

MASTERY OF THE FIVE ELEMENTS CORE ESSENCE & CHARACTER**MULTIPLE CHOICE 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 Mastery of the Five Elements Core Essence and Character 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. The most Yang time of the day is?

A Sunrise

B Midday

C Sunset

D Midnight

3. Yin attributes include

A Night, dark, moon, female, cold

B Day, dark, sun, female, warm

C Night, light, moon, male, hot

D Day, dark, moon, female, cool

4. The Chinese Five Elements are

A Fire, Earth, Air, Metal, Wood

B Fire, Jupiter, Water, Mars, Wood

C Fire, Heart, Air, Water, Wood

D Fire, Earth, Metal, Water, Wood

5. The two main cycles of energy through the Five Elements are

A Fluctuating cycle and Controlling cycle

B Generating cycle and Controlling cycle

C Controlling cycle and influencing cycle

D Producing cycle and generating cycle

6. In the Generating Cycle, Water nurtures which Element

A Fire

B Earth

C Metal

D Wood

7. In the Controlling Cycle, Metal controls which Element

- A Fire
- B Earth
- C Water
- D Wood

8. The Controlling Cycle is to do with which relationship

- A Grandmother-Grandfather
- B Grandmother-Mother
- C Grandmother-Child
- D Grandmother-Grandchild

9. The colours of the 5 elements are

- A Blue, Pink, Orange, Red, Yellow
- B Black, Red, Orange, Green, Blue
- C Red, Yellow, White, Blue, Green
- D Red, Black, Yellow, Blue, Green

10. Your Hara is located

- A On your back
- B In your belly
- C On your chest
- D Around your head

11. The Earth Hara point is located

- A In the centre of the belly
- B At the top belly
- C At the bottom of the belly
- D To the left of the belly

12. The Essence of the Fire Element is

- A Excite
- B Nurture
- C Be
- D Refine

13. The Essence of the Water Element is

- A Nurture
- B Refine
- C Do

D Be

14. The Meridians associated with the Metal Element are

A Heart, Lungs

B Lungs, Large Intestine

C Large Intestine, Liver

D Lungs, Bladder

15. The sense organ for Wood Element is

A Nose

B Ears

C Eyes

D Mouth

16. The fluid emitted for the Earth Element is

A Saliva

B Sweat

C Mucus

D Tears

17. The Fire Element relates to

A Tongue, sweat, laughing, love, irritation, wisdom

B Mouth, saliva, laughing, love, worry, weak-willed

C Sinuses, nose, ears, sight, wisdom

D Mouth, love, hate, frustration, anger

18. Which element does... boundaries, power, patience, clenching fists... relate to

A Fire

B Metal

C Wood

D Earth

19. Which elements basic need is recognition and acknowledgement of self relate to

A Fire

B Wood

C Earth

D Metal

20. Which Elements Virtue relates to Confidence and Faith

A Water

B Earth

- C Fire
- D Wood

21. The Yin Fire Element Acupressure Points are

- A H7, PC5, SP5, LU10, K7, LV8
- B H9, PC9, SP2, LU10, K2, LV2
- C H3, PC8, SP2, LU5, K2, LV2
- D H8, PC8, SP2, LU10, K2, LV2

22. The Yang Wood Element Acupressure Points are

- A SI3, TW3, ST43, LI3, BL65, GB41
- B SI2, TW1, ST45, LI1, BL67, GB44
- C SI3, TW2, ST44, LI3, BL65, GB41
- D SI5, TW3, ST43, LI3, BL65, GB38

23. In the Five Elements Fire is the daughter of which Element

- A Earth
- B Metal
- C Water
- D Wood

24. In the Five Elements Earth dominates which Element

- A Water
- B Metal
- C Fire
- D Wood

25. In the Five Elements Metal is dominated by which Element

- A Fire
- B Earth
- C Water
- D Wood

26. Which Element relates to Summer, Heat, Midday, Scorched

- A Metal
- B Water
- C Fire
- D Wood

27. Which Element relates to the emotions of Grief, Guilt, Regret, Anguish, Sadness and Unsettled

- A Fire
- B Metal
- C Wood
- D Earth

28. Which Element relates to the expression of Moaning & Groaning

- A Water
- B Wood
- C Earth
- D Metal

29. Which Element relates to the feeling of Uncertainty

- A Earth
- B Wood
- C Metal
- D Fire

30. Which Elements way of reacting is Dejection and upset

- A Earth
- B Fire
- C Metal
- D Wood

31. Which Element relates to the sense organ and sense of Tongue, Speech, Word

- A Wood
- B Water
- C Metal
- D Fire

32. Which Elements Spirit/Psyches is Hun

- A Fire
- B Earth
- C Water
- D Wood

33. Which Elements Constitution has a body type of Tall and Slender or Short and compact

- A Earth
- B Fire
- C Wood
- D Metal

34. Which Elements Constitution has a triangular face

- A Metal
- B Fire
- C Wood
- D Earth

35. Which Elements Constitution has puppy dog eyes

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

36. Which Elements Constitution has a Dark with black undertone facial hue/complexion

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

37. Which Elements Constitution avoids eye contact or looks downward

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

38. Which Elements Constitution movement prefers competitive team sports, cycling and cardio

- A Fire
- B Metal
- C Wood
- D Earth

39. Which Elements Constitution prefers to sit in a big comfy leather chair with feet up

- A Wood
- B Water
- C Earth
- D Metal

40. Which Elements Constitutional self-talk is "What will give my life meaning?"

- A Fire
- B Earth
- C Metal

D Wood

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