



Basic Balance Method Workbook

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MODULE 3: BASIC REVIEW

Zang Fu Pairs: (fill in the blanks with the corresponding pair)

Lung	
Stomach	
Heart	
Urinary Bladder	
Pericardium	
Gall Bladder	

Yang Phases of Foot: (fill in the blanks with the corresponding meridians)

Tai Yang	
Yang Ming	
Shao Yang	

Yin Phases of Foot: (fill in the blanks with the corresponding meridians)

Tai Yin	
Shao Yin	
Jue Yin	

Tai Yang

Yang Ming

Shao Yang

Tai Yin

Shao Yin

Jue Yin

Tai Yin

Shao Yin

Jue Yin

Jing Well

Ying Spring

[illegible]

Shu Stream

Jing River

He Sea