

NCCAOM Acupuncture Board Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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. Which acupuncture point is located 1 cun inferior to K-3?**
 - A. K-5
 - B. K-2
 - C. BL-67
 - D. BL-65

- 2. Which point is recognized as the Shu Stream point for the Heart?**
 - A. H-4
 - B. H-6
 - C. H-5
 - D. H-7

- 3. Which point is located midway between the transverse wrist crease and elbow crease?**
 - A. HuanZhong
 - B. BiZhong
 - C. HeDing
 - D. BaiChongWo

- 4. Which anatomical feature is associated with the ear lobe?**
 - A. Helix
 - B. Triangular fossa
 - C. Superior crus
 - D. Inferior crus

- 5. Which acupuncture point is often paired with ST-36 for ST Yin Xu?**
 - A. SP-6
 - B. BL-21
 - C. Ren-11
 - D. LI-4

6. Where is SP-6 located in relation to the medial malleolus?

- A. 3 cun superior to center of tibia crest
- B. Just anterior/inferior to medial malleolus
- C. 3 cun inferior to lateral malleolus
- D. At the base of the fifth metatarsal

7. What pulse characteristic is typically seen with Liver Qi stagnation?

- A. Wiry pulse
- B. Thready pulse
- C. Soft pulse
- D. Floating pulse

8. Which Back Shu point corresponds to the spleen?

- A. BL-19
- B. BL-20
- C. BL-21
- D. BL-22

9. What type of articular component is BL-61 associated with?

- A. Meeting: BL and Yin Qiao
- B. Luo Connecting
- C. Meeting: BL and Yang Qiao
- D. He Sea

10. Which point is located directly below the outer canthus?

- A. SI-17
- B. SI-18
- C. SI-19
- D. SI-7

Answers

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

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Explanations

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1. Which acupuncture point is located 1 cun inferior to K-3?

- A. K-5**
- B. K-2**
- C. BL-67**
- D. BL-65**

The point located 1 cun inferior to Kidney 3 (K-3) is called Kidney 5 (K-5). K-3 is situated on the inside of the ankle, between the medial malleolus and the Achilles tendon, and is generally considered the source point for the Kidney channel. When identifying the positioning of acupuncture points, it is essential to have a clear understanding of measurements specific to traditional Chinese medicine. The term "cun" refers to the unit of measurement used in acupuncture, where 1 cun is generally considered to be the width of a person's thumb. K-5 is specifically located 1 cun below K-3, making it the correct point identified in this question. This positioning is critical for acupuncturists as it ensures accurate treatments based on the specific needs of the patient and the desired therapeutic effects. In this context, knowing the anatomical locations of the points in relation to each other helps practitioners to effectively administer acupuncture and find the desired clinical outcomes.

2. Which point is recognized as the Shu Stream point for the Heart?

- A. H-4**
- B. H-6**
- C. H-5**
- D. H-7**

The Shu Stream point for the Heart is recognized as H-7, also known as Shen Men. Shu Stream points are located where the Qi transitions from the exterior portion of the channel into the deeper, more interior aspects of the body. They are important for clearing excess, tonifying deficiency, and facilitating deeper healing. In the case of H-7, its location on the ulnar aspect of the wrist makes it an easily accessible point that plays a crucial role in emotional and mental wellbeing, connecting the Heart's energy to the mind and spirit. It is particularly used in practices that address issues related to anxiety, insomnia, and palpitations. This connection underlines the significance of the Heart's role in governing the mind and spirit in Traditional Chinese Medicine. Understanding the classification of the Heart points is critical, as each point serves a unique purpose in addressing specific symptoms and conditions. H-4, H-5, and H-6, while important in their own right, do not serve the same function as H-7 in terms of the Shu Stream classification, which emphasizes its unique role in the treatment protocols within acupuncture.

3. Which point is located midway between the transverse wrist crease and elbow crease?

- A. HuanZhong**
- B. BiZhong**
- C. HeDing**
- D. BaiChongWo**

The point located midway between the transverse wrist crease and the elbow crease is BiZhong, which is known in acupuncture as a key point along the Pericardium and San Jiao meridians. This point is specifically utilized for various conditions related to the upper limb and can help alleviate pain and promote circulation in the arm. BiZhong is clinically significant as it can be a treatment option for disorders that affect the arm, such as tennis elbow or general pain in the forearm and wrist. Its location makes it easily accessible for practitioners to incorporate into treatments for patients experiencing discomfort or dysfunction in the upper extremities. The other options, HuanZhong, HeDing, and BaiChongWo, are associated with different locations and functions in acupuncture practice. HuanZhong is primarily connected to hip and lower back issues, HeDing relates to the knee and is located in a different anatomical area, and BaiChongWo is involved with the treatment of skin issues and entomological conditions, located above the knee. Understanding the precise location of acupuncture points enhances the ability to treat specific ailments effectively.

4. Which anatomical feature is associated with the ear lobe?

- A. Helix**
- B. Triangular fossa**
- C. Superior crus**
- D. Inferior crus**

The ear lobe, or lobule, is most closely associated with the triangular fossa, which is a depression located in the outer part of the ear. In auricular acupuncture and anatomy, the triangular fossa is situated between the helix and the antihelix and plays a key role in both external ear structure and associated acupuncture points. Understanding the anatomy of the ear is crucial for practitioners who use auricular therapy. The triangular fossa serves as a landmark for acupuncture points that can influence various physiological functions. It's important to note that while the other choices represent various structures of the ear (like the helix, superior crus, and inferior crus), they do not directly correlate with the ear lobe in the same manner as the triangular fossa. This anatomical relationship makes the triangular fossa particularly relevant when considering the ear's functional and therapeutic modalities in acupuncture practice.

5. Which acupuncture point is often paired with ST-36 for ST Yin Xu?

- A. SP-6**
- B. BL-21**
- C. Ren-11**
- D. LI-4**

The point that is often paired with ST-36 for Spleen and Stomach Yin deficiency is SP-6, also known as Sanyinjiao. This point is located on the medial side of the leg and is highly regarded for its ability to nourish the Yin and tonify the Spleen and Kidney. When dealing with Stomach Yin deficiency, the combination of ST-36, which is a major point for tonifying Qi and Blood, and SP-6, which helps to nourish Yin and support digestive health, creates a synergistic effect that strengthens the overall digestive function and helps restore balance. SP-6 is especially important because it intersects with the Spleen, Kidney, and Liver meridians, allowing for broader therapeutic benefits that address deeper constitutional issues related to Yin deficiency. By supporting Yin, it complements ST-36's action and addresses the root causes of symptoms associated with Spleen and Stomach deficiencies. Other points listed do not have the same specific relation to addressing Stomach Yin Xu as effectively as SP-6 does. For instance, while BL-21 is related to the Stomach, it does not provide the same nourishing quality for Yin. Similarly, Ren-11 and LI-4 serve different functions that

6. Where is SP-6 located in relation to the medial malleolus?

- A. 3 cun superior to center of tibia crest**
- B. Just anterior/inferior to medial malleolus**
- C. 3 cun inferior to lateral malleolus**
- D. At the base of the fifth metatarsal**

SP-6, also known as Spleen 6, is located important for its clinical applications in acupuncture, particularly its relation to the body's metabolic processes and gynecological issues. The correct anatomical description states that SP-6 is found 3 cun superior to the medial malleolus. To understand this better, "cun" is a traditional Chinese measurement equivalent to the width of a person's thumb, and knowing the positioning allows practitioners to accurately locate acupoints. The medial malleolus is the bony prominence on the inner aspect of the ankle, and measuring 3 cun up from this point leads you to the area where SP-6 is situated. This point is positioned on the posterior border of the tibia and is considered a significant point for various treatments. The other options do not accurately describe the placement of SP-6 relative to the medial malleolus, making them less relevant in this context. Understanding the precise location of acupuncture points like SP-6 is essential for effective practice and patient outcomes.

7. What pulse characteristic is typically seen with Liver Qi stagnation?

- A. Wiry pulse**
- B. Thready pulse**
- C. Soft pulse**
- D. Floating pulse**

The **wiry pulse** is commonly associated with Liver Qi stagnation in Traditional Chinese Medicine. This pulse quality reflects an energy that is constrained or tense, similar to a tight string. In the context of Liver Qi stagnation, the emotion of stress or frustration can lead to this condition, causing a feeling of pressure and a sense of being "stuck." The **wiry pulse**, which is felt distinctly at all positions of the pulse, suggests that there is an imbalance in the liver function, particularly concerning the flow of Qi. This characteristic allows practitioners to identify the stagnation related to the liver, which can manifest through various symptoms like irritability, emotional instability, and physical tension. Other pulse characteristics, like **thready**, **soft**, and **floating** pulses, indicate different underlying conditions or imbalances. A **thready pulse** might suggest deficiency, a **soft pulse** usually indicates weakness or dampness, and a **floating pulse** could signify a superficial condition or an exterior pathogen. Hence, they do not accurately represent the specific nature of Liver Qi stagnation, making the **wiry pulse** the most appropriate response.

8. Which Back Shu point corresponds to the spleen?

- A. BL-19**
- B. BL-20**
- C. BL-21**
- D. BL-22**

The Back Shu point that corresponds to the spleen is **BL-20**, which is located on the back at the level of the lower thoracic spine. In Traditional Chinese Medicine, Back Shu points are associated with specific organs and are considered vital for diagnosing and treating organ-related issues. The spleen is responsible for the production of Qi and blood and plays a crucial role in digestion and the transportation of nutrients. Choosing **BL-20** recognizes its significance as the primary point used to tonify and support spleen function, making it essential in treatments aimed at addressing energy deficiency, digestive disorders, and other related conditions. The location and function of **BL-20** align well with its role in enhancing spleen health, distinguishing it as the correct choice in this context. Understanding the anatomical relationships and functions of these Back Shu points is crucial for effective acupuncture practice.

9. What type of articular component is BL-61 associated with?

- A. Meeting: BL and Yin Qiao
- B. Luo Connecting
- C. Meeting: BL and Yang Qiao**
- D. He Sea

BL-61, also known as "Pang Guang Shu" or "Urinary Bladder 61," is associated with the Yang Qiao channel. This point is located on the outer aspect of the leg and is significant in acupuncture for its role in treating disorders related to the bladder and the pathway of the Yang Qiao vessel. The Yang Qiao channel, one of the eight extraordinary vessels in Traditional Chinese Medicine, is primarily concerned with movement and agility. It plays a key role in regulating activities that involve rising and descending, as well as maintaining balance and coordination. Therefore, BL-61's connection to the Yang Qiao channel provides it with specific therapeutic benefits for conditions that may involve these aspects. In contrast, the other options relate to different types of connections or associations which do not accurately apply to BL-61. For instance, while "Meeting" points connect with other channels or pathways, BL-61 specifically promotes the benefits and functions associated with the Yang Qiao. Luo Connecting points refer to points that connect main channels to their associated branches, but BL-61 is not classified this way. He Sea points relate to specific types of energy and physiological processes, such as those associated with transformation and digestion, which are not the primary function of

10. Which point is located directly below the outer canthus?

- A. SI-17
- B. SI-18**
- C. SI-19
- D. SI-7

The point located directly below the outer canthus is SI-18, also known as "Collarbone's Bone." This point is situated at the lower border of the zygomatic bone, directly beneath the outer canthus of the eye. Its precise location allows it to play a role in addressing conditions related to the face and especially the region around the eyes, such as facial paralysis, pain, and swelling. In Traditional Chinese Medicine, acupoints like SI-18 are also thought to affect the flow of Qi (or life energy) in the corresponding meridians, which is crucial for maintaining balance and health in those areas. The importance of understanding the anatomical landmarks in relation to acupuncture points is key for effective treatment strategies. The other options, while they are also associated with the Small Intestine meridian, are not located directly beneath the outer canthus. SI-17 is found near the angle of the jaw, SI-19 is located slightly more anteriorly and superiorly relative to the ear, and SI-7 is positioned on the forearm, significantly away from the facial region. Thus, SI-18 is the only correct choice for this particular anatomical position.

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://nccaomacupunctureboard.examzify.com>

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

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