

# Balance Method

**SYSTEM 1: Chinese Name Sharing**  
(Needle the opposite side of the pain)

|                    |                    |
|--------------------|--------------------|
| SI (Hand Taiyang)  | UB (Foot Taiyang)  |
| SJ (Hand Shaoyang) | GB (Foot Shaoyang) |
| LI (Hand Yangming) | ST (Foot Yangming) |
| LU (Hand Taiyin)   | SP (Foot Taiyin)   |
| HT (Hand Shaoyin)  | Kid (Foot Shaoyin) |
| PC (Hand Jueyin)   | Liv (Foot Jueyin)  |

**SYSTEM 2: Branching Channel**  
(Needle either side of the pain)

|                    |                    |
|--------------------|--------------------|
| SI (Hand Taiyang)  | SP (Foot Taiyin)   |
| SJ (Hand Shaoyang) | Kid (Foot Shaoyin) |
| LI (Hand Yangming) | Liv (Foot Jueyin)  |
| LU (Hand Taiyin)   | UB (Foot Taiyang)  |
| HT (Hand Shaoyin)  | GB (Foot Shaoyang) |
| PC (Hand Jueyin)   | ST (Foot Yangming) |

**SYSTEM 3: Exterior Interior Relationship**  
(Needle the opposite side of the pain)

|                    |                    |
|--------------------|--------------------|
| SI (Hand Taiyang)  | HT (Hand Shaoyin)  |
| SJ (Hand Shaoyang) | PC (Hand Jueyin)   |
| LI (Hand Yangming) | LU (Hand Taiyin)   |
| SP (Foot Taiyin)   | ST (Foot Yangming) |
| Kid (Foot Shaoyin) | UB (Foot Taiyang)  |
| Liv (Foot Jueyin)  | GB (Foot Shaoyang) |

**SYSTEM 4: Chinese Clock Opposite**  
(Needle either side of the pain)

|                      |                    |
|----------------------|--------------------|
| GB (Foot Shaoyang) * | HT (Hand Shaoyin)  |
| Liv (Foot Jueyin)    | SI (Hand Taiyang)  |
| LU (Hand Taiyin) *   | UB (Foot Taiyang)  |
| LI (Hand Yangming)   | Kid (Foot Shaoyin) |
| ST (Foot Yangming) * | PC (Hand Jueyin)   |
| SJ (Hand Shaoyang)   | SP (Foot Taiyin)   |

\*same as System 2

**SYSTEM 5: Chinese Clock Neighbors**  
(Needle the opposite side of the pain)

|                      |                    |
|----------------------|--------------------|
| GB (Foot Shaoyang) * | SJ (Hand Shaoyang) |
| Liv (Foot Jueyin)    | LU (Hand Taiyin)   |
| LI (Hand Yangming) * | ST (Foot Yangming) |
| SP (Foot Taiyin)     | HT (Hand Shaoyin)  |
| SI (Hand Taiyang) *  | UB (Foot Taiyang)  |
| Kid (Foot Shaoyin)   | PC (Hand Jueyin)   |

\*same as System 1

