

Genan Kuzuno

Profile

1951 Born in Hyogo Prefecture, Japan.

1980 Graduated from Toyo Shinkyu Senmon Gakko: Honka Part 2. While still at school, started studying with Kodo Fukushima, first Chairman of Toyo Hari I Gaku Kai (*Toyo Hari Medical Association*).

1980 opened an acupuncture and moxibustion clinic, *Kan-i Do*.

1985 excerpted an article “Critiques on Science Theory by Dr. Hiroshi Yamamoto” in *Ido No Nippon Magazine*.

1987 invited to attend “The First World Acupuncture & Moxibustion Conference) in Beijing, China to present his study “*Keiraku Soukoku Chosei no Rinsbo* (Clinical Case Studies on How to Treat Meridian Generating and Controlling Relationship).”

2007 established Kobe Hari Ijyutu Kenkyu kai (Kobe Hari Medicine Study Group) (adviser: Dr. Akira Fujiwara).

2007 proposed Meridian Principle Theory, “Ki Shin I Jyutu.”

2009 wrote and published the first edition of *Pulse-Palpation Style “Ki Shin I Jyutu” - Teaching Secrets of Acupuncture Techniques*.

2010 wrote and published the first edition of *Pulse-Palpation Style “Shigo Shin Po” Clinical Guidance*.

The First Step to Determine the *Sho* (Pattern) *Fuku Ki Shin Shindan Jutsu* (Abdominal Ki Diagnosis with Hari)

Summary

Fuku Ki Shin Shindan Jutsu (Abdominal Ki Diagnose with Hari) is an innovative technique that the author developed as one of diagnostic techniques to determine the Sho for the Root Treatment. First, a needle is placed on each of the Five Diagnostic Points of the abdomen. Then the pulse is checked. Finally, the *Myaku tei* is obtained. This technique plays a key role to determine the Sho.

1. Abdominal Ki Diagnose with Hari

The usefulness of this diagnostic technique has been proved with clinical results that I have had in my daily practices through applying the treatment methods came from my interpretation of Nan Jing, Chapter 69. This technique doesn't require questioning as in the Four Diagnostic methods: questioning, listening & smelling, palpating, and looking. Instead, in this technique, just the pulses of the Diagnostic Five Points on the abdomen are used. In that sense, we can say this is an epoch making diagnostic technique.

Furthermore, this technique proofed the existence of such *Sho* (Patterns) as “*Shin Kyo Sho* (HT Deficiency Pattern)” and “*Shinpo Kyo Sho* (PC Deficiency Pattern),” which were said that did not exist in the traditionally meridian therapy. Introducing these new *Sho* (Patterns) increased the applicability of the Hari treatments into wider range of disorders and among anything else, the results have become significantly improved. *Yin Jitsu Sha Ho* (Yin Excess Dispersing Technique) requires careful applications because if the diagnose is not correct, it could drain the Ki. However, by applying the Abdominal Ki Diagnostic technique with Hari in advance, the practitioner can easily reach the accurate diagnosis on whether the pattern is *Ou Ki Jitsu* (Natural Ki Excess) or *Ja Jitsu* (Ja Ki Excess/Evil Qi Excess), which is especially true in the KI and HT channels.

2 *Myaku Tei* (Full & Complete Stomach Ki)

To “Obtain *Myaku Tei*” means to “Obtain the Stomach Ki” in the pulse.

To Obtain *Myaku Tei* means that by using the needle with the heart and soul, the wide/spread pulse becomes consolidated, tight pulse becomes soft, and “noisy” pulse becomes calm. When the pulse becomes consolidated, soft and calm, the stomach Ki becomes full and complete. It is critical for a successful treatment.

***Myaku Shin Rhu* (Pulse Based Diagnose) *Ki Shin I Jutsu* (Ki Needle Medicine)**

Genan Kuzuno

Kobe Hari I Juku (Kobe Hari Medicine Study Group) Head

What is *Ki Shin I Jutsu*?

2. Talking to the skin: The World of “Kyoku Sen Shi (Super Shallow Needling)” -

Six Pillars that consist of *Ki Shin I Jutsu*

No. 1 “Balancing the Generating and Control Cycles in the Five Elements with “needling only one side” is the base of this diagnosis reflecting on Nan Jing, Chapter 69.

No. 2 The key of this technique lies in tonifying and dispersing skills using *Ki Shin* (*Ki Needle*) from “above the point” before the needle touches the skin to “when the needle is touched and

inserted extremely shallow.” *Ki Shin Ijutsu* is a very subtle and delicate Hari treatment style being always paying attention to the Wei Qi.

No. 3 To determine *Sho* of *Honchi Ho* (the Root Treatment), Abdominal Ki Needle Diagnosis was uniquely developed.

No. 4 used together with *Shigo Diagnosis* and *EV (Extraordinary Vessels) Diagnosis*, the *Abdominal Ki Needle Diagnosis* became an *Integrated Diagnosis* which makes it possible for the practitioner to determine the *Sho of the Honchi Ho* and “*the side of the treatment*” with more accuracy.

No. 5 *Hyochi Shindo Kenmyaku Shindan Jitsu* (Pulse Diagnosis for Determining the Depth of Needling in Hyochi Ho) was developed.

No. 6 *Getsurei Tekiou Soku Shindan Ho* (the Diagnosis of the Treatment Side with the Use of The Age of the Moon) was developed. This was found that the treatment side of the Honchi Ho moves from one side to the other side before or after the 4 ages of the moon: Full Moon, Waning Moon, New Moon, and Young Moon and it resulted to the development of this method.

Hon no Chi ho (Honchi Ho)

Integrated Diagnoses and Identification of the Sho

1. *Kanken Shindan* (Observing & Looking Diagnoses)

When the patient comes into the treatment room, collect information from his constitution, face, shape of the body and behaviors to know the distribution of Ki, Blood, Yin Qi, and Wei Qi), and body conditions by *observing* (looking at beyond visible aspects) and *looking* (*looking at physical visible aspects*).

-*Myaku Shin* (Six-Position Comparative Pulse Diagnosis)

Grasping the condition of the disorder by checking the quality of the pulse and comparing the conditions of the 6 positions.

- *Getsurei Tekiou Soku*

Know the present moon age (Full Moon, Waning Moon, New Moon, or Young Moon) and utilize it to determine the treatment side of the treatment.

4. Abdominal Ki Needle Diagnosis

Unique non-questioning abdominal Diagnosis using the Five Points.

5. Shigo Diagnosis

When pain occurs with movements and pain only on one side of the body, Shigo Diagnosis is effective to determine which side is *Kyo* (Deficient) and, or *Jitsu* (Excess) and which side should be treated. (*Kata Sashi Shin Po* ‘Unilateral Needling Method’)

6. EV Diagnosis

Used to determine *Jitsu* (excess) meridian. Use EV 8 points, identify which EV channels are involved, and which master and couple points should be used, and treat *Jitsu* meridian(s).

7. Selection & application of various techniques

Determine the appropriate techniques for each case: tonifying and dispersing techniques, depth of insertion, use of tools, and ***Hochu no Sha*** (Dispersion in Tonification) for ***Kyosei no Ja*** (Deficient Ja).

8. Selection of the meridians and points

Touch the needle on the points and check the pulse change on each point until each pulse becomes *Myaku Tei* (Full and Complete Stomach Ki) and *Ryo Myaku* (Good and Vital Stomach Ki), review the accuracy of the Sho you come to, and determine the side of the treatment, selection of the meridians and points.

9. How to interpret and apply Nanjing, Chapter 96 into clinical practices using Ki Shin I Jutsu.

Nanjing Chapter 96 says, “If deficient, tonify. If excess, disperse. If neither deficient or excess, use the its meridian. What does that mean? It means: First, tonify the deficient meridian. Then tonify the mother meridian. (In that case, select the point(s) from the Five Points that best suited to treat the symptoms. The number of the points does not matter as long as the Ki comes.) When excess, disperse the Ja (Ki) from the excessed meridian. If this is not enough, disperse the Ja from its child meridian. (In that case, likewise, choose the points from the Five Points based on the symptoms, and choose the techniques appropriate to the characteristic of Ja. As long as Ja is removed, no need to worry about the number of the points.)

Hyo no Chi Ho (Hyo Chi Ho)

It means the treatment for the present pain or exhaustion (The Branch Treatment)

Determine the Hyo Chi Ho considering the pathophysiology and Sho of the disease (Disease Pattern) and Sho of the Hon Chi Ho (Treatment Pattern for the Root Cause). If necessary, use Extraordinary Points based on whether the condition is Kyo or Jitsu.

Determination of the Dose (the amount of the treatment)

Determine the depth of the needling and the amount of the treatment (e.i. duration, intensity etc. of the treatment) with *Hyochi Shindo Kenmyaku Shindan Jitsu* (Pulse Diagnosis for Determining the Depth of the Needling in Hyochi Ho).

Definition of the Terms in Ki Shin I Jutsu

1. “Obtain the Myaku Tei.” means “Obtain the Stomach Ki.”

This is the goal of this treatment.

2. “*Ryo Myaku*” means that the Stomach Ki has fullness and vitality.

The pulse seen when the body’s natural healing power is heightened is called “*Ryo Myaku*.” ***The Ryo Myaku is defined as being located slightly below the Middle Pulse, consolidated, lustrous, having a touch of the seasonal character (e.g. In spring, it is slightly wiry.), and rhythmical.*** *Ki Shin I Jutsu* is a technique to maximize the life force and that’s why this technique can resolve diseases and pathological symptoms.

3. Ki Shin (Ki Needling), Ki Shi Shin (Ki-Insertion Needling), and Ku Chu Ki Shin (In-the-air Ki Needling)

These are basic needling techniques in Ki Shin I Jutsu to adjust Deficiency and Excess of Ki, Blood, Yin Qi and Wei Qi by tonifying and dispersing corresponding points to treat diseases.

4. Treatment Side, and Unilateral Needling

In the Hon Chi Ho, in the meridians, which run on the both side of the body, find which side is excess and which side is deficient, then choose points on the deficient side and tonify them. This side of the meridians is called the *treatment side* and this needling technique is called *Unilateral Needling*.

5. Balancing the controlling and generating relationships

This is a treatment technique applied from the treatment principles in Nan Jing, Chapter 69. Find the deficient meridians from the controlling and generating cycles, and extensively tonify the deficient meridians.

1. What is Pulse Diagnosis Style, *Shigo Shin Po*?

This technique has immediate effects on symptoms which are present unilaterally such as pain with movement and constant pain. This also works as an important diagnostic technique to identify deficient and excess meridians in the 12 meridians, the treatment side, and the Sho of the disease. If this information is fully used, we can achieve effective treatment results without treating the meridian on the both sides. (The reason for the unilateral treatment).

The characteristics of the *Shigo Shin Po*

1. It has immediate effects for symptoms present unilaterally regardless whether they are chronic or acute.
2. For the disease with an Excess Meridian Pattern, tonify the deficient pain points (虚压痛穴) on the paired meridians in the Shigo Table (See the Shigo Table at the last page. The pair meridians locate on the opposite end of each other).
3. For the disease with a Deficient Meridian Pattern, apply the *ipsilateral treatment*.
4. Needling techniques are either contact needling or In-the-air Ki Needling, both of which are painless.
5. It can not only treat symptoms present, but also can determine the treatment side, which is equivalent to determining the Sho (Treatment pattern) of the Hon Chi Ho.
6. It does not require complicated formulas nor take long time (such as considering the time, day, year and season that it falls, and calculate with the information etc.) in order to select the meridians to treat.
7. This is a technique with which you can “feel” the existence of meridians.

1. Treatment principles of Pulse Diagnosis Style, *Shigo Shin Po*

This technique is not time consuming. “Find the excess meridian where the symptoms are present, and tonify the deficient meridian, which is located in the opposite side in the Shigo Table.”

For example, when the symptoms (= excess) are present on the right Yang meridian, tonify the left “Paired” Yin meridian (= deficient) located on the opposite side in the table. The meridian pairs are as follows: GV & HT, LR & SI, LU & BL, LI & KI, ST & PS, SP & SJ. As is seen, a Yang meridian & a Yin meridian are paired and if there is a pathology in the right meridian, which means the meridian is in excess, then the left side of the paired meridian should present deficient conditions. If the deficient meridian is tonified, the excessed meridian becomes smooth and the pain immediately goes away as soon as the smoothness is achieved.

2. Our unique Ipsi-lateral Shi Go Shin Po

There are some important respects to keep in mind. Severe diseases and chronic symptoms are often the results from that the Excess reached the maximum end and changed into Deficiency. In that case, if we treat the opposite pair following the Shigo Table as we usually do, the pain will be aggregated further, instead of being reduced. The pulse of the excess meridian will not become consolidate and smooth, and will rather float, and thus “the *Tei Myaku* cannot be obtained. This clearly shows that the excess pain becomes a deficient pain and if the corresponding point in the paired meridian in the opposite side is dispersed, the pain may be reduced but this does not treat the former meridian, since it is now deficient. In our group we use the Shigo treatment for determining the Sho of Hon Chi Ho (Treatment pattern) as well. We apply the principle of order of the tonification and tonify the diseased meridian, in addition to dispersing the excess pair on the opposite side. It is called Ipsi-lateral Shigo Shin Po.

3. The Shi Go Shin Po treatment Rules

1. Make sure to identify the meridian where the pain is present. It is also important to make the patient be aware of the pain such as the location, intensity and quality of the pain before you start the treatment.
2. Next, send Ki to the treating point and tonifying it, ask the patient to move the area which cause the pain and have them recognize the reduction of the pain on the spot.
3. Assume the pain is excess, find the deficient pressure pain around the Yuan Source, He-sea, and/or Luo point(s) in the paired meridian carefully with a prompt manner, and tonify those points with a gold or different type of needle. Please be careful not to make the patient uncomfortable by pushing the pain area too many times trying to find the points.
4. Do not think anything else, just focus on tonification and then check the pulse.
5. Make sure to continue checking the pulse until the *Tei Myaku* is obtained, and then have the patient move the area which cause the pain and feel the reduction of the pain. When conducting this technique, it is important “to have a strong intention to remove Ja from the diseased meridian.” Intention can make it come true.
6. When you become proficient, you can feel the results with the finger point toward the area without touching it.
7. Sometimes, two or even three meridians should be treated.
8. This technique can be applied in a wide range of disorders, from a pain with movement, or other type of various pain such as constant pain and abdominal pain, to comfortableness including stiffness or/and numbness of the back and shoulders and swelling of the teeth. The results are all immediate.
9. If the skills of *Oshide* and *Sashide* are rough and sloppy, Ki can leak out and it doesn't produce good results.
10. It is essential to have accurate *Oshide* skills for tonification.
* *Oshide should be completely touched the point so that it can correct Ki. Try never to leak the Ki. Practice until you get satisfactory results.*

Diagnosis of Deficiency and Excess in the Clinical Practice

How to diagnose Deficiency and Excess?

Shigo Shin Po is one of the best diagnostic methods which can diagnose Deficiency and Excess of the diseased meridian clinically. By applying Shigo Shin Po on a Sho (Disease Pattern) such as pain, heaviness, swelling, stiffness, numbness and tension, we can reduce the problems and thus can identify Deficiency and Excess of the meridians from the reduction of these symptoms as well.

II. What is EV Shin Po (EV Treatment)?

In Ki Shin I Jutsu, EV Shin Po is defined as a technique to treat Excess Ja overflowed from the main meridians into EVs. In other words, EV Shin Po is a technique **to disperse Excess pathologies** and we use it in our clinical practice. Thus, **the diagnostic principle of this method is that the meridian that the master point belongs to is the most excess meridian.**

1. Outline of EV Functions

Some think that EV meridians appear only in an emergency to protect our body. However, from my clinical experience, I personally think that EVs are always present. For many reasons, *Ja* invades from outside of the body or develops inside and creates a fight against the Upright Qi. At this time, the Ja Ki overflows from the main meridians and invades into EV meridians and then the EV meridians try to stabilize the ordinary meridians. In other words, because of the fight between Jaki and Seiki, Jitsu Ja (Excess Ja) in Ki and or blood circulate in the body and develops EV disorders. These disorders often manifest as pressure pain or induration on the *Hachi So Ketu* (the 8 EV Points) or around them. (See the Table on the last page.) Main symptoms seen in the EV disorders are Excess throbbing pain, swelling, numbness, hot and cold sensations. When the treatment is appropriate, it has surprisingly immediate effects.

In Ki Shin I Jutsu, we use unique “Gold” (North) and “Silver” (South) *Flat Needles* (3000 gauze magnets) for the EV Diagnosis. Likewise, the Shigo Diagnosis, the EV treatment plays an important role together with the Treatment Side Diagnosis in Honchi Ho. It contributes to determination of the main Sho.

2. EV Eight Soketsu (8 Major Points) Group (Basics)

- | | |
|--|---|
| 1. Du: SI 3 (Go Kei) - SI Meridian | Yang Qiao: BL 62 (Shin Myaku - BL Meridian) |
| 2. Ren: LU 7 (Rekketsu) LU Meridian | Yin Qiao: KI 6 (Syo Kai) - KI Meridian |
| 3. Chong: SP 4 (Kou Son) - SP & KI Meridians | Yin Wei: PC 6 (Nai Kan) - PC Meridian |
| 4. Dai: GB 41 (Rin Kyu) - GB Meridian | Yang Wei: SJ 5 (Gai Kan) - SJ Meridian |
| 5. Application | |

3. How Master & Couple Points in EVs work together with the Honchi Ho (Main Sho & Secondary Sho)

As a rule, the location of Ja (Disease Pattern) is divided into two groups, above and below the umbilicus. Select Shuketsu (the master point) of the EV closer to the location of the disease and find its Jyuketsu (couple point.) (See the Table 2 on the last page.)

The master point is the most excess point on the most excess meridian. Considering the Shigo pair meridian (e.i. the meridian located to the opposite side of the Shigo Table.) (See the Table 1 on the last page) and also consider which meridians run right, left, above and below the master point. Then **establish the Sho.**

4. Unilateral Needling Rules

Each meridian runs both sides of the body. However, when we apply Honchi Ho following Nan Jing, Chapter 69, we treat only one die and tonify it. This is called *Unilateral Needling*, and the side that is chosen is called *the treatment side*. The clinical theories to support the efficacy of this technique is Shigo

Shin Po and EV Shin Po.

III Making Sho in Conjunction with Shigo & EV Techniques together

Traditionally there are some general rules for the treatment order. The male should be treated on the left side of the body first. On the other hand, the female should be treated on the right side first. If one side of the body is diseased and the other is not, the diseased side should be treated first.

Clinically, however, judging from the manifestation of Kyo (Deficiency) and Jitsu (Excess), the human body can be divided into two parts as follows:

1. Left and right,
2. Upper and lower,
3. Anterior and posterior, or
4. Upper right and lower left.

This means if one part is Kyo (Deficient), the other part is Jitsu (Excess). For example, if the left side of the body is Kyo, most likely, the right side is Jitsu. If the upper right of the body is Jitsu, the lower left of the body is likely to be Kyo.

Keeping this rule in mind, in Shigo Shin Po, we find Kyo meridians, and in EV Shin Po we find Jitsu meridians.

Examples

5. **Hai Kyo Kan Kyo Sho** (LU Deficiency LR Deficiency Pattern) [**Hai Kan So Koku Sho**] [LU LR Controlling Cycle Pattern]

Patient A complains that when he bends forward, he feels pain on the left low back and can't put on socks. The left low back is governed by the left Bladder Meridian. In **Shigo table**, the opposite pair of the left Bladder Meridian is the right LU Meridian. If tonifying the right Rekketsu (LU7) reduces the symptoms and removes the pain, it means that the right LU Meridian is Kyo and that left BL Meridian is Jitsu. (Right side Kyo <-> Left side Jitsu)

Here, where do the BL and LU meridians are categorized in the 8 EV Points Chart? If we look for the BL point in the 8 EV Point Table, we find the BL 62 (Shinmyaku) is the Master point of Yang Qiao Meridian. Its couple point is SI 3 (Koukei) in Du Meridian.

(Yang Qiao: Master - BL 62, Du: Couple - SI 3)

From the rule of EVs (**EVs governs Jitsu conditions.**), if BL meridian is Jitsu, the BL 62 is naturally Jitsu. Now look at the Shigo Table. The pair of BL is LU (Opposite side of BL is LU in the table) and LU should be Kyo. (**In Shigo, if one side is Jitsu, then the other side is Kyo.**)

Again, EVs treat Jitsu conditions. Keeping this rule in mind, next, look at the couple point. It is SI 3. It means BL 62 is most Jitsu, and the couple point, SI 3 (Du Meridian) is second most Jitsu. Now go back to the Shigo Table. What meridian is the pair of SI meridian? It is LR meridian. Remember, in Shigo, if one side is Jitsu, then the other side is Kyo. Since SI meridian is Jitsu, the pair meridian, LR should be kyo.

Thus, it is concluded that patient A's pattern is LU Kyo LR Kyo Sho.

Fuku Ki Shin Shindan Jutsu (Abdominal Ki Needle diagnoses)

This is a “non-questioning” diagnosis: Tonify appropriate points selected from Abdominal Diagnostic Five Points and check if the pulse is changed.

This technique proved the existence of such *Sho* (Patterns) as “*Shin Kyo Sho* (HT Deficiency Pattern)” and “*Shinpo Kyo Sho* (PC Deficiency Pattern),” which were said that did not exist in the traditional meridian therapy. Introducing these new *Sho* increased the applicability of the Hari treatments into wider range of disorders and among anything else, the results have become significantly improved. *Yin Jitsu Sha Ho* (Yin Excess Dispersing Technique) requires careful applications because if the diagnose is not correct, it could drain the Ki. However, by applying the Abdominal Ki Needle Diagnostic technique prior, the practitioner can easily reach the accurate diagnosis on whether the pattern is *Ou Ki Jitsu* (Natural Ki Excess) or *Ja Jitsu* (Ja Ki Excess/Evil Qi Excess), which is especially true in the KI and HT channels.

Abdominal Diagnostic Six Points

Selection of the abdominal points is based on the description of the following classics: *Ruikei*, *Nan Jing*, and “*Ju Yon Kei Hakki*”

1. Ren 12 (Chu In/Zhong Wan): LU meridian originates from Ren 12 (Middle Burner) (*Ruikei*)
2. Ren 10 (Ka In/Xia Wan): Meeting Point of Ren with SP Meridian
3. Ren 14 (Kyo Kan/ Ju Que): Front Mu Point of HT Meridian
4. Ren 17 (Dan Chu/Shan Zhong): Front Mu Point of PC Meridian
5. LR 14 (Ki Mon/Qi Men): Front Mu Point of LR Meridian
6. Ren 6 (Ki Hai/Qi Hai): lies in Ki Hai, Tan Den (Dan Tien). (Kidney Pulsation in Tanden, Kikai "sea of Ki /CV6 (腎間の動悸は気海丹田にあり)

Key in Ho techniques

Most important skill in Shigo, Honchi, and Hyochi Hos: *Oshide*

How to make a perfect *Oshide* (Supporting Hand)? *Oshide* that does not leak Ki.

Stroke a finger (usually index or thumb) along the meridian and find the point. Place the needle gently on the point, press with the index finger and the thumb together and feel the needle. Gradually increase the pressure of *Oshide* and guide Ki to where the finger and thumb are toughed.

In Ho ho (Tonifying Method), a typical mistake is incomplete tonification. In other words, the practitioner means to tonify, but actually Ki is leaking during the operation of the method. Thus, the effect is decreased. If Ki leaks while tonifying, the practitioner is doing *Hochu no Sha* (Dispersing with Tonification) instead. This could lead to a wrong diagnosis. So, make sure to make a perfect *Oshide* so that there is no Ki leakage from the *Oshide*.



Shigo Ryu Chu Ji Time Table

(Table 1)

Time (Inner circle, Outer circle)

- 11pm - 1am: Rat, GB
- 1-3am: Cow, LR
- 3-5am: Tiger, LU
- 5-7am: Rabbit, LI
- 7-9am: Dragon, ST
- 9-11am: Snake, SP
- 11am-1pm: Horse, HT
- 1-3pm: Sheep or Ram, SI
- 3-5pm: Monkey, BL
- 5-7pm: Rooster, KI
- 7-9pm: Dog, PC
- 9-11pm: Boor, SJ

Eight EV Points Table (Table 2)

Du: SI 3 (Go Kei)	Yang Qiao: BL 62 (Shin Myaku)
Ren: LU 7 (Rekketsu)	Yin Qiao: KI 6 (Syo Kai)
Chong: SP 4 (Kou Son) - SP & KI Meridians	Yin Wei: PC 6 (Nai Kan)
Dai: GB 41 (Rin Kyu)	Yang Wei: SJ 5 (Gai Kan)