

# Acupuncture Board Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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.

# 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!**

## Questions

- 1. How is 2 cun measured in anatomical terms?**
  - A. Width of the thumb**
  - B. Tip of the index finger to the middle phalanx**
  - C. Index finger to pinky width**
  - D. Middle of the eyebrows to hairline**
- 2. What meridian is likely to affect the experience of hunger?**
  - A. Small intestine**
  - B. Stomach**
  - C. Lung**
  - D. Spleen**
- 3. What condition is associated with dysfunction in the bladder?**
  - A. Kidney stones**
  - B. Urination issues**
  - C. Bladder infection**
  - D. Prostate enlargement**
- 4. What is the relationship of wood to fire in traditional elemental theory?**
  - A. Mother**
  - B. Son**
  - C. Father**
  - D. Controller**
- 5. Which point is the ying-spring point on the fire element in the lung meridian?**
  - A. LU-9**
  - B. LU-1**
  - C. LU-10**
  - D. LU-7**

- 6. To tonify a meridian, which element should be utilized according to the five-element theory?**
- A. Son**
  - B. Child**
  - C. Mother**
  - D. Father**
- 7. What happens if there is dysfunction in the lungs?**
- A. Increased appetite and energy**
  - B. Weight loss and fatigue**
  - C. Respiratory issues and edema**
  - D. Digestive problems and constipation**
- 8. What is the color associated with the earth element?**
- A. Red**
  - B. Green**
  - C. Yellow**
  - D. Blue**
- 9. Where does the kidney meridian start?**
- A. Medial aspect of the foot**
  - B. Radial side of the arm**
  - C. Inferior to the clavicle**
  - D. Center of the abdomen**
- 10. Which acupuncture point is located on the dorsum of the foot between the first and second metatarsals?**
- A. LV 3**
  - B. HE 7**
  - C. SP 1**
  - D. HE 4**



## **Answers**

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

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## **Explanations**

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## 1. How is 2 cun measured in anatomical terms?

- A. Width of the thumb
- B. Tip of the index finger to the middle phalanx**
- C. Index finger to pinky width
- D. Middle of the eyebrows to hairline

In anatomical terms, 2 cun is measured as the distance from the tip of the index finger to the middle phalanx of that same finger. This method provides a consistent and reliable measure based on the individual's own anatomy, which is critical in acupuncture practice where precision is essential for treatment efficacy. Using the index finger to gauge distance is particularly useful because it takes into account the practitioner's unique proportions, allowing for a more tailored approach to treatment and localization of acupuncture points. This standardization is recognized widely in acupuncture and aligns with traditional measurement systems used in this practice. Comparatively, other options provide measurements that do not correspond to the defined standard of 2 cun in acupuncture. The width of the thumb, the distance between the index finger and pinky, or the distance from the middle of the eyebrows to the hairline does not offer the same anatomical relevance or consistency, making them less suitable as measurements in acupuncture practice.

## 2. What meridian is likely to affect the experience of hunger?

- A. Small intestine
- B. Stomach
- C. Lung
- D. Spleen**

The meridian that is most likely to affect the experience of hunger is the Spleen. In traditional Chinese medicine, the Spleen is associated with digestion and the transformation of food into qi (energy) and blood. It plays a central role in appetite regulation, and when the Spleen is functioning optimally, it promotes healthy digestion and a balanced appetite. Moreover, the Spleen is responsible for the production of the postnatal essence, which is derived from the food we ingest. Thus, when the Spleen is strong, it not only helps to drive hunger through its digestive functions but also ensures that the body receives the nutrients necessary for vitality. Conversely, a Spleen deficiency can lead to issues such as a poor appetite or an irregular experience of hunger. Understanding the role of the Spleen in hunger can also provide insight into various conditions that affect appetite and digestion, emphasizing its importance in overall health. This meridian's influence on hunger is a key concept within the integrated framework of traditional Chinese medicine, where the balance and functionality of organs and meridians are interconnected.

### 3. What condition is associated with dysfunction in the bladder?

- A. Kidney stones
- B. Urination issues**
- C. Bladder infection
- D. Prostate enlargement

Urination issues are directly associated with dysfunction in the bladder. The bladder is an essential component of the urinary system, responsible for storing and expelling urine. When there is dysfunction in the bladder, it can lead to a variety of urinary problems including urgency, frequency, incontinence, and difficulty in initiating urination. These symptoms arise due to the inability of the bladder to hold or expel urine effectively, which is a clear indicator of dysfunction. In contrast, while kidney stones, bladder infections, and prostate enlargement can all affect urination, they are not conditions that are defined primarily by bladder dysfunction. Kidney stones may cause pain and obstruction but do not inherently signify a bladder dysfunction. A bladder infection primarily affects the bladder but is a specific condition rather than a general dysfunction of the bladder itself. Prostate enlargement can influence urination issues, especially in men, by compressing the urethra but again does not indicate a primary dysfunction of the bladder. Therefore, the most accurate answer regarding bladder dysfunction is related to the broader concept of urination issues, as it encompasses various ways in which the bladder may not be functioning properly.

### 4. What is the relationship of wood to fire in traditional elemental theory?

- A. Mother**
- B. Son
- C. Father
- D. Controller

In traditional elemental theory, particularly within the framework of Chinese medicine, the relationship between wood and fire is described as a "mother" to "son" connection. This relationship signifies that wood is the element that nourishes and supports the growth of fire. In this context, wood is considered the source of fuel for fire, embodying the process of transformation where wood burns to produce fire. The dynamic interaction emphasizes the nurturing aspect of wood, as it provides the necessary energy and material for fire to thrive. This principle can be observed in nature, where trees and plants (wood) must be present for fire to occur and sustain itself. Understanding this relationship is crucial as it reflects not only elemental interactions but also has implications in diagnosing and treating conditions in acupuncture and herbal medicine. Recognizing how elements support and control one another aids practitioners in developing more effective treatment strategies rooted in these foundational concepts.

**5. Which point is the ying-spring point on the fire element in the lung meridian?**

- A. LU-9
- B. LU-1
- C. LU-10**
- D. LU-7

The ying-spring point is characterized by its role in the acupuncture system as a point that is particularly effective for treating conditions related to the elemental associations of the meridian. In the case of the lung meridian, which is associated with the fire element, the specific point that serves as the ying-spring point is LU-10. LU-10, also known as Yuji (Fish Belly), is located on the palmar aspect of the hand, approximately at the midpoint of the first metacarpal bone. This point is particularly beneficial for conditions that involve heat in the lungs, as well as for issues related to the throat, making it significant for treating symptoms like cough, sore throat, and other respiratory conditions. While other points on the lung meridian serve different functions—such as LU-9, which is the shu-stream and source point, and LU-7, known for its connections with the ren channel—the specific role of LU-10 as the ying-spring point aligns with its elemental association and therapeutic application for fire-related lung conditions. Thus, LU-10 stands out as the correct choice in this context.

**6. To tonify a meridian, which element should be utilized according to the five-element theory?**

- A. Son
- B. Child
- C. Mother**
- D. Father

In the context of five-element theory, each element corresponds to specific meridians and has a nurturing or controlling relationship with one another. When discussing how to tonify a meridian, the concept of "Mother" is particularly significant because it represents the nurturing aspect that supports and nourishes its corresponding "Child" element. When tonifying a meridian, one essentially aims to enhance its energy and function. By using the element that is identified as the "Mother," you facilitate the flow of nourishment and vitality to the "Child" element associated with that meridian. For example, in the five-element relationships, Earth is the Mother of Metal, and if Metal (representing the lung meridian, for instance) is deficient, one would tonify it with the Earth element to restore balance. Understanding the relationships in the five-element theory helps in determining the appropriate element to use for tonifying purposes, and the Mother element is the most supportive in this process.

## 7. What happens if there is dysfunction in the lungs?

- A. Increased appetite and energy
- B. Weight loss and fatigue
- C. Respiratory issues and edema**
- D. Digestive problems and constipation

When there is dysfunction in the lungs, it primarily leads to issues related to respiration and oxygen exchange in the body. The lungs are essential for delivering oxygen to the bloodstream and removing carbon dioxide. Any dysfunction can compromise these vital processes, often resulting in respiratory issues such as shortness of breath, chronic cough, or wheezing. Additionally, lung dysfunction can lead to fluid buildup in the lungs or swelling (edema) due to inadequate oxygenation or complications such as heart failure, where the heart struggles to manage blood flow due to the lungs' inability to provide sufficient oxygen. This combination of respiratory issues and potential fluid complications encapsulates the effects of lung dysfunction effectively. Other options, while they might seem plausible in certain contexts, do not directly relate to the primary manifestations of lung dysfunction and thus do not capture the direct consequences on normal lung function as effectively as the correct choice does.

## 8. What is the color associated with the earth element?

- A. Red
- B. Green
- C. Yellow**
- D. Blue

The color associated with the earth element is yellow. In traditional Chinese medicine and the related practices, the five elements (wood, fire, earth, metal, and water) are linked to specific colors, and each element plays a crucial role in understanding the balance of energies within the body. For the earth element, which represents stability, nourishment, and grounding, yellow symbolically embodies these characteristics. It reflects the qualities of warmth, fertility, and practicality, which align with the essence of the earth element. This association is integral in various aspects of Chinese medicine, including acupuncture, where practitioners might use the concept of the five elements to diagnose and treat imbalances in a patient's health. Since yellow is the designated color for the earth element, other colors such as red (associated with fire), green (linked to wood), and blue (often representing water) do not reflect the characteristics and qualities associated with earth. Understanding these color associations is vital for practitioners in creating a holistic approach to treatment based on the elemental framework.

## 9. Where does the kidney meridian start?

**A. Medial aspect of the foot**

**B. Radial side of the arm**

**C. Inferior to the clavicle**

**D. Center of the abdomen**

The kidney meridian, also known as the Kidney Channel or Kidney Earth, begins at the medial aspect of the foot, specifically at the ball of the foot on the sole. This starting point is important in acupuncture because it signifies the kidney's association with foundational energy, vitality, and the water element in traditional Chinese medicine. From its origin, the meridian travels upward through a series of points that correspond to different body organs and functions, reflecting its role in regulating bodily fluids, energy, and reproductive health. Understanding the anatomical starting point is essential for practitioners in locating acupoints accurately for treatment purposes. The kidney meridian's connection to the foot also highlights the importance of grounding and stability, symbolic of the kidney's role in pre-natal and post-natal energy. Other options refer to different anatomical locations associated with different meridians, which are not relevant to the kidney meridian's pathway and functions. This further reinforces the importance of knowing the correct starting point for effective acupuncture practice.

## 10. Which acupuncture point is located on the dorsum of the foot between the first and second metatarsals?

**A. LV 3**

**B. HE 7**

**C. SP 1**

**D. HE 4**

The acupuncture point located on the dorsum of the foot between the first and second metatarsals is LV 3, also known as Taichong. This point is significant in Traditional Chinese Medicine as it is the source point of the Liver channel. It plays a crucial role in promoting the smooth flow of Liver Qi, addressing issues related to stress, emotional disturbances, and menstrual irregularities. Additionally, LV 3 is often utilized for its effects on the whole body's Qi and can be beneficial for conditions such as headaches and eye problems. The other options represent different acupuncture points with distinct locations and functions. For example, HE 7, or Shenmen, is located at the wrist and is associated with calming the spirit and treating heart conditions. SP 1, known as Yinbai, is situated on the medial aspect of the big toe and is related to the Spleen, primarily involved in digestive disorders. HE 4, or Lingdao, is located on the radial side of the wrist in line with the little finger, and it's often used for issues of the heart and to alleviate anxiety. Understanding the location and functional relevance of LV 3 helps practitioners of acupuncture apply this knowledge in clinical settings for effective treatment strategies.



## 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](mailto: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!**