

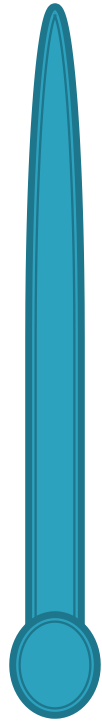
Touching Needle Teishin

T. Koei Kuwahara Lic. Ac.

Teishin is One of classic nine needle



▶ Style

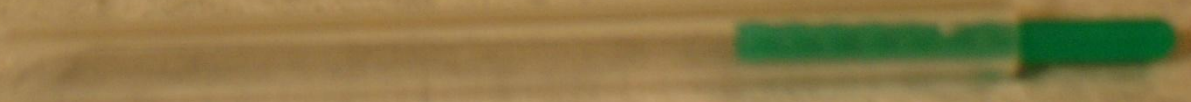


Kozato



classic





Goshin style Ultra Thin Teishin



Goshin

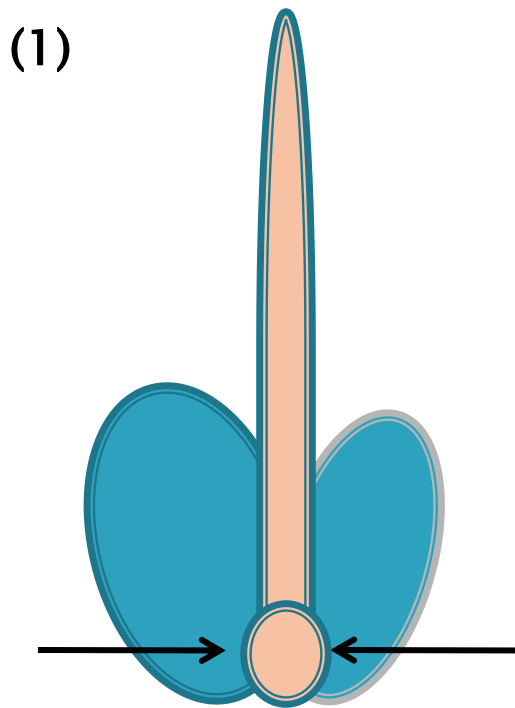


Teishin

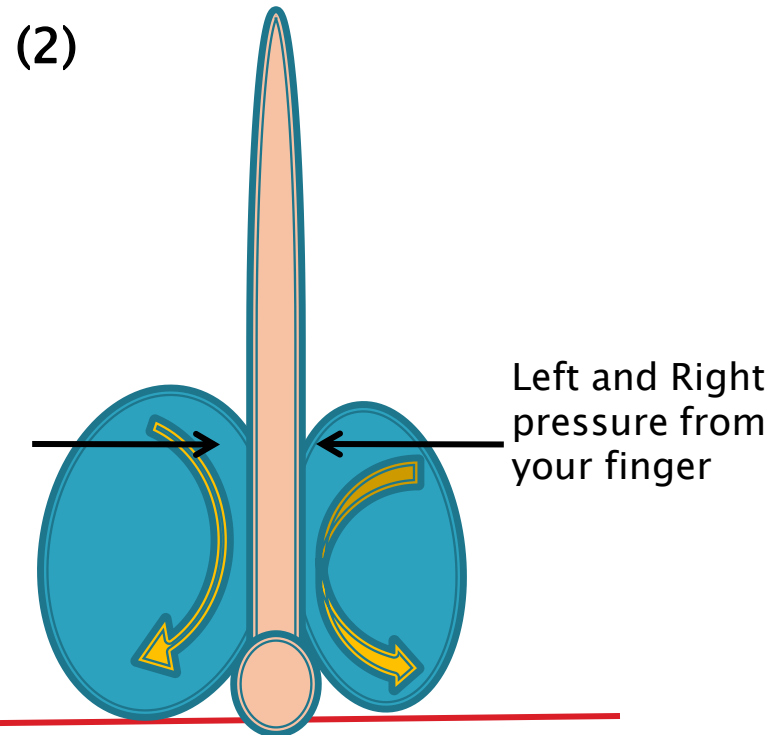
Tonification for Defensive Ki

- ▶ 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 pushing 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.
- ▶ 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.

Tonification



Beginning



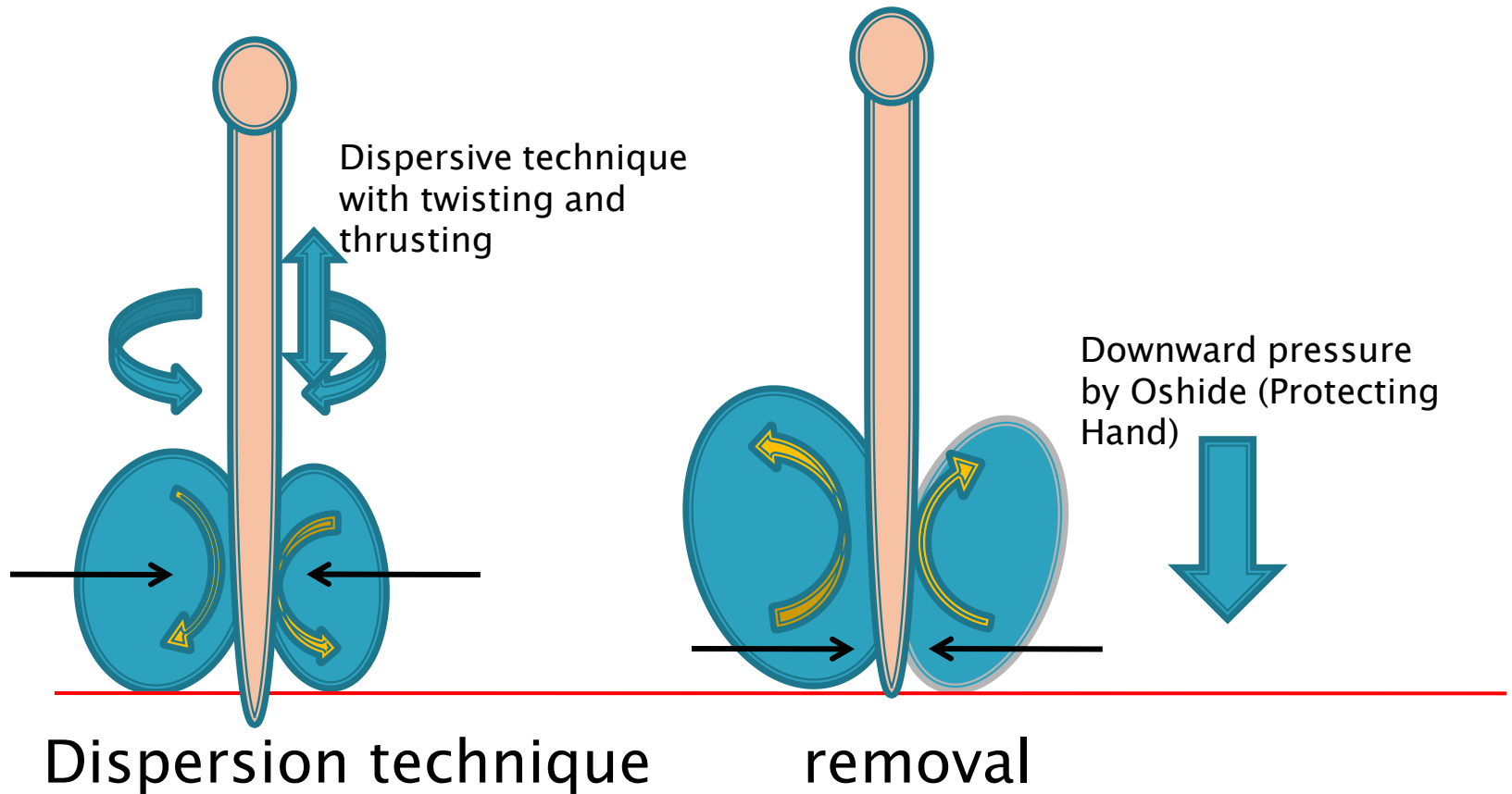
Tonification and removal



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.

Dispersion



Needling and Ki:

- ▶ 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.
- ▶ Japanese acupuncture in general works more at the spiritual level. When balance is attained at this spiritual level, the physical level will become balanced.