basic Oshide shape, remove the evil by using techniques such as gentle manipulations; turning motion with thrusting and lifting. <i>MISOGI</i> Once the evil ki has been removed, return to the tonification oshide and tonify the patient's life force.	Remove the needle using the same techniques as for standard tonification.	(Heat P.) Whole pulse is little floating excess, with hard twig-like/stiff feeling usually with chronic diseases (Cold P.) Whole pulse is sinking, thin, hard. Sometime it is slippery.
	<b>Ki (yang) Level Ko</b>	#1 or 2 silver usually at luo points Contact 0-1 mm depth	"	More light movement than KEN <i>Ketsu</i> (blood) level and more tonification	Virtually no movement of the needle (intentional movement) <i>MISOGI mantra</i> (Holy Sound)	"	(H.P.)whole pulse very little floating, excess with like a dry, withered leaf (C.P.) thin, Sometime it is slippery with leaf.
<b>Dispersion Techniques (Sha-Hō)</b> The purpose is to remove excessive evil within the Yin or Yang channels.							
<b>SHA</b> for	<b>Yang OPI w/ Df.H.w/Df.fluid</b>	#1,2 stainless or #2, 3 silver Contact 1-2 mm depth	against flow of meridian (about 60 degrees)	With dispersion oshide, hold needle fairly tightly and quickly advance to 0-2 mm(contact) and after release evil ki, remove it quickly with <i>Ka-Atsu</i> . After removing the needle, leave the point open. <i>Ka-Atsu</i> generates dispersion.	Lift up and down with quick but small amplitude (Shaka-Shaka-Shaka Pop!) Slight flicking. separate evil Ki from good Ki	Quickly flatten the oshide without moving the sashide, thereby applying <i>Ka-Atsu</i> and removing the needle. Do not close the point.	Moving a needle generates dispersion. Pulse is full, floating but without luster or smoothness (EPI)

	<b>Yin</b> Ex. Heat evil in Blood or Blood stasis	#2 or 3 stainless #2-5 silver Contact 1-3 mm depth	“	Hold needle firmly and advance quickly 2-4 mm (contact) to connect to the evil ki, and after release it, remove needle slowly with greater <i>Ka-Atsu</i> .	Turning motion with thrusting and lifting needle with wider and more deliberate amplitude; Slower and longer strokes (Zooooka, Zooooka, Zooooka, Zoooom!) with <i>MISOGI</i> mantra	The moment the resistance becomes slack, twist the needle slightly to entwine evil on the needle point. Without moving your <i>Sashide</i> , gradually apply <i>Ka-Atsu</i> by flattening oshide slowly. Finally, apply slightly greater <i>Ka-Atsu</i> around the point so that the palm of the hand just about touches the patient's skin	Pulse is wiry, taut, Excess, strong. (Blood stasis)
<b>Transporting Dispersion (Yu-Sha)</b> The purpose is to flush stagnation within meridians caused by abundant ki (which is caused by imbalance in the five phases, not by evil ki).							
<b>YUSHA</b>	# 1-3 silver or #1,2 stainless usually at the controlling cycling point Contact 1-2 mm depth	Against flow of meridian (about 60 degrees)	Contact and press the needle slowly In the tonification oshide shape,	Disperse the <b>meridian</b> by moving the needle about as much as is caused by squeezing and releasing the handle. Stop the moment the resistance becomes slack. Afterward, tonify the <b>point</b> by retaining the needle slightly.	Remove the needle with the same technique as for regular tonification and close the point. Do not infuse the meridian with life force	The needle is retained to tonify the controlling cycling point, but in this case you must not tonify the meridian, as is done in regular tonification.	
<b>Harmonizing Technique (Wa-Hō)</b> After that evil ki has been sedated. <i>Waho</i> is used when patient is presenting in the process of changing.							
<b>WAHŌ</b>	#1-3 silver or stainless Contact 1-3 mm depth	with flow at 45 degree angle	Needle advance to appropriate depth (according pulse quality) with intention to have harmony. (No evil Ki)	Advance very lightly to contact 1-3 mm depth and maintain depth with basic oshide. Lightly push then release while keeping contact with <i>Sashide</i> finger (squeezing action) until Ki feels smooth and obstruction removed (10-60sec)	Maintain <i>Sayu-Atsu</i> pressure, seal <i>kamen</i> airtight; SLOW removal, no downward pressure retain oshide on the point for one breath Do not close hole	It has balanced within yin and yang (no evil ki) But Pulse lacks smoothness. Often seen in secondary sho "Liver" (sometimes with Spleen or Lung)	
<b>Scattering Needle (San-Shin)</b> The <i>Sanshin</i> technique is used for tonification or dispersion of defensive ki during the local treatment							
<b>SANSHIN Tonification</b>	#1 to #2 silver or #0 to #1 stainless, Contact needle	Low angle“	It is used to treat (depression, dampness, flaccid, cold) in the superficial areas of the body without being particular about specific acupuncture points.	Without an insertion tube, do it slowly, making sure to always employ the technique with a well-formed oshide. The tip of the needle should only just touch the skin without causing the slightest pain.	The area on which the <i>sanshin</i> technique was performed should turn red, or it should become moist, feel warm and dry to the patient. Gently stroke the area before and after performing <i>sanshin</i> .		
<b>SANSHIN Dispersion</b>	#2 to 3 silver or #1 to #5 stainless, Contact needle	Slightly high angle“	It is used to treat (pressure pain, protuberance, dryness, hard, rough, heat) in the superficial areas of the body without being particular about specific acupuncture points.	Lightly bouncing the <i>sashide</i> and gently massage, pinching. Use the stroking dispersion technique. For dispersion it is fine if the patient feels a little pain.	The <i>Jaki</i> ki should disappear after doing this technique. It should become moist, softer and feel cool to the patient. Gently stroke the area before and after performing <i>sanshin</i> .		
<b>Mid-day / Mid-night (Chinese Clock treatment)</b>							
<b>SHIGO</b>	#30 gauge gold needle usually on luo points (also source or xi-cleft or most tender point) Contact -1-2mm depth	30-45 degree angle with flow	Tonification technique: Can do before root treatment for acute symptom relief	Use for: acute symptoms on single channel (treat opposite side); for symptom recurring at same time; for actual time of initial trauma	Treatment can take up to 1 minute but usually takes 30 seconds or less. Remove slowly, close hole.	Apply 15 half grain sized direct moxa to point following treatment; can finish with gold press ball for child or home applied direct moxa	