

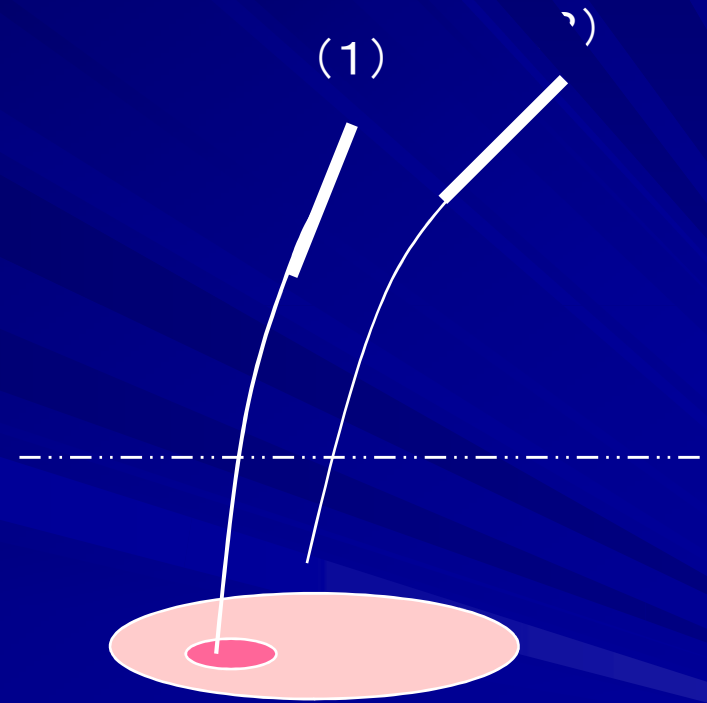
Most common
combinations with Retain and
Sing. technique with the
indurations

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Shinsha-Sennp 深瀉淺補

- (1)Dispense excess
- (2)tonic deficiency
- superficial

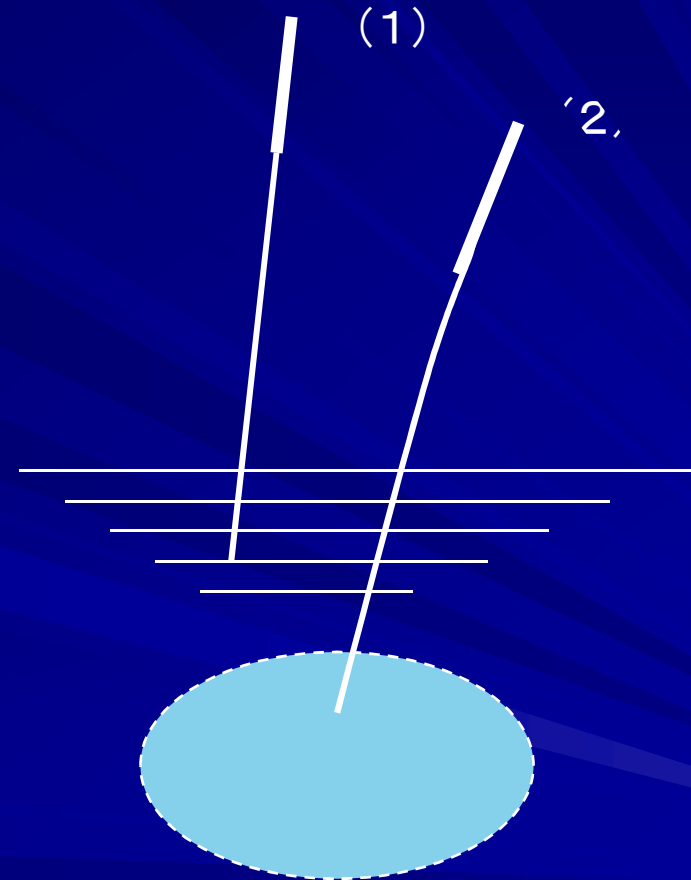
- (1) Flicking, Twisting, Vibrating
- (2) Tonification type Tanshi or retaining needle
- [Movie](#)



Sennsha-Shinnpō 浅瀉深補

(1) Dispersing excess
superficial
(2) tonification,
deep-side

- (1) Flicking, Twisting, Vibrating
- (2) Tonification type
Tanshi or retaining
needle
- [Movie](#)



Youdo 揺動法

Retain all inside
of the indurations.

