TCM FOUNDATIONS BOARD: DAILY PRACTICE TEST (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 appropriate method of needling the second Bladder line above L1?**

   A. Obliquely 0.3 to 0.5 cun

   B. Obliquely 0.5 to 1 cun

   C. Perpendicularly 0.5 to 0.7 cun

   D. Perpendicularly 0.3 to 0.5 cun

2. **Which organ influences our capacity for hard work and skilled, delicate activities?**

   A. Heart

   B. Kidneys

   C. Lungs

   D. Liver

3. **When utilizing scalp acupuncture for internal organ diseases, what is the recommended approach?**

   A. Scalp area on the same side as the affected organ

   B. Scalp areas on both sides of the head

   C. Scalp area on the opposite side of the affected organ

   D. Alternate treatment from same side to opposite side of affected organ

4. **What is the term used for sweat pores in Chinese Medicine?**

   A. Fu Holes

   B. Qi Holes

   C. Luo Holes

   D. Water Holes

5. **What condition does kou mai (hollow pulse) often indicate?**

   A. Deficiency of qi

   B. Hemorrhage

   C. Stagnation of blood

   D. Qi deficiency

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6. A patient with excessive menstruation shows pulses that are surging, large, slippery, and rapid. This likely indicates?

A. Yin vacuity fire

B. Blood heat in the penetrating and conception vessels

C. Dampness

D. Yang vacuity debilitation

7. Excess worrying that leads to an inability to relax is an example of?

A. Yin depleting Yang

B. Yang depleting Yin

C. Transformation of Yin to Yang

D. Transformation of Yang to Yin

8. What differentiates the three orthodox forms of cupping?

A. Types of cups used

B. Time the cups are left on the skin

C. Size of the cups

D. Amount of suction used

9. Which hand jue yin channels connect with the upper, middle, and lower jiaos?

A. Pericardium primary and Pericardium divergent channels

B. Pericardium primary and Pericardium luo-connecting channels

C. Pericardium divergent and Pericardium muscle channels

D. Pericardium muscle and Pericardium luo-connecting channels

10. A patient presents with dizziness, nervousness, and lack of initiative. What pulse is expected?

A. Slow pulse

B. Weak pulse

C. Tight pulse

D. Wiry pulse

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Answers

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

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Explanations

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1. What is the appropriate method of needling the second Bladder line above L1?

A. Obliquely 0.3 to 0.5 cun

B. Obliquely 0.5 to 1 cun

C. Perpendicularly 0.5 to 0.7 cun

D. Perpendicularly 0.3 to 0.5 cun

The appropriate method for needling the second Bladder line above L1 is to insert the needle obliquely between 0.3 to 0.5 cun. This technique is consistent with traditional Chinese medicine practices, where the needling depth and angle can significantly affect the therapeutic outcome. Needling obliquely allows for better access to muscular and fascial layers without causing excessive discomfort or injury to surrounding tissues. The depth of 0.3 to 0.5 cun is also appropriate for this area, as it typically minimizes the risk of penetrating too deeply and impacting deeper structures, such as organs or nerves that are located in close proximity. Additionally, understanding the anatomy and the specific location of the Bladder points is crucial for safe and effective treatment. In this context, using a shallower and oblique angle aligns well with both anatomical considerations and the principles of acupuncture practice. This technique ensures that the needle reaches the target meridian while maintaining the safety and comfort of the patient.

2. Which organ influences our capacity for hard work and skilled, delicate activities?

A. Heart

B. Kidneys

C. Lungs

D. Liver

The kidneys play a crucial role in traditional Chinese medicine (TCM), particularly when it comes to influencing our overall vitality and endurance. In TCM, the kidneys are often associated with the concept of "Jing" or essence, which is fundamental to growth, development, and energy levels. This essence is believed to govern our stamina and physical strength, thereby directly affecting our capacity for hard work. In addition, the kidneys are thought to provide the foundational energy necessary to support other organs, contributing to their functions and overall health. When the kidney energy is strong, a person is better equipped to engage in strenuous physical labor or skilled, delicate activities that require focus, coordination, and sustained effort. While other organs like the heart, lungs, and liver all have important roles in TCM, they do not specifically embody the foundational vigor and endurance that the kidneys represent. The heart relates more to emotions and blood circulation, the lungs are associated with the qi (vital energy) and respiration, and the liver is integral to the smooth flow of qi and emotional balance. None of these organs directly anchors the capacity for hard work and endurance in the same way that the kidneys do.

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3. When utilizing scalp acupuncture for internal organ diseases, what is the recommended approach?

A. Scalp area on the same side as the affected organ

B. Scalp areas on both sides of the head

C. Scalp area on the opposite side of the affected organ

D. Alternate treatment from same side to opposite side of affected organ

The recommended approach for utilizing scalp acupuncture in the treatment of internal organ diseases involves stimulating scalp areas on both sides of the head. This technique is based on the concept that scalp acupuncture can influence various body organs through the corresponding areas in the scalp, and treating both sides can enhance the overall therapeutic effect. By tapping into these bilateral acupuncture points, practitioners amplify the potential for harmonizing the internal bodily functions and address any imbalances in a more holistic manner. This approach is especially beneficial as it acknowledges that many organ systems interact and influence each other, contributing to a more comprehensive treatment outcome. Certain diseases may have related manifestations on both sides of the body, and stimulating points bilaterally can facilitate better energetic circulation and balance. Additionally, this bilateral treatment can support patients with complex or multifactorial conditions, as it allows for a richer and more integrative response to therapy.

4. What is the term used for sweat pores in Chinese Medicine?

A. Fu Holes

B. Qi Holes

C. Luo Holes

D. Water Holes

In Traditional Chinese Medicine (TCM), sweat pores are referred to as "Qi Holes." This term underscores the integral relationship between qi (vital energy) and the functioning of sweat pores. Qi is essential for various physiological processes, including the regulation of body temperature and the excretion of waste through sweating. The concept emphasizes how the availability and smooth flow of qi influence perspiration, thereby impacting the body's ability to maintain homeostasis and overall health. The other terms listed do not specifically relate to sweat pores. "Fu Holes," for instance, generally refers to the openings of various organ systems. "Luo Holes" typically pertains to the collaterals in meridian theory, while "Water Holes" is not a recognized term in TCM related to the body's physiological functions. Understanding these distinctions is crucial for comprehending how TCM views the interrelationships of bodily functions and their terminologies.

5. What condition does kou mai (hollow pulse) often indicate?

A. Deficiency of qi

B. Hemorrhage

C. Stagnation of blood

D. Qi deficiency

Kou mai, or hollow pulse, is typically associated with the condition of hemorrhage. This pulse manifests as being thin and weak, suggesting that there is a loss of blood or a significant deficiency in vital substances due to bleeding. In Traditional Chinese Medicine, hemorrhage can lead to a depletion of the blood and, consequently, a weakened pulse. When hemorrhage occurs, the body loses not just blood but also the "qi" that is nourished by it. This leads to significant changes in the pulse quality, resulting in what is perceived as a hollow sensation upon palpation. Other conditions associated with weak pulse may have overlapping symptoms but do not specifically point to the hollow quality that indicates active blood loss. While qi deficiency and other forms of stagnation or deficiency may present their own unique pulse characteristics, kou mai distinctly suggests a state where blood loss is significant enough to alter pulse dynamics in this notable way.

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6. A patient with excessive menstruation shows pulses that are surging, large, slippery, and rapid. This likely indicates?

A. Yin vacuity fire

B. Blood heat in the penetrating and conception vessels

C. Dampness

D. Yang vacuity debilitation

The presence of surging, large, slippery, and rapid pulses indicates a state of excess within the body, particularly associated with heat conditions. In Traditional Chinese Medicine, excessive menstruation, known as menorrhagia, coupled with these specific pulse qualities, points towards an underlying pattern of Blood Heat. Blood Heat in the penetrating and conception vessels signifies that there is an overabundance of heat in the blood, which can lead to excessive bleeding during menstruation. The surging quality of the pulse reflects the vigorous nature of the heat and the large and slippery characteristics suggest an abundance of blood and possibly phlegm-heat. Rapid pulses further emphasize the heat's presence, indicating a strong and possibly inflammatory process at play. In contrast, other options do not align as closely with the symptoms presented. Yin vacuity fire would typically manifest with more signs of deficiency rather than the robust characteristics observed here. Dampness would generally produce more stagnant or slippery pulses, but without the rapid and surging qualities. Yang vacuity debilitation tends to exhibit weak pulses, which contrasts sharply with the strong, surging presentation in this case. Thus, Blood Heat in the penetrating and conception vessels is the most accurate diagnosis based on the combination of excessive menstruation and the

7. Excess worrying that leads to an inability to relax is an example of?

A. Yin depleting Yang

B. Yang depleting Yin

C. Transformation of Yin to Yang

D. Transformation of Yang to Yin

The scenario described, wherein excessive worrying leads to an inability to relax, aligns with the concept of Yang depleting Yin. In Traditional Chinese Medicine (TCM), Yin represents qualities such as coolness, calmness, and nourishment, while Yang embodies activity, heat, and stimulation. When a person is in a state of excess worry, it creates a mental and emotional turmoil that can reduce their ability to calm the mind and body, which is closely related to Yin. This excessive worrying is primarily a Yang activity; it involves an overactive mind and increased emotional stress. As this Yang energy becomes overbearing, it can deplete the Yin, leading to symptoms such as insomnia, anxiety, and an overall inability to find tranquility. Therefore, the situation reflects a depletion of Yin resources due to the overwhelming influence of Yang, ultimately hindering relaxation and restful states. Recognizing this pattern is crucial in TCM for understanding how emotional states can affect physical health and balance within the body. Treatments might focus on nourishing Yin to counter the excessive Yang activity, helping the individual adapt to a more harmonious state of being.

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8. What differentiates the three orthodox forms of cupping?

A. Types of cups used

B. Time the cups are left on the skin

C. Size of the cups

D. Amount of suction used

The differentiation of the three orthodox forms of cupping is primarily based on the time the cups are left on the skin. Each cupping method—whether it's dry cupping, wet cupping, or flash cupping—can vary significantly in duration. For instance, in dry cupping, the cups might be left on for a shorter span compared to wet cupping, which may require more time to allow for the bloodletting process. Flash cupping typically involves quick application and removal. The duration affects how deeply the underlying tissues are affected and the overall therapeutic outcome. While the types of cups, sizes, and amounts of suction can play a role in the specific technique used, they are not as definitive in differentiating these traditional forms as the duration of application is. Each method aims to achieve various therapeutic goals, which is closely tied to how long the cups stay on the skin.

9. Which hand jue yin channels connect with the upper, middle, and lower jiaos?

A. Pericardium primary and Pericardium divergent channels

B. Pericardium primary and Pericardium luo-connecting channels

C. Pericardium divergent and Pericardium muscle channels

D. Pericardium muscle and Pericardium luo-connecting channels

The pericardium primary and pericardium divergent channels are indeed responsible for connecting with the upper, middle, and lower jiaos. In Traditional Chinese Medicine (TCM), the concept of the three jiaos refers to the functional divisions of the body: the upper jiao (heart and lungs), the middle jiao (spleen and stomach), and the lower jiao (kidneys and bladder). The pericardium primary channel primarily runs from the chest to the hand, influencing the heart and related organs, which are prominent in the upper jiao. Additionally, the pericardium divergent channel diverges from the primary pathway to connect deeper into the body, allowing it to interact with a broader network of channels and organs, thereby facilitating communication among all three jiaos. The function of these channels is significant for ensuring the harmonious flow of Qi and maintaining the balance of physiological activity throughout the body. This is crucial for the overall health represented in TCM practices, as it provides a pathway for the circulation of Qi from the heart, helping to connect the physical body and its various systems.

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10. A patient presents with dizziness, nervousness, and lack of initiative. What pulse is expected?

A. Slow pulse

B. Weak pulse

C. Tight pulse

D. Wiry pulse

In Traditional Chinese Medicine (TCM), the presentation of dizziness, nervousness, and lack of initiative typically points to underlying patterns that relate to the health of both the Heart and Kidney systems, as well as the flow of Qi. A weak pulse is indicative of deficiencies in Qi or Blood, which can manifest alongside emotional symptoms such as nervousness and a lack of initiative. The weak pulse reflects a lack of vitality and energy, aligning well with the symptoms mentioned. When the body is deficient in Qi, it can lead to feelings of dizziness and a reduced capacity for action or initiative, as the body's resources to cope with stress and engage with the environment are diminished. In contrast, other pulse types such as slow, tight, or wiry can indicate different conditions. A slow pulse might suggest cold conditions or a deficiency in Yang energy, while a tight pulse may imply tension or a stagnant Qi condition. A wiry pulse often reflects stress or an imbalance related to the Liver. None of these pulse qualities resonate as closely with the specific combination of symptoms described as the weak pulse does.

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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:

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

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