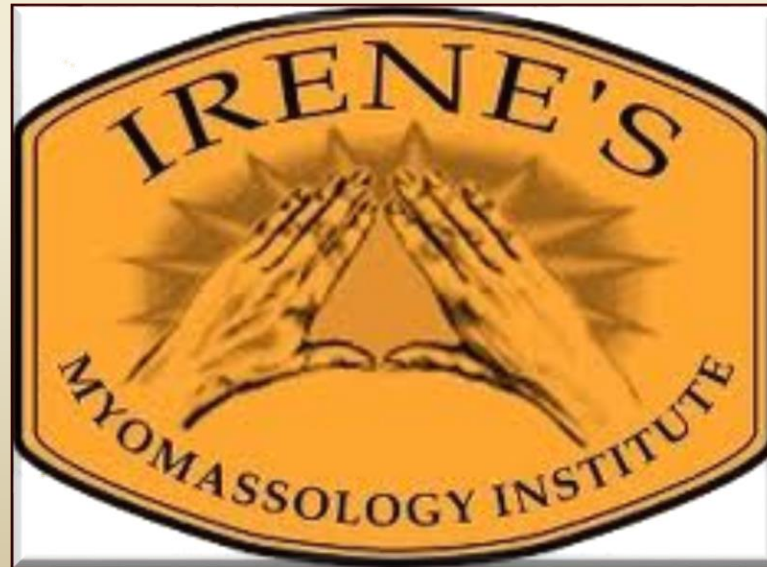


# **Instructor's Review for Final Exams**

---

## **MBLX Final Review Eastern Medicine**



# **MBLX Review**

## **Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations**

### **Eastern Methods**

# General Review

1. Yin and yang represent \_\_\_\_\_.
  - a. Two extraordinary meridians
  - b. The main religion of China
  - c. The opposite principles of the universe
  - d. A type of Oriental bodywork

# General Review

2. The Sanskrit word that means "life force" is \_\_\_\_\_.
- a. Kata
  - b. Prana**
  - c. Karma
  - d. Vata

# General Review

3. The hara is located \_\_\_\_\_.

a. In the pineal gland

b. Above the heart

c. Just below the navel

d. At the perineum

# General Review

4. The path that is followed by sushumna goes \_\_\_\_\_.

a. Up the center of the spine

b. Down the sciatic nerve

c. Through the digestive tract

d. Down the windpipe

# General Review

5. For clients who need to do gentle stretching exercises at home, you might suggest \_\_\_\_\_.

a. Tae Kwon Do

b. Tui Na

c. Reiki

d. Tai Chi

# General Review

6. The dosha that is described as wet, cold, and heavy and corresponds to the element water is called \_\_\_\_\_.

a. Vata

b. Kapha

c. Pitta

d. Prana



# General Review

7. Nadis and srotas are both \_\_\_\_\_.
- a. Channels
  - b. Bony prominences
  - c. Another term for the sex organs
  - d. A form of Japanese bodywork

# General Review

8. Wu-hsing is the Chinese term for \_\_\_\_\_.
- a. Kundalini
  - b. Ayurveda
  - c. The Five Elements
  - d. A form of Japanese bodywork

# General Review

9. To state that a point on the body is jitsu means that it is \_\_\_\_\_.
- a. An area that is infected
  - b. An area that is lacking in energy
  - c. An area that has too much energy
  - d. An area that is numb

# General Review

10. In Ayurvedic massage, energy points are referred to as \_\_\_\_\_.
- a. Trigger points
  - b. Dharmas
  - c. Karmas
  - d. Marmas

# General Review

11. The traditional measurement used in acupuncture is the \_\_\_\_\_.

a. Cun

b. Kata

c. Kyo

d. Tao

# General Review

12. The dosha governing the principles of movement is \_\_\_\_\_.

- a. Vata
- b. Kapha
- c. Pitta
- d. Bitta

# General Review

13. In Traditional Chinese Medicine Theory, the \_\_\_\_\_ is the body's manifestation of chi.

a. Oxygen

b. Sweat

c. Blood

d. Calories

# General Review

14. Burning mugwort is used for \_\_\_\_\_.
- a. Combustion
  - b. Temperature control
  - c. Causing an infection
  - d. Moxibustion



# General Review

15. Brahmand is \_\_\_\_\_.
- a. A caste in India
  - b. The founder of Traditional Chinese Medicine
  - c. The Japanese god of physicians
  - d. The cosmos or universe

# **MBLX Review**

## **Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations**

### **The Meridians**

# General Review

1. The term meridian is used to describe a(n) \_\_\_\_\_.
  - a. Nerve plexus
  - b. Energy blockage
  - c. Energy pathway
  - d. None of the above

# General Review

2. Altogether, there are \_\_\_\_\_ primary meridians.
- a. 10
  - b. 12**
  - c. 14
  - d. 16

# General Review

3. The conception vessel and governing vessel are referred to as \_\_\_\_\_ meridians.

**a.** Extraordinary

**b.** Unnecessary

**c.** Sudiferous

**d.** Minor

# General Review

4. Which of the following meridians is not associated with Yang?
- a. Large intestine (LI)
  - b. Small intestine (SI)
  - c. Liver (LV)
  - d. Stomach (ST)

# General Review

5. In Chinese Medicine Theory, what circulates through the organs every 12 hours?

- a. Blood
- b. Hormones
- c. Chi**
- d. Fresh oxygen

# General Review

6. The two meridians that do not have any element associated with them are the \_\_\_\_\_.

- a. Central and lung
- b. Lung and liver
- c. Circulation sex and governing
- d. Central and governing



# General Review

7. The central meridian is also referred to as the \_\_\_\_\_.
- a. Heart meridian
  - b. Conception vessel**
  - c. Heart governor
  - d. Circulation sex

# General Review

8. The meridians that occur in pairs are the \_\_\_\_\_.

- a. Central and governing
- b. Triple warmer and gallbladder
- c. Large intestine and lung
- d. None of the above

# General Review

9. The heart governor meridian is paired with the \_\_\_\_\_ meridian.
- a. Kidney
  - b. Spleen
  - c. Triple warmer
  - d. Small intestine

# General Review

**10.** The meridians that do not have an association with the elements are the \_\_\_\_\_.

- a. Ordinary meridians
- b. Extraordinary meridians**
- c. Stomach and spleen meridians
- d. Kidney and bladder meridians

# General Review

11. The earliest known text on meridian theory was written \_\_\_\_\_.
- a. At least 5000 years ago
  - b. About 1000 years ago
  - c. Over 2000 years ago
  - d. About 500 years ago

# General Review

**12.** In Chinese Medicine Theory, the year is divided into five seasons: \_\_\_\_\_.

- a.** Winter, Spring, Summer, Late Summer, Autumn
- b.** Winter, Late Winter, Spring, Summer, Autumn
- c.** Winter, Spring, Late Spring, Summer, Autumn
- d.** Winter, Spring, Summer, Autumn, Late Autumn

# General Review

13. The \_\_\_\_\_ meridian is also referred to as San Jiao.
- a. Stomach
  - b. Triple warmer**
  - c. Spleen
  - d. Small intestine

# General Review

14. The central meridian begins at the \_\_\_\_\_.
- a. Heart
  - b. Anus
  - c. Little toe
  - d. Perineum



# General Review

15. At least \_\_\_\_\_ important meridian points have been identified.

a. 500

b. 800

c. 1000

d. 1500

# **MBLX Review**

## **Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations**

### **The Chakras**

# General Review

1. The chakras are associated with what type of glands?
  - a. Sudiferous glands
  - b. Sebaceous glands
  - c. Epithelial glands
  - d. Endocrine glands

# General Review

2. The chakra that is associated with perception is the \_\_\_\_\_ chakra.

a. Heart

b. Base

c. Third eye

d. Solar plexus

# General Review

3. There are \_\_\_\_\_ primary chakras.

a. 5

b. 7

c. 6

d. 8

# General Review

4. The chakra that is associated with the color green is the \_\_\_\_\_ chakra.

- a. Heart
- b. Solar plexus
- c. Crown
- d. Base

# General Review

5. The chakra associated with communication is the \_\_\_\_\_.
- a. Heart chakra
  - b. Third eye chakra
  - c. Root chakra
  - d. Throat chakra**

# General Review

6. Releasing waste from the body is associated with the \_\_\_\_\_ chakra.
- a. Sacral
  - b. Third eye
  - c. Root**
  - d. Throat



# General Review

7. Chakras are associated with \_\_\_\_\_.
- a. Emotions
  - b. Certain glands
  - c. Colors
  - d. All of the above**

# General Review

8. The root chakra is associated with the sense of \_\_\_\_\_.

a. Smell

b. Taste

c. Touch

d. Hearing

# General Review

9. Indigo is associated with the \_\_\_\_\_ chakra.
- a. Throat
  - b. Crown
  - c. Root
  - d. Third eye**

# General Review

10. The thyroid gland is affected by the \_\_\_\_\_ chakra.

- a. Throat
- b. Third eye
- c. Crown
- d. Solar plexus

# General Review

11. The chakra associated with the color yellow is the \_\_\_\_\_.

a. Solar plexus

b. Base

c. Throat

d. Heart

# General Review

**12.** The chakra known as the fourth chakra is the \_\_\_\_\_ chakra.

- a.** Heart
- b.** Solar plexus
- c.** Throat
- d.** Third eye

# General Review

13. The first chakra is located \_\_\_\_\_.
- a. At the top of the head
  - b. On the forehead
  - c. On the perineum**
  - d. On the pubis

# General Review

14. The \_\_\_\_\_ is in the center of the abdomen.
- a. Pineal gland
  - b. Hara**
  - c. Brachial plexus
  - d. Limbic area



# General Review

15. When in balance, the chakras \_\_\_\_\_.
- a. Spin steadily counterclockwise for both sexes
  - b. Encircle the body
  - c. Run in the same directions as the meridians
  - d. Spin steadily clockwise