

**MERIDIAN RIVERS OF CHI KINESIOLOGY****ONLINE MULTIPLE CHOICE WRITTEN ASSESSMENT**

Circle one answer to the following multiple choice questions, unless otherwise directed. Each correct answer is worth 1 point. Possible score 40. Pass mark required 75% (30 correct).

1. Students and graduates of Meridian Rivers of Chi Kinesiology understand that they

A may not promise to cure diseases

B may not use muscle monitoring as a way to diagnose any condition

C may not use muscle monitoring as a treatment for pathology or disease

D all of the above

2. What flows through your meridians?

A Food

B Chi / energy

C Pain

D Blood

3. An Alarm Point is

A A diagnostic tool for identifying over energy in the meridian and/or organ when lightly touching the specific meridian/organ point

B A diagnostic tool for identifying imbalanced energy in the meridian and/or organ when lightly touching the specific meridian/organ point

C A diagnostic tool for identifying under energy in the meridian and/or organ when lightly touching the specific meridian/organ point

D A diagnostic tool for identifying acupressure point energy in the meridian and/or organ when lightly touching the specific meridian/organ point

4. The Kidney alarm point is located

A on the front of the ribcage

B on the side of the body

C on the front of the body

D on the back of the body

5. The Attributes of the Governing Meridian are:

A Integration, trusting, connection, love, resentment

B Integrity, Over-loaded, Past, Standing Tall, Strong Character

C Weakness, confidence, boredom, character, height

D Tiredness, fighter, strong, integrity, powerless

6. The colours of the Meridians within the Fire element are:

- A Red, Pink, Peach, Light pink
- B Red with a blue tint, Pink, Purple Red, Orange Red
- C Red with a purple tint, Pink, Blue red, Orange Red
- D Deep red, red, pink, purple

7. If you are using meridians as a correction remedy, which ways could you use it?

- A Stroke
- B Trace
- C Walk
- D any of the above

8. When using nutrition as a correction remedy, the practitioner must

- A not prescribe supplements, vitamins, minerals or foods
- B only suggest possible food sources that may raise the participants energy levels
- C refer participant to a nutrition specialist when required
- D All of the above

9. Acupressure points are based on

- A Tibetan Energy
- B Finger modes
- C Traditional Chinese Medicine
- D Astrology

10. The time order of the meridians starting from 7am is

- A ST, SP, HT, SI, PC, TW, K, BL, GB, LV, L, LI
- B ST, HT, SP, SI, BL, K, TW, PC, GB, LV, L, LI
- C ST, SP, HT, SI, BL, K, PC, TW, GB, LV, L, LI
- D ST, SP, HT, K, BL, SI, PC, TW, GB, LV, L, LI

11. How many acupressure points are located on the Spleen meridian?

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

12. How many acupressure points are located on the Bladder meridian?

- A 62
- B 65
- C 66
- D 67

13. What is the colour of the Large Intestine meridian?

- A White
- B Off White
- C Cream
- D Pure White

14. Which meridian lines start on the head?

- A Spleen, Heart, Small Intestine
- B Gall Bladder, Bladder, Stomach
- C Large Intestine, Gall Bladder, Triple Warmer
- D Gall Bladder, Bladder, Large Intestine

15. Which meridian runs down the side of the body?

- A Gall Bladder
- B Stomach
- C Liver
- D Spleen

16. Which meridian relates emotionally to fear, anxiety, fight or flight, personal power and body chi?

- A Spleen
- B Bladder
- C Heart
- D Kidney

17. Which Meridian relates physically to Asthma, Coughing, Wheezing Skin?

- A Stomach
- B Gall Bladder
- C Lung
- D Heart

18. If you were after more sweetness in your life, which Meridian would you look at balancing?

- A Stomach
- B Small Intestine
- C Spleen
- D Gall Bladder

19. What is the colour of the Heart Meridian?

- A Pink hue
- B Bright red
- C Red with slight blue tint
- D Red-Orange

20. The peak hours for Small Intestine Meridian are?

- A 1-3 pm
- B 3-5 pm
- C 5-7 pm
- D 7-9 pm

21. Which meridian has two channels on it?

- A Bladder
- B Gall Bladder
- C Stomach
- D Governing

22. Which meridian relates to 'holding on' and your 'emotional barometer'?

- A Bladder
- B Spleen
- C Stomach
- D Large Intestine

23. Which meridian relates to arthritis, painful urination and headaches?

- A Heart
- B Stomach
- C Liver
- D Bladder

24. Which meridian relates to letting things go, releasing, clearing out?

- A Lung
- B Large Intestine
- C Heart
- D Gall Bladder

25. The 'Heart Protector' relates to which meridian?

- A Heart
- B Liver
- C Triple Warmer
- D Pericardium

26. Which meridian relates to Sex Organs?

- A Triple Warmer
- B Pericardium
- C Liver
- D Heart

27. Thyroid and Adrenals relate to which meridian?

- A Triple Warmer
- B Pericardium
- C Liver
- D Heart

28. The Master Yang Point in the body is?

- A TW3
- B TW5
- C TW10
- D TW15

29. Which meridian relates to Decision making, Resentment, Judgement, Regulation?

- A Heart
- B Liver
- C Gall Bladder
- D Bladder

30. GB41 acupressure point relates to which of the following?

- A Wood point
- B Sedation point
- C Source Point
- D Connecting Point

31. The function of filtering, detoxifying, nourishing, replenishing and storing blood relates to which meridian?

- A Heart
- B Pericardium
- C Liver
- D Triple Warmer

32. The physical symptoms of gout, red flushed face and insomnia relate to which meridian?

- A Heart
- B Spleen
- C Liver
- D Lung

33. Which meridian relates to Self-protection, Taking in life, Seeking clean environments?

- A Lung
- B Central
- C Heart
- D Liver

34. Suggested nutrition for Large Intestine could be?

- A Freshly squeezed lemon in warm water first thing in the morning.
- B Apple cider vinegar and lemon juice in warm water.
- C Consume at least 2 litres of pure filtered or boiled water a day.
- D All of the above.

35. Which of the Five Elements do Central and Governing meridians belong to?

- A Fire
- B Earth
- C Metal
- D None

36. The Source Point for Liver meridian is?

- A LV1
- B LV2
- C LV3
- D LV4

37. 'Association Points' or 'Shu Points' are found on which meridian?

- A Bladder
- B Gall Bladder
- C Large Intestine
- D Stomach

38. In the "8 Extras", if I wanted to link all Yin meridians via the central meridian channel what acupressure points would I use?

- A LU7 / K6
- B SI3 / BL6
- C SP4 / PC 6
- D GB41 / TW 5

39. In the "8 Extras", if I wanted to relieve sciatica pain, what two points would I use?

- A LU7 / K6
- B SI3 / BL6
- C SP4 / PC 6
- D GB41 / TW 5

40. Ren Mai "8 extras" point is

- A Another name for Central meridian
- B Links all Yin meridians
- C regulates female cycles
- D All of the above

**Total correct out of 40 ..... Pass required 75% (30 correct)**