

*Concise  
Point  
Location*

*by*

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## *Quick & Easy Point Location Review*

*On the Arms:*

*9 cun are measured between the anterior axillary fold and the cubital crease*

*12 cun are measured between the cubital crease and the wrist joint*

### Heart Channel – anterior (yin) surface, ulnar compartment

<b>Ht-1</b>	center of the <b>axilla</b>	
<b>Ht-2</b>	3 cun above Ht-3	
<b>Ht-3</b>	at the <b>cubital fold</b>	(at the ulnar end of the cubital crease)
<b>Ht-4</b>	1.5 cun proximal to Ht-7	
<b>Ht-5</b>	1.0 cun proximal to Ht-7	
<b>Ht-6</b>	0.5 cun proximal to Ht-7	
<b>Ht-7</b>	at the <b>wrist</b>	(ulno-carpal joint space)
<b>Ht-8</b>	on the palm, betw the 4th & 5th metacarpals, proximal to their heads	
<b>Ht-9</b>	the <b>nail point</b> on the <b>radial side of the little finger</b>	

### Pericardium Channel – anterior (yin) surface, median compartment

<b>Pc-1</b>	in the 4th IC space,	<b>supralateral to the nipple</b>
<b>Pc-2</b>	2 cun below the axillary fold	(betw the heads of the biceps)
<b>Pc-3</b>	at the <b>cubital fold</b> ,	ulnar side of the biceps tendon
<b>Pc-4</b>	5 cun proximal to Pc-7	
<b>Pc-5</b>	3 cun proximal to Pc-7	
<b>Pc-6</b>	2 cun proximal to Pc-7	
<b>Pc-7</b>	the middle of the <b>wrist fold</b>	(on the ulnar side of the flexor carpi radialis tendon)
<b>Pc-8</b>	on the palm, betw the 2nd & 3rd metacarpals, proximal to their heads	
<b>Pc-9</b>	the <b>nail point</b> , on the <b>radial side of the middle finger</b>	
<i>alt loc }</i>	the center of the end of the middle finger	

### Lung Channel – anterior (yin) surface, radial compartment

<b>Lu-1</b>	upper chest	1.6 cun below Lu-2
<b>Lu-2</b>	inferior to clavicle, medial to coracoid	(6 cun lateral to the midline)
<b>Lu-3</b>	3 cun below the axillary fold (on the radial side of the biceps)	
<b>Lu-4</b>	4 cun below the axillary fold (on the radial side of the biceps)	
<b>Lu-5</b>	at the <b>cubital fold</b>	(radial side of the biceps tendon)
<b>Lu-6</b>	5 cun distal to Lu-5	(near the end of the brachioradialis m.)
<b>Lu-7</b>	1.5 cun proximal to Lu-9	(on the radial side of the radius)
<b>Lu-8</b>	1.0 cun proximal to Lu-9	(ventral/yin surface, on the styloid pr.)
<b>Lu-9</b>	at the <b>wrist fold</b>	(radio-carpal joint space)
<b>Lu-10</b>	thenar eminence	midpoint of the 1st metacarpal
<b>Lu-11</b>	the <b>nail point</b> on the <b>radial side of the thumb</b>	

## *Quick & Easy Point Location Review*

### **Large Intestine Channel** – dorsal (yang) surface, radial compartment

*On the forearm, LI points lie along a line connecting LI-5 and LI-11*

*On the upper arm, LI points lie along a line connecting LI-11 and LI-15, (except LI-12)*

- LI-1** index finger, radial nail pt
- LI-2** radial side of the index finger, distal to the MP joint
- LI-3** proximal to the head of the 2nd metacarpal
- LI-4** at the midpoint of the 2nd metacarpal
- LI-5** in the anatomical snuffbox
  
- LI-6** 3 cun proximal to LI-5
- LI-7** 5 cun proximal to LI-5
- LI-8** 8 cun proximal to LI-5 (4 cun distal to LI-11)
- LI-9** 9 cun proximal to LI-5 (3 cun distal to LI-11)
- LI-10** 10 cun proximal to LI-5 (2 cun distal to LI-11)
- LI-11** at the elbow, anterior to the lateral epicondyle (lateral end of the cubital crease)
  
- LI-12** 1 cun proximal to the lateral epicondyle (anterior edge of the supracondylar ridge)
- LI-13** 3 cun superior to LI-11
- LI-14** proximal to the deltoid insertion, (~ level with the anterior axillary fold)
- LI-15** inferior to the acromium, at the anterior end of the bone
- LI-16** at the acromio-clavicular “V”
  
- LI-17** 1 cun inferior to LI-18 on the posterior edge of the SCM
- LI-18** level with the laryngeal prominence, betw the two heads of the SCM
  
- LI-19** on the upper lip, inferior to the lateral side of the nostril
- LI-20** in the naso-labial groove, level with the midpoint of the ala nasi

## *Quick & Easy Point Location Review*

### **Small Intestine Channel** – dorsal (yang) surface, ulnar compartment

*12 cun are measured from the triquetral bone to the medial epicondyle of the humerus*

- SI-1** little finger, ulnar nail pt
- SI-2** ulnar side of the little finger, distal to the MP joint
- SI-3** ulnar side of the hand, proximal to the head of the 5th metacarpal
- SI-4** ulnar side of the hand, distal to the triquetral bone
  
- SI-5** at the wrist, proximal to the triquetral bone
- SI-6** betw the radius & ulna, just proximal to the ulnar styloid process
- SI-7** 5 cun proximal to SI-5
- SI-8** at the elbow, midway betw the olecranon and the medial epicondyle
  
- SI-9** 1 cun superior to the posterior axillary fold
- SI-10** inferior to the lateral end of the scapular spine (medial to the acromial angle)
  
- SI-11** infraspinous fossa, inferior to the spine of the scapula
- SI-12** the center of the supraspinous fossa
- SI-13** the medial end of the supraspinous fossa
- SI-14** level with T<sub>1</sub>, 3 cun lateral to the midline
- SI-15** level with C<sub>7</sub>, 2 cun lateral to the midline
  
- SI-16** posterior edge of the SCM, level with the laryngeal prominence
- SI-17** anterior edge of the SCM, level with the angle of the mandible
  
- SI-18** inferior to the maxilla, at the anterior edge of the masseter
- SI-19** anterior to the midpoint of the tragus

## *Quick & Easy Point Location Review*

### **Triple Burner Channel** – dorsal (yang) surface, median compartment

- TB-1** ring finger, ulnar nail pt  
**TB-2** betw the 4th & 5th fingers, just distal to the MP joints  
**TB-3** betw the 4th & 5th metacarpals, proximal to their heads  
**TB-4** at the wrist, ulnar side of the extensor digitorum tendons
- TB-5** betw the radius & ulna, 2 cun proximal to the wrist  
**TB-6** betw the radius & ulna, 3 cun proximal to the wrist  
**TB-7** betw the radius & ulna, 3 cun proximal to the wrist, on the radial side of the ulna  
**TB-8** betw the radius & ulna, 4 cun proximal to the wrist  
**TB-9** betw the radius & ulna, 4-5 cun distal to the elbow
- TB-10** in the olecranon fossa, 1 cun proximal to the tip of the olecranon  
**TB-11** in the olecranon fossa, 2 cun proximal to the tip of the olecranon  
**TB-12** on the back of the arm, midway betw TB-11 & TB-13  
**TB-13** inferior edge of the posterior deltoid, betw the heads of the triceps  
**TB-14** inferior to the postero-lateral end of the acromion
- TB-15** at the superior angle of the scapula, midway betw SI-13 & GB-21  
**TB-16** on the posterior edge of the SCM, level with the angle of the mandible  
**TB-17** under the earlobe, betw the mandible and the mastoid
- TB-18** on the mastoid, 1/3 of the arc distance betw TB-17 & TB-20  
**TB-19** on the mastoid, 2/3 of the arc distance betw TB-17 & TB-20  
**TB-20** immediately superior to the apex of the ear
- TB-21** anterior to the ear, level with the supra-tragic notch  
**TB-22** at the pre-auricular hairline, level with the superior root of the ear  
**TB-23** at the lateral end of the eyebrow

## *Quick & Easy Point Location Review*

### **Ren Mai = Conception Vessel – anterior midline**

<b>CV-1</b>	the center of the perineum
<b>CV-2</b>	5 cun inferior to the umbilicus, superior edge of the pubic symphysis
<b>CV-3</b>	4 cun inferior to the umbilicus
<b>CV-4</b>	3 cun inferior to the umbilicus ~ level with the anterior projection of the ASIS
<b>CV-5</b>	2 cun inferior to the umbilicus
<b>CV-6</b>	1.5 cun inferior to the umbilicus
<b>CV-7</b>	1 cun inferior to the umbilicus
<b>CV-8</b>	<b>the center of the umbilicus</b>
<b>CV-9</b>	1 cun superior to the umbilicus
<b>CV-10</b>	2 cun superior to the umbilicus
<b>CV-11</b>	3 cun superior to the umbilicus
<b>CV-12</b>	4 cun superior to the umbilicus
<b>CV-13</b>	5 cun superior to the umbilicus
<b>CV-14</b>	6 cun superior to the umbilicus
<b>CV-15</b>	7 cun superior to the umbilicus
<b>CV-16</b>	<b>at the xipho-sternal junction,</b> level with the 5th intercostal space
<b>CV-17</b>	level with the 4th intercostal space
<b>CV-18</b>	level with the 3rd intercostal space
<b>CV-19</b>	level with the 2nd intercostal space
<b>CV-20</b>	level with the 1st intercostal space
<b>CV-21</b>	on the manubrium, midway betw CV-20 & 22
<b>CV-22</b>	immediately superior to the sternal notch
<b>CV-23</b>	immediately superior to the hyoid bone
<b>CV-24</b>	midpoint of the mento-labial groove

## *Quick & Easy Point Location Review*

### Du Mai = Governing Vessel – posterior midline

<b>GV-1</b>	inferior to the tip of the coccyx	
<b>GV-2</b>	at the sacral hiatus	~S <sub>4</sub>
<b>GV-3</b>	inferior to the spinous process of <b>L<sub>4</sub></b>	
<b>GV-4</b>	inferior to the spinous process of <b>L<sub>2</sub></b>	
<b>GV-5</b>	inferior to the spinous process of <b>L<sub>1</sub></b>	
<b>GV-6</b>	inferior to the spinous process of <b>T<sub>11</sub></b>	
<b>GV-7</b>	inferior to the spinous process of <b>T<sub>10</sub></b>	
<b>GV-8</b>	inferior to the spinous process of <b>T<sub>9</sub></b>	
<b>GV-9</b>	inferior to the spinous process of <b>T<sub>7</sub></b>	
<b>GV-10</b>	inferior to the spinous process of <b>T<sub>6</sub></b>	
<b>GV-11</b>	inferior to the spinous process of <b>T<sub>5</sub></b>	
<b>GV-12</b>	inferior to the spinous process of <b>T<sub>3</sub></b>	
<b>GV-13</b>	inferior to the spinous process of <b>T<sub>1</sub></b>	
<b>GV-14</b>	inferior to the spinous process of <b>C<sub>7</sub></b>	
<b>GV-15</b>	0.5 cun within the posterior hairline	
<b>GV-16</b>	1 cun above the posterior hairline, immediately inferior to the occiput	
<b>GV-17</b>	2.5 cun above the posterior hairline, immediately superior to the EOP	
<b>GV-18</b>	4 cun above the posterior hairline,	1.5 cun above GV-17
<b>GV-19</b>	5.5 cun above the posterior hairline,	1.5 cun above GV-18
<b>GV-20</b>	7 cun above the posterior hairline,	1.5 cun above GV-19
	<b>5 cun behind the anterior hairline</b>	
<b>GV-21</b>	3.5 cun behind the anterior hairline	1.5 cun anterior to GV-20
<b>GV-22</b>	2 cun behind the anterior hairline	1.5 cun anterior to GV-21
<b>GV-23</b>	1 cun behind the anterior hairline	1.0 cun anterior to GV-22
<b>GV-24</b>	0.5 cun behind the anterior hairline	0.5 cun anterior to GV-23
<b>GV-25</b>	at the center of the tip of the nose	
<b>GV-26</b>	in the philtrum, 1/3 of the distance betw the base of the nose and the lip	
<b>GV-27</b>	in the philtrum, at the junction with the upper lip (jet of the red & white skin)	
<b>GV-28</b>	on the upper gum, immediately inferior to the attachment of the frenum	

## *Quick & Easy Point Location Review*

<b>Bladder Channel – back of the body (most posterior compartment)</b>
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Head                      *BL pts are ~ 1.5 lateral to the midline (GV)*

**BL-1**                      at the inner canthus

**BL-2**                      at the medial end of the eyebrow

**BL-3**                      0.5 cun behind the anterior hairline, 0.75 cun lateral to the midline (GV-24)

**BL-4**                      0.5 cun behind the anterior hairline, 1.5 cun lateral to the midline (GV-24)

**BL-5**                      1.0 cun behind the anterior hairline

**BL-6**                      2.5 cun behind the anterior hairline

**BL-7**                      4.0 cun behind the anterior hairline

**BL-8**                      5.5 cun behind the anterior hairline, 0.5 cun behind GV-20

**BL-9**                      2.5 cun above the posterior hairline, level with the EOP

Neck

**BL-10** in the trapezius, 0.5 cun above the posterior hairline, level with GV-15

Back

Inner Line

Outer Line

- jia ji points are ~0.75 cun lateral to the midline, in the trough betw the spinous processes and the erectors

- the inner BL line is 1.5 cun lateral to the midline, along the crest of the erectors

- the outer BL line is 3.0 cun lateral to the midline, along the vertebral border of the scapula

\* all points are level with the space inferior to the spinous process of the indicated vertebra

T1	jia ji	<b>BL-11</b>	(SI-14)
T2	jia ji	<b>BL-12</b>	<b>BL-12a</b> (36/41)
T3	jia ji	<b>BL-13</b>	<b>BL-13a</b> (37/42)
T4	jia ji	<b>BL-14</b>	<b>BL-14a</b> (38/43)
T5	jia ji	<b>BL-15</b>	<b>BL-15a</b> (39/44)
T6	jia ji	<b>BL-16</b>	<b>BL-16a</b> (40/45)
T7	jia ji	<b>BL-17</b>	<b>BL-17a</b> (41/46)
T9	jia ji	<b>BL-18</b>	<b>BL-18a</b> (42/47)
T10	jia ji	<b>BL-19</b>	<b>BL-19a</b> (43/48)
T11	jia ji	<b>BL-20</b>	<b>BL-20a</b> (44/49)
T12	jia ji	<b>BL-21</b>	<b>BL-21a</b> (45/50)
L1	jia ji	<b>BL-22</b>	<b>BL-22a</b> (46/51)
L2	jia ji	<b>BL-23</b>	<b>BL-23a</b> (47/52)
L3	jia ji	<b>BL-24</b>	
L4	jia ji	<b>BL-25</b>	
L5	jia ji	<b>BL-26</b>	

## *Quick & Easy Point Location Review*

### Sacral Region

S1	<b>BL-31</b>	<b>BL-27</b>	
S2	<b>BL-32</b>	<b>BL-28</b>	<b>BL-28a</b> (48/53) (level with the inferior margin of the PSIS)
S3	<b>BL-33</b>	<b>BL-29</b>	
S4	<b>BL-34</b>	<b>BL-30</b>	<b>BL-30a</b> (49/54) level with the sacral hiatus

[BL-31–34 are at the 1st, 2nd, 3rd, and 4th sacral foramen, in line with the jia ji column of points]

**BL-35** is level with the tip of the coccyx

### Thigh      the distance from the gluteal fold to the popliteal crease is 14 cun

<b>BL-50/36</b>	the center of the gluteal fold
<b>BL-51/37</b>	between hamstrings, 6 cun below the gluteal fold
<b>BL-52/38</b>	1 cun above BL-53
<b>BL-53/39</b>	the lateral end of the popliteal crease
<b>BL-54/40</b>	the midpoint of the popliteal crease

### Leg      from the popliteal crease to the high point of the lateral malleolus is 16 cun

<b>BL-55</b>	2 cun inferior to BL-54
<b>BL-56</b>	5 cun inferior to BL-54
<b>BL-57</b>	8 cun inferior to BL-54
<b>BL-58</b>	7 cun superior to the lateral malleolus (BL-60)
<b>BL-59</b>	3 cun superior to the lateral malleolus (BL-60)
<b>BL-60</b>	level with the high point of the lateral malleolus, between the malleolus and achilles

### Foot

<b>BL-61</b>	on the lateral heel, ~ 3 cun inferior to BL-60
<b>BL-62</b>	immediately inferior to the lateral malleolus
<b>BL-63</b>	immediately inferior to the cuboid
<b>BL-64</b>	proximal to the tuberosity of the 5th metatarsal
<b>BL-65</b>	proximal to the head of the 5th metatarsal
<b>BL-66</b>	on the lateral side of the little toe, distal to the MP joint
<b>BL-67</b>	the lateral nail point on the little toe

## Quick & Easy Point Location Review

### Kidney Channel – most posterior compartment on the yin-side

Foot  
the kidney channel begins at the medial nail pt on the little toe  
**K-1** the sole of the foot, ~ 1/3 the distance from the base of the toes to the heel  
**K-2** inferior to the tuberosity of the navicular

Ankle/Heel  
**K-3** between the high point of the medial malleolus and the achilles  
**K-4** ~ 0.5 inferior & slightly posterior to K-3, (jct of the achilles & calcaneum)  
**K-5** on the calcaneum, a little more than 1 cun directly inferior to K-3  
**K-6** immediately inferior to the medial malleolus  
alt loc: 1 cun below the medial malleolus, inferior to the sustentaculum talus

Leg  
**K-7** 2 cun above K-3, on the anterior edge of the achilles  
**K-8** 2 cun above K-3, on the posterior edge of the tibia  
**K-9** 5 cun above K-3, inferior to the medial head of the gastroc

Knee  
**K-10** at the medial end of the popliteal crease

*On the abdomen the K channel is 0.5 cun lateral to the midline*  
*On the chest the K channel is 2 cun lateral to the midline*

<b>K-11</b>	immediately superior to the crest of the pubis	(level w/ CV-2)
<b>K-12</b>	1 cun above the pubis, 4 cun below the umbilicus	(level w/ CV-3)
<b>K-13</b>	2 cun above the pubis, 3 cun below the umbilicus	(level w/ CV-4)
<b>K-14</b>	3 cun above the pubis, 2 cun below the umbilicus	(level w/ CV-5)
<b>K-15</b>	4 cun above the pubis, 1 cun below the umbilicus	(level w/ CV-7)
<b>K-16</b>	<b>level with the umbilicus</b>	(level w/ CV-8)
<b>K-17</b>	2 cun above the umbilicus	(level w/ CV-10)
<b>K-18</b>	3 cun above the umbilicus	(level w/ CV-11)
<b>K-19</b>	4 cun above the umbilicus	(level w/ CV-12)
<b>K-20</b>	5 cun above the umbilicus	(level w/ CV-13)
<b>K-21</b>	6 cun above the umbilicus	(level w/ CV-14)
<b>K-22</b>	in the 5th intercostal space	(level w/ CV-16)
<b>K-23</b>	in the 4th intercostal space	(level w/ CV-17)
<b>K-24</b>	in the 3rd intercostal space	(level w/ CV-18)
<b>K-25</b>	in the 2nd intercostal space	(level w/ CV-19)
<b>K-26</b>	in the 1st intercostal space	(level w/ CV-20)
<b>K-27</b>	inferior and slightly lateral to the sternal head of the clavicle	

## Quick & Easy Point Location Review

### Stomach Channel – most anterior compartment on the yang-side

*Face & Head* ST-1–4 lie along the vertical pupil line

- ST-1 midpoint of the infra-orbital ridge
- ST-2 at the infra-orbital foramen
- ST-3 inferior to the maxilla, level with the lower border of the ala nasi
- ST-4 just lateral to and level with the corners of the mouth
- ST-5 on the mandible, at the anterior edge of the masseter
- ST-6 the high point of the masseter
- ST-7 inferior to the zygomatic, in the mandibular notch
- ST-8 at the corners of the forehead

*Throat*

- ST-9 level with the laryngeal prominence anterior to the SCM
- ST-10 midway betw ST-9 & ST-11 anterior to the SCM
- ST-11 immediately superior to the clavicle betw the 2 heads of the SCM

*Supraclavicular Fossa*

- ST-12 the center of the supraclavicular fossa

*Chest* The ST channel follows the mid-clavicular line, which is 4 cun lateral to the midline

- ST-13 inferior to the clavicle
- ST-14 1st intercostal space (level w/ CV-20 & K-26)
- ST-15 2nd intercostal space (level w/ CV-19 & K-25)
- ST-16 3rd intercostal space (level w/ CV-18 & K-24)
- ST-17 the nipple on males, the nipple is typically over the 4th IC space (level w/ CV-17 & K-23)
- ST-18 5th intercostal space on females the 5th IC space is just inferior to the root of the breast

*Upper Abdomen* there are 8 cun between the xipho-sternal jct and the umbilicus,  
the channel follows a line 2 cun lateral to the midline

- ST-19 6 cun above the umbilical plane (level w/ CV-14 & K-21)
- ST-20 5 cun above the umbilical plane (level w/ CV-13 & K-20)
- ST-21 4 cun above the umbilical plane (level w/ CV-12 & K-19)
- ST-22 3 cun above the umbilical plane (level w/ CV-11 & K-18)
- ST-23 2 cun above the umbilical plane (level w/ CV-10 & K-17)
- ST-24 1 cun above the umbilical plane (level w/ CV-9 )

*Trans-Umbilical Plane*

- ST-25 level with the umbilicus (level w/ CV-8 & K-16)

## ***Quick & Easy Point Location Review***

### *Lower Abdomen*

*there are 5 cun between the umbilicus and the pubis*

<b>ST-26</b>	1 cun below the umbilical plane	(level w/ CV-7 & K-15)
<b>ST-27</b>	2 cun below the umbilical plane	(level w/ CV-5 & K-14)
<b>ST-28</b>	3 cun below the umbilical plane	(level w/ CV-4 & K-13)
<b>ST-29</b>	4 cun below the umbilical plane	(level w/ CV-3 & K-12)
<b>ST-30</b>	5 cun below the umbilical plane, at the pubic tubercle	(level w/ CV-2 & K-11)

*19 cun are measured between the greater trochanter and the popliteal crease*

### *Thigh*

*ST pts lie along the line connecting the ASIS and the lateral edge of the patella*

<b>ST-31</b>	on the lateral side of the sartorius (betw sartorius and rectus), ~ the level of the perineum
<b>ST-32</b>	6 cun above the supralateral corner of the patella (on the lateral edge of the rectus femoris)
<b>ST-33</b>	3 cun above the supralateral corner of the patella (on the lateral edge of the rectus femoris)
<b>ST-34</b>	2 cun above the supralateral corner of the patella (on the lateral edge of the rectus femoris)

*16 cun are measured between the popliteal crease and the lateral malleolus*

### *Leg*

*ST channel pts on the leg are in the muscle body of the tibialis anterior*

<b>ST-35</b>	the lateral eye of the knee (inferior to the patella and lateral to the patellar ligament)
<b>ST-36</b>	3 cun inferior to ST-35 one finger width lateral to the tibia
<b>ST-37</b>	6 cun inferior to ST-35 one finger width lateral to the tibia
<b>ST-38</b>	8 cun inferior to ST-35 one finger width lateral to the tibia
<b>ST-40</b>	8 cun inferior to ST-35 on the lateral edge of the tibialis anterior
<b>ST-39</b>	9 cun inferior to ST-35 one finger width lateral to the tibia

### *Ankle*

<b>ST-41</b>	the mid-point of the anterior ankle, on the medial side of the extensor digitorum tendon (specifically betw the ext digitorum & ext hallucis longus tendons)
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### *Foot*

<b>ST-42</b>	at the high point of the dorsum of the foot (1st & 2nd cuneiforms), ~ midway betw ST-41 & ST-43, betw the ext digitorum & ext hallucis longus tendons, next to the dorsalis pedis artery
<b>ST-43</b>	betw the 2nd & 3rd metatarsals, approx midway betw their heads & bases
<b>ST-44</b>	betw the 2nd & 3rd toes, midway betw web margin & the knuckle
<b>ST-45</b>	lateral nail pt on the 2nd toe

## *Quick & Easy Point Location Review*

### **Spleen Channel** – most anterior compartment on the yin-side

#### *Foot*

- Sp-1** the medial nail point on the big toe
- Sp-2** on the medial side of the big toe, just distal to the base of the proximal phalanx
- Sp-3** on the medial aspect of the foot, just proximal to the head of the 1st metatarsal
- Sp-4** on the medial aspect of the foot, just distal to the base of the 1st metatarsal

#### *Ankle*

- Sp-5** at the anterior and inferior corner of the medial malleolus, midway betw the high points of the malleolus and the navicular and anterior to the posterior tibialis tendon

#### *Leg*

*there are 15 cun measured between the medial malleolus and the popliteal crease*

- Sp-6** 3 cun above the high point of the medial malleolus behind the posterior edge of the tibia
- Sp-7** 6 cun above the high point of the medial malleolus behind the posterior edge of the tibia
- Sp-8** 10 cun above the high point of the medial malleolus behind the posterior edge of the tibia (3 cun below Sp-9, 5 cun below popl. crease which is 1/3 of the overall distance)
- Sp-9** posterior edge of the tibia, 2 cun below popl. crease (in the middle of the curvature of the condyle)

#### *Thigh*

*there are 18 cun between the top of the patella / med. epicondyle of the femur and the superior edge of the pubis*

- Sp-10** with the knee bent, at the high point of the vastus medialis  
2 cun superior and slightly medial to the supra-medial corner of the patella
- Sp-11** roughly mid thigh, 6 cun above Sp-10, at the superior end of the vastus medialis where it intersects with the sartorius and the rectus femoris

## ***Quick & Easy Point Location Review***

### *Groin*

**Sp-12** level with the superior edge of the pubis, 3.5 cun lateral to the midline

**Sp-13** 0.7 cun above the superior edge of the pubis, 4 cun lateral to the midline

### *Abdomen the lateral edge of the rectus abdominus is 4 cun lateral to the midline*

**Sp-14** 1.3 cun superior to the umbilicus, 4 cun lateral to the midline

**Sp-15** level with the umbilicus, 4 cun lateral to the midline

**Sp-16** 3 cun superior to the umbilicus, 4 cun lateral to the midline

### *Chest the Spleen channel lies halfway betw the mid-clavicular and mid-axillary lines*

**Sp-17** in the 5th IC space, 6 cun lateral to the midline

**Sp-18** in the 4th IC space, 6 cun lateral to the midline

**Sp-19** in the 3rd IC space, 6 cun lateral to the midline

**Sp-20** in the 2nd IC space, 6 cun lateral to the midline (below Lu-1)

### *Side there are 12 cun betw the armpit and the bottom of the ribcage (tip of the 11th rib)*

**Sp-21** usu. in the 7th IC space, on the mid-axillary line  
(6 cun ***below*** the axilla)

## Quick & Easy Point Location Review

**Gall Bladder Channel** – in the median compartment on the yang-side  
most lateral aspect (rules the sides)

### Face

- GB-1** level with the outer canthus of the eye, lateral to the edge of the zygomatic bone  
**GB-2** anterior to the ear, level with the infra-tragic notch  
**GB-3** above the zygomatic arch, directly superior to the mandibular notch (ST-7)

### Side of Head *GB pts are on a line connecting ST-8 and GB-7*

- GB-4** 1/4 of the distance betw ST-8 and GB-7      midway betw ST-8 and GB-5  
**GB-5** 1/2 of the distance betw ST-8 and GB-7      **midway betw ST-8 & GB-7**  
**GB-6** 3/4 of the distance betw ST-8 and GB-7      midway betw GB-5 and GB-7  
**GB-7** level with the apex of the ear (TB-20), about 1 cun anterior to it (above TB-21)

### Above the Ear

- GB-8** directly above TB-20, ~ 1/2 the height of the ear (1.5 cun)  
**GB-9** 0.5 cun posterior to GB-8

### Mastoid *GB pts of the post-auricular scalp lie along a (curved) line connecting GB-9 & 12*

- GB-10** 1/3 of the arc distance between GB-9 and GB-12  
**GB-11** 2/3 of the arc distance between GB-9 and GB-12  
**GB-12** level with the tip of the mastoid process, on the posterior edge of the SCM

### Forehead *the distance between the midline (GV-24) and ST-8 is 4.5 cun*

*the height of the forehead from the eyebrow to the hairline is 3 cun*

- GB-13** 0.5 cun within the anterior hairline, 1/3 of the distance betw ST-8 and GV-24 (3")  
**GB-14** on the forehead, 1 cun above the eyebrow, in line with the pupil  
**GB-15** 0.5 cun within the anterior hairline, 1/2 the distance betw ST-8 and GV-24 (2.25")

### Top of Head *GB pts on the head lie along a line 2.25 cun lateral to the midline (GV)*

- GB-16** 2 cun within the anterior hairline, 1.5 cun behind GB-15 (level w/ GV-22)  
**GB-17** 3.5 cun within the anterior hairline, 1.5 cun behind GB-16 (level w/ GV-21)  
**GB-18** 5 cun within the anterior hairline, 1.5 cun behind GB-17 (level w/ GV-20)

### Back of the Head

- GB-19** in the depression level with the EOP and superior to GB-20 (level w/ GV-17)

### Neck/Occiput

- GB-20** in the large depression betw the SCM and the trapezius muscles, immediately inferior to the occiput (level w/ GV-16)

### Shoulder

- GB-21** on the crest of the trapezius, midway betw C7 and the acromial end of the clavicle

### Axilla

*12 cun are measured betw the bottom of the axilla and the bottom of the ribcage*

- GB-22** on the mid-axillary line, below the axilla, in the 4th (or 5th) intercostal space  
**GB-23** 1 cun anterior and inferior to GB-22, in the 4th (or 5th) intercostal space

## *Quick & Easy Point Location Review*

### *Chest*

**GB-24** in the 7th intercostal space, as close to the mid-clavicular line as possible

### *Back & Waist*

**GB-25** on the back, at the tip of the 12th rib

**GB-26** at the junction of the mid-axillary line and the transumbilical plane  
(inferior to the tip of the 11th rib & Lr-13)

### *Abdomen*

**GB-27** just medial to the ASIS, and superior/medial to the inguinal ligament  
~ 3 cun below the umbilical plane (~ level w/ CV-4)

**GB-28** 0.5 cun inferior and slightly medial to GB-27, level with the inferior border of the ASIS  
also on the superior/medial edge of the inguinal ligament

### *Hip & Buttocks*      *these GB pts are best located in the lateral recumbent position*

**GB-29** in the tensor fascia lata muscle, midway betw the ASIS and the greater trochanter

**GB-30** in the gluteal hollow, 1/3 of the distance betw the gr trochanter and the sacral hiatus

### *Thigh*

*on the thigh, the GB channel follows the ilio-tibial tract, usu along its anterior edge  
19 cun are measured betw the greater trochanter and the popliteal crease*

**GB-31** 7 cun above the popliteal crease, in the vastus lateralis along the anterior edge of the ITT  
alt loc } in the vastus lateralis along the posterior edge of the ITT

**GB-32** 5 cun above the popliteal crease, in the vastus lateralis along the anterior edge of the ITT  
alt loc } betw the vastus lateralis and the biceps femoris

### *Knee*

**GB-33** on the lateral aspect of the knee, in the large depression betw the biceps  
femoris tendon and the IT tendon, best located with the knee bent 90°,  
it is posterior to the lateral condyle of the femur.

alt loc } on the antero-lateral aspect of the knee, at the bottom of the vastus  
lateralis muscle, along the anterior edge of the ITT, superior to the lateral  
condyle of the femur, best located with the leg in full extension.

### *Leg*

*there are 16 cun betw the popliteal crease and the lateral malleolus*

**GB-34** anterior and inferior to the head of the fibula

**GB-35** 7 cun above the lateral malleolus, posterior to the fibula

**GB-36** 7 cun above the lateral malleolus, anterior to the fibula

**GB-37** 5 cun above the lateral malleolus, anterior to the fibula

**GB-38** 4 cun above the lateral malleolus, anterior to the fibula

**GB-39** 3 cun above the lateral malleolus, anterior to the fibula  
alt loc } as above but posterior to the fibula

### *Ankle*

**GB-40** in the large depression anterior and inferior to the lateral malleolus (the sinus tarsii)

### *Foot*

**GB-41** betw the 4th and 5th metatarsals, distal to their bases, but proximal to the extensor tendon to the little toe

**GB-42** betw the 4th and 5th metatarsals, proximal to their heads and distal to the tendon

**GB-43** betw the 4th and 5th toes, proximal to the web margin, distal to the MP joint

**GB-44** the lateral nail point on the 4th toe

## *Quick & Easy Point Location Review*

### **Liver Channel** – in the median compartment on the yin-side

#### *Foot*

- Lr-1** the lateral nail point on the big toe  
alt loc 1 midway between the nail pt and the knuckle  
alt loc 2 midway between the base of the nail and the knuckle
- Lr-2** between the 1st & 2nd toes, midway between the web margin and the high point of the knuckle
- Lr-3** between the 1st & 2nd metatarsals, midway between their heads & bases

#### *Ankle*

- Lr-4** between the tendons of the extensor hallucis longus and the tibialis anterior, at the level of the high point of the medial malleolus

#### *Leg*

- Lr-5** 5 cun proximal to the medial malleolus, in a small vertical groove in the middle of the shaft of the tibia
- Lr-6** 7 cun proximal to the medial malleolus, in a small depression in the middle of the shaft of the tibia

#### *Knee*

- Lr-7** 1 cun posterior to Sp-9, in the medial head of the gastroc
- Lr-8** on the medial aspect of the knee, at the medial end of the popliteal crease  
alt loc } in the depression superior to the medial condyle of the femur,  
posterior to the shaft of the femur and anterior to the sartorius & semi tendons

#### *Thigh*

- Lr-9** 4 cun proximal to the medial epicondyle of the femur, along the anterior edge of the sartorius
- Lr-10** in the femoral triangle, 3 cun distal to the pubic tubercle (ST-30)
- Lr-11** in the femoral triangle, 2 cun distal to the pubic tubercle (ST-30)

#### *Groin*

- Lr-12** 2.5 cun lateral to the midline, in the inguinal groove, medial to the femoral artery just lateral & inferior to the pubic tubercle (ST-30)

#### *Torso*

- Lr-13** at the tip of the 11th rib (~ the mid-axillary line, sl above the umbilical plane)
- Lr-14** mid clavicular line, in the 6th intercostal space (approx level w/ the tip of the xiphoid)