

## Revision of BKP 105

1. Explain the law of deficiency
2. What is the law of stimulation?
3. What is the horary effect and what do you use the horary point for?
4. Midday/midnight effect, what is the difference between mild and more intense stimulation?
5. What are Luo points and how are they used?
6. Laws of the 5 elements?
7. How do you use acupressure?
8. What types of acu-points do you know and what do you know about them?
9. Explain yin/yang
10. What kind of influences can upset the body's polarity balance? How do you test for imbalance?
11. what is the 5-Element tap?
12. Alarm points
13. Review muscles: Levator scapulae, Triceps, Subclavius, Rectus abdominis, Sacrospinalis, Upper Trapezius, Piriformis, Sartorius, Popliteus, Rhomboids, Coracobrachialis, Hamstrings.  
Where are they on the body, what movement do they make and how do you test them?