

Basic Needle Techniques in the HARI

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Basic shape of Oshide

1. Place the pisiform bone of the *oshide* on the meridian with the point to be needled and form the oshide. Palpate the meridian with the medial tip of the thumb or index finger to locate the point. At this time, the distal interphalangeal joint of the little finger should be resting on the patient's skin.
2. When you have located the point, rotate the thumb radially to open a little space between thumb and patient's skin while leaving the medial line of the thumb in contact with the point. Bring the index finger over to the thumb and align their medial tips, forming a semicircle oshide.
3. Raise the metacarpophalangeal joint of the thumb and move it distally along the meridian to bend the joint and move the oshide into a circular shape. Only move the index finger after forming the full circle shape; do not move the thumb.
4. At the same time, raise the metacarpophalangeal joint of the little finger and make sure to align the tips of the thumb and index finger, bringing the unguis tips together. This forms the basic shape. At this time, only the tips of the five fingers and the pisiform bone should be touching the patient's skin. The shape should feel like you are holding a golf ball in your palm.

Place needle on the point: Without applying *sayuatsu* to the basic shape, slightly open the tips of the thumb and index finger and bring the needle into this space, touching the needle tip to the point, then close this space. With the needle touching the point, apply *sayuatsu* to close the space at the opposite side of thumb/index finger from the surface contacting the patient, bringing the finger nails together.

Advancing the needle tip to the point / Penetration: By forming the tonification oshide, the needle will penetrate/ (will be advanced to point) the skin

Tonification: *Sayuatsu* generates tonification. In line with this principle, form the tonification *oshide* by starting with the basic shape and gently applying *Sayuatsu* at the opposite side from the surface contacting the patient. *Sashide*, you may use the easiest manipulation method for you; ultimately, however, insertion occurs with the ring finger acting as the point of support.

Dispersion: Form the dispersion oshide by starting with the basic shape and relaxing the hand so that the metacarpophalangeal joint of the little finger touches the patient's skin and the finger nails of the thumb and index finger separate slightly at the opposite side from the surface contacting the patient.

	Size, depth	Angle	Holding, insertion	Movement	Removal	Pulse, Remark
Tonification Technique (Hohō) The purpose of tonification is to tonify weak life force.						

HO	#1-2 UTT Silver or Gold, Contact (0-1mm) depth	Place needle on the point at right angles	Advance the needle slowly. When tip reached to the point, hold needle very lightly with airtight Oshide, allow weight of needle to take the tip of the needle to the point. Advance the needle to the desired depth without any pain. Sayuatsu and Retaining a needle generates tonification.	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, 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-grow 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 Kototama and L/R pressure upon needle (Sayuatsu). Integration with Relax, focus and feel connection with patient and wholeness.
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Dispersion Techniques (Sha-Hō) The purpose is to remove excessive evil within the Yin or Yang channels.

SHA for Ex. type evil	Yang OPI w/Evil Ki in Ki level	#1,2 stainless or #2, 3 UTT Silver Contact (1-2mm) depth	against flow of meridian (about 60 degrees)	With dispersion oshide, hold needle bit 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)
	Yin Ex. Heat, OPI w/Evil Ki in Blood, Blood stasis	#2 or 3 stainless #2-5 UTT Silver Contact (1-3mm) depth	"	Hold needle firmly and advance slowly 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 (Zooka, Zooka, Zooka, Zooooom!) with MISOGI 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)

Dispersion within Tonification (Ho tzu no Sha) The purpose is to remove deficient-type evil and to tonify weak life force.

SHA for Def.-type evil	Ken Blood (yin) Level	# 1-3 UTT Silver usually at Luo Contact (1-2mm) depth	against flow of meridian (about 60 degrees)	When you disperse, hold needle more firmly than HO, more gently than SHA so as to be able to slide fingers on needle handle without moving the needle. Or needle should move only slightly, but with a clear image in your mind's eye.	From the position of the dispersion Oshide for Ken, 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, or (Cold P.) sinking, thin, hard. with hard dry twig-like/stiff feeling.
	Ko Ki (yang) Level	#1-2 UTT Silver usually at Luo Contact (0-1mm) depth	"	More light movement than Ken level and more tonification	Virtually no movement of the needle (intentional movement) <i>MISOGI mantra</i> (Holy Sound)		(H.P.) whole pulse little floating, excess with like a dry, withered leaf (C.P.) thin, sometimes it is slippery with leaf.

Transporting, shunting Dispersion (Yu-Sha)

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).

YUSHA	# 1-3 UTT silver or #1,2 stainless usually at the controlling cycling point Contact (1-2mm) depth	Against flow of meridian (about 60 degrees)	Contact and press the needle slowly In the tonification oshide shape,	Disperse the meridian 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 point 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.
Harmonizing Technique (Wa-HŌ) After that evil ki has been sedated. <i>Waho</i> is used when patient is presenting in the process of changing.						
WAHŌ	#1-3 UTT silver or stainless Contact (1-3mm) 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 Sashide 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 retains 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)
Scattering Needle (San-Shin) The <i>Sanshin</i> technique is used for tonification or dispersion of defensive ki during the local treatment						
SANSHIN Tonification	#1 to #2 UTT 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> .	
SANSHIN Dispersion	#2 to 3 UTT 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 about specific acupuncture points.	Lightly bouncing the sashide and gently massage, pinching. Use the stroking dispersion technique. For dispersion it is fine if the patient feels a little pain.	The Jaki 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> .	
Mid-day / Mid-night (Chinese Clock treatment)						
SHIGO	#20-50 UTT Gold on Luo, (Source, Xicleft or most tender pts) Contact (1-3mm) 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. For chronic (or deficient type Ex.) use same side.	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