

## Introduction to Saam Worksheet

### 1. How did Toby learn Saam acupuncture?

- a. He met a traveling monk who treated him
- b. He studied it at the acupuncture school he attended
- c. He was living in Korea and found a teacher to mentor him

### 2. Please match each organ in the left column with the organ it's paired with in the right column in the Saam system:

- |                |                 |
|----------------|-----------------|
| a. Liver       | Large Intestine |
| b. Heart       | Gall Bladder    |
| c. Kidney      | Small intestine |
| d. Spleen      | Stomach         |
| e. Lung        | San Jiao        |
| f. Pericardium | Urinary Bladder |

### 3. If a patient is obese with very oily skin, and is bored with a lot of things, they probably have a lot of \_\_\_\_\_ energy.

- a. Spleen
- b. Liver
- c. Stomach

### 4. The Gallbladder is associated with:

- a. Outward energy
- b. Inward energy
- c. The ability to think clearly

### 5. Which of these organs is considered the most "drying"?

- a. Liver
- b. Large Intestine
- c. Urinary Bladder

### 6. In the Saam system the Liver has what kind of energy?

- a. Outward, angry, aggressive energy
- b. Inward, cooling, moist energy
- c. Mental sharpness and clarity

### 7. What are some features of a Kidney excess person?

- a. Good bone structure, facial symmetry, considered good looking
- b. Dull dark skin, easily fatigued, mentally slow
- c. Mentally quick, but prone to back pain and depression

**8. How do you tonify and drain in the Sa'am system?**

- a. Use gentle technique to tonify and aggressive technique to drain
- b. Simply feel for what seems right to you, use your intention
- c. Needle with the channel to tonify and against the channel to drain

**9. When beginning to use the Saam system it is advised to treat in what way**

- a. Treat both sides to create balance
- b. Treat one side only, so you can more easily see the effects of your treatment decisions
- c. Be sure to always treat yin on one side and yang on the other

**10. What are some signs of incorrect treatment?**

- a. Patient's complexion looks worse
- b. Patient's fall into a deep slumber
- c. Patient's report seeing colors