

## Master Tung' Magic Points & Four Horses

By Susan Johnson, L.Ac.

Master Tung Ching Chang (1916-1975) is respectfully referred to as "the greatest acupuncture technician who has ever lived." A traditional Chinese physician from Shandong Province in Northern China, Dr. Tung was famous throughout the country for the miraculous and spontaneous results he obtained using just a few needles. Master Tung's



special points are unique in that they are located opposite the affected area. For example, problems with the eyes are treated using points on the feet, and pain in the foot is treated with points on the opposite hand. In most cases, the patient notices the

effect immediately upon insertion of the needle.

It is legend in Taiwan that Master Tung's Points were given to him by fairies. The truth is that the points were a treasured family secret, handed down and refined over hundreds of years and many generations. With the Communist invasion, Dr. Tung was forced to flee Mainland China, taking with him only what he could carry in his mind. He began to work in the Taiwanese army, and was soon treating more than 150 people per day.

Unfortunately, Master Tung passed away in 1975. He left behind his point book and his legacy. Two of his students, Dr. Miriam Lee, OMD, and Dr. Young Wei Chieh, PhD, have introduced Master Tung's Magic Points to the United States. I have been a student of Dr. Lee since 1982, and of Dr. Young since 1987. At the time of her retirement in 1994, Dr. Lee turned over to me the responsibility for the care of The Acupuncture Association of America and the teaching of Tung's miraculous points to the English speaking community.

Some people question the word "magic" in reference to Master Tung's Points; I suggest that you decide for yourself after trying the points. Not only can Tung's Points be understood using the Nine Star/Magic Square theory of the I-Ching, but they are immediately useful and instantly effective in most cases. As Dr. Lee once said, "The most important thing is to learn which key opens which lock." Master Tung's Magic Points can provide perfect keys for the treatment of particularly challenging conditions, in addition to a wide range of common ailments, by utilizing meridian points in new ways and extra points as well.

I would like to introduce a point pattern that I consider one of the top five Tung's Magic Points, due to its profound effects and its wide range of clinical usefulness. This pattern is referred to in the books as 88.17-88.19 Four Horses. Bilaterally, these points are most often used for issues relating to Lung and Liver imbalances, such as: asthma, cough, allergies, itching and skin diseases, hyperthyroid, deafness/tinnitus, multiple sclerosis, fibromyalgia and upper back pain. They are needled on the opposite side, for breast or chest pain, rib pain, hemiplegia and facial paralysis.

The Four Horses points were named for their extremely powerful and usually immediate effects. A carriage that is being drawn by four horses is very strong and fast moving. This is echoed by the fact that the points are located in the large quadriceps muscles, which always produce dramatic results due to their extensive nerve and blood supply. There are many point patterns found on the thighs, all of which I call "heavy-hitters," for this reason.

Four Horses is a three-point pattern done bilaterally (for a total of six points). The first or central point, 88.17 Four Horses Middle, is located three cun or four fingers anterior to Gall Bladder 31. GB31 can be found in two different ways that can often vary as much as two cun, even though both are considered classic textbook locations. Some find GB31 by measuring seven cun above the popliteal crease (or six cun above the top of the patella on the GB channel), while others locate the point at the tip of the middle finger, when the arm is extended alongside the body. It is my suggestion that you choose the method you are most comfortable with, and then palpate for the most sensitive point. As an ah-shi point, it will be obvious on most people. Find 88.17 Four Horses Middle by moving three cun or four fingers anterior to GB31. 88.18 Four Horses Upper is located two cun or three fingers proximal to 88.17. 88.19 Four Horses Lower is located two cun distal to 88.17, on a line drawn up the thigh from the lateral corner of the patella. This line may be imagined on the edge of the thigh, just where the muscle turns down from the anterior plane to the lateral plane. The points are needled perpendicular to the surface of the skin.

Four Horses are my very favorite points for treating immune system disorders relating to the Lungs. For common colds and flus, allergies, asthma and chronic coughs, they are unsurpassed. For cough and asthma, add 1010.19 Water Gold and 1010.20 Water Through. For sinus and nose issues, add LI20 and San Cha III.

Because the Lung governs the skin and the Liver cleans the blood, these are also my favorite points for a wide variety of skin disorders. From rashes to psoriasis or acne, these points are the best! In these cases, needle to a middle depth to catch the Qi, then after ten minutes, withdraw the needle to a more shallow insertion. Also bleed the ear apex, and in this case a lancet is fine, over a triangular needle.

Because they are located very near the Stomach channel and in a large muscle, Four Horses tonify the Spleen and the Qi, adjusting the Spleen and Stomach. Because muscle can be used to treat muscle, these points are very useful in the treatment of muscle atrophy, multiple sclerosis and fibromyalgia, with the addition of San Cha III.

Four Horses are also used to treat deafness or tinnitus. Tinnitus can be difficult to deal with. Practitioners who usually treat tinnitus in terms of Kidney deficiency, and have not had good results, may want to attempt a different approach. Try Four Horses with SI3 (22.09) or Ling Gu (22.05), tonifying Qi and Yang. Herbs for tinnitus can also be helpful. Yi Qi Cong Ming Tang, a modification of Bu Zhong Yi Qi Tang that tonifies the Qi, can sometimes produce better results with some patients than Er Long Zi Cuo, which focuses solely on the Kidney. Surprisingly, I have also found Pill Curing to be effective in the treatment of tinnitus, for similar reasons relating to the Spleen.

There are many other valuable uses for Four Horses. For a more complete look at these and other indispensable points, consider attending a Master Tung's Magic Points seminar.

*Susan Johnson has been practicing acupuncture since 1982. A graduate of the American College of Traditional Chinese Medicine, Susan practiced in San Francisco from 1983-88, specializing in the treatment of HIV. She studied Master Tung's Magic Points with Dr. Miriam Lee and Dr. Young Wei Chieh, Ph.D. for more than 12 years. For the past 24 years, Susan has exclusively used Dr. Tung's points in her practice. Susan maintains a private practice in Santa Cruz, California. She is a dynamic teacher renowned for her clear presentation of this style of acupuncture.*

*search terms: allergy, allergies, allergen, allergens, food sensitivities*



[www.mayway.com](http://www.mayway.com)

1-800-2-MAYWAY