# ACUPUNCTURE BOARD PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

### 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

### 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

### 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

### 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

### 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

### 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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# Questions

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**1. What is the relationship between the Lung and Spleen meridians in acupuncture practice?**

A. The Lung controls the Spleen's functions

B. They are not related

C. The Spleen supports the Lung

D. Both control body fluids

**2. Which of the following structures is associated with the liver?**

A. Eyes

B. Skin

C. Kidneys

D. Stomach

**3. What is the front mu point for the liver?**

A. HE 8

B. HE 9

C. LV 14

D. SP 3

**4. Which organ is part of the Yin category?**

A. Gallbladder

B. Large intestine

C. Heart

D. San jiao

**5. Which point is the shu-stream point (yuan source) on the spleen meridian?**

A. HE 9

B. HE 3

C. SP 1

D. SP 3

**6. What is a primary function of the lung meridian?**

A. Regulates body temperature and hair growth

B. Controls respiration and disperses Qi

C. Transports nutrients and regulates moisture

D. Governs muscle movement and strength

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**7. Which meridian is associated with the storage of fluids and plays a role in the production of qi?**

A. Lung meridian

B. Spleen meridian

C. San Jiao meridian

D. Pericardium meridian

**8. During which time in the horary cycle is the kidney most active?**

A. 9am-11am

B. 5pm-7pm

C. 11am-1pm

D. 11pm-1am

**9. Which of the following is NOT an extra fu organ?**

A. Vessels

B. Uterus

C. Brain

D. Stomach

**10. What is the starting point for the liver meridian?**

A. Medial aspect of the fifth finger

B. Lateral aspect of the first toe

C. Center of the chest

D. Tip of the nose

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# Answers

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1. C
2. A
3. C
4. C
5. D
6. B
7. B
8. B
9. D
10. B

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# Explanations

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## 1. What is the relationship between the Lung and Spleen meridians in acupuncture practice?

A. The Lung controls the Spleen's functions

B. They are not related

C. The Spleen supports the Lung

D. Both control body fluids

*The relationship between the Lung and Spleen meridians in acupuncture practice is based on their functional interdependence in the body's systems. The Spleen is primarily responsible for the production of Qi and blood from the food and fluids consumed, thus it plays a vital role in supporting the Lung by providing the necessary nutrients and energy needed for proper respiration and overall function. In traditional Chinese medicine, the Spleen's ability to transform and transport nutrients directly influences the Lungs, as the Lungs depend on a balanced supply of Qi and blood to carry out their functions effectively, including maintaining healthy respiratory function and distributing moisture throughout the body. This support is essential because the Lungs are not only involved in breathing, but also in managing body fluids and dispersing them, which requires the nourishment and energy provided by the Spleen. When the Spleen is functioning optimally, it ensures the Lungs receive the support needed to operate efficiently, linking their roles in maintaining health and balance within the body's systems.*

## 2. Which of the following structures is associated with the liver?

A. Eyes

B. Skin

C. Kidneys

D. Stomach

*The liver is traditionally associated with various organs and systems in the body, particularly in traditional Chinese medicine (TCM), where each organ has specific emotional and physiological correlations. In TCM, the liver is closely linked to the eyes. This connection stems from the belief that the liver stores blood, which nourishes the eyes. A deficiency in liver blood can lead to vision problems, dryness, or even night blindness. Thus, when assessing overall health, practitioners often evaluate the condition of the eyes as they relate to liver function. In contrast, while the skin, kidneys, and stomach are undoubtedly important organs, their associations are different in TCM. For instance, the skin is thought to be more closely linked to the lungs, the kidneys are associated with reproductive and urinary functions, and the stomach plays a key role in digestion as part of the spleen systems. Each organ has its unique relationships and manifestations, but in the context of liver associations, the eyes stand out as the correct choice.*

## 3. What is the front mu point for the liver?

A. HE 8

B. HE 9

C. LV 14

D. SP 3

*The front mu point for the liver is located at LV 14, which corresponds to the area of the liver in the body. Front mu points are known as the 'alarm points' and are typically found on the anterior aspect of the body where the corresponding organ's energy can be accessed most readily. LV 14 is situated on the lateral side of the ribcage, specifically at the sixth intercostal space, making it easily accessible for acupuncture and related therapies. This point plays a significant role in diagnosing and treating liver-related issues, as it helps to facilitate the flow of liver qi and enhances the function of the liver. By stimulating this point, practitioners aim to harmonize liver energy, alleviate stagnation, and support vital functions associated with the liver, such as detoxification and emotional well-being.*

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## 4. Which organ is part of the Yin category?

A. Gallbladder

B. Large intestine

C. Heart

D. San jiao

*The heart is considered part of the Yin category due to its associations within Traditional Chinese Medicine (TCM). In TCM, organs are classified into Yin and Yang categories based on their characteristics and functions. Yin organs, also known as solid organs, are responsible for storing and maintaining essential life substances, such as blood and essence. The heart plays a crucial role in this framework as it governs blood circulation and houses the "Shen" or spirit, which is essential for emotional and mental well-being. It is characterized by qualities such as fullness, stability, and substance, aligning it with the Yin properties. In contrast, the other organs listed—such as the gallbladder, large intestine, and san jiao—are categorized as Yang organs, which generally have more active and dynamic roles in processes like digestion and metabolism. Yang organs often have hollow structures and are involved in the movement and transformation of materials rather than storage. This distinction underscores why the heart is uniquely identified with the Yin category, highlighting its role in maintaining balance and harmony in the body's functions.*

## 5. Which point is the shu-stream point (yuan source) on the spleen meridian?

A. HE 9

B. HE 3

C. SP 1

D. SP 3

*The shu-stream point (also known as the yuan source point) for the spleen meridian is SP 3. This point is significant in Traditional Chinese Medicine as it serves multiple functions, including the ability to tonify the spleen and support digestion. It is located on the medial side of the foot, just proximal to the first metatarsophalangeal joint, making it an accessible point for treatment. In the context of the spleen meridian, SP 3 not only plays a key role in nourishing the spleen and harmonizing its energy but also helps with the flow of qi and blood in the body. Its characterization as a shu-stream point means it is effective for the disorders associated with the organ it corresponds to, in this case, the spleen. The other points listed, such as those associated with the heart meridian (HE 9 and HE 3) and SP 1, do not serve the same specific function as the shu-stream point on the spleen meridian, thereby affirming SP 3's unique role in tonifying and regulating spleen energy.*

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## 6. What is a primary function of the lung meridian?

A. Regulates body temperature and hair growth

B. Controls respiration and disperses Qi

C. Transports nutrients and regulates moisture

D. Governs muscle movement and strength

*The primary function of the lung meridian is to control respiration and disperse Qi. This meridian plays a crucial role in the body's ability to exchange gases, allowing for oxygen intake and carbon dioxide removal, which is essential for maintaining life. The lung meridian is connected to the respiratory system and helps regulate the flow of Qi throughout the body, supporting both physical and emotional well-being. Furthermore, the lung meridian is also responsible for managing the distribution of various forms of Qi, including defensive Qi, which protects the body from external pathogens. This connection to the immune system further emphasizes the importance of the lung's role in maintaining overall health. In contrast, the other answer choices relate to functions that are associated with different meridians. For example, the regulation of body temperature and hair growth is primarily related to the kidney or spleen meridians. The transportation of nutrients and regulation of moisture are also functions more aligned with the spleen, while muscle movement and strength are mainly governed by the liver and spleen meridians. Understanding the specific roles of each meridian is vital for practitioners of acupuncture and traditional Chinese medicine.*

## 7. Which meridian is associated with the storage of fluids and plays a role in the production of qi?

A. Lung meridian

B. Spleen meridian

C. San Jiao meridian

D. Pericardium meridian

*The Spleen meridian is fundamentally associated with the storage of fluids and plays a vital role in the production of qi. In Traditional Chinese Medicine, the Spleen is seen as responsible for the transformation and transportation of nutrients and fluids within the body. This process is essential for generating qi, the vital life force that sustains health and vitality. Furthermore, the Spleen regulates water metabolism, ensuring that fluids are properly distributed and not stagnated, which is pivotal in maintaining balance within the body. An efficient Spleen function helps to prevent conditions such as dampness or phlegm accumulation, which can obstruct the flow of qi and lead to various health problems. The other meridians mentioned also have important functions but do not primarily focus on the storage of fluids or the core production of qi in the same way the Spleen does. For example, the Lung meridian plays a crucial role in respiration and the exchange of qi with the environment, while the San Jiao meridian is involved in distributing qi and fluids throughout the body but does not directly store them. The Pericardium meridian protects the heart and influences emotional health, but it does not play a primary role in the storage of fluids or qi production.*

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## 8. During which time in the horary cycle is the kidney most active?

A. 9am-11am

B. 5pm-7pm

C. 11am-1pm

D. 11pm-1am

*In Traditional Chinese Medicine (TCM), the horary cycle refers to the 24-hour cycle in which each organ system exhibits peak activity at specific times. The kidneys are associated with water, storage, and reproduction, and their most active time is from 5 pm to 7 pm. During this period, the body is thought to focus on storage and nourishing, relating to the function of the kidneys in managing the body's fluids, supporting adrenal function, and influencing overall vitality. This time is also significant for winding down, preparing for rest, which aligns with the kidneys' role in conserving energy and supporting restorative processes. Understanding the timing of organ activities helps practitioners optimize treatments, tailor acupuncture sessions, and offer lifestyle advice that harmonizes with the body's natural rhythms.*

## 9. Which of the following is NOT an extra fu organ?

A. Vessels

B. Uterus

C. Brain

D. Stomach

*The stomach is classified as a regular zang-fu organ in Traditional Chinese Medicine (TCM), specifically a fu organ that plays a crucial role in digestion and the transformation of food into qi and blood. Unlike the extra fu organs, which have special functions and are not considered part of the main organ system, the stomach is integral to the overall functioning of the body's digestive system. Extra fu organs, such as the vessels, uterus, and brain, are understood to hold particular significance in TCM because they possess unique characteristics and play vital roles beyond the conventional understanding of organ systems. For instance, the vessels are critical for the circulation of blood and qi, the uterus is central in reproductive health, and the brain is linked with mental and neurological processes. In summary, since the stomach is a standard fu organ essential for digestion, it is not considered an extra fu organ, setting it apart from others listed in the question.*

## 10. What is the starting point for the liver meridian?

A. Medial aspect of the fifth finger

B. Lateral aspect of the first toe

C. Center of the chest

D. Tip of the nose

*The starting point for the liver meridian is indeed located at the lateral aspect of the first toe, known as the liver 1 (LR 1) point, or "Dadun." This location is significant in Traditional Chinese Medicine (TCM) because it serves as the starting point for the liver meridian, which governs the flow of Qi (energy) through the body. The liver is associated with the storage of blood, regulation of emotions, and overall balance within the body's systems. The liver meridian then follows a pathway that travels upward through the leg, connecting with various organs and points along its route, ultimately contributing to the meridian's role in maintaining holistic health. Understanding the starting point helps practitioners in acupuncture and TCM locate and manipulate the meridian effectively for therapeutic purposes. In contrast, the other options presented refer to starting points of different meridians in the TCM system. The medial aspect of the fifth finger is related to the heart meridian, while the center of the chest corresponds to the pericardium meridian, and the tip of the nose is often associated with the stomach meridian. Knowing the specific meridian pathways is essential for practitioners when diagnosing and crafting treatment plans based on TCM principles.*

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# Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://ancupunctureboard.examzify.com

We wish you the very best on your exam journey. You've got this!

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