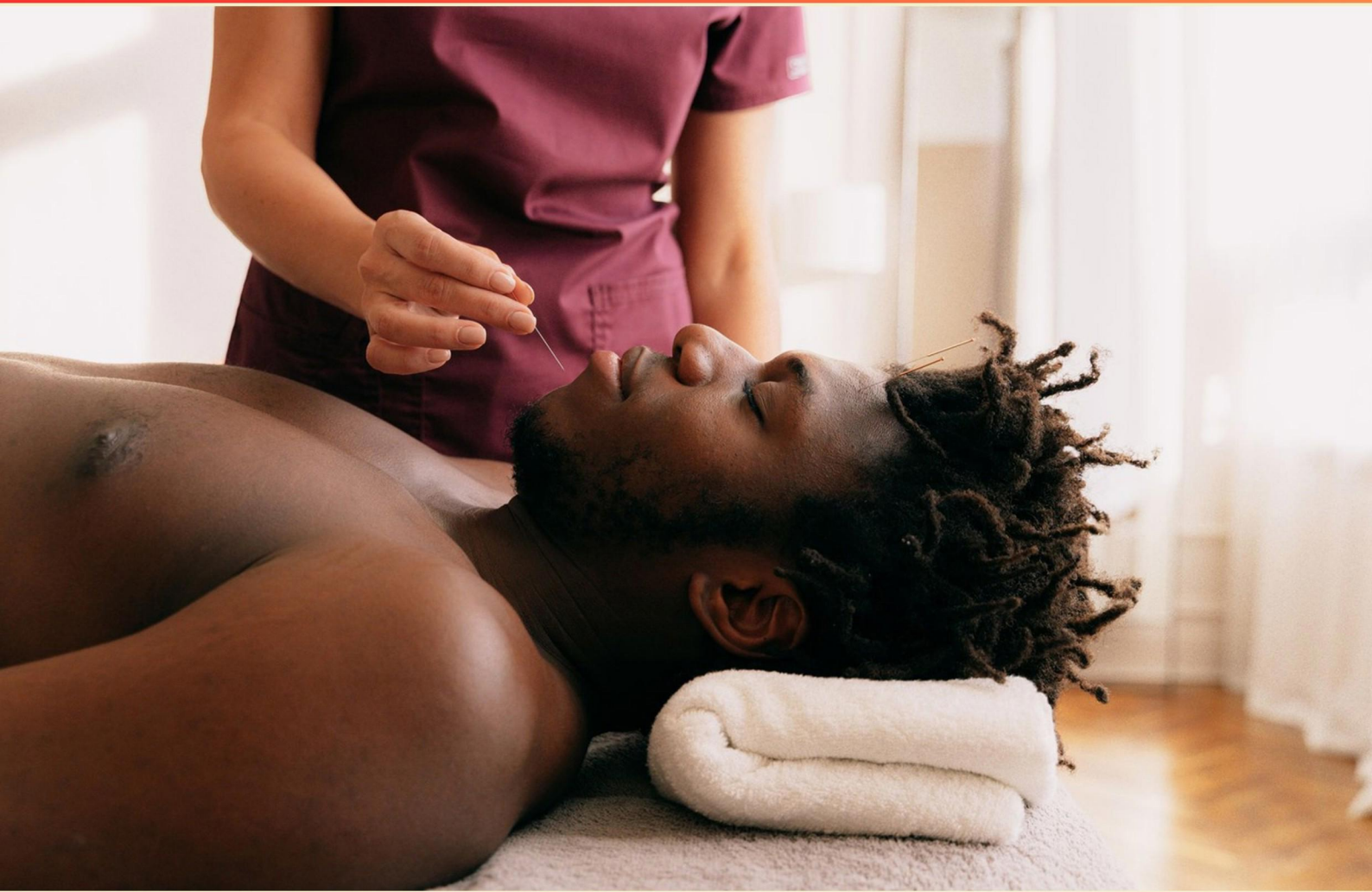


NCCAOM ACUPUNCTURE BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://nccaomacupunctureboard.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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

SAMPLE

- 1. Which meridians does GB-21 meet?**
 - A. GB, SJ, ST, Yang Wei
 - B. GB, SJ, Liv, Yang Wei
 - C. GB, SP, BL, SJ
 - D. GB, KD, Yang Qiao
- 2. At what distance should a TDP lamp be used?**
 - A. 8 inches
 - B. 10 inches
 - C. 12 inches
 - D. 14 inches
- 3. Which acupuncture points are contraindicated during pregnancy?**
 - A. Ren3, K12
 - B. LI4, SP6
 - C. GB21, ST12
 - D. All of the above
- 4. What element is associated with H-8?**
 - A. Earth
 - B. Metal
 - C. Fire
 - D. Water
- 5. Where is BL-10 located in relation to the trapezius?**
 - A. Lateral to trapezius edge
 - B. Medial to trapezius edge
 - C. Superior to trapezius edge
 - D. Inferior to trapezius edge
- 6. Which nerve is located at the 7th intercostal space?**
 - A. Cutaneous nerve
 - B. Intercostal nerve
 - C. Thoracic nerve
 - D. Radial nerve

7. K-4 serves what function in acupuncture?

- A. Xi Cleft
- B. Luo Connecting
- C. Yuan Source
- D. Shu Stream

8. For which condition is Chai Hu Shu Gan Tang indicated?

- A. SP Cold-Damp
- B. Heart Fire
- C. SI Qi Pain
- D. SI Qi Tied

9. What is the primary acupoint associated with asthma treatment?

- A. Ren-17
- B. BL-13
- C. K-3
- D. SP-3

10. Which formula is used for treating LI Damp-Heat?

- A. Ma Zi Ren Wan
- B. Bai Tou Weng Tang
- C. Liang Fu Wan
- D. Tiao Wei Cheng Qi Tang

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which meridians does GB-21 meet?

A. GB, SJ, ST, Yang Wei

B. GB, SJ, Liv, Yang Wei

C. GB, SP, BL, SJ

D. GB, KD, Yang Qiao

GB-21, also known as Jianjing, is an acupuncture point located on the Gallbladder channel. It plays a significant role in treating a variety of conditions including shoulder pain, neck issues, and imbalances related to the gallbladder and spleen systems. The correct answer identifies the meridians that intersect at GB-21 as Gallbladder (GB), San Jiao (SJ), Stomach (ST), and Yang Wei (Yang Wei Mai). Each of these channels contributes to the therapeutic effects of GB-21. The Gallbladder meridian is directly linked to GB-21, providing a route for addressing disorders specifically related to gallbladder function. The San Jiao meridian, which governs the pathways of Qi and fluids in the body, facilitates overall balance and harmony, essential for conditions involving the upper body and the lateral areas of the head and neck where GB-21 is located. The Stomach meridian, which crosses over this point, is relevant for digestive issues that might manifest symptoms in the shoulder and neck areas. Finally, the Yang Wei meridian, recognized for its role in unifying the Yang aspects of the body, also interacts with GB-21, making it crucial in treatments aimed at releasing

2. At what distance should a TDP lamp be used?

A. 8 inches

B. 10 inches

C. 12 inches

D. 14 inches

Using a TDP lamp involves specific guidelines to ensure safety and effectiveness during treatment. The correct distance of 12 inches allows for optimal infrared heat absorption without causing discomfort or risk of burns to the skin. This distance helps to ensure that the heat can penetrate effectively into deeper tissues, facilitating increased circulation, relaxation of muscle tension, and pain relief. At this distance, the therapeutic benefits of the infrared radiation can be maximized while minimizing the potential for overheating or skin irritation. Many sources in acupuncture and traditional Chinese medicine reinforce the importance of this distance for effective treatment outcomes. Understanding the recommended distance is crucial for practitioners to provide safe and beneficial thermal therapy.

3. Which acupuncture points are contraindicated during pregnancy?

- A. Ren3, K12
- B. LI4, SP6
- C. GB21, ST12
- D. All of the above**

A variety of acupuncture points have specific contraindications during pregnancy due to their potential to induce labor or influence uterine contractions. The correct choice identifies that all the options listed include points that should generally be avoided in pregnant individuals. Ren 3 (Zhongji) is associated with the uterus and is often avoided in pregnancy due to its potential to stimulate uterine contractions. K 12 (Dahe) is similarly linked to reproductive organ functions, making its use a concern in pregnant patients. LI4 (Hegu) is a popular point for pain relief and general health but is also contraindicated because it is believed to promote labor. SP6 (Sanyinjiao) is frequently mentioned as having strong effects on the pelvic region and labor induction, thus making it inadvisable for use during pregnancy. GB21 (Jianjing) is known to facilitate the flow of Qi and has been used for lactation, but it also has the potential to cause contractions and is contraindicated in pregnancy. ST12 (Quepen) is similarly associated with effects on the upper body that may have implications on pregnancy, hence its use is also discouraged during this time. Given these considerations, the selection of all the mentioned acupuncture points as contraindicated during pregnancy is

4. What element is associated with H-8?

- A. Earth
- B. Metal
- C. Fire**
- D. Water

The association of H-8 with the Fire element reflects its role in traditional Chinese medicine, particularly in the context of the eight principles or eight extra meridians, which are crucial in understanding energetic patterns in the body. H-8, also known as the Heart 8 point or Shao Fu, is located on the heart meridian, and this meridian is intrinsically linked to the Fire element. In traditional Chinese medicine, Fire represents the qualities of warmth, joy, and transformation, aligning closely with the functions of the heart, such as circulation, emotional well-being, and mental clarity. The Fire element is often viewed as the source of life and energy, which further emphasizes the importance of the heart as a center of vitality in the body. The other elements—Earth, Metal, and Water—while also significant in their own contexts, do not directly correlate with H-8 and its function within the heart meridian. Each of these elements is associated with different organs and physiological functions, but the specific connection of H-8 to Fire makes it the prominent choice in this context. This understanding helps practitioners use the heart meridian and its points to address conditions related to emotions, metabolism, and overall heart health in acupuncture practice.

5. Where is BL-10 located in relation to the trapezius?

- A. Lateral to trapezius edge
- B. Medial to trapezius edge
- C. Superior to trapezius edge
- D. Inferior to trapezius edge

The point BL-10, also known as Tian Zhu, is located at the base of the skull. To understand its precise placement in relation to the trapezius muscle, it's important to visualize the anatomical landmarks. BL-10 is situated just lateral to the edge of the trapezius. This positioning means that when you identify the trapezius muscle, BL-10 can be found slightly to the side of its lateral border, which is crucial for proper acupuncture needle placement. In the context of other potential answers, being medial to the trapezius edge would imply that the point is located closer to the midline of the body than the trapezius muscle, which is not accurate. Likewise, the options referring to superior or inferior placements would indicate that the point lies above or below the trapezius muscle's edge, which also does not align with its actual anatomical location. Therefore, the understanding of BL-10 being lateral to the trapezius edge highlights its specific anatomical relationship, important for effective acupuncture treatment.

6. Which nerve is located at the 7th intercostal space?

- A. Cutaneous nerve
- B. Intercostal nerve
- C. Thoracic nerve
- D. Radial nerve

The intercostal nerve is the correct choice because it is specifically responsible for providing motor and sensory innervation to the muscles and skin of the thoracic wall, including the area around the 7th intercostal space. The intercostal nerves arise from the anterior rami of the thoracic spinal nerves and run along each intercostal space, ensuring that regions such as the 7th intercostal space receive appropriate innervation. These nerves play a crucial role in the mechanics of respiration by innervating the intercostal muscles, which contract to aid in the expansion and contraction of the rib cage during breathing. Additionally, they provide sensory innervation to the skin over the rib cage in the corresponding intercostal space, which includes the dermatomes corresponding to those spinal levels. Other options do not fit this context as precisely. The cutaneous nerve typically refers to nerves that provide sensory function to the skin but does not specifically refer to the intercostal region. Thoracic nerve is a vague term that could relate to any number of nerves in the thoracic region and does not specifically identify the intercostal nerve in question. The radial nerve is primarily involved with the upper limb and does not course through the thoracic wall,

7. K-4 serves what function in acupuncture?

- A. Xi Cleft
- B. Luo Connecting**
- C. Yuan Source
- D. Shu Stream

K-4, also known as Gongsun in Traditional Chinese Medicine (TCM), is classified as the Luo-Connecting point for the Kidney channel. The Luo-Connecting points serve an essential function in the acupuncture system by connecting the primary channel with its associated branches and providing a link to the Yin or Yang paired organ. Specifically, Luo points help in facilitating the flow of Qi and blood while also enhancing the connection between the primary channel and its related organs or tissues. In the case of K-4, it plays a pivotal role in addressing conditions related to kidney Qi, emotional health, and supportive functions for the bladder as it connects with the bladder channels, thus enabling a broader therapeutic impact in clinical practice. Its use can be particularly beneficial for issues such as fear, anxiety, and conditions related to the kidneys and their function of water metabolism. The other options represent different point categories. Xi Cleft points, for instance, are primarily utilized for acute conditions and pain by facilitating the flow of Qi and blood. Yuan Source points are involved in tonifying the organ's energy, while Shu Stream points are effective for resolving dampness and heaviness in the body. Each point category serves unique therapeutic roles, but in the case of K-4,

8. For which condition is Chai Hu Shu Gan Tang indicated?

- A. SP Cold-Damp
- B. Heart Fire
- C. SI Qi Pain**
- D. SI Qi Tied

Chai Hu Shu Gan Tang is indicated for conditions related to stagnant liver qi, which can cause various symptoms such as emotional distress, digestive issues, and pain in the abdomen. It is specifically formulated to promote the smooth flow of liver qi, alleviating stagnation and associated pain. The formulation combines several herbs that work together to soothe the liver, regulate the qi, and relieve pain, making it suitable for conditions where there is stagnation, such as "SI Qi Pain." This term refers to discomfort in the small intestine due to qi stagnation, which Chai Hu Shu Gan Tang effectively addresses. Conditions like "SP Cold-Damp," "Heart Fire," and "SI Qi Tied" involve different pathologies that do not align with the primary indication of Chai Hu Shu Gan Tang, which centers around liver qi stagnation and its related symptoms. By targeting the specific mechanics of liver qi movement, this formula is particularly effective for alleviating pain and discomfort associated with this stagnation.

9. What is the primary acupoint associated with asthma treatment?

- A. Ren-17
- B. BL-13**
- C. K-3
- D. SP-3

The primary acupoint associated with asthma treatment is BL-13, also known as Fei Shu. This point is located on the bladder meridian and is specifically linked to the lung system. In Traditional Chinese Medicine (TCM), the lungs are integral to respiratory health, and BL-13 is used to tonify the lungs, strengthen their function, and ease symptoms of asthma, such as wheezing and difficulty breathing. BL-13 is indicated for respiratory conditions because it helps to regulate lung Qi, dispel phlegm, and alleviate the effects of heat and dampness that may exacerbate asthma symptoms. By stimulating this point, practitioners aim to restore balance and promote healthy lung function, making it a key choice in the treatment of asthma within acupuncture practice. The other acupoints mentioned have their own indications and uses, but they do not specifically target the lung function and asthma management as effectively as BL-13 does.

10. Which formula is used for treating LI Damp-Heat?

- A. Ma Zi Ren Wan
- B. Bai Tou Weng Tang**
- C. Liang Fu Wan
- D. Tiao Wei Cheng Qi Tang

Bai Tou Weng Tang is the appropriate formula for treating Damp-Heat in the Large Intestine. This formula is specifically designed to address conditions characterized by dysentery symptoms, which often arise from Damp-Heat accumulation in the intestines. The key components of Bai Tou Weng Tang, such as Bai Tou Weng (Pulsatilla) and other herbs like Huang Lian and Qin Pi, work synergistically to clear Heat and eliminate Dampness, targeting both the root and branches of the pathology. In cases of LI Damp-Heat, patients typically present with symptoms like diarrhea with blood and mucus, abdominal pain, and a burning sensation. Bai Tou Weng Tang effectively alleviates these symptoms by promoting Heat clearance and resolving Dampness, thus helping restore the normal function of the intestines. Other options do not specifically target Damp-Heat in the Large Intestine. For instance, Ma Zi Ren Wan is primarily used for constipation due to dryness and is not indicated for Damp-Heat patterns. Liang Fu Wan is formulated for alleviating pain and does not address Damp-Heat specifically. Tiao Wei Cheng Qi Tang is aimed at treating heat accumulation in the stomach and intestines, focusing on more of a clearing function without directly

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!

SAMPLE