

# *Tanshi* 单刺 **Single Needle Technique**



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# Needles and Purpose:



- Decide the gauge based on the deficiency or excess of the area to be needled as well as on the overall deficiency and excess.
- It is non retaining (*chishin*) needle technique.
- The *tanshi* technique is mainly used during the root treatment for tonification or dispersion of defensive ki or nutritive ki.

# Tonification for Defensive Ki-1



- Areas that are deficient in defensive ki lack strength, and are depressed and cold. Or, they could be very soft and lack strength when pressed. Locate the point within this area and then perform the stroking technique in order to gather ki to this spot. At this time care must be taken not to press more than necessary on this area since doing so can cause a loss of yang ki. It is best to just lightly touch the supporting hand to the area with the acupuncture point.

# Tonification for Defensive Ki-2



- Next, touch the tip of the needle to the skin, pointing in the direction of the flow of the meridian. Hold that position for a few breaths until the meridian and acupuncture point becomes warm and stronger. Do not try too hard to insert the needle. It should feel more like the needle just naturally slips in. Of course, it is important to not cause any pain.
- [Movie-1](#)
- [Movie-2](#)

# Tonification for Nutritive Ki-1



- Areas that are deficient in nutritive ki (blood) usually show a protuberance. Use the flicking and fingernail pressing techniques to reveal (open) the acupuncture point at this spot. Place the insertion tube (or needle tip if you are not using an insertion tube) against the skin and insert the needle.

# Tonification for Nutritive Ki-2



- Only insert the needle to the depth to which it gently penetrates, and then wait for the count of a few breaths while the needled area becomes filled with ki. However, if there is no feeling of ki filling the area, try twisting the needle in the direction for tonification (clockwise) or try vibrating it. Remove the needle when it feels heavy, as this is an indication of the arrival of ki.
- [Movie-1](#)
- [Movie-2](#)

# Dispersion for Defensive Ki



- The technique for the dispersion of defensive ki is basically the same as the *sanshin* technique that is used for the dispersion of defensive ki except that specific acupuncture points are used for the single needle technique. A slight insertion of about 1mm is used for this technique, which is generally used on the yang channels. The patient should feel a prick similar to that of being bit by a mosquito.
- [Movie](#)

# Dispersion for Nutritive Ki-1



- The technique used for the dispersion of nutritive ki (blood) is used on indurations. First, thoroughly palpate the selected area to determine the location of indurations and then insert a needle into the center of each induration. It is important to not skewer, or needle through, any of the indurations.



# Dispersion for Nutritive Ki-2



- When indurations are needed, the needle should start to feel heavy. Hold this position for a few breaths. However, if it seems to be taking a long time to make the indurations disappear, try using a pecking technique: a light and quick thrusting motion like that of a sparrow. If that does not work, try the pecking technique with a thicker needle.
- [Movie](#)

# Needling and Ki:



- Create warmth with *Oshide*. Note appropriate depth, sensing (especially ki), and timing.
- Ki comes like an ocean wave, rising then falling, and repeats. If this wave is repeated too much, the needling becomes a dispersion technique and the wave will cease. For this reason, longer is not better. Timing varies from several seconds to just a few minutes. The timing of withdrawal is important. If you miss the first wave, wait for the second. Withdraw the needle when the wave crests.

# Needling and Ki-2



- Retaining needles work on the physical ki. JA. style techniques are working at the mental and spiritual levels. When balance is attained at this spiritual level, the physical level will become balanced. 'This happens at the moment the needle touches the skin.
- Nutritive Ki is traveling at approximately 10 cm/sec. It takes a certain amount of time to balance the meridian but the moment you touch the point the pulse changes.