

NCCAOM Point Location 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. The ĚRJIĀN point is described as being at the apex of the ear when the ear is folded forwards. This location corresponds to which option?
 - A. GV 28
 - B. M-HN-18 JIǎCHÉNGJIĀNG
 - C. M-HN-14 BÍTŌNG
 - D. M-HN-10 ĚRJIĀN

2. Which point is described as lying 3.5 cun lateral to Qūgǔ REN-2, on the lateral side of the femoral artery?
 - A. SP 11
 - B. SP 12
 - C. SP 9
 - D. SP 5

3. Which acupuncture point is located on the upper abdomen 6 cun above the umbilicus, 0.5 cun lateral to the midline?
 - A. REN-14
 - B. KD 20
 - C. KD 21
 - D. KD 19

4. Which Gallbladder point lies below the occiput, midway between Fēngfǔ DU-16 and Wángǔ GB-12, in the hollow between the origins of the sternomastoid and trapezius muscles?
 - A. GB 20
 - B. GB 21
 - C. GB 22
 - D. GB 23

5. Which point is on the medial aspect of the lower leg, 2 cun superior to Taixi KID-3 and 0.5 cun anterior to Fùliú KID-7, posterior to the medial border of the tibia?
 - A. KD 7
 - B. KD 6
 - C. KD 5
 - D. KD 8

- 6. Which point is in the depression between the angle of the mandible and the anterior border of the sternocleidomastoid muscle?**
- A. SI 16**
 - B. SI 15**
 - C. SI 17**
 - D. SI 18**
- 7. Which BL point is on the lower leg, 7 cun directly superior to BL60, lateral to and approximately 1 cun inferior to BL57?**
- A. BL 56**
 - B. BL 57**
 - C. BL 58**
 - D. BL 59**
- 8. Which point is described as being 0.5 cun directly posterior to Quchai?**
- A. BL 2**
 - B. BL 3**
 - C. BL 4**
 - D. BL 1**
- 9. With the eyes looking directly forwards, which point is located directly below the pupil between the eyeball and the infraorbital ridge?**
- A. St 2**
 - B. St 1**
 - C. Li 20**
 - D. St 3**
- 10. Which point is on the medial side of the lower leg, 3 cun inferior to Yīnlíngquán SP-9, in a depression just posterior to the medial crest of the tibia?**
- A. SP 9**
 - B. SP 7**
 - C. SP 6**
 - D. SP 8**

Answers

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

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Explanations

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1. The ĚRJIĀN point is described as being at the apex of the ear when the ear is folded forwards. This location corresponds to which option?

- A. GV 28
- B. M-HN-18 JIǎCHÉNGJIĀNG
- C. M-HN-14 BÍTŌNG
- D. M-HN-10 ĚRJIĀN**

Erjian is the ear apex point, identified by the apex of the ear when the ear is folded forward. That exact landmark is used to locate Erjian. In this nomenclature, it is designated as M-HN-10 ĚRJIĀN. So the description matches Erjian. The other points correspond to different locations on other channels or areas and do not describe the ear apex.

2. Which point is described as lying 3.5 cun lateral to Qūgǔ REN-2, on the lateral side of the femoral artery?

- A. SP 11**
- B. SP 12
- C. SP 9
- D. SP 5

Locating points uses precise body landmarks and cun measurements. From Ren-2 on the midline, moving 3.5 cun laterally brings you to a point on the thigh beside the femoral artery. That specific location describes the Spleen point that sits on the lateral side of the artery, which is SP11. So this is the point that matches the described position. The other options correspond to different spots along the Spleen meridian and do not fit this particular relation to Ren-2 and the femoral artery.

3. Which acupuncture point is located on the upper abdomen 6 cun above the umbilicus, 0.5 cun lateral to the midline?

- A. REN-14
- B. KD 20
- C. KD 21**
- D. KD 19

The key idea is precise abdominal point location using cun measurements and a small lateral offset from the midline. On the abdomen, specific points are positioned a certain number of cun above the navel and either on the midline or 0.5 cun to the side. KD-21 sits on the Kidney channel in the upper abdomen, 6 cun above the umbilicus and 0.5 cun lateral to the midline. That exact combination of height and off-midline position matches the description. The midline point at the same height would be Ren-14, which is on the center line, not 0.5 cun to the side. Points KD-20 and KD-19 are located 5 cun and 3 cun above the umbilicus, respectively, both also 0.5 cun lateral to the midline, so their vertical positions don't align with the given description.

4. Which Gallbladder point lies below the occiput, midway between Fēngfǔ DU-16 and Wángǔ GB-12, in the hollow between the origins of the sternomastoid and trapezius muscles?

A. GB 20

B. GB 21

C. GB 22

D. GB 23

GB20 (Fengchi) is the point described: it sits in the hollow below the occiput, between the origins of the sternocleidomastoid and trapezius muscles, roughly midway between DU-16 (Fengfu) and GB-12 (Wangu). This specific location—the occipital region in the hollow formed by the two neck muscles—is unique to GB20, making it the correct choice. Other Gallbladder points are located in different areas (such as the shoulder for GB21 or the chest/temple regions for other GB points), so they don't occupy this occipital hollow. This point is commonly used for occipital headaches, neck stiffness, and wind-related symptoms.

5. Which point is on the medial aspect of the lower leg, 2 cun superior to Taixi KID-3 and 0.5 cun anterior to Fùliú KID-7, posterior to the medial border of the tibia?

A. KD 7

B. KD 6

C. KD 5

D. KD 8

This question tests precise point location on the Kidney channel using clear anatomic landmarks and distances. The described spot is on the medial side of the lower leg, 2 cun above Taixi (KD-3) and 0.5 cun anterior to Fùliú (KD-7), and it sits posterior to the medial border of the tibia. That combination of being a bit higher up from the ankle, slightly in front of the posterior border of the tibia, yet still along the inner edge of the leg fits the known position of KD-8. KD-7 lies on the posterior border of the tibia about 2 cun above the medial malleolus, so KD-8 is located just anterior to that point along the same medial line, still posterior to the tibia. Recognizing this spatial relationship makes the described location KD-8. KD-7 is lower on the leg at the posterior border, KD-3 is at the ankle, and the other options don't align with the described distances and relative position to the tibia.

6. Which point is in the depression between the angle of the mandible and the anterior border of the sternocleidomastoid muscle?

- A. SI 16**
- B. SI 15**
- C. SI 17**
- D. SI 18**

The point being tested is the precise neck landmark of the Small Intestine channel. The description describes a depression located between the angle of the mandible (the jaw corner) and the anterior border of the sternocleidomastoid muscle. That exact anatomical spot corresponds to SI-16. Recognizing how the neck landmarks map to the SI channel helps you identify this point: SI-16 sits in that neck depression, making it the best match for this description. The other options lie in different locations around the neck or face, not in this specific depression, so they don't fit the described landmark. This is why the described depression points to the SI-16 location.

7. Which BL point is on the lower leg, 7 cun directly superior to BL60, lateral to and approximately 1 cun inferior to BL57?

- A. BL 56**
- B. BL 57**
- C. BL 58**
- D. BL 59**

Locating bladder points on the lower leg relies on exact cun measurements and proximity to nearby landmarks. Start at BL60 at the outer ankle and move straight up the leg along the channel for seven cun. The point you reach, which lies lateral to BL57 and about one cun below it, is BL58. That specific relationship—7 cun above BL60 and just to the side and slightly below BL57—identifies the correct point. The other options sit in different locations along the calf and do not match this exact arrangement.

8. Which point is described as being 0.5 cun directly posterior to Quchai?

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

Understanding this item comes from knowing precise point locations along the Bladder channel around the eye. Quchai is a landmark near the eye, and the point described as 0.5 cun directly posterior to it is Bladder 1, located at the inner canthus. This position makes Bladder 1 the closest point to that landmark on the Bladder line near the eye, whereas the other points are situated higher on the brow/forehead region (medial eyebrow area and beyond) and do not fit the description of being 0.5 cun behind Quchai.

9. With the eyes looking directly forwards, which point is located directly below the pupil between the eyeball and the infraorbital ridge?

- A. St 2
- B. St 1**
- C. Li 20
- D. St 3

The location being described is the point on the Stomach channel that sits directly below the pupil, in the hollow between the eyeball and the infraorbital ridge. That spot is ST 1, located at the infraorbital margin. It's the first facial point on the Stomach channel and is classically described as directly under the pupil when the eyes look forward.

Understanding this helps: ST 1 is specifically at the infraorbital margin under the eye, not a bit higher or lower, and not near the nose or cheek. The other points lie in different facial regions—one along the infraorbital area but not exactly under the pupil, another at the nasolabial groove near the nose, and another further down on the cheek—so they don't match the described position.

10. Which point is on the medial side of the lower leg, 3 cun inferior to Yīnlíngquán SP-9, in a depression just posterior to the medial crest of the tibia?

- A. SP 9
- B. SP 7
- C. SP 6
- D. SP 8**

This question tests precise point location along the spleen channel using leg landmarks and a standard measurement. From Yinlingquán (SP-9) on the medial side of the lower leg, moving 3 cun inferior along the channel brings you to a depression that lies just posterior to the medial crest of the tibia. That exact spot is SP-8, also known as Dijī. SP-8 is the point described by this combination of being on the medial leg, 3 cun below SP-9, in a depression behind the tibial crest. It's used to invigorate blood and regulate issues like menstrual disorders and abdominal pain due to blood stasis.

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://nccaompointlocation.examzify.com>

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

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