

ACUPUNCTURE BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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Table of Contents

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

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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.

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

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1. What is the measure in cun from the knee cap?
 - A. 1 cun
 - B. 2 cun
 - C. 3 cun
 - D. 4 cun
2. In the relationship of elements, what role does fire play in relation to wood?
 - A. Mother
 - B. Son
 - C. Father
 - D. Controller
3. Which is the shortest distance mentioned in the measurements?
 - A. 1 cun
 - B. 2 cun
 - C. 5 cun
 - D. 8 cun
4. Which point is referred to as the shen men point?
 - A. HE 7
 - B. HE 4
 - C. HE 8
 - D. LV 14
5. What is the primary function of the spleen according to traditional theories?
 - A. Governs movement and transformation of food
 - B. Stores bile
 - C. Protects the heart
 - D. Regulates menstrual problems
6. 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

- 7. What point corresponds to pain in the finger joints?**
- A. P-3
 - B. HE-9
 - C. LI-15
 - D. SI-4
- 8. Select the point included for treating ankle joint pain aside from ST-41.**
- A. GB-40
 - B. LI-11
 - C. LV-4
 - D. SP-5
- 9. What is the main organ associated with the water element and characterized by the color black?**
- A. Liver
 - B. Kidney
 - C. Lungs
 - D. Spleen
- 10. Which organ is associated with the prevention of respiratory issues and other complications when functioning properly?**
- A. Kidneys
 - B. Lungs
 - C. Heart
 - D. Stomach

Answers

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

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Explanations

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1. What is the measure in cun from the knee cap?

- A. 1 cun
- B. 2 cun**
- C. 3 cun
- D. 4 cun

The correct measure from the knee cap is 2 cun, which corresponds to the anatomical point of reference used in acupuncture. The cun measurement is a traditional Chinese medicine unit of measurement based on the width of the patient's own thumb. In adult individuals, 2 cun is located below the patella (knee cap) when measuring towards the ankle. This measurement is significant as it helps acupuncturists identify specific points for treatment, allowing for accurate placement of needles in relation to the body's anatomy. The distance of 2 cun is generally accepted for locating key acupoints along the lower leg, which facilitates effective treatment for various conditions. Different anatomical landmarks can lead to varying measurements, but in standard practice, 2 cun is the recognized distance used clinically from the kneecap to ensure that practitioners can consistently locate acupoints that are distal to the knee. Understanding these measurements is crucial for successful acupunctural treatment and the overall efficacy of therapy.

2. In the relationship of elements, what role does fire play in relation to wood?

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

In the context of the Five Element Theory, fire is considered the "Son" of wood. This relationship stems from the way elements interact and support one another. In this case, wood serves as the source of fuel for fire; when wood burns, it produces fire. This symbolizes the nurturing aspect of wood, which provides the necessary energy for fire to manifest. In traditional Chinese medicine, elements are often viewed through their nurturing and generative relationships. Wood is associated with growth, vitality, and expansion, traits that are beneficial for fire's expression. Fire, in turn, represents warmth, transformation, and illumination, drawing its strength from the wood that sustains it. The concept of generative and controlling relationships among elements enhances understanding of how they influence one another in health and disease conditions. By recognizing fire as the "Son" of wood, practitioners can better understand how to apply these concepts holistically to their practice.

3. Which is the shortest distance mentioned in the measurements?

- A. 1 cun**
- B. 2 cun
- C. 5 cun
- D. 8 cun

The shortest distance mentioned in the measurements is 1 cun. In traditional Chinese medicine and acupuncture, "cun" is a unit of measure that is often based on the individual's thumb width. It is used to determine points on the body and to understand anatomical distances relevant for treatment. A cun represents a smaller measurement and is fundamental for locating points accurately. When comparing the distances, 1 cun is clearly less than 2 cun, 5 cun, and 8 cun, making it the shortest option. The significance of understanding measurements, especially in acupuncture, lies in the accurate localization of acupuncture points for effective treatment. Therefore, knowing that 1 cun is the smallest measurement helps practitioners apply techniques more precisely and effectively.

4. Which point is referred to as the shen men point?

- A. HE 7**
- B. HE 4
- C. HE 8
- D. LV 14

The point referred to as the shen men point is Heart 7 (HE 7). Shen men, or "Spirit Gate," is a significant point in Traditional Chinese Medicine, primarily used to calm the spirit and address emotional disturbances. It is located at the wrist crease, which makes it easily accessible for both acupuncture and acupressure. HE 7 is essential for conditions involving anxiety, insomnia, and restlessness, as it helps balance the heart's emotional aspect. By tonifying Heart Qi and nourishing blood, this point plays a crucial role in promoting emotional well-being. Its designation as "shen men" highlights its importance in regulating the spirit and fostering tranquility. Other options mentioned, such as Heart 4 (HE 4), Heart 8 (HE 8), and Liver 14 (LV 14), serve different functions within the context of acupuncture and do not specifically denote the concept of "shen men." While they may have their roles in addressing various ailments or symptoms, they do not embody the same significance in relation to the spirit and emotional health as Heart 7 does.

5. What is the primary function of the spleen according to traditional theories?

- A. Governs movement and transformation of food**
- B. Stores bile
- C. Protects the heart
- D. Regulates menstrual problems

The primary function of the spleen, according to traditional theories, revolves around its role in the movement and transformation of food. In Traditional Chinese Medicine (TCM), the spleen is viewed as essential for digestion, where it is responsible for extracting nutrients from food and converting them into Qi (vital energy) and blood. This process is critical because the quality of the nourishment obtained from food directly influences one's overall health and vitality. The spleen is also thought to help in the transportation of nourishing substances throughout the body, ensuring that they reach various organs and tissues where they are needed. The health of the spleen is often linked with conditions such as fatigue, poor appetite, and digestive disorders, highlighting its foundational role in maintaining physical health. In contrast, the other options reflect functions associated with different organs or systems within TCM. The storage of bile pertains more to the liver's role in the body, while heart protection aligns with functions attributed to different organs concerning emotional well-being. Regulating menstrual problems is typically associated with the functionalities of the kidneys and liver rather than the spleen. Thus, the focus on the spleen as governing the movement and transformation of food accurately encapsulates its primary function in the context of TCM.

6. 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.

7. What point corresponds to pain in the finger joints?

- A. P-3
- B. HE-9**
- C. LI-15
- D. SI-4

The point that corresponds to pain in the finger joints is located on the Heart meridian, specifically at HE-9, also known as Shao Chong. This point is found on the ulnar side of the little finger and is traditionally used to facilitate circulation and regulate heart energy, which can influence pain sensations throughout the upper limb, including the fingers. The connection of this point to finger joint pain lies in its ability to relieve stagnation and promote blood flow, which can alleviate symptoms of pain and discomfort in the joints. In acupuncture practice, targeting points that are situated along the pathways of the meridians is a common strategy for addressing localized pain, making HE-9 an appropriate choice for addressing issues in the finger joints. Other options may have their own respective indications but are not specifically linked to finger joint pain in the same way. P-3 is more related to the forearm and elbow issues, LI-15 is often used for shoulder pain, and SI-4 targets pain related to the wrist and hand but not specifically the finger joints. Hence, HE-9 is the most relevant point for this particular type of discomfort.

8. Select the point included for treating ankle joint pain aside from ST-41.

A. GB-40

B. LI-11

C. LV-4

D. SP-5

GB-40 is considered a beneficial point for treating ankle joint pain due to its anatomical location and its role in the Liver meridian, which influences movement and flexibility in the lower extremities. The point is situated near the ankle joint and is often used for conditions that affect this area, including pain, swelling, or stiffness. In Traditional Chinese Medicine, GB-40, also known as Qiu Xu, is indicated for its ability to invigorate the Gallbladder and coordinate the movement of Qi and blood in the legs, making it a fitting choice for alleviating ankle pain. Additionally, GB-40 can help support conditions that stem from Qi stagnation or dampness, which can contribute to discomfort in the ankle region, enhancing its efficacy as a treatment point. The other points, while useful in different contexts, serve different purposes that may not directly address ankle joint pain as effectively as GB-40. For example, LI-11 is more associated with cooling heat and is often used for skin issues or elbow pain; LV-4 is involved in regulating Liver Qi but doesn't specifically target the ankle; and SP-5, while beneficial for digestive issues and dampness, does not have a direct correlation to ankle joint treatment. Thus, GB-

9. What is the main organ associated with the water element and characterized by the color black?

A. Liver

B. Kidney

C. Lungs

D. Spleen

The kidney is the main organ associated with the water element in traditional Chinese medicine, and it is characterized by the color black. This connection stems from the fundamental role that the kidneys play in governing the water metabolism in the body. They are responsible for the regulation of fluid balance, the production of urine, and they house the essence (Jing), which is vital for growth, reproduction, and overall vitality. In the context of the five elements theory, each element corresponds to a specific organ, color, and emotional aspect. Water, represented by the color black, reflects qualities such as depth, adaptability, and introspection. The kidneys also contribute to the health of the urinary system and balance of yin and yang, further emphasizing their association with water. While the other organs mentioned have their own elemental associations—such as the liver with wood, lungs with metal, and spleen with earth—the kidneys' unique connection to water and the defining color black signifies their prominence in this structure within traditional Chinese thought. Understanding this relationship is essential for comprehending how these elements interact with each other and impact bodily functions in acupuncture and holistic health practices.

10. Which organ is associated with the prevention of respiratory issues and other complications when functioning properly?

- A. Kidneys
- B. Lungs**
- C. Heart
- D. Stomach

The lungs play a crucial role in respiratory health and are responsible for the exchange of oxygen and carbon dioxide in the body. Proper lung function is essential for maintaining adequate oxygen levels, which is vital for all bodily systems. Healthy lungs help prevent respiratory complications such as infections, asthma, and chronic obstructive pulmonary disease (COPD). In Traditional Chinese Medicine (TCM), the lungs are associated with the "Wei Qi," which is the protective energy that helps fend off pathogens, thereby preventing respiratory illnesses. They are also involved in the regulation of fluid metabolism, which further supports respiratory function and overall health. When the lungs are functioning well, they help ensure that the respiratory system remains clear, allowing for efficient breathing and better overall health. The kidneys, heart, and stomach each have their own functions related to different health aspects, but in the context of preventing respiratory issues specifically, the lungs are the most directly involved organ.

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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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