

WU'S HEAD MASSAGE (WHM) Exam Paper

Name:

Date:

1. Who is the author of Wu's Head Massage?

2. How many standard movements are there in Wu's Head Massage?

- A. 20
- B. 40
- C. 50
- D. 60

3. The basic theories of Wu's Head Massage is based on the Traditional Chinese Meridian theory;

A. Which book is the main theory derived from?

- I. The Yellow Emperor' s Canon of Internal Medicine - Essential Question
- II. The Yellow Emperor's Canon of Internal Medicine - Miraculous Pivot-Five Color Theories
- III. Treatise on Febrile Diseases
- IV. Treatise on Febrile and Miscellaneous Diseases

B. Which area is a reflection of the organs?

- I. Head
- II. Neck
- III. Face
- IV. Ear

C. Which would you apply to the *head* reflection area?

- I. Ear needle
- II. Tongue needle
- III. Head needle
- IV. Eyes needle

D. Which would you apply to the ear reflection area?

- I. Tongue needle
- II. Head needle
- III. Ears needle
- IV. Nose needle

4. With regards to the difference between Tuina (Chinese massage) and typical Western style massage,

A. Tuina relates mainly to?

- I. Soft Tissue
- II. Meridians & Points
- III. Bones
- IV. Visalia System

B. Western style massage relates mainly to?

- I. Bones
- II. Visalia system
- III. Soft tissue
- IV. Meridians & Points

5. The movements of Wu's Head Massage are divided into 5 sections; please circle.

- A. Face
- B. Foot
- C. Head
- D. Ear
- E. Neck
- F. Hand
- G. Back
- H. Lower back
- I. Abdomen
- J. Chest

6. Please correctly match the following with a line, as it pertains to the 12 Primary Meridians;

| PART | – YING/YANG – | | ORGAN | |
|-------------|----------------------|-------------|--------------|-------------------|
| Hand | • | • Tai Yang | • | • Heart |
| Foot | • | • Shao Yin | • | • Stomach |
| Hand | • | • Shao Yang | • | • San Jiao |
| Foot | • | • Tai Yin | • | • Large intestine |
| Hand | • | • Jue Yin | • | • Lung |
| Foot | • | • Shao Yang | • | • Pericardium |
| Hand | • | • Yang Ming | • | • Liver |
| Foot | • | • Shao Ming | • | • Spleen |
| Hand | • | • Jue Yin | • | • Gall Bladder |
| Foot | • | • Tai Yin | • | • Kidney |
| Hand | • | • Yang Ming | • | • Bladder |
| Foot | • | • Tai Yin | • | • Small intestine |

7. The main meridians of Wu's Head Massage are:

- A. 3 lines of hand yang meridian
- B. 3 lines of foot yin meridian
- C. 3 lines of hand yin meridian
- D. 3 lines of hand and foot yang meridian

8. Which of the 8 Eight Extraordinary meridians are used often by WHM?

- A. Yin Qiao & Yang Qiao
- B. Dai meridian (girdle meridian)
- C. Ren meridian & Du meridian
- D. Yin meridian & Yang meridian

9. Please match the following with a line as it pertains to the Meridian Pathways of the Head;

| | | | |
|--------------|---|---|--------------------|
| Side | • | • | Tai yang meridian |
| Back | • | • | Yang Ming meridian |
| Front | • | • | Ren meridian |
| Centre Front | • | • | Du meridian |
| Centre Back | • | • | Shao Yang meridian |

10. The bone proportional measurement used in Wu's Head Massage; Please match the following

| 3 CUN | 3 CUN | 18 CUN | 12 CUN | 9 CUN | 9 CUN |
|--|-------|--------|--------|-------|-------|
| A. Between the corners of the forehead (Touwei ST 8) | | | | | |
| B. From the point below the spinous process of the 7 th cervical vertebra (Dazhui, DU 14) to the midpoint of the posterior hairline | | | | | |
| C. From the midpoint of the anterior hairline to the midpoint of the posterior hairline | | | | | |
| D. From Yintang (EX-HN3) to the midpoint of the anterior hairline | | | | | |
| E. From Yintang (EX-HN3) to the mid-point of the anterior hairline, and then to the point below the spinous process of the 7 th cervical vertebra (Dazhui 14) | | | | | |
| F. Between the bilateral mastoid processes | | | | | |

11. Please indicate which meridian points are located in the eye area by circling the correct options;

- A. Sisencong (Four spirit, EX-HN1)
- B. Jingming (Bright eye, UB1)
- C. Fenchi (Wind pool, BG20)
- D. Zanzhu (Bamboo gathering, UB2)
- E. Tongziliao (Pupil Bone Hole, GB1)
- F. Yuyao (Fish waist, EX-HN4)
- G. Yingxiang (Welcome fragrance, LI20)
- H. Sizhukong (Silk bamboo hole, SJ23)

12. Please indicate which meridian points are located in the ear area by circling the correct options;

- A. Baihui (Hundred convergences, GV-DU20)
- B. Yifeng (Wind screen, SJ17)
- C. Dicang (Earth granary, ST4)
- D. Tinggong (Auditory palace, SI19)
- E. Quchai (Deviating turn, UB4)
- F. Ermen (Eargate, SJ21)
- G. Tinghui (Auditory convergence, GB2)
- H. Shenting(Spirit court, DU24)

13. Please indicate which meridian points are located on the Head area by circling the correct options;

- A. Lianquan (Ridge spring, CV-REN23)
- B. Shangxing (Upper star, GV-DU23)
- C. Toulinqi (Head overlooking tears, GB15)
- D. Futu (Protuberance Assistant, LI18)
- E. Touwei (Head corner, ST8)
- F. Shenting (Spirit court, GV-DU24)
- G. Jiache (Jawbone, ST6)
- H. Baihui (Hundred convergences, GV-DU20)

14. Please indicate which meridian points are located on the Face area by circling the correct options;

- A. Quepen (Empty basin, ST12)
- B. Daying (Great reception, ST5)
- C. Touwei (Head corner, ST8)
- D. Jiache (Jawbone, ST6)
- E. Xiaguan (Below the joint, ST7)
- F. Futu (Protuberance Assistant, LI18)
- G. Fenchi (Wind pool, GB20)
- H. Quanliao (Cheekbone hole, SI18)

15. Please indicate which meridian points are located in the neck area by circling the correct options;

- A. Renying (Man's Prognosis, ST9)
- B. Baihui (Hundred convergences, GV-DU20)
- C. Lianquan (Red spring, CV-REN23)
- D. Futu (Protuberance assistant, LI18)
- E. Yingxiang (Welcome fragrance, LI20)
- F. Shuaigu (Valley lead, GB8)
- G. Tinghui (Auditory convergence, GB2)
- H. Quepen (Empty basin, ST12)

16. Please indicate which meridian points are located on the mouth and nose area by circling the correct options;

- A. Dicang (earth granary, ST4)
- B. Fengchi (Wind pool, GB20)
- C. Chengjing (Sauce receptacle, CV-REN24)
- D. Shangxing (Upper star, GV-DU23)
- E. Yingxiang (Welcome fragrance, LI20)
- F. Quchai (Deviating turn, UB4)
- G. Shuigou (Water trough, GV-DU26)
- H. Yintang (Abundant Hall, EX-HN3)

17. According to the stimulation-area theory, the face manipulation points are based on?

- A. The Yellow Emperor's Canon of Internal Medicine - Essential Questions
- B. The Yellow Emperor's Canon of Internal Medicine - Miraculous Pivot (Lin Shu Jing) - Five Color Theories (Wu Se Pian)
- C. Treatises on Febrile Diseases

D. Treatises on Febrile & Miscellaneous Diseases

18. In Wu's Head massage, the face stimulation areas are divided into six sections; please connect the correct correlations with a line;

- | | | |
|--------------|---|--|
| Upper-jiao | • | Includes the zone of zygoma |
| Middle-jiao | • | Includes the auditory zone |
| Lower-jiao | • | Below the horizontal line of the wing of the nose |
| Spine & Back | • | Begins at the horizontal line of the eye orbital to the anterior hairline |
| Upper Limbs | • | Zone of the cheek, oral zone & mandible |
| Lower Limbs | • | From the horizontal line of the wing (nostril) of the nose to the horizontal line of the eye-orbital |

19. Please indicate which area correlates to the following given options;

- A. Foot/lower limb**
- B. Spine/back**
- C. Hand/upper limb**
- D. Upper Jiao**
- E. Middle Jiao**
- F. Lower Jiao**

| | | | |
|----------------------|--|----------------|--|
| Head and Face region | | Kidney | |
| Thoracic region | | Navel region | |
| Lung | | Spine | |
| Heart | | Shoulder | |
| Chest | | Arm | |
| Liver | | Hand | |
| Spleen | | Groin | |
| Gallbladder | | Thigh | |
| Stomach | | Knee | |
| Small Intestine | | Knee & patella | |
| Large Intestine | | Tibia | |

| | | | |
|---------------------------------------|--|------|--|
| Bladder, Uterus, reproductive area | | Foot | |
|---------------------------------------|--|------|--|

20. Listed are the stimulation areas of the Lateral Side of the Head, Please connect the correct area to its function with a line;

- | | |
|-----------------------|---|
| Motor area | • The parallel line, 1.5 cm behind the Motor area, the lower point is at the anterior border of the natural line of the hair at the temple |
| Sensory area | • the point 0.5 cm posterior to the midpoint of the Antero-Posterior Midline is the upper point the lower point is at the anterior border of the natural line of the hair at the temple |
| Vertigo-Auditory area | • a (A) cm horizontal, straight line located on the site, (B) cm directly above the Auricula Apex. |

A. With regards to the Vertigo-Auditory area, the horizontal line is how many cm?

- I. 1 cm
- II. 1.5 cm
- III. 0.5 cm
- IV. 2 cm

B. With regards to the Vertigo-Auditory area, the area site is located how many cm above the auricula apex?

- I. 1 cm
- II. 1.5 cm
- III. 2 cm
- IV. 2.5 cm