

*Point Name
Character
Workbook*

Writing & Reading Practice

Traditional & Simplified Characters

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Point Name Character Workbook

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Pin Yin Pronunciation Guide

21+2 Initials – (Consonants)

- These tables indicate approximate English equivalents for each pinyin letter/sound.
- Only three are a bit awkward, until one gets used to them. **Pay special attention to: c, q, & x**
- The WG column shows the spelling used in the Wade-Giles system. (pronunciation should be the same)
- *Note the use and importance of the apostrophe in the Wade system.*

WG	PY	Pronunciation	Comments & Notes
p	b	= <i>b</i> as in bog	unaspirated
ts'/tz'	c	= like the <i>ts</i> in its	(spit it out) never like the c in cat
ch'	ch	= <i>ch</i> as in church	with tongue curled back and up (retroflex) and aspirated [compare with q]
t	d	= <i>d</i> as in door	unaspirated
f	f	= <i>f</i> as in fun	
k	g	= <i>g</i> as in girl	never like the g in germ
h	h	= <i>h</i> as in her	strongly aspirated, more like the ch in chutzpah, or Bach
ch	j	= <i>j</i> as in jeep (say j+y+ee)	tongue is forward in mouth [compare with zh] (only followed by 'i' or 'ü')
k'	k	= <i>k</i> as in kite	but more strongly aspirated
l	l	= <i>l</i> as in like	
m	m	= <i>m</i> as in mother	
n	n	= <i>n</i> as in none	
p'	p	= <i>p</i> as in park	but more strongly aspirated
ch'	q	= like the <i>ch</i> in cheese or cheat (say ch+y+ee)	tongue is forward in mouth [compare with ch] never like k, as in the English q (only followed by 'i' or 'ü')
j	r	= <i>r</i> as in run	with tongue curled back and up (retroflex)
s, ss/sz	s	= <i>s</i> as in sister	but more strongly aspirated
sh	sh	= <i>sh</i> as in shirt or sure	with tongue curled back and up (retroflex)
t'	t	= <i>t</i> as in ton	but more strongly aspirated
w	w	= <i>w</i> as in won	<i>functions as an initial in syllables without an initial consonant that begin with u</i>
hs	x	= like <i>sh</i> in sheet	with the tip of the tongue against the lower teeth, hiss it out – (like hsss, but short)
i/y	y	= as in English, but softer	like the <i>y</i> in young never like why (functions as an initial in syllables without an initial consonant that begin with i or ü)
ts/tz	z	= <i>z</i> as in English	more like the <i>ds</i> in pads, or just try to say 'dz'
ch	zh	= like the <i>j</i> in jump	with tongue curled back and up (retroflex) [compare with j]

* 'w' and 'y' are the two extra initials

Pin Yin Pronunciation Guide

37 Finals – (Vowels and Diphthongs)

- Among vowel sounds, the unlauted ‘ü’, and the 3 variations of ‘i’ require the most attention.

WG	PY	Pronunciation	Comments & Notes
a	a	= like the <i>a</i> in father	never like hay, never like yank
ai	ai	= like the <i>ai</i> in Thailand	or <i>ie</i> in tie, or the <i>ye</i> in rye
ao	ao	= like the <i>ow</i> in how, or cow	or the <i>ou</i> in ouch
an	an	= like the <i>ohn</i> in John	
ang	ang	= like the <i>ang</i> in angst	
ê / eh	e	= like the <i>a</i> in sofa	never like <i>e</i> in elongate, or the <i>e</i> in men
ei	ei	= like the <i>ay</i> in bay	
ên	en	= like the <i>un</i> in fun	
êng	eng	= like the <i>ung</i> in lung, or hung	
êrh	er	= like the <i>ar</i> in far	
i	i	= like the <i>ee</i> in bee	never like the <i>i</i> in high (follows b, d, j, l, m, n, p, q, t, x, y)
e / u	i	= short ‘i’ like the <i>i</i> in it	very clipped (only follows c, s, z, r)
ih	i	= like the <i>urr</i> in burr, or the <i>ir</i> in sir	when following an ‘h’ (only ch, sh, zh)
ia	ia	= <i>ee-ah</i> , but slurred like <i>ya</i>	
ien	ian	= <i>ee-an</i>	like the name Ian, but less of the long e sound slurred as in yen
iao	iao	= like the <i>eow</i> in meow	but more slurred like yeow
ieh	ie	= <i>ee-eh</i>	like the <i>ie</i> in experience, but more fused, like the <i>ye</i> in yet
in	in	= like the <i>een</i> in sheen	
ing	ing	= like the <i>ing</i> in ring	
iang	iang	= <i>ee-ang</i> or yang	
iung	iong	= <i>ee-ong</i> or yong	
iu	iu	= like the <i>yo</i> in yoyo, or yolk	
o	o	= like <i>aw</i> in paw	or <i>au</i> in maudlin, or <i>ou</i> in ought never like over or of
ung	ong	= like the <i>ong</i> in gong	
ou / o	ou	= like the <i>ou</i> in though	or <i>ow</i> in low, or the <i>oe</i> in toe
u	u	= like the <i>oo</i> in too or boo	never like unit with no other initial sound it becomes a ‘w’
ua	ua	= like <i>wa</i> , or the <i>ua</i> in guava	
uai	uai	= like the <i>ui</i> in quiet	or like <i>why</i>
uen	uan	= like the <i>uan</i> in quantify	or like <i>wan</i>
uang	uang	= as <i>uan</i> above	but with a <i>g</i> ending, like <i>wang</i>
ui	ui	= like <i>way</i>	sometimes like <i>whee</i> , but clipped
un	un	= like the <i>one</i> in done	or the <i>on</i> in won
o	uo	= <i>oo+aw</i>	but slurred like the <i>wa</i> in war
ü	ü	= like <i>u</i> in unit or <i>yew</i> (lips very pursed)	(only follows j, q, x, y, l, n) with no other initial sound it becomes a ‘y’
üeh	üe	= like <i>yew-eh</i> , slurred together	
üen	üan	= like <i>yew-an</i> , slurred together	
ün	ün	= like <i>yew-n</i> , slurred together	

* the umlaut is only necessary over ‘u’ following l or n (i.e. to differentiate lu from lü & nu from nü)

Pin Yin Pronunciation Guide

Pinyin Practice – Using Point Names as Examples

- The following list provides point name examples to match each pin-yin letter/sound.
- Bold indicates the specific example word.
- As much as possible I used major points as examples, but they are chosen from all 14 channels not just the Points 1 group.

<u><i>Initials</i></u>	<u><i>Pinyin Name</i></u>	<u><i>Point #</i></u>	<u><i>2nd Example</i></u>	
b	Bai Hui	(GV-20)		
c	Di Cang	(ST-4)		
ch	Cheng Jiang	(CV-24)	Chang Qiang	(GV-1)
d	Da Zhui	(GV-14)		
f	Feng Chi	(GB-20)	Fei Shu	(BL-13)
g	Ge Shu	(BL-17)	Gan Shu	(BL-18)
h	Qi Hai	(CV-6)	He Gu	(LI-4)
j	Zhong Ji	(CV-3)		
k	Kun Lun	(BL-60)		
l	Zu San Li	(ST-36)		
m	Ming Men	(GV-4)	Shen Men	(Ht-7)
n	Nei Guan	(Pc-6)	Nao Hu	(GV-17)
p	Pi Shu	(BL-20)		
q	Qi Hai	(CV-6)		
r	Ren Zhong	(GV-26)	Ri Yue	(GB-24)
s	San Yin Jiao	(Sp-6)		
sh	Shao Shang	(Lu-11)	Shou San Li	(LI-10)
t	Tai Chong	(Lr-3)		
w	Wai Guan	(TB-5)	Zhong Wan	(CV-12)
x	Xia Xi	(GB-43)	Tai Xi	(Kd-3)
y	Ya Men	(GV-15)	Ye Men	(TB-2)
z	Chi Ze	(Lu-5)		
zh	Zhang Men	(Lr-13)	Zhong Fu	(Lu-1)

Pin Yin Pronunciation Guide

<u>Finals</u>	<u>Pinyin Name</u>	<u>Point #</u>	<u>2nd Example</u>		<u>3rd Example</u>	
a	Da Chang Shu	(BL-25)				
-ai	Dai Mai	(GB-26)				
-ao	Tao Dao	(GV-13)	Lao Gong	(Pc-8)	Gao Huang	(BL-38/43)
-an	Dan Zhong	(CV-17)				
-ang	Shang Yang	(LI-1)				
e	Ye Men	(TB-2)				
-ei	Fei Shu	(BL-13)				
-en	Ben Shen	(GB-13)				
-eng	Cheng Shan	(BL-57)				
er	Er Men	(TB-21)	Er Jian	(LI-2)		
-i (short i)	Zi Gong	(CV-19)				
-i (long e)	Yi Feng	(TB-17)	Qi Men	(Lr-14)	Xi Men	(Pc-4)
-i (rolled r)	Feng Chi	(GB-20)	Zhi Shi	(BL-47/52)		
-ia	Jia Ji	(extra)	Xia Xi	(GB-43)		
-ian	Jian Jing	GB-21				
-iao	Jiao Xin	(Kd-8)	San Yin Jiao	(Sp-6)		
-ie	Jie Xi	(ST-41)				
-in	Yin Xi	(Ht-6)				
-ing	Ming Men	(GV-4)				
-iang	Cheng Jiang	(CV-24)				
-iong	Xiong Xiang	(Sp-19)				
-iu	Liang Qiu	(ST-34)				
-o	Po Hu	(BL-37/42)				
-ong	Zhong Chong	(PC-9)	Lao Gong	(Pc-8)		
-ou	Li Gou	(Lr-5)	Hou Xi	(SI-3)	Shui Gou	(GV-26)
-u	He Gu	(LI-4)	Qi Hu	(ST-13)		
-ua	Hua Gai	(CV-20)				
-uai	Shuai Gu	(GB-8)	Wai Guan	(TB-5)		
-uan	Guan Yuan	CV-4	Wan Gu	(SI-4 or GB-12)		
-uang	Guang Ming	(GB-37)	Gao Huang	(BL-38/43)		
-ui	Da Zhui	(GV-14)	Kong Zui	(Lu-6)	Bai Hui	(GV-20)
-un	Kun Lun	(BL-60)	Hun Men	(BL-42/47)		
-uo	San Yang Luo	(TB-8)	Jin Suo	(GV-8)		
-ü	Yu Ji	(Lu-10)				
-üe	Xue Hai	(Sp-10)	Lie Que	(Lu-7)	Ri Yue	(GB-24)
-üan	Guan Yuan	(CV-4)	Xuan Zhong	(GB-39)		
-ün	Yun Men	(Lu-2)				

* In other words anytime "u" follows J, Q, X or Y, it is by definition spoken as an "umlauted ü".

Following all other letters, it is the normal "u", i.e. "oo" sound.

Only U's following an L or N can be either, and therefore only those require the umlaut to get the "yew" sound.

The Most
Common
Characters
in
Point
Names

The 36 Most Common Characters in Point Names

- This vocabulary is derived from the primary names of the 361 regular points.
- Most point names are comprised of two characters = 722 characters.
35 have three = 757 characters, and 3 points have two common names = 763 characters altogether.
- Thirty-six characters **occur 5 times or more**. Seven occur more than 10x. Three occur 20-26 times.
- *The following pages of lists are organized alphabetically by pinyin spelling.*

#	Pīnyīn	My Translations	# of Occurrences
1.	bái 白	= white (clear, bright)	7 pts
2.	chōng 冲	= surge	9 pts
	chōng 衝	= thoroughfare (these two characters are often used interchangeably)	
3.	dà 大	= big , large	12 pts
4.	dào 道	= path, pathway	5 pts
5.	fēng 風	= wind	6 pts
6.	fǔ 府	= an official, the official's position, or dwelling (mansion); a repository, treasury, or archive	6 pts
7.	gǔ 骨	= bone	8 pts
8.	gǔ 谷	= valley	10 pts
9.	guān 關	= gateway	14 pts
10.	hǎi 海	= sea , ocean	6 pts
11.	huì 會	= to meet, converge	8 pts
12.	jiān 肩	= shoulder	6 pts
13.	jiān 間	= the space between, in-between, between	5 pts
14.	jiāo 交	= crossroad, intersection, junction	5 pts
15.	jù 巨	= huge , gigantic, tremendous	6 pts

Most Common Characters

16.	lǐ	里	= a unit of distance, 1/2 kilometer; village; interior; rectify		6 pts
17.	liáo	膠	= bone hole or edge (foramen)	窮 is an alternate char.	14 pts
18.	líng	靈	= (yin) spirit (assoc. w/ rain)	[compare with shen #26]	5 pts
19.	mén	門	= gate		22 pts
20.	qì	氣	= vital energy		6 pts
21.	qū	曲	= bent, crooked		8 pts
22.	quán	泉	= a spring		8 pts
23.	sān	三	= three		6 pts
24.	shàng	上	= above, upper, superior position		6 pts
25.	shǎo	少	= lesser, minor	shào = younger	5 pts
26.	shén	神	= (yang) spirit , mind, consciousness	[compare with ling #19]	8 pts
27.	shū	俞	= transport point apa yú	<i>variations:</i> 膺 輸	26 pts
28.	shuǐ	水	= water		5 pts
29.	tài	太	= great, greater, very		5 pts
30.	tiān	天	= sky, heavens/heavenly, celestial		16 pts
31.	wǔ	五	= five		5 pts
32.	xī	谿	= stream-bed (drop the valley radical, and add the water radical) = stream	溪	6 pts
33.	xià	下	= under, below, inferior position		5 pts
34.	yáng	陽	= the sunny side (associated with yang)		18 pts
35.	yīn	陰	= the shady side (associated with yin)		14 pts
36.	zhōng	中	= middle, center, central	zhòng = strike	20 pts

(i.e. 308 of the 763 characters) { Total = **308**
= 40%

Most Common Characters

The following characters occur 4 times in the 763 character vocabulary of point names.

12 characters occur 4x			= 48 characters
37.	chí 池	= pool, pond, moat	LI-11, Pc-1, TB-4, GB-20
38.	huāng 肱	= membranous	BL-38/43, BL-46/51, BL-48/53, Kd-16 Gao Huang, Huang Men, Bao Huang, Huang Shu
39.	lián 廉	= pure, chaste; ridge, angle, corner	LI-8, LI-9, Lr-11, CV-23
40.	líng 陵	= mound, burial mound, tomb	Pc-7, ST-26, Sp-9, GB-34
41.	mài 脈	= vessel, vein, pulse	BL-62, TB-18, GB-26, Lr-12
42.	qiū 丘	= hill, hillock	ST-34, Sp-5, GB-36, GB-40
43.	shāng 商	= metal note	Lu-11, LI-1, Sp-5, Kd-17
44.	shū 樞	= pivot, axis	GV-5, GV-7, ST-25, GB-27
45.	tōng 通	= open, unblocked	Ht-5, BL-7, BL-66, Kd-20
46.	wài 外	= outer	TB-5, SI-14, ST-26, GB-36
47.	xuán 懸	= hang, suspend, swing	GB-5, GB-6, GB-39, GV-5
48.	zú 足	= foot, leg	Lr-10, ST-36, GB-41, GB-44

Most Common Characters

The following characters occur 3 times in the 763 character vocabulary of point names.

19 characters occur 3x			= 57 characters		
49.	chuāng 窗	= window, shutters; roof vent	ST-16	SI-16	GB-16
50.	dì 地	= earth, terrestrial	ST-4	Sp-8	GB-42
51.	dū 都	= city, capital, metropolis	Sp-2	Kd-19	Lr-6
52.	gōng 宮	= palace	SI-19	Pc-8	CV-19
53.	gōu 溝	= trench, trough, ditch; groove	TB-6	Lr-5	GV-26 (alt. name)
54.	hù 戶	= door, doorway, household	ST-13	BL-37/42	GV-17
55.	jīn 筋	= sinew	BL-56	GB-23	GV-8
56.	nào 臑	= upper arm, deltoid	LI-14	TB-13	SI-10
57.	qì 泣	= weep, tears	ST-1	GB-15	GB-41
58.	shè 舍	= cottage, hut, shed	ST-11	Sp-13	BL-44/49
59.	sì 四	= four	TB-9	ST-2	Kd-14
60.	tíng 庭	= courtyard	CV-16	GV-24	ST-44
61.	tóu 頭	= head	ST-8	GB-11	GB-15
62.	tū 突	= prominence, protuberance	LI-18	CV-22	ST-10
63.	wǎn 腕	= epigastrium	CV-10	CV-12	CV-13
64.	xì 隙	= cleft, fissure	Ht-6	Pc-4	BL-52/38
65.	yíng 迎	= greet, welcome	LI-20	ST-5	ST-9
66.	yuān 淵	= deep source of water; gulf	Lu-9	TB-11	GB-22
67.	zé 澤	= marsh, swamp; moist	Lu-5	Pc-3	SI-1

Most Common Characters

<i>63 characters occur 2x</i>			<i>= 126 characters</i>	
68.	bāo 包	= to wrap	Lr-9	Sp-21
69.	cāng 倉	= granary	ST-4	BL-45/50
70.	cháng 腸	= intestines	BL-25	BL-27
71.	dǐng 頂	= vertex, crown	GV-19	GV-21
72.	dú 瀆	= river, ditch, sluice	TB-9	GB-32
73.	duì 兌	= exchange, weigh; trigram = mouth	ST-45	GV-27
74.	fēn 分	= divide, part; annex	BL-36/41	CV-9
75.	fēng 封	= seal (between)	Kd-23	Lr-4
76.	fú 浮	= float	BL-52	GB-10
77.	fú 扶	= support	LI-18	BL-50
78.	fù 結	= abdomen	Sp-14	Sp-16
79.	gé 膈	= diaphragm	BL-17	BL-41/46
80.	guāng 光	= light, illuminated, brightly lit	BL-6	GB-37
81.	hé 合	= unite, close, enclose	LI-4	BL-55
82.	héng 橫	= horizontal	SP-15	Kd-11
83.	hòu 後	= behind	SI-3	GV-19
84.	huán 環	= circle, ring, bracelet	GB-30	BL-30
85.	jí 極	= pinnacle, summit, pole	Ht-1	CV-3
86.	jīng 京	= capitol	BL-64	GB-25
87.	jǐng 井	= well	TB-10	GB-21
88.	jué 絕	= faint; to vanish, disappear	BL-14	GB-39 (alt. name)
89.	kōng 空	= empty, nothing, hollow	TB-23	GB-19

Most Common Characters

90.	liáng	梁	= cross-beam, bridge; ridge	ST-21	ST-34
91.	lín	臨	= overlook (balcony)	GB-15	GB-41
92.	liū	溜	= slip, slide; flow, current	LI-7	Kd-7
93.	lú	顱	= skull	TB-19	GB-5
94.	luò	絡	= network	TB-8	BL-8
95.	mǎn	滿	= fullness	ST-20	Kd-14
96.	míng	明	= bright, clear	BL-1	GB-37
97.	nǎo	腦	= brain	GV-17	GB-19
98.	nèi	內	= inner	Pc-6	ST-44
99.	qián	前	= in front of, before	SI-2	GV-21
100.	qiáng	強	= strong, firm, rigid	GV-1	GV-18
101.	qiào	竅	= aperture, portal, hole, cavity	GB-11	GB-44
102.	quē	缺	= break, broken, vacant, defect	Lu-7	ST-12
103.	què	闕	= watchtower, gate into imperial city	CV-8	CV-14
104.	rén	人	= person (adult)	ST-9	GV-26
105.	róng	容	= appearance, look, contain	SI-17	ST-19
106.	rǔ	乳	= breast, nipple	ST-17	ST-18
107.	shí	石	= rock, stone, barren	CV-5	Kd-18
108.	shì	市	= marketplace, city	ST-33	GB-31
109.	shǒu	手	= hand, arm	LI-10	LI-13
110.	sūn	孫	= grandchild, descendant	Sp-4	TB-20
111.	táng	堂	= hall	CV-18	BL-39/44
112.	tīng	聽	= hear, listen, understand	SI-19	GB-2

Most Common Characters

113.	wéi	維	= link, corner	ST-8	GB-28
114.	wěi	委	= bend, bent, crooked	BL-53/39	BL-54/40
115.	wèi	胃	= stomach	BL-21	BL-45/50
116.	xī	膝	= knee	Lr-7	GB-33
117.	xiá	俠	= bold, brave, gallant (as a knight)	Lu-4	GB-43
118.	xū	虛	= empty, deficient	ST-37	ST-39
119.	xū	墟	= burial grounds, ruins, wasteland	GB-40	Kd-24
120.	yāo	腰	= low back, lumbar	GV-2	GV-3
121.	yì	翳	= a screen, to screen, shade	TB-17	ST-15
122.	yù	玉	= jade	CV-18	BL-9
123.	yuán	元	= original, first, primary	CV-4	BL-26
124.	zhèng	正	= correct, proper, upright	SI-7	GB-17
125.	zhī	支	= branch, limb	SI-7	TB-6
126.	zhì	至	= arrive at, reach	GV-9	BL-67
127.	zhōng	鐘	= bell, cup, goblet	GB-39	Kd-4
128.	zhú	竹	= bamboo	TB-23	BL-2
129.	zhù	柱	= pillar	GV-12	BL-10
130.	zōng	宗	= ancestor, clan	TB-7	SI-11

36	12	19	63	= 130 characters	
<u>5+</u>	<u>4x</u>	<u>3x</u>	<u>2x</u>		<u>1x</u>
308	+ 48	+ 57	+ 126	= 539 of the 763 characters	224

Thus, with a 130 character vocabulary we can translate 539 of the 763 characters in point names = 70%.

Most Common Characters

Point Names with 3 Characters

Most point names are two characters, but 35 are three characters = 757 characters
Three points are commonly known by two different names = 763 characters altogether

13 points use a Body Part as the Third character

頭 Tóu/Head

GB-11 頭 竅 陰 **Tóu** Qiào Yīn
GB-15 頭 臨 泣 **Tóu** Lín Qì

足 Zú/Foot

GB-44 足 竅 陰 **Zú** Qiào Yīn
GB-41 足 臨 泣 **Zú** Lín Qì

手 Shǒu/Hand

LI-10 手 三 里 **Shǒu** Sān Lǐ
LI-13 手 五 里 **Shǒu** Wǔ Lǐ

足 Zú/Foot

ST-36 足 三 里 **Zú** Sān Lǐ
Lr-10 足 五 里 **Zú** Wǔ Lǐ

腰 Yāo/Lumbar/Waist

GV-3 腰 陽 關 **Yāo** Yáng Guān

膝 Xī/Knee

GB-33 膝 陽 關 **Xī** Yáng Guān

腹 Fù/Abdomen

Kd-20 通 谷 腹 Tōng Gǔ (**Fù**)

足 Zú/Foot

BL-66 通 谷 足 Tōng Gǔ (**Zú**)

瞳子 Tóng-zǐ / the Pupil of the eye

GB-1 瞳 子 膠 **Tóng-zǐ** Liáo

here zi is a neutral particle that adds no meaning

liao is a common point word referring to holes in, or in proximity to a bone

Most Common Characters

4 points use a Direction Indicator as the Third character

上 **Shàng/Upper**

ST-37 上巨虛 **Shàng Jù Xū**

下 **Xià/Lower**

ST-39 下巨虛 **Xià Jù Xū**

中 **Zhōng/Middle**

SI-15 肩中俞 Jiān **Zhōng** Shū

外 **Wài/Outer**

SI-14 肩外俞 Jiān **Wài** Shū

4 points use Yin or Yang as the Third character

陰 **Yīn**

Sp-6 三陰交 Sān **Yīn** Jiāo

陽 **Yáng**

TB-8 三陽絡 Sān **Yáng** Luò

Sp-9 陰陵泉 **Yīn** Líng Quán

GB-34 陽陵泉 **Yáng** Líng Quán

10 points use Shu as the Third character

腧 *Shu* is a character meaning an acu-point; esp. points pertaining to an organ or other specialized tissues.

BL-14	厥陰腧	Jué-Yīn Shū	= Faint Yin (Associated) Point
BL-38	膏肓腧	Gāo Huāng Shū	= Fatty Membrane (Associated) Point
BL-22	三焦腧	Sān Jiāo Shū	= Triple Burner (Associated) Point
BL-24	氣海腧	Qì Hǎi Shū	= Sea of Qi (Associated) Point
BL-25	大腸腧	Dà Cháng Shū	= Lg. Intestine (Associated) Point
BL-26	關元腧	Guān Yuán Shū	= Gateway to the Source (Associated) Point
BL-27	小腸腧	Xiǎo Cháng Shū	= Sm. Intestine (Associated) Point
BL-28	膀胱腧	Páng Guāng Shū	= Urinary Bladder (Associated) Point
BL-29	中膂腧	Zhōng Lǚ Shū	= Middle of the Back (Associated) Point
BL-30	白環腧	Bái Huán Shū	= White Circle (Associated) Point

Most Common Characters

3 Character Names (cont.)

Miscellaneous (4 pts)

Only four points with 3 distinct characters in their names.

TB-11	清冷淵	Qīng Lěng Yuān	= Clear, Cold, Abyss/Deep-Source of Water Describes TB function and location in the olecranon fossa
TB-23	絲竹空	Sī Zhú Kōng	= Silk Bamboo Hollow Describes the eyebrow & the hollow at the end of it
GB-42	地五會	Dì Wǔ Huì	= Earth Five Meet Five (toes) Meet the Earth; for treatment of hammer toes
ST-24	滑肉門	Huá Ròu Mén	= Slippery Flesh Gate Is a reference to the tongue and this point's indications pertaining to it

3 Points with Two Common Names

Many points have one or more alternate names, but these three points commonly use both names.

BL-11	official name:	大杼	Dà Zhù	= Big Reed/Shuttle (weaving shuttle)
	alt. name:	背腧	Bèi Shū	= Back Point(s) (analog to Kd-27 Shu Fu)
GV-26	official name:	人中	Rén Zhōng	= Human Center (Man in the Middle)
	alt. name:	水溝	Shuǐ Gōu	= Water Trough (refers to the philtrum)
GB-39	official name:	懸鐘	Xuán Zhōng	= Hanging Bell
	alt. name:	絕骨	Jué Gǔ	= Disappearing Bone (refers to the fibula and where it disappears under the peroneals)

Most Common Characters

Cosmic Trilogy: Points with Tiān, Dì, or Rén in their Names

天 **Tian**¹ = the sky, weather, heaven(s), celestial [points on the upper body] 16 pts

Head

BL-7	通天	Tōng Tiān	Open Sky (Unblock the Nose)
GB-9	天衝	Tiān Chōng	Celestial Throughway/Thoroughfare

Neck

BL-10	天柱	Tiān Zhù	Celestial Pillar
LI-17	天鼎	Tiān Dǐng	Celestial Caldron (sacrificial vessel)
SI-16	天窗	Tiān Chuāng	Celestial Window/Vent
SI-17	天容	Tiān Róng	Look Skyward
TB-16	天牖	Tiān Yǒu	Celestial Window
CV-22	天突	Tiān Tū	Celestial Chimney/Projection

Upper Arm

Lu-3	天府	Tiān Fǔ	Celestial Official/Mansion
Pc-1	天池	Tiān Chí	Celestial Pond
Pc-2	天泉	Tiān Quán	Celestial Spring
TB-10	天井	Tiān Jǐng	Celestial Well

Upper Back

SI-11	天宗	Tiān Zōng	Celestial Gathering (of the clan / ancestors) Celestial Ancestor
TB-15	天髻	Tiān Liáo	Celestial Bony-depression

Chest

SP-18	天谿	Tiān Xī	Celestial Stream-bed
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Abdomen

ST-25	天樞	Tiān Shū	Celestial Pivot/Axis
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Most Common Characters

人 **Ren²** = person, people, human, adult; the human realm 2 pts

Face

GV-26 人中 **Rén Zhōng** Human Center (meaning betw H & E)

Throat

ST-9 人迎 **Rén Yíng** Human Greeting / Welcome
Person's Prognosis

地 **Di⁴** = earth, as in the planet, terra firma, terrestrial vs. 土 Tu = earth, as in soil. 3 pts
Both are used as symbolic of the Earth Phase, though Tu is more specific.
Di is a more cosmological reference, used in contrast to Tian/celestial.

Face/Mouth

ST-4 地倉 **Dì Cāng** Terrestrial Storehouse / Granary (mouth)

Leg

Sp-8 地機 **Dì Jī** Terrestrial Mechanics / Move the Earth
Earth Mover / Mobilize Earth

Foot

GB-42 地五會 **Dì Wǔ Huì** 5 (toes) Meet the Earth / Ground

Homonyms

True Homonyms (6)

(syllables & tones are the same, but characters are different)

<u>Point</u>	<u>Name</u>	<u>Tones</u>	<u>Definition</u>	<u>Translation</u>
LI-19	Hé Liáo 禾 髎	he² liao ²	grain a bony depression	Grain Bone Hole (on the upper lip)
TB-22	Hé Liáo 和 髎	he² liao ²	harmony , harmonious a bony depression	Harmony Bone Hole (by the ear)
ST-3	Jū Liáo 巨 髎	ju¹ liao ²	huge a bony depression	Huge Bone Hole (on the cheek)
GB-29	Jū Liáo 居 髎	ju¹ liao ²	to squat a bony depression	Squatting Bone Hole (near the hip)
CV-19	Zǐ Gōng 紫 宮	zǐ³ gong ¹	purple a palace	Purple Palace (on the sternum)
Extra pt	Zǐ Gōng 子 宮	zǐ³ gong ¹	a child or seed a palace	Child's Palace (on the abdomen)

Homonyms

Near Homonyms (10)

(syllables are the same, but the tones are different)

Names having one word/character in common:

<u>Point</u>	<u>Name</u>	<u>Tones</u>	<u>Definition</u>	<u>Translation</u>
SI-4	Wàn Gǔ 腕 骨	wan⁴ gu ³	the wrist a bone	Wrist Bone
GB-12	Wán Gǔ 完 骨	wan² gu ³	completed, finished, end of a bone	Mastoid (End) Bone
CV-7	Yīn Jiāo 陰 交	yīn¹ jiao ¹	yin of yin/yang to intersect, junction; a crossing	Yin Crossing
GV-28	Yín Jiāo 齦 交	yīn² jiao ¹	the gums to intersect, junction; a crossing	Gum Crossing
TB-3	Zhōng Zhǔ 中 渚	zhong¹ zhu³	the middle, center a small island	Middle Island
Kd-15	Zhōng Zhù 中 注	zhong¹ zhu⁴	the middle, center to pour, focus on	Pour into the Center Middle Focus
GB-32	Zhōng Dú 中 瀆	zhong¹ du²	the middle, center a river	Central River
Lr-6	Zhōng Dū 中 都	zhong¹ dū¹	the middle, center a city, metropolis	Central City

Sound-alike names in which both characters are different: Fu is a true homonym, tu is not.

<u>Point</u>	<u>Name</u>	<u>Tones</u>	<u>Definition</u>	<u>Translation</u>
LI-18	Fú Tū 扶 突	fu² tu¹	to aid or assist a prominence	Aid the (laryngeal) Prominence
ST-32	Fú Tù 伏 兔	fu² tu⁴	to crouch a rabbit, hare	Crouching Rabbit

Homonyms

Points with the Same Name (7 pairs)			
<i>(differentiated by adding a word for the body part where it is located)</i>			
Point	Name	Definition	Translation
BL-66	Tong Gu (Zu) 通谷足	zú = foot	Open Valley (on the foot)
Kd-20	Tong Gu (Fu) 通谷腹	fù = abdomen	Open Valley (on the abdomen)

GB-11	(Tou) Qiao Yin 頭竅陰	tóu = head	Yin Portals (on the head)
GB-44	(Zu) Qiao Yin 足竅陰	zú = foot	Yin Portals (on the feet)
GB-15	(Tou) Lin Qi 頭臨泣	tóu = head	Overlook Tears/Eyes (on the head)
GB-41	(Zu) Lin Qi 足臨泣	zú = foot	Oversee Tears/Eyes (on the feet)

LI-10	(Shou) San Li 手三里	shǒu = hand	San Li (on the arm)
ST-36	(Zu) San Li 足三里	zú = foot	San Li (on the leg)
LI-13	(Shou) Wu Li 手五里	shǒu = hand	Wu Li (on the arms)
Lr-10	(Zu) Wu Li 足五里	zú = foot	Wu Li (on the legs)

Lr-7	Xi Guan 膝關	guān = gateway	Knee Gateway or Gateway to the Knee
GB-33	Xi (Yang) Guan 膝陽關	xī = knee	Knee Gateway (yang side)
GB-33	(Xi) Yang Guan 膝陽關	xī = knee	Yang Gateway (at the knee)
GV-3	(Yao) Yang Guan 腰陽關	yāo = lumbar	Yang Gateway (on the low back)

Homonyms

Points with the Same Name <i>cont.</i> (the 8th pair)
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Names are not the same, but sound alike, so sometimes the body part is added (see true homonyms)

<u>Point</u>	<u>Name</u>	<u>Definition</u>	<u>Translation</u>
LI-19	He² Liao²		Grain Bone-Hole
aka	(Kou) He ² Liao ²	kǒu = the mouth	(pt is near the mouth)
	口 禾 膠		
TB-22	He² Liao²		Harmony Bone-Hole
aka	(Er) He ² Liao ²	ěr = the ear	(pt is near the ear)
	耳 和 膠		

Homonyms

Points with Nearly the Same Name (differentiated by a directional word)			
<u>Point</u>	<u>Name</u>	<u>Definition</u>	<u>Translation</u>
LI-9	Shàng Lián	上 shang ⁴ = upper, superior	Upper Ridge
LI-8	Xià Lián	下 xia ⁴ = lower, inferior	Lower Ridge

ST-37	Shàng Jù Xū	上 shang ⁴ = upper	Upper ‘Strong Legs’
ST-39	Xià Jù Xū	下 xia ⁴ = lower	Lower ‘Strong Legs’

GB-3	Shàng Guān	上 shang ⁴ = upper, above, over	Above the Hinge
ST-7	Xià Guān	下 xia ⁴ = lower, below, under	Below the Hinge

CV-13	Shàng Wǎn	上 shang ⁴ = upper	Upper Epigastrium
CV-12	Zhōng Wǎn	中 zhong ¹ = center	Middle of the Epigastrium
CV-10	Xià Wǎn	下 xia ⁴ = lower	Lower Epigastrium

BL-31	Shàng Liáo	上 shang ⁴ = upper	Upper Bone-hole (foramen)
BL-32	Cì Liáo	次 ci ⁴ = next	Next Bone-hole (foramen)
BL-33	Zhōng Liáo	中 zhong ¹ = mid	Middle Bone-hole (foramen)
BL-34	Xià Liáo	下 xia ⁴ = lower	Lower Bone-hole (foramen)

Homonyms

Points with Nearly the Same Name (cont.)

Point	Name	Definition	Translation
Pc-6	Nèi Guān	內 nei ⁴ = inner	Inner Gateway
TB-5	Wài Guān	外 wai ⁴ = outer	Outer Gateway
<hr/>			
Lr-7	Xī Guān	(no specific term here implies yin/medial)	Knee Gateway
GB-33	Xī Yáng Guān	陽 yang ² = lateral aspect	Yang Knee Gateway
<hr/>			
BL-53	Wěi Yáng	陽 yang ² = lateral	Yang (side of the) Bend
BL-54	Wěi Zhōng	中 zhong ¹ = center	Center of the Bend
<hr/>			
		jian ¹ = shoulder	
SI-14	Jiān Wài Shū	外 wai ⁴ = outer, lateral	Shoulder, Outer Point
SI-15	Jiān Zhōng Shū	中 zhong ¹ = middle	Mid Shoulder Point
<hr/>			
SI-2	Qián Gǔ	前 qian ² = in front, forward, distal	Distal Valley
LI-4	Hé Gǔ	合 he ² = to close, enclose	Closed Valley
SI-3	Hòu Xī	後 hou ⁴ = in back, behind, proximal	Proximal Stream-bed
LI-5	Yáng Xī	陽 yang ² = vs. yin (smt. pertaining to yang in this case a yang channel)	Yang Stream-bed
<hr/>			
GV-19	Hòu Dǐng	後 hou ⁴ = in back of, behind; posterior	Posterior to the Vertex
GV-21	Qián Dǐng	前 qian ² = in front of, before; anterior	Anterior to the Vertex

*The 36
Most
Frequent
Characters
and their Points
The Essential Vocabulary*

36 Most Frequent Characters

Frequency Ranking of the 36 Most Common Characters

<u>Ranking</u>	<u># of Pts</u>	<u>Character</u>	<u>Meaning</u>
1st	26 pts	Shu	a Point, esp. a point associated with some body part
2nd	22 pts	Men	a Gate
3rd	20 pts	Zhong	in the Middle, center; central
4th	18 pts	Yang	Yang attribute, in contrast to Yin
5th	16 pts	Tian	Celestial, in contrast to Di/terrestrial
6th	14 pts	Yin	Yin attribute, in contrast to Yang
	14 pts	Liao	Bone-hole, a depression in, or next to bone
	14 pts	Guan	Gateway, close, lock
7th	12 pts	Da	Big, large
8th	10 pts	Gu	a Valley
9th	9 pts	Chong	Thoroughfare/throughway; or Surge, usu. refers to a pulse
10th	8 pts	Gu	Bone, boney
	8 pts	Hui	Meet, Converge
	8 pts	Qu	Bent, Bend, Curved, Curving, Crooked, in the crook of
	8 pts	Quan	a Spring
	8 pts	Shen	Spirit, Mind, Consciousness
11th	7 pts	Bai	White, clear
12th	6 pts	Feng	Wind, breeze
	6 pts	Fu	Official, the official's Residence / Repository
	6 pts	Hai	Sea, ocean
	6 pts	Jian	the Shoulder
	6 pts	Ju	Huge, giant, gigantic
	6 pts	Li	Unit of Length (½ a kilometer)
	6 pts	Qi	Vital Energy, in contrast to Xuè = blood
	6 pts	San	Three, third, triple
	6 pts	Shang	Upper, above, superior, in contrast to Xia = lower
	6 pts	Xi	Stream-bed, creekbed, ravine, gully
13th	5 pts	Dao	Path(way)
	5 pts	Jian	Between, Space
	5 pts	Jiao	Junction, intersection, crossroad
	5 pts	Ling	yin/rain Spirits, numinous, magical, compare with Shen
	5 pts	Shao	Lesser, minor contrast with Tai = greater
	5 pts	Shui	Water, fluid, liquid
	5 pts	Tai	very, Great, Greater contrast with Shao = lesser
	5 pts	Wu	Five, fifth, penta-
	5 pts	Xia	Lower, under, below, inferior, in contrast to Shang = upper

36 Most Frequent Characters

36 Most Common Characters (alphabetical by Pinyin)

PīnYīn	Translation	Comment / comparison	# of Pts	Ranking
Bái	White	only color in top 36 (refers to skin, eyes or metal)	7 pts	11th of 13
Chōng	Thoroughfare or Surge	usu. refers to a pulse (a throughway)	9 pts	9th of 13
Dà	Big, large	compare Tai = great & Ju = huge	12 pts	7th of 13
Dào	Path(way)	a road; see Chong = throughway	5 pts	13th of 13
Fēng	Wind	see Shui = water	6 pts	12th of 13
Fǔ	Official / Repository	an official position, the officer & their residence	6 pts	12th of 13
Gǔ	Bone	compare Gu = valley, see Liao/bone-hole	8 pts	10th of 13
Gǔ	Valley	compare Gu = bone	10 pts	8th of 13
Guān	Gateway	compare Men = gate	14 pts	6th of 13
Hǎi	Sea	see Shui = water & Quan = spring	6 pts	12th of 13
Huì	Meet, Converge	see Jiao = junction, intersection, crossroad	8 pts	10th of 13
Jiān	Between, Space	see also Zhong=middle	5 pts	13th of 13
Jiān	Shoulder	see Gu/bone, & Liao/bone-hole	6 pts	12th of 13
Jiāo	Junction	see Hui = meet, converge	5 pts	13th of 13
Jù	Huge, giant, gigantic	compare Da = big & Tai = great	6 pts	12th of 13
Lǐ	Unit of Length	½ a kilometer	6 pts	12th of 13
Liáo	Bone-hole	a depression in or next to bone see Gu/bone	14 pts	6th of 13
Líng	yin/rain Spirits	see Shen = yang spirit; mind, consciousness	5 pts	13th of 13
Mén	Gate	compare Guan gateway	22 pts	2nd of 13
Qì	Vital Energy	contrast Xuè = blood (only occurs 1x)	6 pts	12th of 13
Qū	Bent, Bend, Crooked	the crook of the elbow & the bend of the knee	8 pts	10th of 13
Quán	a Spring	see Hai = sea & Shui = water	8 pts	10th of 13
Sān	Three	see Wu = five	6 pts	12th of 13
Shàng	Upper	see Xia = lower & Zhong = middle	6 pts	12th of 13
Shǎo	Lesser	contrast Tai = greater	5 pts	13th of 13
Shén	yang Spirit, Mind	see Ling = yin/rain spirits	8 pts	10th of 13
Shū	Associated Point	contrast Xué = point (only occurs 1x)	26 pts	1st of 13
Shuǐ	Water	see Hai = sea & Quan = spring	5 pts	13th of 13
Tài	Great, Greater	compare Da = big & Ju = huge	5 pts	13th of 13
Tiān	Celestial	contrast Di = earth (only occurs 3x)	16 pts	5th of 13
Wǔ	Five	see San = three	5 pts	13th of 13
Xī	Stream-bed	see Gu= valley	6 pts	12th of 13
Xià	Lower	see Shang = upper & Zhong = middle	5 pts	13th of 13
Yáng	Yang attribute	contrast to Yin	18 pts	4th of 13
Yīn	Yin attribute	contrast to Yang	14 pts	6th of 13
Zhōng	Middle	see Shang=upper, Xia=lower, & Jian=between	20 pts	3rd of 13

About this Section

- Point Names provide information about the point.
 - They were chosen for specific reasons and are not random assignments.
 - The names are a shorthand of coded information, sometimes obscure, but mostly fairly straightforward, once one understands the code.
- I usually divide the encoded information into the following three elements.
 - 1. Information about location** (some are obvious, some are rather obscure)
 - 2. Data about a point's categories** (xi/cleft, transport point references, etc.)
 - 3. Reminders about its clinical activity** (therapeutic function, symptomatic indication, etc.)
- Information about location is the most important element, and I believe exists in virtually every name. Remember, in Chinese the points were known only by their name, the channels were not labeled and numbered the way we currently do. Therefore, both the channel and where along its length the point could be found, needed to be encoded. Therefore reminders about either the channel or significant landmarks along its course were among the most important references a name could provide. Sometimes I think we forget this fact and make point names overly esoteric, reading more into them than we should.
 - Once you know a point's location, its name usually makes more sense and vice versa.
 - As we go through the following list characters and the points they are part of, remember to think about, and look for allusions to location.
 - Sometimes two, or even all three elements might be found within the name.
- *The following section is arranged alphabetically by pinyin. Thus it functions like a dictionary/glossary.*

Reference Sources Key: Each source uses its own unique system of character identification which I supply in ().

ZW = ZhongWen (earliest Chinese dictionary) A Genealogy and Dictionary Zhongwen.com

Wilder = Wilder & Ingram Analysis of Chinese Characters Dover

Wieger = Dr. L. Wieger Chinese Characters Dover

Mathews = R.H Mathews - Mathews' Chinese English Dictionary Harvard

36 Most Frequent Characters

frequency rating: 11th of 13 (only one character in 11th)

#1	Bái/Bai²	白	= white (clear, bright)	7 pts
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ZW 76/2

Wilder 208

Wieger 88A

Mathews 4975

The sun 日 pronounced ri, with an extra stroke at the top representing the first ray of light at sunrise.

Bai usually suggests an association with the Metal phase/element and its two organs (lung & lg. intestine)

Lu-4	Xia Bai	Guarding White	a reference to the lungs, white symbolizes metal, and metal implies lungs
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BL-30	Bai Huan Shu	White Circle Shu	the white circle is the anus and suggestive of the large intestine, which is the organ paired with the lungs in the metal phase.
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Two Spleen points have Bai in their names suggesting a connection with metal and the lungs. Indeed it reminds us that the Lu & Sp are the Tai Yin pair and work together to derive qi for the body from the environment. From a 5 element perspective Earth/Sp is the mother of Metal.

Sp-1	Yin Bai	Hidden White	alludes to metal (hidden within the earth)
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Sp-3	Tai Bai	Great White	alludes to metal (the yuan/source pt) (earth is the source of metal)
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We also find an example of Bai on the other earth channel. Here Bai refers to the whites of the eye (the sclera, which is the part of the eye ruled by the Lung), but is suggestive of an important connection between these two organs related to their mutual dependence on yin. more of a heat clearing function.

ST-2	Si Bai	Four Whites	refers to the whites of the eyes (sclera) The sclera is the part of the eye that reflects the condition of the lungs. Specifically four whites refers to the condition of exophthalmia, (whites of the eyes visible in all 4 directions) which typically involves a deficiency Lu & ST of yin.
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The two final examples are both on the GB channel.

Here the reference seems to relate to expanses of skin (also ruled by the Lung)

Both of these points also influence the nose and sinuses, which are directly related to the Lungs.

GB-10	Fu Bai	Floating White	behind the ear, but near to the (white) skin, i.e. the post-auricular bare skin.
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GB-14	Yang Bai	Yang White	refers to the forehead, again white skin, but also to the eyes. This pt is on the same line as ST-2.
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36 Most Frequent Characters

frequency rating: 9th of 13 (only one character in 9th)

#2	Two characters are used:		9 pts
Chōng/Chong¹	冲	= surge, surging , pulsing, a pulse/pulsation	3 pts
Chōng/Chong¹	衝	= thoroughfare, thoroughway	6 pts

ZW 69/29 76/92 Wilder no Wieger no, see 63C march R.144 phonetic 437 Mathews 1523 & 1532

The first character is composed of the water radical 氵 and the phonetic

zhong¹/middle 中 = rinse, flush; infuse (make tea).

The second character is composed of the moving/movement radical 行 with the phonetic

zhong⁴/heavy 重 inserted between the two elements of the radical.

pronounced in the first tone = open road

pronounced with the fourth tone = charge, rush

These two characters are considered interchangeable, but I think they might usefully be differentiated.

Note, *chong* is the same as in *chong-mai*, which I think should be translated as the ‘surging or pulsing vessel’ rather than the more common ‘penetrating vessel’. In my opinion the name derives from the very physical presence of aortic pulsations able to be felt and sometimes seen in the abdomen.

Points in close proximity to arterial pulses can/should be translated as **surge, surging, or pulsing**.

Points in a corridor like area of the body are best translated using **thoroughfare**.

For some points a case can be made for both meanings.

On the head: *the thoroughfare seems to be the channel pathway itself*

BL-3	Mei Chong	Brow Thoroughfare	the channel from eyebrow to hairline
GB-9	Tian Chong	Celestial Thoroughfare	the channel above and behind the ear
This one is the least convincing, celestial is a clear reference to the head.			

On the hands: *the thoroughfares seem to be the fingers*

Ht-9	Shao Chong	Lesser Thoroughfare	fifth digit, radial nail point
TB-1	Guan Chong	Gateway Thoroughfare	fourth digit, ulnar nail point
Pc-9	Zhong Chong	Middle Thoroughfare	third digit, radial nail point

In the groin: *the thoroughfare is clearly the inguinal groove*

the pulse is the femoral artery Therefore both translations are equally reasonable.

ST-30	Qi Chong	Qi Surge/Thoroughfare	medial to the femoral artery
Sp-12	Chong Men	Surge/Thoroughfare Gate	lateral to the femoral artery

On the dorsum of the foot: *the proximity to the dorsalis pedis artery makes the case for Surge (esp ST-42)*

The thoroughfare is the groove between the extensor hallucis and extensor digitorum tendons.

Again both translations are reasonable.

ST-42	Chong Yang	Yang Surge/Thoroughfare	here the dorsalis pedis artery is most clearly palpated, so Surge seems to be the best translation.
Lr-3	Tai Chong	Great Surge/Thoroughfare	the artery is palpable here, but the groove between the tendons and the metatarsals is more prominent, therefore the nod goes to Thoroughfare.

36 Most Frequent Characters

frequency rating: 7th of 13 (only one character in 7th)

#3	Dà/Da ⁴	大 = big, large	12 pts
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ZW 39/1

Wilder 54

Wieger

Mathews 5943

The character depicts a person 人 with their arms outstretched, indicates big

Da/big refers to both size and status (i.e. something large, significant or prominent)

On the back:

BL-25

Da Chang Shu

Large Intestine Pt

da as a reference to the large intestine speaks for itself

These two names refer to the big/prominent vertebrae at the base of the neck

GV-14

Da Zhui

Big Vertebra/mallet C7

BL-11

Da Zhu

Big Shuttle

T1

On the face:

ST-5

Da Ying

Big Welcome/Greeting/Smile

refers to its location on the mandible,
at the inferior end of the naso-labial groove when smiling.
LI-20 is at the superior end, its name is Ying Xiang.

On the torso/abdomen:

Sp-21

Da Bao

Big Wrapper/Wrapping / Wrap-around

on the lateral chest, it treats big pain & constriction that wraps around the chest.

Sp-15

Da Heng

Big Horizontal

refers to the umbilical plane

ST-27

Da Ju

Big Huge

refers to the lower abdomen, and
esp. any swellings that might present there

Kd-12

Da He

Big Red

refers to the treatment of excessive menstrual bleeding

On the feet: two names seem to refer to the big toe, the other to the heel

Lr-1

Da Dun

Big & Important

big toe, lateral nail pt

Sp-2

Da Du

Big City

big toe, medial nail pt

Kd-4

Da Zhong

Big Bell

may refer to the **heel**/calcaneum or malleolus,
both are prominent bones in the vicinity of this point.

On the hands:

Pc-7

Da Ling

Big Mound

refers to the **heel** of the palm, where this pt is located.

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#4	Dào/Dao⁴	道	= a road, path, pathway ; the Way	5 pts
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ZW 148/6

Wilder 101

Wieger 160A

Mathews 6136

Composed of a face with hair on top indicating the chief/leader shou³ 首 and feet moving 辶, following a road or leader.

Dao has the very literal meaning of a road or pathway, as well as more extended connotations of an ethical path in Confucianism, and the way of nature or the cosmos in Daoism.

GV-13

Tao Dao

Kiln Pathway

refers to the spinous processes that are reminiscent of the staircase of steps that run alongside a traditional kiln.

Ling is the yin spirit, shen is the yang

GV-11

Shen Dao

Spirit Pathway

refers to the Ht and spirit/shen which are directly accessible at this point. At T5 which is the level of the heart reflex points BL-15 and 39/44 Shen Tang. see also GV-10 Ling Tai (Spirit Tower)

Ht-4

Ling Dao

Spirit Pathway

refers to the Ht channel and the string of points (Ht-4–7) along the flexor carpii ulnaris tendon. Ht-7 is named Shen Men (Spirit Gate) also intones the connection between Ling & Shen.

ST-28

Shui Dao

Water pathWay

refers to the interanl pathway of water from the middle to the lower jiao

GB-28

Wei Dao

Linking Pathway

refers to the inguinal groove, this point is at the top. Moreover, this is one of the points of the dai mai, the belt vessel, the only horizontal channel, which in turn, ties or links all the other channels.

36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#5	Fēng/Feng¹	風	= wind	6 pts
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ZW 47/4 Wilder 365, 734 Wieger 21B Mathews 1890

Composed of hui³/insect 虫 and phonetic fan² 凡 all, everywhere. *The wind is everywhere.*

It can be interpreted as insects bourne on the wind, or born of the wind. It is believed that the winds of springtime arouse the world back to life and also awaken the insects at that time of year.

Winds are associated with the eight directions, some of which are benevolent, some malevolent.

The concept of *pestilence* combines these notions in both Chinese and English.

Wind as a yang pathogen tends to attack and enter the upper body and a number of points that have wind dispelling functions reside there. Five of the six wind points are located in the upper torso, and all are on the back (we tend to turn our backs to the wind for protection). All dispel wind as their primary action.

Upper Body: occiput:

GV-16 Feng Fu **Wind Repository/Mansion** located at the occiput

GB-20 Feng Chi **Wind Pool/Pond** located at the occiput

TB-17 Yi Feng **Screen the Wind** under the earlobe

Upper back:

BL-12 Feng Men **Wind Gate** located on the upper back

SI-12 Bing Feng **Catch the Wind** located on the upper back
in the supraspinous fossa

Lower body:

GB-31 Feng Shi **Wind Market(place)** located on the lateral thigh,
it is the one lower body wind point.
It is primarily concerned with internal wind,
which is generated by the Liver & GB,
and typically manifests as paralysis.

36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#6	Fǔ/Fu³	府	= an official , the official's position, or dwelling (mansion); a repository, treasury, or archive		6 pts
ZW 14/70	Wilder 388	Wieger 45C	Mathews 1928 (prefecture)		
This character shows a building lean-to radical 广 with the phonetic fu⁴ 付 a thumb/hand, handing something to a person, usually interpreted as payment - to pay, deliver, consign. The interpretation is thought to derive from the place where taxes were collected. Taxes in ancient times were usually paid in grain, which had to be stored (repository) and also where the records were kept (archive). Most sources like to emphasize the place, I like to emphasize the official, but acknowledge both.					
The person and hand refers to the tax collector, an important gov't official.					
There were many different officials, and they would be referred to by the name of their position, like secretary of state, or treasurer.					
Lu-1	Zhong Fu	Central Official	this point is on the chest, but the channel actually begins in the <i>middle</i> burner.		
Lu-3	Tian Fu	Celestial Official	this point is on the upper arm, the lung channel pertains to the celestial realm		
Ht-8	Shao Fu	Lesser Official	this point is on the hand, <i>shao</i> reminds us that the Ht channel is the shao-yin channel.		
Sp-13	Fu She	Official's Abode	this point is on the upper abdomen,		
		腑 (Bowel Abode)	add a flesh radical to make fǔ/bowels (yang organs)		
GV-16	Feng Fu	Wind Official	this point is at the occiput		
		Wind Repository			
		Wind's Residence/Mansion			
Kd-27	Shu Fu	(Back) Shu Pt. Official	this point is on the chest, at the medial end of the clavicle (compare with Lu-1 at the lateral end) Back Shu refers to points on the back along the BL channel, which is paired with the K in the water phase-element.		

36 Most Frequent Characters

frequency rating: 10th of 13 (5 characters are tied for 10th)

#7	Gǔ/Gu³	骨	= bone(s), a framework	8 pts
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ZW 133/2

Wilder 292

Wieger 118A

Mathews 3486

The upper part is the phonetic gua³, a picture of the skull and vertebrae, the skeleton

the lower part is the flesh radical, 肉 becomes 月 often used to indicate a part of the body.

together they depict, **bones**. This is the 188th radical.

Points with Gu in their refer to prominent bones serving as locational landmarks.

The point name is usually also the name for that bone, and derives from it.

LI-16

Ju Gu

Huge Bone

the acromial end of the clavicle bone

SI-4

Wan Gu

Wrist Bone

obviously a wrist bone, specifically the triquetrum

GB-12

Wan Gu

End Bone

refers to the mastoid process

GB-39

Jue Gu

Disappearing Bone

refers to the distal end of the fibula

These two points are near one another on the lateral side of the foot

BL-64

Jing Gu

Capitol Bone

the bony process at the base of the 5th metatarsal

BL-65

Shu Gu

Strap Bone

refers to the process at the head of the 5th metatarsal

These two points are adjacent to one another at the crest of the pubis

CV-2

Qu Gu

Crooked/Bent Bone

refers to the pubic bone

Kd-11

Heng Gu

Horizontal Bone

also refers to the pubis, this point is just lateral to CV-2, i.e. horizontal to it.

36 Most Frequent Characters

frequency rating: 8th of 13 (only one character in 8th)

#8	Gǔ/Gu³	谷	= valley, ravine; a hollow; difficult	10 pts
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ZW 68/106 Wilder 579 & 622 Wieger 18E Mathews 3483

Two dots of water above, funneling out through the mouth 𠂔 of a ravine = a gorge, valley

Gu usually refers to expansive, exposed, open areas of the body. (4 are on yin channels, 6 are on yang)

Eight of the ten points are on the limbs (3 arm, 5 leg), making most of them transport pts, (3 are ying/spring, 1 shu/stream, 1 jing/river, 1 he/sea, 1 yuan/source, 1, no category).

GB-8	Shuai Gu	Commander of the Valley	the middle of the side of the head, above the ear. Valley Commander
SI-2	Qian Gu	Distal Valley	the side of the little finger, distal to the MP jt (see BL-66) It is the ying/spring-water pt on the channel.
SI-5	Yang Gu	Yang Valley	the side of the wrist, proximal to the triquetral bone It is also the jing/river-fire pt on the channel.
LI-4	He Gu	Union Valley	refers to the <i>union</i> of the first & 2nd metacarpals and the web space (<i>valley</i>) between them It is the yuan/source point. see also BL-55 He Yang
ST-43	Xian Gu	Sinking Valley Soggy/Boggy Valley	between the 2nd & 3rd metatarsals, refers to the treatment of damp disorders It is the shu/stream-wood pt on the channel.
Sp-7	Lou Gu	Leaky Valley	the <i>valley</i> is the medial aspect of the leg, <i>leaking</i> refers to the treatment of leaking disorders, such as dribbling urination and vaginal/genital discharges. This point has no particular category associations.
BL-66	(Zu) Tong Gu	(foot) Open Valley Unblock the Valley	the side of the little toe, distal to the MP jt (see SI-2) therapeutically facilitates/unblocks urination It is the ying/spring-water pt on the channel.
Kd-20	(Fu) Tong Gu	(abd) Open Valley Unblock the Valley	refers to the abdomen, i.e. the middle of the upper abdomen therapeutically facilitates/unblocks digestion and abd masses
Kd-2	Ran Gu	Blazing Valley	the <i>valley</i> refers to the medial aspect of the foot <i>blazing</i> to the category, this is the ying/spring- <i>fire</i> pt.
Kd-10	Yin Gu	Yin Valley	refers to the medial aspect of the knee, hidden (<i>yin</i>) between the tendons. This is the he/sea-water pt on the channel.

36 Most Frequent Characters

frequency rating: 6th of 13 (3 characters are tied for 6th)

#9	Guān/Guan ¹ 關	= gateway; frontier pass; to shut or close; customs house	14 pts
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ZW 59/13 Wilder 95 Wieger 92G Mathews 3571d important body parts, joint articulations
 A gate (門 men) with a bar/bolt. It can mean to close, lock, in or out. It can imply allowing or disallowing passage, as might be appropriate at a border crossing. Borders and crossings are frequently placed in mt passes.
 In terms of the body, guan is frequently used to refer to joints especially hinge joints.
 The phonetic guan¹ depicts threads si¹ 絲 on a loom (𦉳) and the idea of connecting and tying together, closing, as do ligaments attaching two bones to form a joint.
 Guan could reasonably be translated as a gate, but then we lose the distinction with men²/gate, so I chose gateway to both respect the connection between the two and preserve a difference. Gateway also shifts the emphasis slightly from the object, a gate to the function of allowing passage, which I believe is also intended by the Chinese.

These two points clearly refer to the temporal-mandibular joint and their relative positions, one above, and one below. Translating as a hinge or joint is reasonable. I stick with gateway for the sake of consistency

GB-3	Shang Guan	Upper Gateway	refers to the TMJ, above the zygomatic arch
ST-7	Xia Guan	Lower Gateway	refers to the TMJ, below the zygomatic arch

These two points on the abdomen are at the same level

ST-22	Guan Men	Gateway Gate	3 above umbilicus, may refer to the pyloric sphincter
	<i>See Kd-21 You Men = Hidden Gate, one of the seven gates in the digestive tract from lips to anus.</i>		
Kd-18	Shi Guan	Stone Gateway	3 above umbilicus, probably refers to obstruction GI & GYN (infertility see CV-5 Shi Men Stone Gate)

These two points on the arms are also at the same level, moreover they are both luo pts, connecting the two paired channels.

Pc-6	Nei Guan	Inner Gateway	refers to the inside of the arm
TB-5	Wai Guan	Outer Gateway	refers to the outside of the arm

TB-1	Guan Chong	Gateway Thoroughfare	refers to the ring finger (see Ht-9 & Pc-9) gateway is seems to be a code word for TB.
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This point is at the top of the thigh

ST-31	Bi Guan	Thigh/Hip Gateway	refers to the hip joint
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These two points clearly refer to the arrival at the knee on their respective channels, one going up, one going down.

Lr-7	Xi Guan	Knee Gateway	below the knee on the inside of the leg, i.e. the yin side
GB-33	Xi Yang Guan	Knee Yang Gateway	above the knee on the outside of the leg, i.e. the yang side

These four points on the torso, three on the back, two are at the same level front & back, three are in the Lower Jiao.

GV-3	Yao Yang Guan	Lumbar Yang Gateway	refers to the lumbar joints, at L4 with the GV being the governor of the all the yang channels, as well as the conduit for the K yang. Functionally it enables the yang to circulate and strengthen the lower back.
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CV-4	Guan Yuan	Original Gateway	refers to the umbilicus and the lower jiao
		Gateway to the Source	

BL-26	Guan Yuan Shu	Original Gateway Shu	refers to CV-4, at approx the same level on the back, the name suggests it has access to the same energetic processes. at L5
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BL-17a	Ge Guan	Diaphragm Gateway	the gateway at the level of the diaphragm, T7
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36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#10	Hǎi/Hai³	海	= sea, ocean	6 pts
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ZW 54/24 Wilder 269 Wieger 67 O & P Mathews 2014

Composed of the water radical 氵 on the left and the phonetic (每 mei³) comprised of the character for mother 母 with a blade of grass on top, means each and every; always, constantly.

The ocean/sea is the image of the great and constant source.

These two points, share the same name, one in front, one in back, at approximately the same level. They are both in the lower dan tian and refer to it as being the source and repository of all the body's qi.

CV-6 **Qi Hai** **Sea of Qi** on the lower abdomen, refers to the lower dan tian (LDT)

BL-24 **Qi Hai Shu** **Sea of Qi Shu** on the lower back (at L3), refers to & relates to CV-6 (LDT)

Sp-10 **Xue Hai** **Sea of Blood** a clear parallel to Qi Hai, here the spleen as the primary producer of blood, is deemed the sea of all the body's blood.

Kd-6 **Zhao Hai** **Shining Sea** here sea is a reference to the Kidney channel, the source of all water in the body.

These two points are both at the elbow and he/sea points. Moreover the two channels are paired. Yin-yang of Imperial/Sovereign Fire, and the ulnar compartment of the arm.

Ht-3 **Shao Hai** **Lesser Sea** this is both the sea and water point on the channel. shao/lesser reminds us that this is the shao-yin channel

SI-8 **Xiao Hai** **Small Sea** xiao/small here reminds us that this is the *small*-intestine.

36 Most Frequent Characters

frequency rating: 10th of 13 (5 characters are tied for 10th)

#11	Hui/Hui⁴	會 = to meet , converge/convergence; to assemble; to cooperate; a guild	8 pts
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ZW 144/13

Wilder 230

Wieger 14D & 40D

Mathews 2345

The image here is the coming together under one roof, hence meeting, converging, assembling.

The bottom is the speech radical yue ㄩㄝ or words, above that is a chuang/window 窗, which stands for clarity, all united under one roof.

Two points on the head:

GV-22

Xin Hui

Skull Meeting

referring to the anterior fontanel,
where the skull bones *meet*.

GV-20

Bai Hui

Hundred Meet

at the very top of the skull,
where many channels come together (converge)

Two points on the torso:

A clear connection is implied by the names of the two points at the top and bottom of the torso, Bai Hui & Hui Yin.

Another clear association is implied by the names of the two points Hui Yin & Hui Yang.

CV-1

Hui Yin

Yin Meeting

this refers to the perineum,

Meet at a Yin place

the bottom of the torso is a yin position, and the
opposite of Bai Hui.

The place is very shady, going back to the derivation
of the character for yin as the shady side of a mt.

BL-35

Hui Yang

Yang Meeting

Is very near to Hui Yin, but on the back (a yang
surface), and on the tai yang channel.

Four of the eight points are on Shao-yang channels, two each on TB & GB.

TB-7

Hui Zong

Meeting Ancestors

hui probably refers to the ulnar jog in the TB channel

Ancestors Meet

that virtually *connects* it with the small intestine channel.

Moreover this point is just proximal to or *meets* SI-6 Yang Lao Nourish the Old.

Incidentally, the only other use of zong in a point name occurs at SI-11 Tian Zong.

TB-13

Nao Hui

Deltoid Meeting

located on the upper arm,
at the *meeting* of the triceps and the posterior deltoid.

GB-2

Ting Hui

Auditory Meeting

here the GB channel *meets* the ear

GB-42

Di Wu Hui

Earth Five Meeting

the point is on the foot and refers to
the *five* toes *meeting* the *earth*.
A function of the point is to help relax hammer toes

36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#12	Jiān/Jiān¹	肩	= the shoulder	6 pts
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ZW 78/15

Wilder 652

Wieger

Mathews 824

The upper part is the door radical 户 which is suggestive of the shape of the arm & shoulder, underneath is the flesh radical 月, so it is clear a body part is being depicted.

All of these points are located in the vicinity of the shoulder and functionally pertain to the treatment of shoulder problems. As in English distinctions between the shoulder as the top of the torso, the trapezius, the shoulder joint, the shoulder girdle, and the shoulder blade are blurred and jian rather inclusively refers to all of them.

Four channels have points with jian, all four traverse the shoulder.
GB on top, LI & TB laterally, and SI behind.

GB-21	Jian Jing	Shoulder Well	top of the shoulder, mid trapezius
LI-15	Jian Yu	Shoulder Bone	lateral shoulder (under the acromion) relatively anterior
TB-14	Jian Liao	Shoulder Bone-hole	lateral shoulder (under the acromion) relatively posterior

Three of the six points are on the small intestine channel, which more than any other channel traverses the shoulder/scapular region.

SI-9	Jian Zhen	Shoulder True True the Shoulder	the posterior shoulder, here function is emphasized
SI-14	Jian Wai Shu	Outer Shoulder Point Shoulder's Outer Pt	on the upper back, relatively lateral
SI-15	Jian Zhong Shu	Middle Shoulder Point Shoulder's Mid Pt	on the upper back, relatively medial

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#13	Jiān/Jian¹	間	= the space between, in-between, between ; space , interval	5 pts
ZW 78/23	Wilder 183	Wieger	Mathews 835	
This character shows the sun 日 shining <i>between</i> the two leaves of a door/gate 門				

GV-18 Qiang Jian Strong Space

describes the fusion/*strengthening* of the skull bones at the posterior fontanel, i.e. the closing of the *space*. See GV-22 Xin Hui = Skull [bones] Meet.

Two Large Intestine channel points:

As the Yang-ming channel it is possible that the sun in the character is what is especially significant here.

LI-2 Er Jian Second Space/Interval

describes the second point on the channel.

LI-3 San Jian Third Space/Interval

describes the third point on the channel.

Two Jue-yin channel points:

Pc-5 Jian Shi Between Messenger The Go Between The Ambassador/Emmissary/Minister

describes the channel's route *between* the two prominent tendons on the forearm.
describes the Pc channel and its role in relation to the heart.

Lr-2 Xing Jian Step/Move Between

describes the channel's route *between* the first two toes, as well as the importance of those toes in walking.

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#14	Jiāo/Jiao¹	交 = crossroad, intersection, junction ; meet; intertwine, have intercourse	5 pts
ZW 39/83	Wilder 613	Wieger 61D	Mathews 702d/c
The character is a picture of a person with their legs crossed, the idea of crossing, or intersecting.			

When jiao occurs in a point name it suggests a significant intersection, especially of channels crossing/meeting.

It may also suggest a pair of points, (see Kd-7 & 8 and GB-35 & 36), at the same level, or a cluster of three as seen at the end of the GV (GV-26-27-28) and below the umbilicus (CV-5-6-7).

GV-28	Yin² Jiao	Gum Intersection/Jct	the junction of lip and gum as well as CV & GV, along with a number of yang channels, at the very least LI & ST channels. Also there are three GV points in close proximity here (GV-26-27 & 28).
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CV-7	Yin¹ Jiao	Yin Intersection/Jct	an intersection of the Chong mai and CV occurs at this pt. Also CV-5-6-7 are clustered together with only one half cun separating them.
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There is a clear parallel between these two names (yin and yang junctions), but there is no obvious connection between them. CV-7 on the lower abdomen is clearly in a yin position while GB-35 on the lateral leg is clearly in a relatively yang position. (see also CV-1 & BL-35 Hui Yin & Yang)

GB-35	Yang Jiao	Yang Intersection/Jct	There are two GB pts, 35 & 36 at the same level and very close together (<i>jct</i>), on either side of the fibula.
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These two points are clearly related both by proximity and name.

Sp-6	San Yin Jiao	Three Yin Intersect/Jct	the 3 yin channels of the leg meet at this point, hence its designation as the group luo pt. (Compare with TB-8 San Yang Luo = 3 Yang Connect, another group luo pt).
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Kd-8	Xin Jiao	Trusted/Loyal/Faithful Jct	this point is just inferior to Sp-6, and the intersection referred to is the jct of the K channel with the Sp at San Yin Jiao, Sp-6. Also there are two K pts, 7 & 8 at the same level and very close together like with GB35 & 36.
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36 Most Frequent Characters

frequency rating: 10th of 13 (10 characters are tied for 12th)

#15	Jù/Ju⁴	巨	= huge , gigantic/giant, enormous; very	6 pts
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ZW 51/31

Wilder no

Wieger 82D

Mathews 1544

This is a picture of a large carpenter's square, i.e. larger than a gong 工 which is a small square.

Interestingly, the radical (#48) for ju is gong/the small square, which means work, skill and is the gong in qi-gong and gong-fu.

All the points with ju in their name clearly make reference to some large or prominent body part. Five of the six points are on the Yang-ming channel with four being on the stomach channel.

Two yang-ming channel points (one ST, one LI)

ST-3 **Ju Liao** **Huge Bone-hole** the large hole/depression below the maxilla

LI-16 **Ju Yu** **Huge Bone** the large bony prominence at the lateral end of the clavicle

Two points on the abdomen (one upper, one lower)

ST-27 **Da Ju** **Big Huge** the large paunch of the lower abdomen
Big & Huge

CV-14 **Ju Que** **Giant Watchtower** on the of the upper abdomen, just below the xiphoid
Huge Portal, Archway refers to the costal arch (see also CV-8 Shen Que)

These next two points can certainly be understood in terms of the prominent muscle of the foreleg, the tibialis anterior, which they are in the middle of, but I think an energetic interpretation is also suggested. In this case, knowing that these two points are xia-he points for the large and small intestines respectively seems relevant. However, I'm not sure ju xu should be translated separately and literally, rather I want to suggest that it refers to a type of horse known for especially strong, sturdy legs. This provides a virtually opposite interpretation of the name.

Although, these points could certainly be applied for deficiencies of these two organs, as yang organs they are more prone to excess. Therefore I tend to favor the strong leg interpretation. In terms of application for xu conditions, I think that atrophy and muscle wasting as might be seen in wei patterns is a perfect example and actually serves to reinforce the strong legs interpretation. In this case we might want to translate as Strengthen Legs. This picks up a connotation for ST-36 as strengthening the legs so one might walk another mile. (ST-36 is the xia-he pt for the stomach).

ST-37 **Shang Ju Xu** **Upper Huge Depletion** the middle of the tibialis, LI xia-he
Upper Very Depleted
Upper Strong/Strengthen Legs

ST-39 **Xia Ju Xu** **Lower Huge Depletion** the bottom of the tibialis, SI xia-he
Lower Very Depleted
Lower Strong/Strengthen Legs

36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#16	Lǐ/Lǐ³	里 = village, hamlet, neighborhood; a unit of distance ~ 1/2 kilometer; interior; rectify	6 pts
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ZW 111/18

Wilder 82

Wieger 16G

Mathews 3857

The character shows a field above 田 and earth/soil 土 below, which itself depicts a plant sprouting upward, out of the soil.

This character derives from ancient farming habits, in which a small number of families comprise a village and farm the surrounding area. The length of each side of a field is one li, as well as the being the word for the village itself.

These four points suggest an interpretation of li as a unit of distance, which refers to their relative position on the body. The two pairs of points possessing the same name are only differentiated by an arm or leg reference. (literally hand or foot). The pairs of points are in analogous anatomical positions.

ST-36	Zu San Li	Leg Three Li	3 cun distal to the knee
LI-10	Shou San Li	Arm Three Li	although only 2 cun distal to the elbow, it is in the analogous position. Both are yang-ming channel.
LI-13	Shou Wu Li	Arm Five Li	3 cun proximal to the elbow, but 5 cun above LI-10
Lr-10	Zu Wu Li	Leg Five Li	in the adductor triangle, 3 cun distal to Lr-12, (making it 10.5 cun above Lr-9) (18-4-0.5 = 10.5) (and its 6.5 above Sp-11) I can't say what the five might refer to here, it doesn't seem to follow the logic of the analogous points. GW suggests that it is the fifth point from Lr-14, i.e. the end of the channel. Or possibly to the 5 zang, or to the earth phase (the earth number is five), and therefore to the middle jiao. Both of these are a stretch in my opinion, as the main treatment use for this point is shan disorders (inguinal & testicular pain & swelling)

Ht-5	Tong Li	Open/Unblock the Interior	here interior likely refers to the heart, functionally this point regulates heart rhythm, heart problems often present with chest constriction, hence to open or unblock the heart/chest. Another interpretation pertains to its category as a luo/connecting pt. Luo points connect the exterior & <i>interior</i> pair of channels. Speaking of the small intestine, internally the passage of heart fire down to the SI manifests as constriction of (and burning) urination which this point is also useful for ameliorating.
		Through the Village	this translation seems to refer to the cluster of four points (a village) on the Ht channel just proximal to the wrist. (Ht-4-5-6-7)

CV-11	Jian Li	Bolster the Interior	this jian means to establish or build, functionally it has a building/supplementing action on the middle jiao i.e. the <i>internal</i> organs.
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36 Most Frequent Characters

frequency rating: 6th of 13 (3 characters are tied for 6th)

#17	Liáo/Liao²	髒 = hole in or next to bone, bone-hole	14 pts
ZW see 49/13	Wilder no	Wieger 118A & 62A	Mathews no
The left side of this character is the bone radical gu ³ 骨 (R.#188) see #7			
The right side phonetic liao ² 廖 is composed of yu ³ 羽 a pair of wings, long wing/feathers/plumes, over shan ¹ 尃 short wing/feathers or hair, is rad #59 also means stripes, streaked, or markings. The phonetic liao means to soar, or the sound of the wind, alluding perhaps to the holes in bamboo flutes. The most perfect example of liao as bone-holes are the sacral foramen, of which there are eight and thus their collective name Ba Liao (the eight liao). [The four points are bilateral = eight]. <i>Their individual names are:</i>			
BL-31	Shang Liao	Upper Bone-hole	first/uppermost sacral foramen
BL-32	Ci Liao	Next Bone-hole	second/next sacral foramen
BL-33	Zhong Liao	Middle Bone-hole	third/central sacral foramen
BL-34	Xia Liao	Lower Bone-hole	fourth/lowermost sacral foramen
GB-1	Tong-zi Liao	Pupil Bone-hole	tong-zi refers to the pupil, (with which this point is level) The bone is the lateral orbit (fronto-zygomatic bones), The point is on the temple, right off the edge of the bone.
Five of the 14 points are on the face/head. Both of these points are on the face/cheek, under the maxillary bone.			
ST-3	Ju Liao	Huge Bone-hole	front of the face, on the pupil line
SI-18	Quan Liao	Cheek Bone-hole	front of the face, on the outer orbit line
GV-25	Su Liao	Plain/Simple Bone-hole	the tip of the nose, the bone-hole is the hole in the skull that the nose (mostly cartilage) covers
		White Bone-hole	white refers to metal/lungs, and the nose is its orifice
These two points are homonyms, both are on the head/face.			
LI-19	He Liao	Grain Bone-hole	this he ² refers to grain kernels and indicates the size of the bone-hole, which is on the upper lip. A depression between the roots of the teeth, and serves as a reminder that the mouth/teeth is the earth portal and grain is the primary produce of the earth. Food enters here and will finally exit via the large intestine.
	禾 (grain)		
TB-22	He Liao	Harmony Bone-hole	this he ² means harmony and refers to hearing. This point is in front of the ear, just above the zygoma.
	和 (harmony)		
TB-14	Jian Liao	Shoulder Bone-hole	refers to the acromion
TB-15	Tian Liao	Celestial Bone-hole	refers to the superior angle of the scapula
LI-12	Zhou Liao	Elbow Bone-hole	refers to the lateral epicondyle of the humerus
GB-29	Ju Liao	Squatting Bone-hole	the bone is the ASIS, and the crease that forms when one squats, points directly to this point.

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#18	Líng/Ling²	靈	= (yin) spirit (assoc. w/ rain), numinous, magical [compare with shen #26]	5 pts
ZW 161/8	Wilder 446	Wieger 27E & 72K	Mathews 4071	

This is a picture of a rain cloud above and a shaman below, in between are three mouths/openings often interpreted as raindrops, but I think they are the mouths of the shaman chanting/singing. The purpose is call the spirit(s) to bring forth the rains. Hence the simple translation as spirit. In order to differentiate from shen also translated as spirit, I like to translate ling as the rain spirit or yin spirit vs. shen/mind the yang (aspect of) spirit. See #26 for the shen points.

There are two instances where consecutive point names use shen & ling. GV-10 & 11, Kd-24 & 25
In both cases, ling is in the inferior, i.e. yin position, relative to shen (yang).
In another case Ht-4 and 7, Ht-7 is distal, while 4 is proximal, proximal being the yin direction.

All five ling points have a clear association to the Chinese heart which includes the mind and consciousness/brain in general. Two are on the Ht channel, one is on the head.
The other two are at the level of the heart, one in front/chest, the other on the upper back.

One point on the head:

GB-18	Cheng Ling	For Spirit	on the head, clears the brain & calms the mind
		Support Spirit	(see also GB-13 Ben Shen Root of the Spirit)

Two points on the torso:

GV-10	Ling Tai	Spirit Tower	on the back, T6, the <i>tower</i> is the spinal column
		Spirit Observatory	

Kd-24	Ling Xu	Spirit in Ruins	on the chest, 3rd intercostal space, xu/ruins is very close to xu/insufficiency.
		Spirit Wasteland	Both suggest a very depleted condition. see Kd-25 Shen Cang = Spirit Storehouse

Two points on the heart channel:

Ht-2	Qing Ling	Azure Spirit	on the upper arm, near the elbow, <i>azure/qing</i> may be taken from the color of the nearby vein.
		Verdant Spirit	

Ht-4	Ling Dao	Spirit Pathway	on the forearm, near the wrist
There is also a	Shen Dao	= Spirit Pathway	this is GV-11, at T5 see also Ht-7 Shen Men = Spirit Gate

36 Most Frequent Characters

frequency rating: 2nd of 13 (only one character in 2nd)

#19	Mén/Men ²	門 = gate	22 pts
ZW 78/17	Wilder 5	Wieger 129 C	Mathews 4418
This is a picture of a double hinged doorway, like barn or saloon doors. It can be translated as a door but I reserve that translation for hu 戶 a single hinged door. This is a very common word in point names and suggests the Chinese view that points function like gates. Distinguish guan 關 gateway. (see #9)			
GV-15	Ya Men	Mute Gate	refers to its treatment of muteness, loc at occiput.
GV-4	Ming Men	Life Gate	refers to its primacy as a lower jiao/dan-tian pt. It is situated between the two K shu pts. The K rule the life span and stages.
CV-5	Shi Men	Stone Gate	refers to its relationship to infertility.
ST-21	Liang Men	Crossbeam Gate	refers to its treatment of hardness in the abdomen
ST-22	Guan Men	Shut the Gate	refers to its treatment of diarrhea/dysentery (CV-11)
ST-24	Hua Rou Men	Slippery Flesh Gate	refers to the tongue
Sp-11	Ji Men	Basket Gate	refers to its location, mid thigh where a winnowing basket is supported.
Sp-12	Chong Men	Surging Gate	refers to its location, groin, next to the femoral artery
Lu-2	Yun Men	Cloud Gate	refers to its location (upper body) and energetic nature (cloudlike, the lungs are the upper source of water)
BL-12	Feng Men	Wind Gate	refers to its function of dispelling wind
Ht-7	Shen Men	Spirit Gate	refers to its location on the Ht channel and function of calming the mind/spirit.
BL-42/47	Hun Men	Ethereal-soul Gate	refers to its location, level with the Lr shu (T9) and function relating to the spirit housed by the Lr called Hun
BL-51/37	Yin Men	Abundant Gate	refers to location, mid hamstrings, where there is a distinct bulge.
BL-46/51	Huang Men	Membranes Gate	refers to internal structures, the membranes referred to are the connective tissues in the abdomen, esp the central tendon attaching the diaphragm to the lumbar vertebral bodies at this level.
BL-63	Jin Men	Metal/Golden Gate	refers to metal and the lungs which have a special affinity with the BL and the facilitation of urination. This point is the xi/cleft pt and very effective for painful urination and hematuria.
		(Actually refers to the Golden Gate bridge which the Chinese originally built, just kidding)	
Kd-21	You Men	Secluded Gate	refers to its location over the pyloric sphincter
Pc-4	Xi Men	Cleft Gate	refers to its category as the xi/cleft pt for the Pc.
TB-2	Ye Men	Fluids Gate	refers to its function or producing fluids
TB-21	Er Men	Ear Gate	refers to its location in front of the ear
GB-25	Jing Men	Capitol Gate	refers to its location at the tip of the 12th rib actually refers to the kidneys for which this is the mu pt.
Lr-13	Zhang Men	Section Gate	refers to its location at the tip of the 11th rib
Lr-14	Qi Men	Cycle's End Gate	refers to its location at the end of both the Lr channel
		Gate at Cycle's End	and the end of the cycle of qi circulating through all 12 channels, this is the last point.

36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#20	Qi/Qi⁴ 氣 = vital energy	6 pts
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ZW 81/3 Wilder 47 Wieger 98A & 122A Mathews 554

The character shows air/wind/breath 气 i.e. the energy of the heavens,
and rice/grain/food 米 i.e. the energy of the earth, combined together.

CV-6	Qi Hai	Vital Energy Sea Sea of Qi	refers to the location in the lower dan tian and functional control over the body's qi
BL-24	Qi Hai Shu	Sea of Qi Point	refers to CV-6, this point is at the same level on the back, one of the back shu pts.
Kd-13	Qi Xue	Vital Energy Point	also refers to the lower dan tian, it is level with CV-4
ST-30	Qi Chong	Vital Energy Surge Qi Thoroughfare	refers to location next to the femoral pulse. (see #2) refers to location in the inguinal groove. Also refers to the Chong mai, this is a point on that channel.

These two points, on the stomach channel are both related to respiration, esp difficult breathing.

ST-11	Qi She	Vital Energy Abode Qi Cottage	refers to the treatment of dyspnea.
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ST-13	Qi Hu	Vital Energy Door Qi Doorway	refers to the treatment of dyspnea.
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It is interesting to note that though three of the points with qi in their name are on the stomach channel, all six points primarily effect the lungs and kidneys, the primary receptor of and storer of qi.

36 Most Frequent Characters

frequency rating: 10th of 13 (5 characters are tied for 10th)

#21	Qū/Qu¹		= bent, crooked, curved /curving, bend (a bend, or the bend of)	8 pts
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ZW 135/1

Wilder no

Wieger

Mathews 1623

This character is said to be a piece of wood bent into a curved shape, hence the meanings of bent, curved, crooked.

The points with qu in their name all have an obvious relation to some part of the body that bends or is curved (like a hairline). I think it is used in much the same way that we in English talk about the ‘crook’ of the elbow or the bend of the knee.

These two points are on the scalp.

GB-7

Qu Bin

Curving Hairline

this name clearly refers to the temporal hairline, near which the point is located.

BL-4

Qu Cha

Bend & Turn

this name refers to the jog in the channel pathway.

These two points are at the crook of the elbow. Both are also he/sea points.

LI-11

Qu Chi

Pond at the Crook

qu refers to the bend at the elbow,
pond to the depression found there,
as well as its being the sea point,.

Pc-3

Qu Ze

Marsh at the Crook

qu refers to the elbow bend (cubital fold),
marsh to its being both the sea & water point.

This point is at the bend of the knee, medial aspect, and specifically to the crease that forms when the knee is bent, which aims directly at the point.

This point's location is analogous to that of LI-11, both are found at the end of a crease formed by bending the limb.

Lr-8

Qu Quan

Spring at the Bend

the *bend* refers to the point's location,
and *spring* to its category as a he/sea–water point.

These two points refer to the bony landmarks that identify their location.

SI-13

Qu Yuan

Crooked Wall

this name refers to spine of the scapula

CV-2

Qu Gu

Crooked Bone

this name refers to the pubic bone
(see also Kd-11 under Gu)

This one refers to the sweep of the transverse colon.

Kd-17

Shang Qu

Metal Curve
Curving Metal

see also ST-23 under Tai.

shang is the name for the musical note that pertains to metal, which in this case refers to the LI, specifically the transverse colon, which this point is level with.

36 Most Frequent Characters

frequency rating: 10th of 13 (5 characters are tied for 10th)

#22	Quán/Quan²	泉	= a spring	8 pts
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ZW 2/25 Wilder no Wieger Mathews 1674

The character shows white 白 which can also mean clear, over water 水 the image of a spring and the pure water that emanates from it.

Lian has two distinct meanings:

CV-23 Lian Quan

1) pure, chaste, refers to the purity of the spring water. 2) a ridge
Pure Spring the *spring* is a reference to saliva and to the moistening action of the point.

Indirectly it is a location reminder, being on the throat at the base of the tongue
More importantly it indicates this is kidney saliva, rather than spleen saliva.

Ridge Spring the *ridge* is a reference to the hyoid bone,
Spring at the Ridge specifying its location above this bone.

Two heart related points, but what is most significant is their location close to the axilla. Sweat is the liquid alluded to here and it is a clear reminder that the fluid associated with the heart is perspiration.

Ht-1 Ji Quan

Summit Spring *spring* is a reference to the armpit,
(Spring at the Summit) where this point is located, and also to the fact that this is the beginning of the channel.

Most Lofty Spring *most lofty* is a reference to this being the Ht channel

Pc-2 Tian Quan

Celestial Spring *tian* makes it clear the point is located in the upper body, and suggests its inclusion in the group of Celestial Window points.
spring is again a reference to location, in proximity to the axilla and Ht-1.

Two Kidney points clearly meant to remind us that these points belong to a water channel, and since there are no BL points with quan in their name, it identifies them as kidney points.

Kd-1 Yong Quan

Bubbling Spring indicates the energetic nature of the point and its category as a well point.

Kd-5 Shui Quan

Water Spring
Spring water this is a reference to being the xi pt with its emphasis on regulating *flow*, esp urination and menstruation, and making the *water springlike*, i.e. pure again.

Lr-8 Qu Quan

Spring at the Bend the *spring* is a reference to it being sea–water pt.
qu to the bend of the knee

These two points have the same name, differing by a yin-yang designation. One is on a yin channel, the other yang. Likewise one is on the medial (yin) side of the leg, the other on the lateral (yang) side. both are sea points, with Sp-9 being the water point as well.

Sp-9 Yin Ling Quan

Yin Mound Spring the mound is the medial condyle of the tibia.
Spring at the Yin Mound

GB-34 Yang Ling Quan

Yang Mound Spring the mound here is the head of the fibula.
Spring at the Yang Mound

36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#23	Sān/San¹	三	= three , third, triple, threefold, tri-, trinity	6 pts
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ZW 1/19

Wilder p.xi

Wieger

Mathews 5415

The three lines comprising this character make the meaning self evident.

The characters for one and two use the same logic, 1 is 一 and 2 is 二, pronounced yi and er respectively.

It is interesting to note that the logic of using san in a point's name changes from a simple enumeration (third pt) in LI-3, to measurement (3 cun) in San Li, to three channels coming together in Sp-6 & TB-8, to the three burners in BL-22.

LI-3	San Jian	Third Space/Interval	this is the third pt on the channel (see also LI-2 Er Jian is the 2nd pt)
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These two points are both yang-ming channel points in analogous positions on the two limbs.

ST-36	Zu San Li	Leg Three Li	refers to the location of the point 3 cun below the landmark of the knee joint
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LI-10	Shou San Li	Arm Three Li	though only 2 cun below the elbow, it is the analog of ST-36 on the arm.
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These two points are both group luo points, where three channels intersect.

Sp-6	San Yin Jiao	Three Yin Junction	refers to the 3 leg yin channels that meet at this point
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TB-8	San Yang Luo	Three Yang Connect	refers to the 3 arm yang channels that meet at this point
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BL-22	San Jiao Shu	Triple Burner Shu/Pt	the back shu point related to the three burners (upper, middle, and lower)
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36 Most Frequent Characters

frequency rating: 12th of 13 (10 characters are tied for 12th)

#24	Shàng/Shang⁴	上	= above, upper , superior position	6 pts
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ZW 1/43

Wilder 91

Wieger 5A

Mathews 5669

This might be interpreted as a simple pointer upward. Compare with xia 下 the downward pointing character. We can also take the bottom horizontal as representing the earth or baseline with the vertical and small horizontal suggesting heaven or something *above*.

All points using shang have some aspect that suggests an upper, or superior position

These two points are on the head.

GV-23

Shang Xing

Upper Star

on the top of the head

GB-3

Shang Guan

Upper Gateway

above the zygoma (TMJ), and specifically above ST-7 Xia Guan

CV-13

Shang Wan

Upper Epigastrium

on the upper abdomen, specifically above Zhong Wan, CV-12. Internally it relates to the upper part of the stomach and its connection to the esophagus and to the treatment of counterflow qi, i.e. things going up that should go down.

BL-31

Shang Liao

Upper Bone-hole

of the eight bone-holes (sacral foramen), this is the uppermost, i.e. the point at the first foramen.

The two yang-ming channels have this parallel arrangement of points in analogous positions with analogous names. (ST-36-37-39 with LI-10-9-8)

LI-9

Shang Lian

Upper Ridge

on the forearm, in a position proximal or superior to LI-8 Xia Lian.

ST-37

Shang Ju Xu

Upper Huge Depletion
Upper Strong Legs

on the leg, in a position proximal or superior to ST-39 Xia Ju Xu.

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#25	Shǎo/Shao³	少	= lesser , minor; fewer	shao ⁴ = young(er)	5 pts
ZW 29/9	Wilder 176		Wieger 18 M	Mathews 5675	

This character is composed of the character xiao meaning small 小 on top, with a sweeping line underneath suggesting further diminishment, or even less than, fewer. Pronounced in the fourth tone it means younger. The character by itself provides no indication of which tone is intended, this is established by context. Younger makes less sense than lesser in all five point names.

Three are nail/jing/well points (Ht-9, SI-1, & Lu-11), suggesting the small size of these pts. Two of the three are on yin channels. (Ht & Lu)

Three of the five points are on the Ht channel, which is the shao-yin channel on the arm (Ht-3, Ht-8, Ht-9) Two of these are on the little/lesser finger. (Ht-9 & SI-1)

Ht-3	Shao Hai	Lesser Sea	arm <i>shao</i> -yin channel, elbow also he/sea & water pt
Ht-8	Shao Fu	Lesser Official/Mansion	arm <i>shao</i> -yin channel, palm
Ht-9	Shao Chong	Lesser Thoroughfare	<i>shao</i> -yin & <u>nail</u> pt, (little finger, radial side)
SI-1	Shao Ze	Lesser Marsh	<u>nail</u> pt, (little finger, ulnar side)
Lu-11	Shao Shang	Lesser/Minor Metal (note)	<u>nail</u> pt, (thumb, radial side)

36 Most Frequent Characters

frequency rating: 10th of 13 (5 characters are tied for 10th)

#26	Shén/Shen²	神	= (yang) spirit , mind, consciousness	[compare with ling #18]	8 pts
ZW 15/100	shi = 1/46	Wilder 227	Wieger 50 C	Mathews 5716	

This character uses the sign radical 礻 on the left and the phonetic shen¹ 申 on the right.

The sign shi⁴ 示 means a sign from heaven, an omen, the heavens are symbolized by the three lights, sun, moon and stars. As a character in its own right it means to reveal, make known, show, manifest.

It may have originally been a depiction of lightning, a sign coming down from the heavens.

Shen means to stretch out, extend, reach up to the sky; explain. It is the 9th of the 12 terrestrial branches.

The implications of this character are extensive, including all aspects of the spiritual, supernatural, and numinous. It can be translated as soul, or god. In terms of Chinese medicine the three words I find most appropriate are spirit, mind, and consciousness. In terms of point names I usually stick with spirit.

These two points are on the head and relate to the mind/brain. Their action is often referred to as spirit calming, but should be understood in a yin-yang way, as both clearing the brain and calming the mind. Both are at the anterior hairline (0.5 cun within the hairline to be exact).

GV-24	Shen Ting	Spirit Courtyard	the courtyard is the expanse of the forehead
GB-13	Ben Shen	Root of the Spirit	the brain/mind is the root of the spirit see also GB-18 Cheng Ling

Shen is stored in/by the heart, thus shen implies the heart as well as the spirit.

All points with shen in the name can be understood in this light.

Kd-23	Shen Feng	Spirit Enclosed/Encased	this name refers to the pericardium, this pt is in the 4th intercostal space level with the Pc mu pt (CV-17) and of course the Pc's structure is to encase the heart and thereby protect it.
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Kd-24 is named Ling Xu

Kd-25	Shen Cang	Spirit Storehouse/Stored	this name refers directly to the heart and its function of storing the spirit. It is in fact an alternate mu pt for the heart. It is located in the 2nd intercostal space, near the apex of the heart.
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These two points both pertain to the Ht shu points BL-15 at the T5 level.

GV-11	Shen Dao	Spirit Path(way)	this point is at the T5 level on the GV. see also GV-10 Ling Tai Spirit Tower. see also Ht-4 Ling Dao Spirit Pathway.
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A shen-dao is a roadway that leads to a tomb, especially imperial tombs.

BL-39/44/15a	Shen Tang	Spirit Hall	this point is at the heart level on the outer BL line.
Ht-7	Shen Men	Spirit Gate	this point is the yuan/source pt on the heart channel
CV-8	Shen Que	Spirit Watchtower	this point name refers to the umbilicus, the original portal for spirit

36 Most Frequent Characters

frequency rating: 1st of 13 (only one character in 1st)

#27	Yú/Yu²	俞	= original character & phonetic for the two following, now just a surname	26 pts
	Shū/Shu¹	膺	= an acu-point , esp. the category of points related to specific organs & tissues	
	Shū/Shu¹	輸	= to transport , esp. the category of points known as the five transport pts	

ZW 129/7/17 Wilder 795 yū

Wieger

Mathews 5864 / 7628

The phonetic yū: the top means to assemble, the lower left is a boat and to the right is a river. Both of these are modified in the modern character so they look like meat & a knife. The original meaning was probably to ferry across a river. The first shu adds the flesh radical 月 to indicate a point. The second shu adds the cart radical 車 to reinforce the idea of transporting. All three characters are used interchangeably. All but two of the points with shu appended are on the back (BL & SI taiyang), the two on the front are Kidney points (paired with BL). The tissue involved is spelled out by the rest of the name.

SI-15	Zhong Jian Shu	Middle Shoulder Point	C7, 2 cun lateral
SI-14	Wai Jian Shu	Outer Shoulder Point	T1, 3 cun lateral
SI-10	Nao Shu	Upper Arm Point	scapular spine / acromion jct
BL-11 alt.	Bei Shu	Back Point	T1, top of the inner BL line
BL-13	Fei Shu	Lung Point	T3, inner BL line
BL-14	Je Yin Shu	Pericardium Point	T4, inner BL line
BL-38/43/14a	Gao Huang Shu	Fatty Membrane Point	T4, outer BL line
BL-15	Xin Shu	Heart Point	T5, inner BL line
BL-16	Du Shu	GV Point	T6, inner BL line
BL-17	Ge Shu	Diaphragm Point	T7, inner BL line
BL-18	Gan Shu	Liver Point	T9, inner BL line
BL-19	Dan Shu	GB Point	T10, inner BL line
BL-20	Pi Shu	Spleen Point	T11, inner BL line
BL-21	Wei Shu	ST Point	T12, inner BL line
BL-22	San Jiao Shu	Triple Burner Point	L1, inner BL line
BL-23	Shen Shu	Kidney Point	L2, inner BL line
BL-24	Qi Hai Shu	Sea of Qi Point	L3, inner BL line (Qi Hai is CV-6)
BL-25	Da Chang Shu	Large Intestine Point	L4, inner BL line
BL-26	Guan Yan Shu	Original Gateway Point	L5, inner BL line (Guan Yan is CV-4)
BL-27	Xiao Chang Shu	Small Intestine Point	S1, inner BL line
BL-28	Pang Guang Shu	Urinary Bladder Point	S2, inner BL line
BL-29	Zhong Lu Shu	Mid Backbone Point	S3, inner BL line
BL-30	Bai Huan Shu	White Circle (ano-rectal) Pt	S4, inner BL line (white circle is the anus)
GV-2	Yao Shu	Lumbar Point	S4, midline
Kd-16	Huang Shu	Membranes (umbilicus) Pt	umbilical plane, 0.75 cun lateral to CV could refer to all connective tissue / fascia
Kd-27	Shu Fu	Shu-pt Official/Mansion	inf to clavicle, 2 cun lateral to midline suggesting this is a master point for all shu points, it makes sense that the K would exert influence over the BL pts.

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#28	Shuǐ/Shuǐ³	水	= water , watery; fluid, liquid	5 pts
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ZW 2/21 Wilder 79 Wieger 12 A B, 125 A Mathews 5922

This character was originally drawn as three vertical wavy lines representing both a stream/river and the notion of flow.

All five points have some connection to water.

These two names represent water in the form of snivel in GV-26 and swallowing in ST-10.

GV-26 alt. Shui Gou Water Trough is the Chinese name for the philtrum

ST-10 Shui Tu Water Prominence the prominence refers to the laryngeal cartilage and water to its movement during swallowing

These two focus on internal water, and especially the elimination of waste water.

CV-9 Shui Fen Water Divide refers to the middle jiao function of separating fluids

ST-28 Shui Dao Water Path(way) refers to lower jiao functions of sending water down

The kidney is the quintessential water organ, with an emphasis on pure physiological fluids.

Kd-5 Shui Qan Water Spring Spring-water an obvious reference to the Kidney channel and the pure water it is responsible for

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#29	Tài/Tai⁴	太	= very, great , greater; too, excessive	5 pts
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ZW 39/33 Wilder no Wieger Mathews 6020

Tai is the character for big 大 with an extra stroke indicating bigger.

Contrast with shao 少 lesser, see #25.

Four of the five points are Yan/source points, Tai functions as a code word indicating this category. Originally only the yin channels (zang organs) had yan/source points. Of these six usually only five were considered, i.e. the 5 zang. Pc was omitted. Its yan point is named Da Ling, Big Mound/Tomb, thus it follows the pattern, but uses da/big instead of tai/great.

The heart yan pt is also different, Shen Men. In ancient times was considered off limits for direct treatment.

Lu-9 **Tai Yan** **Great Abyss (deep source of water)** yan pt for the Lung

Sp-3 **Tai Bai** **Great White** yan pt for the Spleen

Lr-3 **Tai Chong** **Great Thoroughfare** yan pt for the Liver
Great Surge *see chong for discussion of the two translations*

Kd-3 **Tai Xi** **Great Stream-bed** yan pt for the Kidney

ST-23 **Tai Yi** **Great One** this name refers to the *large* intestine.
The colon traverses the abdomen at about this level. (see also Kd-17 Shang Q Curving Metal, under Q)
Tai-yi is also the name for the god at the center of the universe. Center suggests Earth & Middle Jiao, reminding us this is a stomach point, roughly in the middle of the upper abdomen, and that it treats digestive problems involving the ST & LI, (Yang-ming).

36 Most Frequent Characters

frequency rating: 5th of 13 (only one character in 5th)

#30	Tiān/Tian¹	天	= sky, heavens/heavenly, celestial	16 pts
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ZW 39/35

Wilder 113

Wieger 1 C & 60 C

Mathews 6361

The expanse 一 above a person 人 or 大 da/big = the sky. Think of it as ‘big sky’.

The points with *Tian* in their name first and foremost suggest a point located in the upper body. Most of these are on the head, neck, shoulders, chest, and upper back. A few are deceptively low, such as ST-25 Tian Shu, the Celestial Pivot referring to the waist/umbilical plane, where the sky touches the earth.

Secondly, *Tian* refers to the category I translate as Celestial Windows, most other sources call them Windows to/of the Sky. Nine of the sixteen points fit in this category.

Thirdly, points related to the lung and its sphere of influence including the skin, nose, voice, and throat may be named *Tian*, as in BL-7.

from the top, down

BL-7	Tong Tian	Open the Celestial	top of the head, treats the nose and sinuses
GB-9	Tian Chong	Celestial Thoroughfare	side of the head, <i>probable celestial window</i>
BL-10	Tian Zhu	Celestial Pillar	back of the neck, <i>celestial window pt</i>
SI-17	Tian Rong	Celestial Appearance	front of the neck, treats the throat
		Look Skyward	<i>celestial window pt</i>
TB-16	Tian You	Celestial Window	posterior SCM, <i>celestial window pt</i>
SI-16	Tian Chuang	Celestial Vent	posterior SCM, <i>celestial window pt</i>
LI-17	Tian Ding	Celestial Caldron	posterior SCM, (<i>LI-18 is a celestial window</i>)
TB-15	Tian Liao	Celestial Bone-hole	upper back, at the top of the scapula
CV-22	Tian Tu	Celestial Prominence	sternal notch, <i>celestial window pt</i>
Pc-1	Tian Chi	Celestial Pond	on the chest, <i>celestial window pt</i>
Pc-2	Tian Quan	Celestial Spring	on the upper arm, <i>celestial window pt</i>
Lu-3	Tian Fu	Celestial Official	on the upper arm, <i>celestial window pt</i>
SI-11	Tian Zong	Celestial Ancestor	on the scapula, infraspinous fossa
Sp-18	Tian Xi	Celestial Stream-bed (the Milky Way)	on the lateral chest, 4th ICS
ST-25	Tian Shu	Celestial Axis/Pivot	level with the umbilicus
TB-10	Tian Jing	Celestial Well	at the elbow, ~ level with umbilicus (ST-25) the olecranon fossa is the well

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#31	Wǔ/Wu³	五	= five, fifth, penta-	5 pts
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ZW 1/3

Wilder 30

Wieger 39A

Mathews 7187

The character for five was originally an X indicating the four directions and their intersection at the center made five. It has evolved into its present form with the top and bottom lines representing Heaven and Earth, or yang and yin, the progenitors of the five elements (wu xing).

Usually in Chinese medicine five will refer to the 5 elements, or the five zang/viscera/solid organs, but in point names these obvious associations seem to be ignored in favor of more prosaic ones, the notable exception is GB-42.

It is interesting to note that there are exactly five points with wu in their name.

BL-5 **Wu Chu** **Fifth Place/Position** refers to being the fifth point on the channel

GB-27 **Wu Shu** **Five Pivots** the *pivot/axis* refers to the waist, *five* to GB being the fifth channel lateral to the midline. (CV, K, ST, SP, GB)

These two points are also discussed under Li.

LI-13 **Shou Wu Li** **Arm Five Li** refers to being 5 cun proximal to LI-10 Shou San Li

Lr-10 **Zu Wu Li** **Leg Five Li** this point does not follow the same logic. There is however a relationship between these two points in terms of the anatomy of their location. Lr-10 is at the bottom of the adductor triangle, LI-13 is similarly wedged into the apex of a triangle formed by the biceps and triceps. see discussion under Li.
Grasping the Wind suggests it is the fifth point from the end of the channel.

GB-42 **Di Wu Hui** **Earth Five Meet** this is both a location reminder, the point being on the dorsum of the foot between the tendons there, and a function reminder. The name refers to the five toes coming in contact with the earth. This point is useful for the treatment of hammer toes, in part due to its location, but also because the Lr/GB network rules the tendons/sinews.
Five is also the number associated with Earth.

36 Most Frequent Characters

frequency rating: 10th of 13 (10 characters are tied for 12th)

#32	Xi/Xi¹	谿 = stream-bed , creekbed, ravine, gully; arroyo	6 pts
	Xi/Xi¹	溪 = mt. stream, rivulet (drop the valley radical, and add the water radical)	
	Xi/Xi¹	奚 = what is the phonetic	

ZW see 103/6-7 Wilder no Wieger 92C phonetic 533 Mathews 2425 Fenn p.159

The phonetic xi¹: At the top left is the abbreviated claw/paw/hand radical zhua³ 爪

below a person with arms out, 大, in the middle are threads mi⁴ 糸. Originally it meant a servant weaving, and later became an interrogative particle asking why, how, or what, or an expression of doubt.

On the right is a valley (see gu #8), together with the phonetic it refers to a gully or ravine. This is an uncommon character and one can easily see why most translators substitute the more common character with the water radical meaning a stream.

I prefer the streambed character and translation because I think it reflects the anatomy of the point location more accurately, and by using stream-bed, one still gets the image of water and streaming. Five of the six points are transport points and these categories seem to be suggested by using this word.

Sp-18 Tian Xi Celestial Stream-bed the *streambed* is the intercostal space on the anterior-lateral chest (5th ICS)
The celestial stream/river is what we call the milky way.

SI-3 Hou Xi Posterior Stream-bed the *streambed* is the pocket or the palmar crease that points to it, or the groove along the metacarpal that forms when a fist is made. This is also the *shu/stream pt* on the channel.

LI-5 Yang Xi Yang Stream-bed the *streambed* is the anatomical snuffbox This is also the *jing/river pt* on the channel.

Xi and Gu, literally valley and stream, are a parallel construction in Chinese kind of like hill & dale. Compare LI-4 & 5 He Gu & Yang Xi, SI-2 & 3 Qian Gu & Hou Xi.

ST-41 Jie Xi Dividing Stream(beds) the *streambed* is the depression formed between the tendons at the anterior ankle. This is also the *jing/river pt* on the channel.

Kd-3 Tai Xi Great Stream-bed the *streambed* is the big groove between the medial malleolus and the achilles tendon where this point is located. This is also the *shu/stream pt* on the channel.

GB-43 Xia Xi Bold Stream-bed the *streambed* here is the groove between
GB-43 aka Jia Xi Pinched Stream-bed the 4th & 5th toes. Bold may be a reference to the GB, which is charge of courage. This is also the *ying/spring pt* on the channel.

36 Most Frequent Characters

frequency rating: 13th of 13 (9 characters are tied for 13th)

#33	Xià/Xia⁴	下	= under, below, inferior position, lower	5 pts
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ZW 1/68

Wilder 92

Wieger 5B

Mathews 2520

The character is pointing down, indicating lower or underneath. Compare with shang/above, upper #24.

These points are all in relation to some other point that is above it, or a landmark that it is under.

ST-7	Xia Guan	Lower Hinge Below the Joint	inferior to the zygomatic, the joint is the TMJ. (Shang Guan is GB-3 above the zygoma)
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LI-8	Xia Lian	Lower Ridge	lower of two LI pts with the same name (Shang Lian is LI-9 one cun proximal)
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ST-39	Xia J X	Lower Huge Depletion Lower Strong Legs	lower of two ST pts with the same name (Shang J X is ST-37 three cun proximal)
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Note: Both LI-8 & ST-39 relate to the SI, in contrast to LI-9 & ST-37 which relate to the LI. The ST pts are a special category of points known as xia-he = lower-uniting points. In Chinese anatomy the LI is always regarded as more superior than the SI. Think transverse colon, which is indeed superior to the bulk of the small intestines. See back shu points and front mu pts for this same upper-lower, LI-SI relationship.

BL-34	Xia Liao	Lower Bone-hole	most inferior of the sacral foramen (Shang Liao is BL-31, in the first foramen) (Ci Liao is BL-32, in the second foramen) (Zhong Liao is BL-33, in the third foramen) (Xia Liao is BL-34, in the fourth foramen)
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CV-10	Xia Wan	Lower Epigastrium	lowest of the three epigastric CV pts (Shang Wan is CV-13 three cun superior) (Zhong Wan is CV-12 two cun superior)
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36 Most Frequent Characters

frequency rating: 4th of 13 (only one character in 4th)

#34	Yáng/Yang² 陽	= the sunny side of the hill (associated with some yang attribute)			18 pts
ZW 76/52	Wilder 577	Wieger 101B	phonetic 492	Mathews 7265	
The left side is a hill 阝, the right side shows the sun 日 breaking over the horizon 旦 and the sunrays 勿 streaming like banners/pennants wu ⁴ , piercing through the clouds (see yin).					
All of these points are on yang channels and yang surfaces and pertain to yang positions, e.g. posterior, superior, lateral, distal, superficial. Eleven points are on leg channels, two on GV, five on arm channels.					
LI-1	Shang Yang	Yang Metal (note)	yang here refers to a yang channel, and the most distal position on it.		
All three of the arm yang channel wrist points have yang in their name.					
LI-5	Yang Xi	Yang Stream-bed			
SI-5	Yang Gu	Yang Valley			
TB-4	Yang Chi	Yang Pool/Pond			
TB-8	San Yang Luo	Three Yang Connect	yang here refers to all three yang arm channels and that this is their group luo pt.		
ST-42	Chong Yang	Yang Surge/Pulse	yang here refers to the dorsum of the foot and the dosalis pedis artery.		
<i>The GV is the controller of all the yang (channels).</i>					
GV-9	Zhi Yang	Reach/Arrive at Yang	yang here refers to the back and the GV, and especially to the transition from the mid back to the upper back, from Middle Jiao to Upper Jiao.		
GV-3	Yao Yang Guan	Lumbar Yang Gateway	yang here refers to the K yang		
<i>Gall Bladder is the leg Shao-Yang channel. (5 of the 18 pts, 4 on the distal leg, one on the head)</i>					
GB-14	Yang Bai	Yang White	yang here refers to the forehead, and the upper region of the body.		
GB-33	Yang Xi Guan	Yang Knee Gateway	yang here refers to the outside of the knee		
GB-34	Yang Ling Qan	Yang Mound Spring	yang here refers to the head of the fibula		
GB-35	Yang Jiao	Yang Junction	yang here refers to the lateral side of the leg and the proximity to GB-36 (junction)		
GB-38	Yang Fu	Yang Assistant	yang refers to the lateral leg, and the fibula (the assisting bone), yang also reminds us this is the fire pt.		
<i>Bladder is the leg Tai-Yang channel. (5 of the 18 pts, 4 on the back of the leg and distal, one on the back)</i>					
BL-59	Fu Yang	Tarsal bone Yang	refers to tarsal bones and instep of the foot		
BL-55	He Yang	Union of Yang	yang here refers to the posterior leg and the union of the two heads of the gastroc. see LI-4		
BL-35	Hui Yang	Convergence of Yang	yang here is posterior (tip of the tailbone), in contrast to CV-1 Hui Yin at the perineum		
BL-53/39	Wei Yang	(knee) Bend Yang	yang here refers to the lateral end of the popliteal crease.		
			Compare with BL-54/40 Wei Zhong.		
BL-43/48/19a	Yang Gang	Yang Parameter	yang here refers to the GB, in many ways the most yang of all the organs.		

36 Most Frequent Characters

frequency rating: 6th of 13 (3 characters are tied for 6th)

#35	Yīn/Yīn¹	陰 = the shady side of the hill (associated with some yin attribute)	14 pts
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ZW 44/5-6

Wilder 816

Wieger

Mathews 7444

Like the character for yang we see the hill 阝 radical on the left. On the top right is the character

meaning now or today 今 over a cloud 云. Today it is cloudy (i.e. yin weather; gloomy, overcast)

Anatomically Yin attributes include a relatively inferior position or location, a medial aspect, the interior.

Yin also refers to the genital region, or an area otherwise hidden, dark, obscured.

Most of these points are on yin channels but there are a few surprises.

CV-1	Hui Yin	Meeting of Yin Meet at a Yin place Yin Convergence	yin here refers to the perineum the anus & urethra are known as the two yin the CV controls all the yin
CV-7	Yin Jiao	Yin Junction	yin here refers to jct of the Ren & Chong as well as to the Lower Jiao and abdomen
Lr-9	Yin Bao	Yin Wrapping/Bladder	yin here refers to the genitals & BL
Lr-11	Yin Lian	Yin Triangle	yin here refers to the femoral triangle
Sp-6	San Yin Jiao	Three Yin Junction	yin here refers to the 3 leg yin channels
Sp-9	Yin Ling Qan	Yin Mound Spring	yin here refers to medial i.e. the medial condyle of the tibia, and is relative to GB-34 Yang Mound Spring
Kd-10	Yin Gu	Yin Valley	yin here refers to medial, the medial end of the popliteal fossa (compare with BL-53 Wei Yang)
Kd-19	Yin Du	Yin Metropolis	yin here refers to the abdomen, and anterior, as well as the shao-yin channel
Ht-6	Yin Xi	Yin Cleft	yin here is short for shao-yin (see shao) cleft refers to the category and is one of only two instances where it is used as such, one is Ht-6, the other is Pc-4.
BL-14	Je-Yin Shu	Je-Yin Point	je-yin is understood to mean the Pc this is the Pc back shu
BL-67	Zhi Yin	Reach/Arrive at Yin	yin here refers to the last pt on the tai-yang channel where it reaches the yin/earth and turns into a yin channel to flow back up. (compare with GV-9 Zhi Yang)
ST-33	Yin Shi	Yin Market(place)	yin here refers to the undergarment line, and like other yin points, pertains to the genitals
<i>These two points have the same name, both on the same channel, one on the head and one on the foot.</i>			
GB-11	Tou Qiao Yin	Head Yin Portals	yin here refers to the orifices/senses related to the yin organs. As both are on the GB
GB-44	Zu Qiao Yin	Foot Yin Portals	channel they especially influence the eyes & ears, but also the nose & sinuses.

36 Most Frequent Characters

frequency rating: 3rd of 13 (only one character in 3rd)

#36	Zhōng/Zhong¹	中	= middle, center, central ; amidst, among	20 pts
	Zhòng/Zhong⁴	中	= to hit (a target), to suffer, to sustain, to be liable to	

ZW 69/25

Wilder 57

Wieger 109A

Mathews 1504

This character is a picture of an arrow through a target, a direct hit, a bull's eye, indicating the center.

These point names usually refer to some middle position, and thus are location reminders, but Zhong also refers to the Middle Jiao and to the Human Realm, between Heaven and Earth.

Seven of the twenty points (~1/3) are on **midline** channels CV (4 pts) and GV (3 pts).

[13 of these points are on the torso, 6 on the limbs, 1 on the head. 10 are yin channels, 10 are yang.

There are 6 pts on the back of the body, 9 on the front (4 points on the chest, 3 on the abdomen), 5 on the sides of the limbs]

CV-17	Dan Zhong	Center of the Chest	is the mid point between the nipples (see ST-17)
CV-16	Zhong Ting	Central Courtyard	refers to this pt being at the entrance to the chest
CV-12	Zhong Wan	Center of the Epigastrium	refers to both the mid abdomen and to being between Shang & Xia Wan (CV-13 & 10)
CV-3	Zhong Ji	Central Pole	the midpoint of the midline (midway betw head & feet)
GV-26	Ren Zhong	Person's Center	the Human Realm is between (middle of) Heaven & Earth
GV-7	Zhong Shu	Central Pivot	at T10, the middle of a group of 3 GV pts (6-7-8 at T11-10-9)
GV-6	Ji Zhong	Spinal Center Middle of the Spine	at T11 between the two Sp shu pts, refers to the MJiao
BL-29	Zhong Lu Shu	Center of the Backbone Shu	at S3 seems to refer to the position of spine itself as the vertical middle of the body
BL-33	Zhong Liao between Shang/upper and Xia/lower liao pts BL-31 & 34. The S2 level, the other in between pt, is named Ci/next.	Central/Middle Bone-hole	at S3 is the 3rd of 4 sacral foramen points,
Kd-15	Zhong Zhu	Pour into the Center	refers to the umbilicus, this is 1 pt below the naval
Kd-26	Y Zhong	Unfetter the Center (Chest/Heart) ~ level with Lu-1, focus is on clinical action	
Lu-1	Zhong Fu	Central Official/Archive	refers to this channel beginning in the Middle Jiao
ST-17	Ru Zhong	Center of the Breast	refers to the nipple where this pt is located
SI-15	Jian Zhong Shu	Shoulder's Middle/Mid Pt	between the midline and the scapula, see SI-14 Jian Wai Shu (the Outer Shoulder Pt)
Limb Points: Five of the six traverse the middle compartment of the limb. Pc is anterior middle, TB is posterior middle, Liver is medial middle & GB is lateral middle. (Pc & Lr are je-yin, TB & GB are shao-yang).			
Pc-9	Zhong Chong	Central Thoroughfare	refers to the middle finger
TB-3	Zhong Zhu	Central Islet	between 4th & 5th metacarpals
Lr-4	Zhong Feng	Enclosed in the Middle	midway between tendon and malleolus
Lr-6	Zhong Du	Central City	mid tibia
GB-32	Zhong Du	Central River	mid thigh
<i>The Bladder channel on the leg goes right down the middle, between hamstrings and between the two bellies of the gastroc.</i>			
BL-54/40	Wei Zhong	Center of the Bend	middle of popliteal crease (compare with BL-53)

Character Practice

Writing & Reading
Vocabulary Building
&
Pronunciation Practice
(all in one exercise)

Notes

Character Fonts: I chose the fonts used throughout the book for their aesthetic appeal, but specifically because of their resemblance to handwritten characters. This should make them easier to replicate. At the same time, they preserve the clarity of the individual strokes which is often lost when books actually use handwritten characters.

* There is a discrepancy concerning the character for ‘xi’, as in xi/cleft points.

I use 隙 which means: a crack, cleft, crevice, fissure; gap, interval; loophole; rift, discord; pretext for a quarrel

This character occurs 3x: Ht-6 (Yin Xi) Pc-4 (Xi Men) where it is the xi/cleft pt on those channels.
and BL-52/38 (Fu Xi) which is located in a physical crease.

The character *Grasping the Wind* uses, 𠂔 would seem to be the wrong character from a definitional perspective. Most modern dictionaries do not list this character, but according to *Mathews* is a place name, a city in the ancient state of Qin. According to Mathews it is, sometimes used as a substitute for the character I have used.

(Mathews reference #)

𠂔 is sometimes abbreviated to just the right side of the character (i.e. the phonetic is used by itself) (M.2481)

The character *GW* uses also has an alternate form, which looks like this: 𠂔 (M.2474)

- Another problem is that *GW* lists the ‘xi’ character they use as being first tone, whereas all other dictionaries list it as being fourth tone.

- Likewise *GW* lists ‘tu’ (LI-18, ST-10, & CV-22) as 2nd tone, it should be 1st tone.

* Another character pronounced ‘xi’ also deserves some discussion. 谿 vs. 溪

The first character is the one used in point names, but the meaning of the second is what most sources use, thus the confusion. There are six occurrences of xi, LI-5, SI-3, ST-41, GB-43, Kd-3 & Sp-18.

The second character contains the water radical and means ‘a brook’ it is often translated as ‘a stream’. The first character contains the valley radical emphasizing the gully that if filled with water would be a stream. Therefore I translate the character as Stream-bed or creek(bed).

The phonetic may be translated as twisted or twisting.

To accommodate both traditions I use the first character as the traditional/complex one, and the second as the simplified.

* **Recommendation:** Place a piece of paper between practice sheets to prevent pressure (or ink) bleed-through from the previous pages.

Character Practice

Introduction to Writing Chinese Characters

The Chinese word for a character, and hence for writing, is **wen²**: It is composed of four strokes. Stroke order is the equivalent of spelling. To write this character follow these instructions:

Start at the top with the downward dash (called a dian), then the horizontal line from left to right. Next the downward sweeping stroke to the left, followed by the sweep across to the right.

Try to keep the character centered and balanced within the box.

Use a pencil with a relatively blunt/rounded tip. *Start by drawing over the character a few times.*

文					
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The character **yong³** (meaning forever, always, eternal, everlasting) is one traditionally used as the first character to practice, because it contains all the basic strokes. How many strokes?

永					
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For medical students, the character **qi⁴** is an appropriate, if somewhat complicated, one to begin with.

氣					
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xue² is the main character for an acu-point. (5 strokes)

穴					
---	--	--	--	--	--

Points 1

6 Arm Channels

91 Points

&

2 Midline Vessels

52 Points

= 143 Points

Character Practice

Number	add tones	traditional	definition	Heart Channel				simplified			
Ht-1	Ji	極						极			
	Quan	泉									
Ht-2	Qing	青									
	Ling	靈						灵			
Ht-3	Shao	少									
	Hai	海									
Ht-4	Ling	靈						灵			
	Dao	道									
Ht-5	Tong	通									
	Li	里									
Ht-6	Yin	陰						阴			
	Xi	隙						邴			
Ht-7	Shen	神									
	Men	門						门			
Ht-8	Shao	少									
	Fu	府									
Ht-9	Shao	少									
	Chong	衝						冲			

Character Practice

Number	add tones	traditional	definition	Pericardium Channel				simplified			
Pc-1	Tian	天									
	Chi	池									
Pc-2	Tian	天									
	Quan	泉									
Pc-3	Qu	曲									
	Ze	澤						泽			
Pc-4	Xi	隙						郄			
	Men	門						门			
Pc-5	Jian	間						间			
	Shi	使									
Pc-6	Nei	內									
	Guan	關						关			
Pc-7	Da	大									
	Ling	陵						陵			
Pc-8	Lao	勞						劳			
	Gong	宮									
Pc-9	Zhong	中									
	Chong	衝						冲			

Character Practice

Number	add tones	traditional	definition	Lung Channel – A				simplified			
Lu-1	Zhong	中									
	Fu	府									
Lu-2	Yun	雲						云			
	Men	門						门			
Lu-3	Tian	天									
	Fu	府									
Lu-4	Xia	俠						侠			
	Bai	白									
Lu-5	Chi	尺									
	Ze	澤						泽			
Lu-6	Kong	孔									
	Zui	最									

Character Practice

<i>Number</i>	<i>add tones</i>	<i>traditional</i>	<i>definition</i>	<i>Lung Channel – B</i>				<i>simplified</i>			
Lu-7	Lie	列									
	Que	缺									
Lu-8	Jing	經						经			
	Qu	渠									
Lu-9	Tai	太									
	Yuan	淵						渊			
Lu-10	Yu	魚						鱼			
	Ji	際						际			
Lu-11	Shao	少									
	Shang	商									

Character Practice

Number	add tones	traditional	definition	Large Intestine Channel – A				simplified			
LI-1	Shang	商									
	Yang	陽						阳			
LI-2	Er	二									
	Jian	間						间			
LI-3	San	三									
	Jian	間						间			
LI-4	He	合									
	Gu	谷									
LI-5	Yang	陽						阳			
	Xi	谿						溪			
LI-6	Pian	偏									
	Li	歷						历			
alt.	Li*	曆						历			
LI-7	Wen	溫						温			
	Liu	溜									

Character Practice

Number	add tones	traditional	definition	Large Intestine Channel – B				simplified			
LI-8	Xia	下									
	Lian	廉									
LI-9	Shang	上									
	Lian	廉									
LI-10	Shou	手									
	San	三									
	Li	里									
LI-11	Qu	曲									
	Chi	池									
LI-12	Zhou	肘									
	Liao	膠									
LI-13	Shou	手									
	Wu	五									
	Li	里									

Character Practice

Number	add tones	traditional	definition	Large Intestine Channel – C				simplified			
LI-14	Bi	臂									
	Nao	臑									
LI-15	Jian	肩									
	Yu	髃						隅			
LI-16	Ju	巨									
	Gu	骨									
LI-17	Tian	天									
	Ding	鼎									
LI-18	Fu	扶									
	Tu	突									
LI-19	He	禾									
	Liao	膠									
LI-20	Ying	迎									
	Xiang	香									

Character Practice

Number	add tones	traditional	definition	Small Intestine Channel – A				simplified			
SI-1	Shao	少									
	Ze	澤						泽			
SI-2	Qian	前									
	Gu	谷									
SI-3	Hou	後						后			
	Xi	谿						溪			
SI-4	Wan	腕									
	Gu	骨									
SI-5	Yang	陽						阳			
	Gu	谷									
SI-6	Yang	養						养			
	Lao	老									
SI-7	Zhi	支									
	Zheng	正									

Character Practice

Number	add tones	traditional	definition	Small Intestine Channel – B				simplified			
SI-8	Xiao	小									
	Hai	海									
SI-9	Jian	肩									
	Zhen	貞						贞			
SI-10	Nao	臄									
	Shu	俞									
SI-11	Tian	天									
	Zong	宗									
SI-12	Bing	秉									
	Feng	風						风			
SI-13	Qu	曲									
	Yuan	垣									
SI-14	Jian	肩									
	Wai	外									
	Shu	俞									

Character Practice

Number	add tones	traditional	definition	Small Intestine Channel – C				simplified			
SI-15	Jian	肩									
	Zhong	中									
	Shu	俞									
SI-16	Tian	天									
	Chuang	窗									
SI-17	Tian	天									
	Rong	容									
SI-18	Quan	顴						顴			
	Liao	膠									
SI-19	Ting	聽						听			
	Gong	宮									

Character Practice

Number	add tones	traditional	definition	San Jiao Channel – A				simplified			
SJ-1	Guan	關						关			
	Chong	衝						冲			
SJ-2	Ye	液									
	Men	門						门			
SJ-3	Zhong	中									
	Zhu	渚									
SJ-4	Yang	陽						阳			
	Chi	池									
SJ-5	Wai	外									
	Guan	關						关			
SJ-6	Zhi	支									
	Gou	溝						沟			
SJ-7	Hui	會						会			
	Zong	宗									

Character Practice

Number	add tones	traditional	definition	San Jiao Channel – B				simplified			
SJ-8	San	三									
	Yang	陽						阳			
	Luo	絡						络			
SJ-9	Si	四									
	Du	瀆						渎			
SJ-10	Tian	天									
	Jing	井									
SJ-11	Qing	清									
	Leng	冷									
	Yuan	淵						渊			
SJ-12	Xiao	消									
	Luo	灤						冻			
SJ-13	Nao	臍									
	Hui	會						会			

Character Practice

Number	add tones	traditional	definition	San Jiao Channel – C				simplified			
SJ-14	Jian	肩									
	Liao	膠									
SJ-15	Tian	天									
	Liao	膠									
SJ-16	Tian	天									
	You	牖									
SJ-17	Yi	翳									
	Feng	風						风			
SJ-18	Qi Chi	瘕									
	Mai	脈						脉			
SJ-19	Lu	顱						颅			
	Xi	息									
SJ-20	Jiao	角									
	Sun	孫						孙			

Character Practice

[illegible]

Character Practice

Number	add tones	traditional	definition	Ren Mai – A				simplified			
CV-1	Hui	會						会			
	Yin	陰						阴			
CV-2	Qu	曲									
	Gu	骨									
CV-3	Zhong	中									
	Ji	極						极			
CV-4	Guan	關						关			
	Yuan	元									
CV-5	Shi	石									
	Men	門						门			
CV-6	Qi	氣						气			
	Hai	海									
CV-7	Yin	陰						阴			
	Jiao	交									
CV-8	Shen	神									
	Que	闕						阙			

Character Practice

Number	add tones	traditional	definition	Ren Mai – B				simplified			
CV-9	Shui	水									
	Fen	分									
CV-10	Xia	下									
	Wan	腕									
CV-11	Jian	建									
	Li	里									
CV-12	Zhong	中									
	Wan	腕									
CV-13	Shang	上									
	Wan	腕									
CV-14	Ju	巨									
	Que	闕						阙			
CV-15	Jiu	鳩						鸠			
	Wei	尾									
CV-16	Zhong	中									
	Ting	庭									

Character Practice

Number	add tones	traditional	definition			Ren Mai – C		simplified			
CV-17	Dan	臙									
aka	Tan	壇									
aka	Shan	羶									
	Zhong	中									
CV-18	Yu	玉									
	Tang	堂									
CV-19	Zi	紫									
	Gong	宮									
CV-20	Hua	華						华			
	Gai	蓋						盖			
CV-21	Xuan	璇									
	Ji	璣						玑			
CV-22	Tian	天									
	Tu	突									
CV-23	Lian	廉									
	Quan	泉									
CV-24	Cheng	承									
	Jiang	漿						浆			

Character Practice

Number	add tones	traditional	definition	Du Mai – A				simplified			
GV-1	Chang	長						长			
	Qiang	強						强			
GV-2	Yao	腰									
	Shu	俞									
GV-3	Yao	腰									
	Yang	陽						阳			
	Guan	關						关			
GV-4	Ming	命									
	Men	門						门			
GV-5	Xuan	懸						悬			
	Shu	樞						枢			
GV-6	Ji	脊									
	Zhong	中									

Character Practice

Number	add tones	traditional	definition	Du Mai – B				simplified			
GV-7	Zhong	中									
	Shu	樞						枢			
GV-8	Jin	筋									
	Suo	縮						缩			
GV-9	Zhi	至									
	Yang	陽						阳			
GV-10	Ling	靈						灵			
	Tai	台									
GV-11	Shen	神									
	Dao	道									
GV-12	Shen	身									
	Zhu	柱									
GV-13	Tao	陶									
	Dao	道									

Character Practice

<i>Number</i>	<i>add tones</i>	<i>traditional</i>	<i>definition</i>	<i>Du Mai – C</i>				<i>simplified</i>			
GV-14	Da	大									
	Zhui	椎									
GV-15	Ya	啞						啞			
	Men	門						门			
GV-16	Feng	風						风			
	Fu	府									
GV-17	Nao	腦						脑			
	Hu	戶									
GV-18	Qiang	強						强			
	Jian	間						间			
GV-19	Hou	後						后			
	Ding	頂						顶			
GV-20	Bai	百									
	Hui	會						会			

Character Practice

Number	add tones	traditional	definition	Du Mai – D				simplified			
GV-21	Qian	前									
	Ding	頂						顶			
GV-22	Xin	凶									
	Hui	會						会			
GV-23	Shang	上									
	Xing	星									
GV-24	Shen	神									
	Ting	庭									
GV-25	Su	素									
	Liao	膠									
GV-26	Ren	人									
	Zhong	中									
GV-26	Shui	水									
	Gou	溝						沟			
GV-27	Dui	兌									
	Duan	端									
GV-28	Yin	斷			齧			齧			
	Jiao	交									

Points 2

6 Leg Channels

218 Points

Character Practice

Number	add tones	traditional	definition	Bladder Channel – A				simplified			
BL-1	Jing	睛									
	Ming	明									
BL-2	Zan or Cuan	攢						攢			
	Zhu	竹									
BL-3	Mei	眉									
	Chong	衝						冲			
BL-4	Qu	曲									
	Cha	差									
BL-5	Wu	五									
	Chu	處						处			
BL-6	Cheng	承									
	Guang	光									
BL-7	Tong	通									
	Tian	天									

Character Practice

Number	add tones	traditional	definition	Bladder Channel – B				simplified			
BL-8	Luo	絡						络			
	Que	卻						却			
BL-9	Yu	玉									
	Zhen	枕									
BL-10	Tian	天									
	Zhu	柱									
BL-11	Da	大									
	Zhu	籽									
BL-11 (aka)	Bei	背									
	Shu	腧									
BL-12	Feng	風						风			
	Men	門						门			
BL-13	Fei	肺									
	Shu	腧									

Character Practice

Number	add tones	traditional	definition	Bladder Channel – C				simplified			
BL-14	Jue	厥									
	Yin	陰						阴			
	Shu	腧									
BL-15	Xin	心									
	Shu	腧									
BL-16	Du	督									
	Shu	腧									
BL-17	Ge	膈									
	Shu	腧									
BL-18	Gan	肝									
	Shu	腧									
BL-19	Dan	膽						胆			
	Shu	腧									

Character Practice

Number	add tones	traditional	definition	Bladder Channel – D				simplified			
BL-20	Pi	脾									
	Shu	腧									
BL-21	Wei	胃									
	Shu	腧									
BL-22	San	三									
	Jiao	焦									
	Shu	腧									
BL-23	Shen	腎									
	Shu	腧									
BL-24	Qi	氣						气			
	Hai	海									
	Shu	腧									
BL-25	Da	大									
	Chang	腸						肠			
	Shu	腧									

Character Practice

Number	add tones	traditional	definition	Bladder Channel – E				simplified			
BL-26	Guan	關						关			
	Yuan	元									
	Shu	腧									
BL-27	Xiao	小									
	Chang	腸						肠			
	Shu	腧									
BL-28	Pang	膀									
	Guang	胱									
	Shu	腧									
BL-29	Zhong	中									
	Lu	膂									
	Shu	腧									
BL-30	Bai	白									
	Huan	環						环			
	Shu	腧									

Character Practice

Number	add tones	traditional	definition	Bladder Channel – F				simplified			
BL-31	Shang	上									
	Liao	膠									
BL-32	Ci	次									
	Liao	膠									
BL-33	Zhong	中									
	Liao	膠									
BL-34	Xia	下									
	Liao	膠									
BL-35	Hui	會						会			
	Yang	陽						阳			

Character Practice

Number	add tones	traditional	definition	Bladder Channel – G				simplified			
BL-36 BL-41 BL-12a	Fu	附									
	Fen	分									
BL-37 BL-42 BL-13a	Po	魄									
	Hu	戶									
BL-38 BL-43 BL-14a	Gao	膏									
	Huang	育									
	Shu	腧									
BL-39 BL-44 BL-15a	Shen	神									
	Tang	堂									
BL-40 BL-45 BL-16a	Yi	諤									
	Xi	譔									
BL-41 BL-46 BL-17a	Ge	膈									
	Guan	關						关			

Character Practice

Number	add tones	traditional	definition	Bladder Channel – H				simplified			
BL-42 BL-47 BL-18a	Hun	魂									
	Men	門						门			
BL-43 BL-48 BL-19a	Yang	陽						阳			
	Gang	綱						纲			
BL-44 BL-49 BL-20a	Yi	意									
	She	舍									
BL-45 BL-50 BL-21a	Wei	胃									
	Cang	倉						仓			
BL-46 BL-51 BL-22a	Huang	育									
	Men	門						门			
BL-47 BL-52 BL-23a	Zhi	志									
	Shi	室									

Character Practice

Number	add tones	traditional	definition	Bladder Channel – I				simplified			
BL-48 BL-53 BL-28a	Bao	胞									
	Huang	育									
BL-49 BL-54 BL-30a	Zhi	秩									
	Bian	邊						边			
BL-50 BL-36	Cheng	承									
	Fu	扶									
BL-51 BL-37	Yin	殷									
	Men	門						门			
BL-52 BL-38	Fu	浮									
	Xi*	隙						郄			
BL-53 BL-39	Wei	委									
	Yang	陽						阳			
BL-54 BL-40	Wei	委									
	Zhong	中									

Character Practice

Number	add tones	traditional	definition	Bladder Channel – J				simplified			
BL-55	He	合									
	Yang	陽						阳			
BL-56	Cheng	承									
	Jin	筋									
BL-57	Cheng	承									
	Shan	山									
BL-58	Fei	飛						飞			
	Yang	揚						扬			
BL-59	Fu	跌									
	Yang	陽						阳			
BL-60	Kun	昆									
	Lun	侖						仑			
BL-61	Pu	僕						仆			
	Can (Shen)	參						参			

Character Practice

Number	add tones	traditional	definition	Bladder Channel – K				simplified			
BL-62	Shen	申									
	Mai	脈						脉			
BL-63	Jin	金									
	Men	門						门			
BL-64	Jing	京									
	Gu	骨									
BL-65	Shu	束									
	Gu	骨									
BL-66	Tong	通									
	Gu	谷									
	(Zu)	足									
BL-67	Zhi	至									
	Yin	陰						阴			

Character Practice

Number	add tones	traditional	definition	Kidney Channel – A				simplified			
Kd-1	Yong	湧						涌			
	Quan	泉									
Kd-2	Ran	然									
	Gu	谷									
Kd-3	Tai	太									
	Xi	谿						溪			
Kd-4	Da	大									
	Zhong	鐘						钟			
Kd-5	Shui	水									
	Quan	泉									
Kd-6	Zhao	照									
	Hai	海									
Kd-7	Fu	復						复			
	Liu	溜									

Character Practice

Number	add tones	traditional	definition	Kidney Channel – B				simplified			
Kd-8	Jiao	交									
	Xin	信									
Kd-9	Zhu	築						筑			
	Bin	賓						宾			
Kd-10	Yin	陰						阴			
	Gu	谷									
Kd-11	Heng	橫									
	Gu	骨									
Kd-12	Da	大									
	He	赫									
Kd-13	Qi	氣						气			
	Xue	穴									
Kd-14	Si	四									
	Man	滿						满			

Character Practice

Number	add tones	traditional	definition	Kidney Channel – C				simplified			
Kd-15	Zhong	中									
	Zhu	注									
Kd-16	Huang	育									
	Shu	俞									
Kd-17	Shang	商									
	Qu	曲									
Kd-18	Shi	石									
	Guan	關						关			
Kd-19	Yin	陰						阴			
	Du	都									
Kd-20	Tong	通									
	Gu	谷									
	(Fu)	腹									
Kd-21	You	幽									
	Men	門						门			

Character Practice

Number	add tones	traditional	definition	Kidney Channel – D				simplified			
Kd-22	Bu	步									
	Lang	廊									
Kd-23	Shen	神									
	Feng	封									
Kd-24	Ling	靈						灵			
	Xu	墟									
Kd-25	Shen	神									
	Cang	藏									
Kd-26	Yu	或									
	Zhong	中									
Kd-27	Shu	俞									
	Fu	府									

Character Practice

Number	add tones	traditional	definition	Stomach Channel – A				simplified			
ST-1	Cheng	承									
	Qi	泣									
ST-2	Si	四									
	Bai	白									
ST-3	Ju	巨									
	Liao	膠									
ST-4	Di	地									
	Cang	倉						仓			
ST-5	Da	大									
	Ying	迎									
ST-6	Jia	頰						颊			
	Che	車						车			
ST-7	Xia	下									
	Guan	關						关			

Character Practice

Number	add tones	traditional	definition	Stomach Channel – B				simplified			
ST-8	Tou	頭						头			
	Wei	維						维			
ST-9	Ren	人									
	Ying	迎									
ST-10	Shui	水									
	Tu	突									
ST-11	Qi	氣						气			
	She	舍									
ST-12	Que	缺									
	Pen	盆									
ST-13	Qi	氣						气			
	Hu	戶									
ST-14	Ku	庫						库			
	Fang	房									

Character Practice

Number	add tones	traditional	definition	Stomach Channel – C				simplified			
ST-15	Wu	屋									
	Yi	翳									
ST-16	Ying	膺									
	Chuang	窗						窗			
ST-17	Ru	乳									
	Zhong	中									
ST-18	Ru	乳									
	Gen	根									
ST-19	Bu	不									
	Rong	容									
ST-20	Cheng	承									
	Man	滿									
ST-21	Liang	梁									
	Men	門						门			

Character Practice

Number	add tones	traditional	definition	Stomach Channel – D				simplified			
ST-22	Guan	關						关			
	Men	門						门			
ST-23	Tai	太									
	Yi	乙									
ST-24	Hua	滑									
	Rou	肉									
	Men	門						门			
ST-25	Tian	天									
	Shu	樞						枢			
ST-26	Wai	外									
	Ling	陵									
ST-27	Da	大									
	Ju	巨									
ST-28	Shui	水									
	Dao	道									

Character Practice

Number	add tones	traditional	definition	Stomach Channel – E				simplified			
ST-29	Gui	歸						归			
	Lai	來									
ST-30	Qi	氣						气			
	Chong	衝						冲			
ST-31	Bi	脾									
	Guan	關						关			
ST-32	Fu	伏									
	Tu	兔									
ST-33	Yin	陰						阴			
	Shi	市									
ST-34	Liang	梁									
	Qiu	丘									
ST-35	Du	犢						犊			
	Bi	鼻									

Character Practice

Number	add tones	traditional	definition	Stomach Channel – F				simplified			
ST-36	Zu	足									
	San	三									
	Li	里									
ST-37	Shang	上									
	Ju	巨									
	Xu	虛									
ST-38	Tiao	條						条			
	Kou	口									
ST-39	Xia	下									
	Ju	巨									
	Xu	虛									
ST-40	Feng	豐						丰			
	Long	隆									

Character Practice

Number	add tones	traditional	definition	Stomach Channel – G				simplified			
ST-41	Jie	解									
	Xi	谿						溪			
ST-42	Chong	衝						冲			
	Yang	陽						阳			
ST-43	Xian	陷									
	Gu	谷									
ST-44	Nei	內									
	Ting	庭									
ST-45	Li	厲						厉			
	Dui	兌									

Character Practice

Number	add tones	traditional	definition	Spleen Channel – A				simplified			
Sp-1	Yin	隱						隐			
	Bai	白									
SP-2	Da	大									
	Du	都									
SP-3	Tai	太									
	Bai	白									
SP-4	Gong	公									
	Sun	孫						孙			
SP-5	Shang	商									
	Qiu	丘									
SP-6	San	三									
	Yin	陰						阴			
	Jiao	交									
Sp-7	Lou	漏									
	Gu	谷									

Character Practice

Number	add tones	traditional	definition	Spleen Channel – B				simplified			
Sp-8	Di	地									
	Ji	機						机			
Sp-9	Yin	陰						阴			
	Ling	陵									
	Quan	泉									
Sp-10	Xue	血									
	Hai	海									
Sp-11	Ji	箕									
	Men	門						门			
Sp-12	Chong	衝						冲			
	Men	門						门			
SP-13	Fu	府									
	She	舍									
Sp-14	Fu	腹									
	Jie	結						结			

Character Practice

Number	add tones	traditional	definition	Spleen Channel – C				simplified			
Sp-15	Da	大									
	Heng	橫									
Sp-16	Fu	腹									
	Ai	哀									
Sp-17	Shi	食									
	Dou	竇						竇			
Sp-18	Tian	天									
	Xi	谿						溪			
SP-19	Xiong	胸									
	Xiang	鄉						乡			
Sp-20	Zhou	周									
	Rong	榮						荣			
Sp-21	Da	大									
	Bao	包									

Character Practice

Number	add tones	traditional	definition	Gall Bladder Channel – A				simplified			
GB-1	Tong	瞳									
	Zi	子									
	Liao	膠									
GB-2	Ting	聽						听			
	Hui	會						会			
GB-3	Shang	上									
	Guan	關						关			
GB-4	Han	頷						颌			
	Yan	厭						厌			
GB-5	Xuan	懸						悬			
	Lu	顱						颅			
GB-6	Xuan	懸						悬			
	Li	釐						厘			
GB-7	Qu	曲									
	Bin	鬢						鬓			

Character Practice

Number	add tones	traditional	definition	Gall Bladder Channel – B				simplified			
GB-8	Shuai	率									
	Gu	谷									
GB-9	Tian	天									
	Chong	衝						冲			
GB-10	Fu	浮									
	Bai	白									
GB-11	Tou	頭						头			
	Qiao	竅						窍			
	Yin	陰						阴			
GB-12	Wan	完									
	Gu	骨									
GB-13	Ben	本									
	Shen	神									
GB-14	Yang	陽						阳			
	Bai	白									

Character Practice

Number	add tones	traditional	definition	Gall Bladder Channel – C				simplified			
GB-15	Tou	頭						头			
	Lin	臨						临			
	Qi	泣									
GB-16	Mu	目									
	Chuang	窗						窗			
GB-17	Zheng	正									
	Ying	營									
GB-18	Cheng	承									
	Ling	靈						灵			
GB-19	Nao	腦						脑			
	Kong	空									
GB-20	Feng	風						风			
	Chi	池									
GB-21	Jian	肩									
	Jing	井									

Character Practice

Number	add tones	traditional	definition	Gall Bladder Channel – D				simplified			
GB-22	Yuan	淵						渊			
	Ye	腋									
GB-23	Zhe	輒						輒			
	Jin	筋									
GB-24	Ri	日									
	Yue	月									
GB-25	Jing	京									
	Men	門						门			
GB-26	Dai	帶						帶			
	Mai	脈						脉			
GB-27	Wu	五									
	Shu	樞						枢			
GB-28	Wei	維						维			
	Dao	道									

Character Practice

Number	add tones	traditional	definition	Gall Bladder Channel – E				simplified			
GB-29	Ju	居									
	Liao	膠									
GB-30	Huan	環						环			
	Tiao	跳									
GB-31	Feng	風						风			
	Shi	市						市			
GB-32	Zhong	中									
	Du	瀆						渎			
GB-33	Xi	膝									
	Yang	陽						阳			
	Guan	關						关			
GB-34	Yang	陽						阳			
	Ling	陵									
	Quan	泉									

Character Practice

Number	add tones	traditional	definition	Gall Bladder Channel – F				simplified			
GB-35	Yang	陽						阳			
	Jiao	交									
GB-36	Wai	外									
	Qiu	丘									
GB-37	Guang	光									
	Ming	明									
GB-38	Yang	陽						阳			
	Fu	輔						辅			
GB-39	Xuan	懸						悬			
	Zhong	鐘						钟			
GB-39 (aka)	Jue	絕						绝			
	Gu	骨									
GB-40	Qiu	丘									
	Xu	墟									

Character Practice

Number	add tones	traditional	definition	Gall Bladder Channel – G				simplified			
GB-41	Zu	足									
	Lin	臨						临			
	Qi	泣									
GB-42	Di	地									
	Wu	五									
	Hui	會						会			
GB-43	Xia	俠						侠			
aka	Jia	夾						夹			
	Xi	谿						溪			
GB-44	Zu	足									
	Qiao	竅						窍			
	Yin	陰						阴			

Character Practice

Number	add tones	traditional	definition	Liver Channel – A				simplified			
Lr-1	Da	大									
	Dun	敦									
Lr-2	Xing	行									
	Jian	間						间			
Lr-3	Tai	太									
	Chong	衝						冲			
Lr-4	Zhong	中									
	Feng	封									
Lr-5	Li	蠡									
	Gou	溝						沟			
Lr-6	Zhong	中									
	Du	都									
Lr-7	Xi	膝									
	Guan	關						关			

Character Practice

Number	add tones	traditional	definition	Liver Channel – B				simplified			
Lr-8	Qu	曲									
	Quan	泉									
Lr-9	Yin	陰						阴			
	Bao	包									
Lr-10	Zu	足									
	Wu	五									
	Li	里									
Lr-11	Yin	陰						阴			
	Lian	廉									
Lr-12	Ji	急									
	Mai	脈						脉			
Lr-13	Zhang	章									
	Men	門						门			
Lr-14	Qi	期									
	Men	門						门			

Points 3

86 Extra Points

&

13 Ghost Points

Character Practice

Number	add tones	traditional	definition	Extra Points A – Head & Face				simplified			
EX-1	Si	四									
	Shen	神									
	Cong	聰						聰			
EX-2	Dang	當						当			
	Yang	陽						阳			
EX-3	Yin	印									
	Tang	堂									
EX-4	Yu	魚						鱼			
	Yao	腰									
EX-5	Tai	太									
	Yang	陽						阳			
EX-6	Er	耳									
	Jian	尖									
EX-7	Qiu	球									
	Hou	後						后			

Character Practice

Number	add tones	traditional	definition	Extra Points B – Head & Face				simplified			
EX-8	Bi	鼻									
	Tong	通									
EX-9	Nei	內									
	Ying	迎									
	Xiang	香									
EX-10	Ju	聚									
	Quan	泉									
EX-11	Hai	海									
	Quan	泉									
EX-12	Jin	金									
	Jin	津									
	Yu	玉									
	Ye	液									

Character Practice

Number	add tones	traditional	definition	Extra Points C – Head & Face				simplified			
EX-13	Jia	夾									
	Cheng	承									
	Jiang	漿						漿			
EX-14	Qian	牽						牽			
	Zheng	正									
EX-15	Yi	醫						医			
	Long	聾						聾			
EX-16	Yi	翳									
	Ming	明									
EX-17	An	安									
	Mian	眠									
EX-18	Shang	上									
	Lian	廉									
	Quan	泉									

Character Practice

Number	add tones	traditional	definition	Extra Points D – Head & Face				simplified			
EX-19	Bian	扁									
	Tao	桃									
EX-20	Jing	頸						颈			
	Bi	臂									
EX-21	Jing	頸						颈			
	Bai	百									
	Lao	勞						劳			
EX-22	Xue	血									
	Ya	壓						压			
	Dian	點						点			

Character Practice

Number	add tones	traditional	definition	Extra Points E – Back & Sacrum				simplified			
EX-23	Ding	定									
	Chuan	喘									
EX-24	Chuan	喘									
	Xi	息									
EX-25	Wai	外									
	Ding	定									
	Chuan	喘									
EX-26	Jie	結						结			
	He	核									
EX-27	Hua	華						华			
	Tuo	佗									
	Jia	夾						夹			
	Ji	脊									
EX-28	Wu	無						无			
	Ming	名									

Character Practice

Number	add tones	traditional	definition	Extra Points F – Back & Sacrum				simplified			
EX-29	Jian	肩									
	Tong	痛									
	Dian	點						点			
EX-30	Yi	胰									
	Shu	腧									
EX-30 (aka)	Wei	胃									
	Wan or	腕									
	Guan	管									
	Xia	下									
	Shu	腧									
EX-31	Pi	痞									
	Gen	根									
EX-32	Jing	精									
	Gong	宮									

Character Practice

Number	add tones	traditional	definition	Extra Points G – Back & Sacrum				simplified			
EX-33	Xia	下									
	Zhi	志									
	Shi	室									
EX-34	Yao	腰									
	Yi	宜									
EX-35	Yao	腰									
	Yan	眼									
EX-36	Xia	下									
	Ji	極						极			
	Shu	俞									
EX-37	Shi	十									
	Qi	七									
	Zhui	椎									
	Xia	下									
EX-38	Yao	腰									
	Qi	奇									

Character Practice

Number	add tones	traditional	definition	Extra Points H – Chest & Abdomen				simplified			
EX-39	Ti	提									
	Wei	胃									
EX-40	Wei	胃									
	Shang	上									
EX-41	San	三									
	Jiao	角									
	Jiu	灸									
EX-42	Zhi	止									
	Xie	瀉						泻			
EX-43	Ti	提									
	Tuo	托									
EX-44	Wei	維						维			
	Bao	胞									
EX-45	Zi	子									
	Gong	宮									

Character Practice

Number	add tones	traditional	definition	Extra Points I – Upper Extremity				simplified			
EX-46	Jian	肩									
	Nei	內									
	Ling	陵									
EX-47	Jian	肩									
	Qian	前									
EX-48	Jian	肩									
	Hou	後						后			
EX-49	Nao	臍									
	Shang	上									
EX-50	Zhou	肘									
	Jian	尖									
EX-51	Bi	臂									
	Zhong	中									
EX-52	Er	二									
	Bai	白									

Character Practice

Number	add tones	traditional	definition	Extra Points J – Upper Extremity				simplified			
EX-53	Zhong	中									
	Quan	泉									
EX-54	Yao	腰									
	Tong	痛									
EX-55	Hu	虎									
	Kou	口									
EX-56	Luo	落									
	Zhen	枕									
EX-57	Shang	上									
EX-58	Ba	八									
	Xie	邪									
EX-59	Wu	五									
	Hu	虎									
EX-60	Da	大									
	Gu	骨									
	Kong	空									

Character Practice

Number	add tones	traditional	definition	Extra Points K – Upper Extremity				simplified			
EX-61	Zhong	中									
	Kui	魁									
EX-62	Xiao	小									
	Gu	骨									
	Kong	空									
EX-63	Ya	牙									
	Tong	痛									
EX-64	Si	四									
	Feng	縫						縫			
EX-65	Shi	十									
	Xuan	宣									

Character Practice

Number	add tones	traditional	definition	Extra Points L – Lower Extremity				simplified			
EX-66	Huan	環						环			
	Zhong	中									
EX-67	Zuo	坐									
	Gu	骨									
EX-68	Bai	百									
	Chong	蟲						虫			
	Wo	窩						窝			
EX-69	Kuan	髌						髌			
	Gu	骨									
EX-70	He	鶴						鹤			
	Ding	頂						顶			
EX-71	Nei	內									
	Xi	膝									
	Yan	眼									

Character Practice

Number	add tones	traditional	definition	Extra Points M – Lower Extremity				simplified			
EX-72	Xi	膝									
	Yi	翼									
EX-73	Lan	闌						闌			
	Wei	尾									
EX-74	Dan	膽						胆			
	Nang	囊									
EX-75	Ling	陵									
	Xia	下									
EX-76 EX-77	Ling	陵									
	Hou	後						后			
	Xia	下									
EX-78	Nao	腦						脑			
	Qing	清									

Character Practice

Number	add tones	traditional	definition	Extra Points N – Lower Extremity				simplified			
EX-79	Nei	內									
EX-80	Wai	外									
	Huai	踝									
	Jian	尖									
EX-81	Shang	上									
EX-82	Ba	八									
	Feng	風						风			
EX-83	Qi	氣						气			
	Duan	端									
EX-84	Du	獨						独			
	Yin	陰						阴			
EX-85	Li	里									
	Nei	內									
	Ting	庭									
EX-86	Shi	失									
	Mian	眠									

Character Practice

<i>Number</i>	<i>add tones</i>	<i>traditional</i>	<i>definition</i>	<i>Ghost Points – A</i>				<i>simplified</i>			
Ghost-1	Gui	鬼									
GV-26	Gong	宮									
Ghost-2	Gui	鬼									
Lu-11	Xin	信									
Ghost-3	Gui	鬼									
Sp-1	Lei	壘						垒			
Ghost-4	Gui	鬼									
Pc-7	Xin	心									
Ghost-5	Gui	鬼									
BL-62	Lu	路									
Ghost-6	Gui	鬼									
GV-16	Zhen	枕									
Ghost-7	Gui	鬼									
ST-6	Chuang	床									

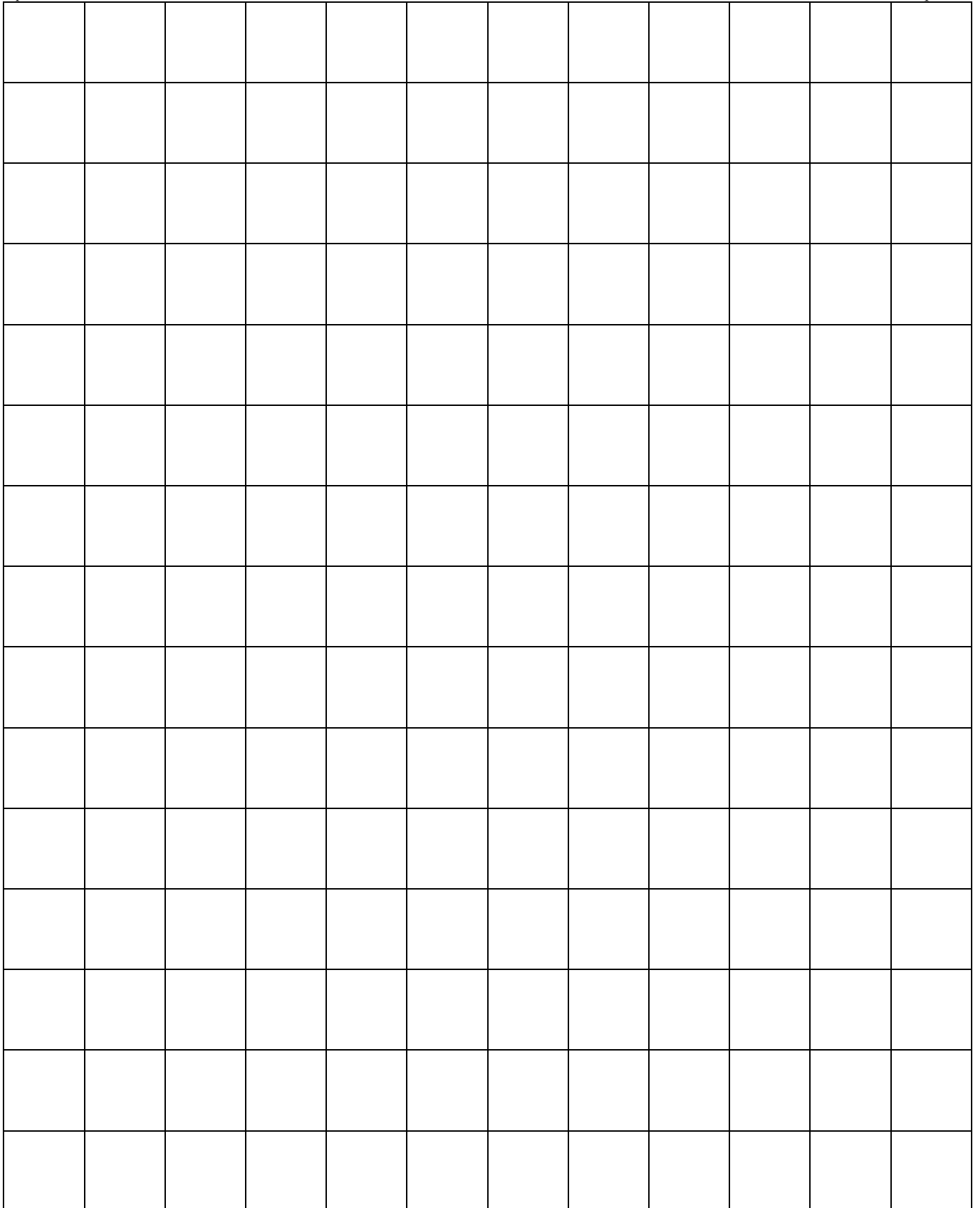
Character Practice

<i>Number</i>	<i>add tones</i>	<i>traditional</i>	<i>definition</i>	<i>Ghost Points – B</i>				<i>simplified</i>			
Ghost-8	Gui	鬼									
CV-24	Shi	市									
Ghost-9	Gui	鬼									
Pc-8	Ku	窟									
Ghost-10	Gui	鬼									
GV-23	Tang	堂									
Ghost-11	Gui	鬼									
CV-1	Cang	藏									
Ghost-12	Gui	鬼									
LI-11	Chen	臣									
Ghost-13	Gui	鬼									
EX-11 Hai Quan	Feng	封									

Character Practice

practice blanks

0.6 inch squares

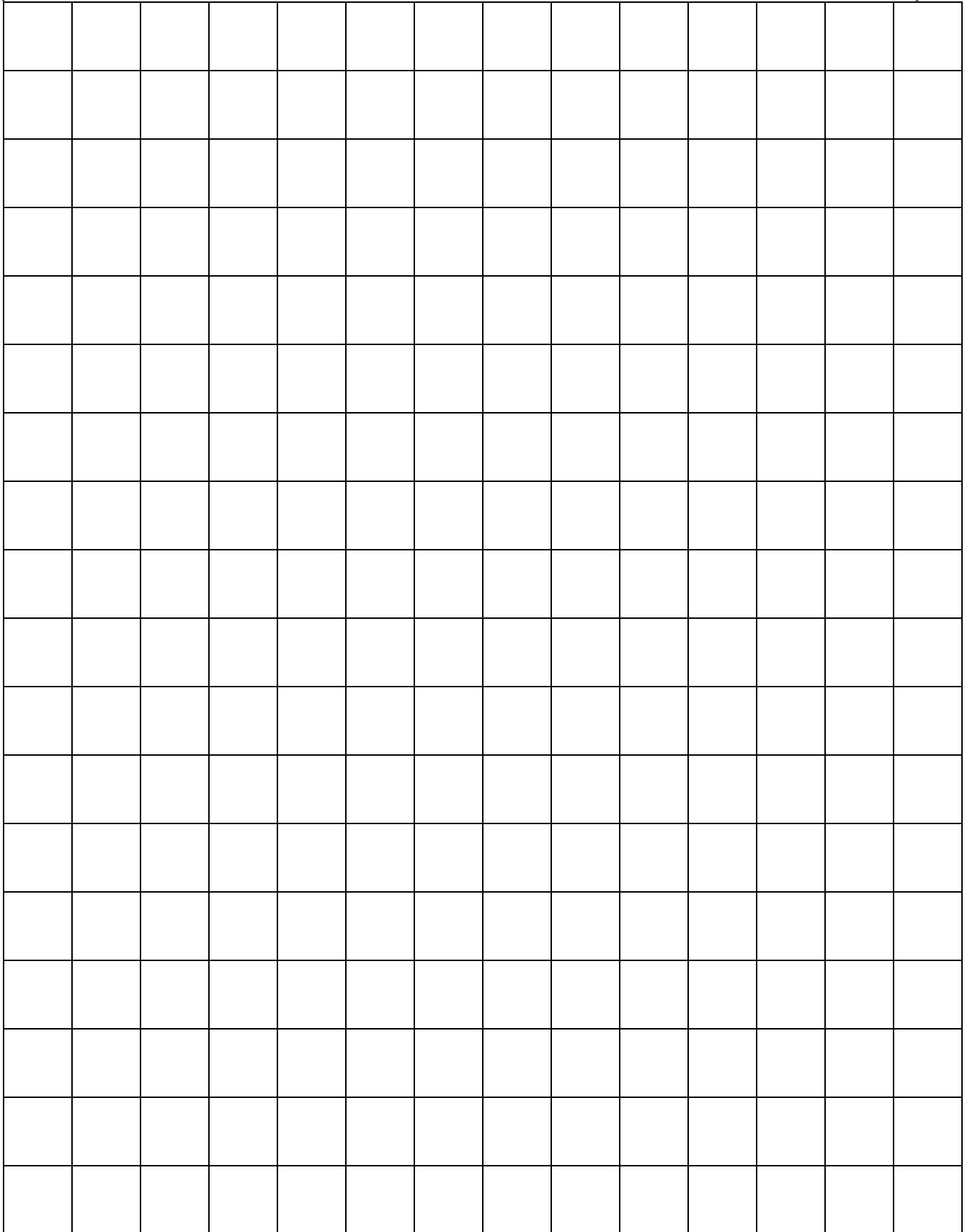


15 rows x 12 columns

Character Practice

practice blanks

0.5 inch squares

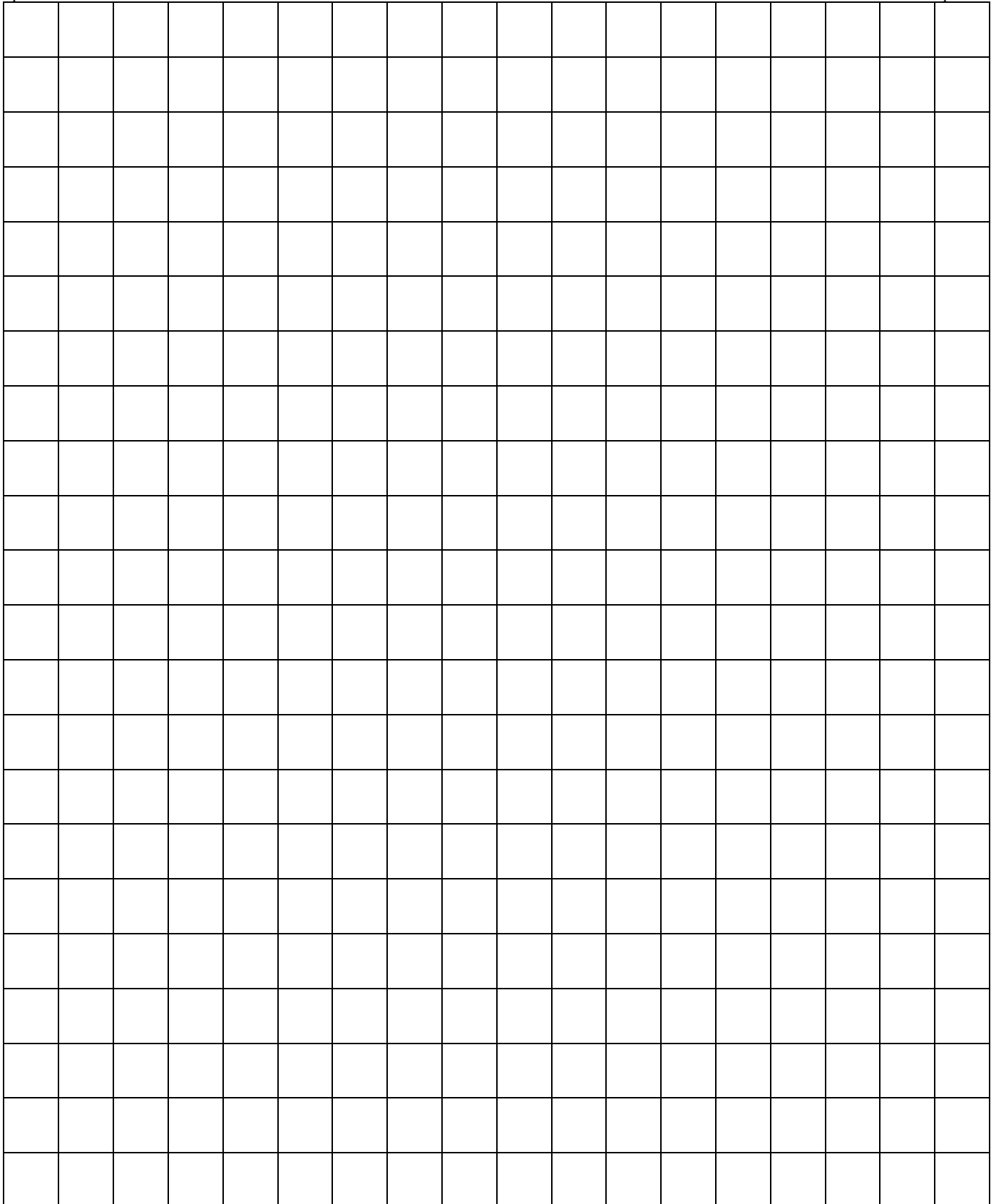


18 rows x 14 columns

Character Practice

practice blanks

0.4 inch squares



22 rows x 18 columns

Points and Their Names

Collated
by
Categories

Point Names and Category Tables

募穴 **Mù Xué** - **Collecting/Alarm Points** (6 on CV, 6 off, 2 on Lr; only 3 on own channel Lu, Lr, GB)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-1 (Lu)	Zhōng Fǔ	中府	Central Official
CV-17 (Pc)	Dān / Shān Zhōng	膻中	Chest Center
CV-14 (Ht)	Jù Què	巨闕	Huge, Gigantic Arch(way)
CV-12 (ST)	Zhōng Wǎn	中脘	Middle (of the) Epigastrium
CV-5 (TB)	Shí Mén	石門	Stone Gate
CV-4 (SI)	Guān Yuán	關元	Gateway Original (Original Gateway) (Gateway to the Source)
CV-3 (BL)	Zhōng Jí	中極	Central Pole-summit
Lr-13 (Sp)	Zhāng Mén	章門	Section Gate
GB-25 (Kd)	Jīng Mén	京門	Capitol Gate
ST-25 (LI)	Tiān Shū	天樞	Celestial Pivot/Axis
Lr-14 (Lr)	Qī Mén	期門	Cyclic (End of Cycle) Gate
GB-24 (GB)	Rì Yuè	日月	Sun Moon

Point Names and Category Tables

腧穴 Shū Xué - Corresponding Points (12 Organ Shu are all on inner column of BL channel)

Point	Pīn-Yīn	Characters	Translation & Commentary
BL-13	Fèi Shū	肺 腧	Lung Point
BL-14	Jué Yīn Shū	厥 陰 腧	Jue- Yin (Pc) Point
BL-15	Xīn Shū	心 腧	Heart Point
BL-18	Gān Shū	肝 腧	Liver Point
BL-19	Dǎn Shū	膽 腧	Gall Bladder Point
BL-20	Pí Shū	脾 腧	Spleen Point
BL-21	Wèi Shū	胃 腧	Stomach Point
BL-22	Sān Jiāo Shū	三 焦 腧	Triple Burner Point
BL-23	Shèn Shū	腎 腧	Kidney Point
BL-25	Dà Cháng Shū	大 腸 腧	Large Intestine Point
BL-27	Xiǎo Cháng Shū	小 腸 腧	Small Intestine Point
BL-28	Páng Guāng Shū	膀 胱 腧	Urinary Bladder Point

Point Names and Category Tables

Eight More Shū Points (more inner column of BL channel, plus one outer column pt)

Point	Pīn-Yīn	Characters	Translation & Commentary
BL-11 (alt name)	Bèi Shū	背 腧	Back Point(s)
BL-16	Dū Shū	督 腧	GV Point
BL-17	Gé Shū	膈 腧	Diaphragm Point
BL-24	Qì Hǎi Shū	氣 海 腧	Qi Sea of (CV-6) Point
BL-26	Guān Yuán Shū	關 元 腧	Gateway Original (CV-4) Point
BL-29	Zhōng Lǚ Shū	中 膂 腧	Central/Mid Back-bone Point
BL-30	Bái Huán Shū	白 環 腧	White Circle Point
BL-38/43	Gāo Huāng Shū	膏 肓 腧	Fatty Membranes Point

Point Names and Category Tables

Six More Shū Points (shu points on other channels)

Point	Pīn-Yīn	Characters	Translation & Commentary
SI-10	Nào Shū	臑 俞	Upper Arm Point
SI-14	Jiān Wài Shū	肩 外 俞	Shoulder Outer Point
SI-15	Jiān Zhōng Shū	肩 中 俞	Shoulder Mid Point
Kd-16	Huāng Shū	肓 俞	Membrane/Umbilical Point
Kd-27	Shū Fǔ	腧 府	Shu-Point Official
GV-2	Yāo Shū	腰 俞	Lumbar Point

Point Names and Category Tables

原穴 **Yuán Xué** - Source Points (yin = 3rd pt; yang = 4th pt from nail)

Point	Pīn-Yīn	Characters	Translation & Commentary
Ht-7	Shén Mén	神門	Spirit-mind-consciousness Gate
Pc-7	Dà Líng	大陵	Big Mound-tomb
Lu-9	Tài Yuān	太淵	Great Abyss (deep source of water)
Sp-3	Tài Bái	太白	Great White
Lr-3	Tài Chōng	太沖 / 衝	Great surge-Thoroughfare
Kd-3	Tài Xī	太谿	Great Stream-bed
LI-4	Hé Gǔ	合谷	Unite / Close Valley (Enclosed Valley)
TB-4	Yáng Chí	陽池	Yang Pool-Pond-moat
SI-4	Wàn Gǔ	腕骨	Wrist Bone
ST-42	Chōng Yáng	沖 / 衝陽	Surge/Pulse on Yang
GB-40	Qiū Xū	丘墟	Hill Ruins-wasteland
BL-64	Jīng Gǔ	京骨	Capitol Bone

絡穴 Luò Xué - Network/Connecting Points

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-7	Liè Quē	列缺	Sequence Gap-Jog
LI-6	Piān Lì	偏歷	Slanted-Oblique-Tangential-Offset; Lopsided Line
ST-40	Fēng Lóng	豐隆	Copious & Abundant
Sp-4	Gōng Sūn	公孫	Duke's Grandson-Heir
Ht-5	Tōng Lǐ	通里	Open-Unblock-go/allow through the Interior; a village
SI-7	Zhī Zhèng	支正	Branch to the Correct
BL-58	Fēi Yáng	飛揚	Fly-Flying-Flight Take
Kd-4	Dà Zhōng	大鐘	Big Bell-Goblet
Pc-6	Nèi Guān	內關	Inner Gateway
TB-5	Wài Guān	外關	Outer Gateway
GB-37	Guāng Míng	光明	Light Bright
Lr-5	Lí Gōu	蠡溝	Woodworm Groove
CV-15	Jiū Wěi	鳩尾	Dove's Tail
GV-1	Cháng Qiáng	長強	Long & Strong
SP-21	Dà Bāo	大包	Big Embrace
ST-18	Rǔ Gēn	乳根	Breast Root

Point Names and Category Tables

隙穴 Xī Xué - Cleft Points

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-6	Kǒng Zuì	孔最	Hole most, -est; Humongous
LI-7	Wēn Liū	溫溜	Warm Flow-Current
ST-34	Liáng Qiū	梁丘	Crossbeam Hill
Sp-8	Dì Jī	地機	Earth Machine
Ht-6	Yīn Xì	陰隙	(shao) Yin Cleft
SI-6	Yǎng Lǎo	養老	Nourish the Elders-Elderly
BL-63	Jīn Mén	金門	Metal-Gold Gate
Kd-5	Shuǐ Quán	水泉	Water Spring
Pc-4	Xì Mén	隙門	Cleft Gate
TB-7	Huì Zōng	會宗	Meet Ancestors
GB-36	Wài Qiū	外丘	Outer Hill
Lr-6	Zhōng Dū	中都	Central City
K-8	Jiāo Xìn	交信	Crossroad-Intersection-Junction Loyal-Trustworthy-Promised
K-9	Zhù Bīn	築賓	Build-Building Guest
BL-59	Fū Yáng	跌陽	Tarsal Yang
GB-35	Yáng Jiāo	陽交	Yang Crossroad-Intersection-Junction

Point Names and Category Tables

井穴 **Jǐng Xué - Well Points** (yin = wood; yang = metal)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-11	Shǎo Shāng	少商	Lesser-Minor Metal Note
LI-1	Shāng Yáng	商陽	Metal Note on Yang
Pc-9	Zhōng Chōng	中 沖 / 衝	Central-Middle Surge-Thoroughfare
TB-1	Guān Chōng	關 沖 / 衝	Gateway Surge-Thoroughfare
Ht-9	Shǎo Chōng	少 沖 / 衝	Lesser (yin) Surge-Thoroughfare
SI-1	Shǎo Zé	少澤	Lesser/Little finger Marsh
Sp-1	Yǐn Bái	隱白	Hidden-Concealed White
ST-45	Lì Duì	厲兌	Harsh-Severe Mouth
Lr-1	Dà Dūn	大敦	Big Important
GB-44	Zú Qiào Yīn	足竅陰	Foot Portals of Yin
BL-67	Zhì Yīn	至陰	Reach Yin
Kd-1	Yǒng Quán	涌泉	Gushing-Bubbling Spring

Point Names and Category Tables

榮穴 Yíng Xué - Spring/Brook Points (yin = fire; yang = water)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-10	Yú Jì	魚 際	Fish Edge
Pc-8	Láo Gōng	勞 宮	Labor-Toil Palace
Ht-8	Shǎo Fǔ	少 府	Lesser (yin) Official
SI-2	Qián Gǔ	前 谷	in front of-Forward-Distal Valley
TB-2	Yè Mén	液 門	(yin) Fluids Gate
LI-2	Èr Jiān	二 間	Two-Second between-Space-Interval-Point
ST-44	Nèi Tīng	內 庭	Inner Courtyard
Sp-2	Dà Dū	大 都	Big City
BL-66	Zú Tōng Gǔ	足 通 谷	Foot Open-Unblock-allow through Valley
Kd-2	Rán Gǔ	然 谷	Blazing Valley
GB-43	Xiá / Jiā Xī	俠 / 夾 谿	Bold-Heroic-Gallant / Narrow, Pinched Stream-bed
Lr-2	Xíng Jiān	行 間	Move-moving Between-space

Point Names and Category Tables

俞穴 Shū Xué - Stream Points (yin = earth; yang = wood)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-9	Tài Yuān	太淵	Great Abyss (deep source of water)
Pc-7	Dà Líng	大陵	Big Mound-tomb
Ht-7	Shén Mén	神門	Spirit-mind-consciousness Gate
LI-3	Sān Jiān	三間	three-Third between-Space-interval-pt
TB-3	Zhōng Zhǔ	中渚	Central Island
SI-3	Hòu Xī	後谿	in back of-behind-Proximal Stream-bed
Sp-3	Tài Bái	太白	Great White
Lr-3	Tài Chōng	太沖 / 衝	Great Surge-Thoroughfare
Kd-3	Tài Xī	太谿	Great Stream-bed
ST-43	Xiàn Gǔ	陷谷	sink-sinking-Sunken (soggy-boggy) Valley
GB-41	Zú Lín Qì	足臨泣	Foot Overlook Tears
BL-65	Shù Gǔ	束骨	Strap Bone

Point Names and Category Tables

經穴 Jīng Xué - River Points (yin = metal; yang = fire)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-8	Jīng Qú	經渠	Channel Canal
Pc-5	Jiān Shǐ	間使	between-space Messenger-Envoy-Minister
Ht-4	Líng Dào	靈道	(yin) Spirit Pathway
LI-5	Yáng Xī	陽谿	Yang Stream-bed
SI-5	Yáng Gǔ	陽谷	Yang Valley
TB-6	Zhī Gōu	支溝	Branch ditch-trough-Groove
Sp-5	Shāng Qiū	商丘	Metal-Note Hill
Lr-4	Zhōng Fēng	中封	Middle Seal
Kd-7	Fù Liū	復溜	Return Flow
ST-41	Jiě Xī	解谿	Dividing Stream-beds
BL-60	Kūn Lún	崑崙	Kun-Lun Mt
GB-38	Yáng Fǔ	陽輔	Yang Assistant

Point Names and Category Tables

合 穴 Hé Xué - Sea Points (yin = water; yang = earth)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-5	Chǐ Zé	尺 澤	Cubit Marsh
Pc-3	Qū Zé	曲 澤	Crook Marsh
LI-11	Qū Chí	曲 池	Bent/Curved/Crooked Pool/Pond/Moat (Pond at the Crook)
Ht-3	Shǎo Hǎi	少 海	Lesser (yin) Sea
SI-8	Xiǎo Hǎi	小 海	Small Sea
TB-10	Tiān Jǐng	天 井	Celestial Well
Sp-9	Yīn Líng Quán	陰 陵 泉	Yin(side) Mound Spring
GB-34	Yáng Líng Quán	陽 陵 泉	Yang(side) Mound Spring
Lr-8	Qū Quán	曲 泉	Crook Spring
Kd-10	Yīn Gǔ	陰 谷	Yin Valley
BL-54 (BL-40)	Wěi Zhōng	委 中	Bend Middle (Middle of the Bend / mid popliteal fossa)
ST-36	Zú Sān Lǐ	足 三 里	Foot/Leg Three Li/Units

Point Names and Category Tables

穴 **Xué** / **Phase Points** (aka Horary/Hourly Points)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-8 (metal)	Jīng Qú	經渠	Channel Canal
LI-1 (metal)	Shāng Yáng	商陽	Metal-Note on Yang
ST-36 (earth/soil)	Zú Sān Lǐ	足三里	Leg Three Units
Sp-3 (earth/soil)	Tài Bái	太白	Great White
Ht-8 (fire)	Shǎo Fǔ	少府	Lesser (yin) Official
SI-5 (fire)	Yáng Gǔ	陽谷	Yang Valley
BL-66 (water)	Zú Tōng Gǔ	足通谷	Foot Open Valley
Kd-10 (water)	Yīn Gǔ	陰谷	Yin(side) Valley
Pc-8 (fire)	Láo Gōng	勞宮	Laborer's Palace
TB-6 (fire)	Zhī Gōu	支溝	Branch Groove
GB-41 (wood)	Zú Lín Qì	足臨泣	Foot Overlook Tears
Lr-1 (wood)	Dà Dūn	大敦	Big Importance

Point Names and Category Tables

剋穴 Kè Xué / Control Points (the grandparent point)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-10 (fire)	Yú Jì	魚 際	Fish Edge <i>Edge of the Fish</i>
LI-5 (fire)	Yáng Xī	陽 谿	Yang Stream-bed
ST-43 (wood)	Xiàn Gǔ	陷 谷	Sink, Fall into, Deep Valley <i>Sunken/Sinking/Soggy/Boggy Valley</i>
Sp-1 (wood)	Yīn Bái	隱 白	Hidden/Concealed White
Ht-3 (water)	Shǎo Hǎi	少 海	Lesser (Yin) Sea
SI-2 (water)	Qián Gǔ	前 谷	Distal Valley
BL-54 (earth/soil)	Wěi Zhōng	委 中	Bend Middle of the
Kd-3 (earth/soil)	Tài Xī	太 谿	Great Stream-bed
Pc-3 (water)	Qū Zé	曲 澤	Crook/Bend Marsh at the
TB-2 (water)	Yè Mén	液 門	(Yin) Fluid(s) Gate
GB-44 (metal)	Zú Qiào Yīn	足 竅 陰	Foot: (on the feet) Portals / Apertures Yin
Lr-4 (metal)	Zhōng Fēng	中 封	Middle, center, central Seal, enclosed <i>Sealed in the Middle</i>

Point Names and Category Tables

母穴 Mǔ Xué / Mother Points = 補穴 Bǔ Xué Tonification Points

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-9 (earth)	Tài Yuān	太淵	Great Abyss (deep source of water)
LI-11 (earth)	Qū Chí	曲池	Bent/Curved/Crooked Pool/Pond/Moat (Pond at the Crook)
ST-41 (fire)	Jiě Xī	解谿	Dividing Stream-beds
Sp-2 (fire)	Dà Dū	大都	Big City
Ht-9 (wood)	Shǎo Chōng	少沖 / 衝	Lesser (yin) surge-Thoroughfare
SI-3 (wood)	Hòu Xī	後谿	Proximal Stream-bed
BL-67 (metal)	Zhì Yīn	至陰	Reach Yin
Kd-7 (metal)	Fù Liū	復溜	Returning Flow
Pc-9 (wood)	Zhōng Chōng	中沖 / 衝	Middle surge-Thoroughfare
TB-3 (wood)	Zhōng Zhǔ	中著	Middle Island
GB-43 (water)	Xiá / Jiā Xī	俠 / 夾谿	Bold-Heroic-Gallant / Narrow, Pinched Stream-bed
Lr-8 (water)	Qū Quán	曲泉	Crook Spring

Point Names and Category Tables

子穴 Zǐ Xué / Child Points = 瀉穴 Xiè Xué Dispersion Points

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-5 (water)	Chǐ Zé	尺 澤	Cubit Marsh
LI-2 (water)	Èr Jiān	二 間	Second Space-spot
ST-45 (metal)	Lì Dui	厲 兌	Severe-harshness Alleviated (mouth)
Sp-5 (metal)	Shāng Qīu	商 丘	Metal-Note Hill
Ht-7 (earth)	Shén Mén	神 門	Spirit Gate
SI-8 (earth)	Xiǎo Hǎi	小 海	Small Sea
BL-65 (wood)	Shù Gǔ	束 骨	Strap Bone
Kd-1 (wood)	Yǒng Quán	湧 泉	Bubbling Spring
Pc-7 (earth)	Dà Líng	大 陵	Big Mound
TB-10 (earth)	Tiān Jǐng	天 井	Celestial Well
GB-38 (fire)	Yáng Fǔ	陽 輔	Yang Assistant
Lr-2 (fire)	Xíng Jiān	行 間	Move Between

Point Names and Category Tables

入 穴 Rù Xué Entry Points

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-1	Zhōng Fǔ	中 府	Central Official
LI-4	Hé Gǔ	合 谷	Unite / Close Valley (Enclosed Valley)
ST-1	Chéng Qì	承 泣	For Tearing
Sp-1	Yǐn Bái	隱 白	Hidden White (metal)
Ht-1	Jí Quán	極 泉	Summit Spring
SI-1	Shǎo Zé	少 澤	Lesser Marsh
BL-1	Jīng Míng	睛 明	Eyes Bright
Kd-1	Yǒng Quán	湧 泉	Bubbling Spring
Pc-1	Tiān Chí	天 池	Celestial Pool-pond-moat
TB-1	Guān Chōng	關 沖 / 衝	Gateway surge-Thoroughfare
GB-1	Tóngzi Liáo	瞳子 膠	Pupil (of the eyes) Bone-hollow
Lr-1	Dà Dūn	大 敦	Big Important

出穴 Chū Xué / Exit Points

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-7	Liè Quē	列缺	Sequence Gap-Jog
LI-20	Yíng Xiāng	迎香	Welcome Fragrance
ST-42	Chōng Yáng	沖 / 衝陽	Surge-thoroughfare on Yang
Sp-21	Dà Bāo	大包	Big Embrace
Ht-9	Shǎo Chōng	少沖 / 衝	Lesser surge-Thoroughfare
SI-18	Quán Liào	顴瞭	Cheek Bone-hole
SI-19	Tīng Gōng	聽宮	Hearing Palace
BL-67	Zhì Yīn	至陰	Reach Yin
Kd-22	Bù Láng	步廊	Veranda Step
Pc-8	Láo Gōng	勞宮	Laborer's Palace
TB-23	Sī Zhú Kōng	系竹空	Silk Bamboo Hollow
GB-41	Zú Lín Qì	足臨泣	Foot Overlook Tears
Lr-14	Qī Mén	期門	(end of) Cycle Gate

Point Names and Category Tables

木穴 **Mù Xué - Wood Points** (yin = jing/well; yang = shu/stream)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-11	Shǎo Shāng	少商	Lesser-Minor Metal Note
Pc-9	Zhōng Chōng	中冲 / 衝	Central-Middle Surge-Thoroughfare
Ht-9	Shǎo Chōng	少冲 / 衝	Lesser (yin) Surge-Thoroughfare
Sp-1	Yīn Bái	隱白	Hidden-Concealed White
Lr-1	Dà Dūn	大敦	Big Important
Kd-1	Yǒng Quán	涌泉	Gushing-Bubbling Spring
LI-3	Sān Jiān	三間	three-Third between-Space-interval-pt
TB-3	Zhōng Zhǔ	中渚	Central Island
SI-3	Hòu Xī	後谿	in back of-behind-Proximal Stream-bed
ST-43	Xiàn Gǔ	陷谷	sink-sinking-Sunken (soggy-boggy) Valley
GB-41	Zú Lín Qì	足臨泣	Foot Overlook Tears
BL-65	Shù Gǔ	束骨	Strap Bone

Point Names and Category Tables

火 穴 Huǒ Xué - Fire Points (yin = ying/spring; yang = jing/river)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-10	Yú Jì	魚 際	Fish Edge
Pc-8	Láo Gōng	勞 宮	Labor-Toil Palace
Ht-8	Shǎo Fǔ	少 府	Lesser (yin) Official
Sp-2	Dà Dū	大 都	Big City
Lr-2	Xíng Jiān	行 間	Move-moving Between-space
Kd-2	Rán Gǔ	然 谷	Blazing Valley
LI-5	Yáng Xī	陽 谿	Yang Stream-bed
SI-5	Yáng Gǔ	陽 谷	Yang Valley
TB-6	Zhī Gōu	支 溝	Branch ditch-trough-Groove
ST-41	Jiě Xī	解 谿	Dividing Stream-beds
BL-60	Kūn Lún	昆 侖	Kun-Lun Mt
GB-38	Yáng Fǔ	陽 輔	Yang Assistant

Point Names and Category Tables

土穴 Tǔ Xué - Earth/Soil Points (yin = shu/stream; yang = he/sea)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-9	Tài Yuān	太淵	Great Abyss (deep source of water)
Pc-7	Dà Líng	大陵	Big Mound-tomb
Ht-7	Shén Mén	神門	Spirit-mind-consciousness Gate
Sp-3	Tài Bái	太白	Great White
Lr-3	Tài Chōng	太沖 / 衝	Great Surge-Thoroughfare
Kd-3	Tài Xī	太谿	Great Stream-bed
LI-11	Qū Chí	曲池	Bent/Curved/Crooked Pool/Pond/Moat (Pond at the Crook)
TB-10	Tiān Jǐng	天井	Celestial Well
SI-8	Xiǎo Hǎi	小海	Small Sea
ST-36	Zú Sān Lǐ	足三里	Foot Three Units
GB-34	Yáng Líng Quán	陽陵泉	Yang(side) Mound Spring
BL-54 (BL-40)	Wěi Zhōng	委中	Bend Middle (Middle of the Bend / mid popliteal fossa)

Point Names and Category Tables

金 穴 Jīn Xué - Metal Points (yin = jing/river; yang = jing/well)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-8	Jīng Qú	經渠	Channel Canal
Pc-5	Jiān Shǐ	間使	between-space Messenger-Envoy-Minister
Ht-4	Líng Dào	靈道	(yin) Spirit Pathway
Sp-5	Shāng Qiū	商丘	Metal-Note Hill
Lr-4	Zhōng Fēng	中封	Middle Seal
Kd-7	Fù Liū	復溜	Return Flow
LI-1	Shāng Yáng	商陽	Metal Note on Yang
TB-1	Guān Chōng	關沖 / 衝	Gateway Surge-Thoroughfare
SI-1	Shǎo Zé	少澤	Lesser/Little finger Marsh
ST-45	Lì Duì	厲兌	Harsh-Severe Mouth
GB-44	Zú Qiào Yīn	足竅陰	Foot Portals of Yin
BL-67	Zhì Yīn	至陰	Reach Yin

Point Names and Category Tables

水穴 **Shuǐ Xué - Water Points** (yin = he/sea; yang = ying/spring)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-5	Chǐ Zé	尺 澤	Cubit Marsh
Pc-3	Qū Zé	曲 澤	Crook Marsh
Ht-3	Shǎo Hǎi	少 海	Lesser (yin) Sea
Sp-9	Yīn Líng Quán	陰 陵 泉	Yin(side) Mound Spring
Lr-8	Qū Quán	曲 泉	Crook Spring
Kd-10	Yīn Gǔ	陰 谷	Yin Valley
LI-2	Èr Jiān	二 間	Two-Second between-Space-Interval-Point
TB-2	Yè Mén	液 門	(yin) Fluids Gate
SI-2	Qián Gǔ	前 谷	in front of, before, forward, Distal Valley
ST-44	Nèi Tíng	內 庭	Inner Courtyard
GB-43	Xiá / Jiā Xī	俠 / 夾 谿	Bold-Heroic-Gallant / Narrow, Pinched Stream-bed
BL-66	Zú Tōng Gǔ	足 通 谷	Foot Open-Unblock-allow through Valley

Point Names and Category Tables

下合穴 Xià Hé Xué - Lower Uniting Points (6 fu organs only) (all six Xia-he pts are on the lower extremity)

Point	Pīn-Yīn	Characters	Translation & Commentary
ST-36 (ST)	Zú Sān Lǐ	足 三 里	Leg Three Li/Units
ST-37 (LI)	Shàng Jù Xū	上 巨 虛	Upper Huge Depletion (Upper Strong Legs)
ST-39 (SI)	Xià Jù Xū	下 巨 虛	Lower Huge Depletion (Lower Strong Legs)
<i>Their</i>	<i>Corollary, or</i>	<i>Analog Pts</i>	<i>on the Arms (these six are all Yang Ming channel)</i>
<i>LI-10</i> (ST)	<i>Shǒu</i> <i>Sān</i> <i>Lǐ</i>	手 三 里	<i>Arm</i> <i>Three</i> <i>Li/Units</i>
<i>LI-9</i> (LI)	<i>Shàng</i> <i>Lián</i>	上 廉	<i>Upper</i> <i>Ridge</i>
<i>LI-8</i> (SI)	<i>Xià</i> <i>Lián</i>	下 廉	<i>Lower</i> <i>Ridge</i>
			<i>Back to the Legs</i>
GB-34 (GB)	Yáng Líng Quán	陽 陵 泉	Yang Mound Spring (Spring at the Yang Mound)
BL-53/39 (TB)	Wěi Yáng	委 陽	Bend Yang Yang Bend (lateral end of the knee bend)
BL-54 (BL)	Wěi Zhōng	委 中	Bend Middle Middle of the Bend (mid popliteal fossa)

Point Names and Category Tables

總穴 **Zǒng Xué - Ruler Points** (7 points that ‘Rule over’ a general region of the body)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-7 (back of head & neck)	Liè Quē	列缺	line-up, align / Alignment/Sequence gap-Jog
SI-3 (alt.)	Hòu Xī	後谿	Proximal Stream-bed
LI-4 (face & mouth)	Hé Gǔ	合谷	Unite / Close Valley (Enclosed Valley)
ST-36 (front of torso)	Zú Sān Lǐ	足三里	Leg Three Li/Units
BL-54/40 (back of torso)	Wěi Zhōng	委中	Bend Middle Middle of the Bend (mid popliteal fossa)
GB-34 (sides of torso)	Yáng Líng Quán	陽陵泉	Yang Mound Spring (Spring at the Yang Mound)
Pc-6 (chest & diaphragm)	Nèi Guān	內關	Inner Gateway
Sp-6 (pelvis)	Sān Yīn Jiāo	三陰交	Three Yin Junction

Point Names and Category Tables

絡穴 Luò Xué - Group Luo Points (1 point for each group of 3 same polarity channels on the arms & legs)

Point	Pīn-Yīn	Characters	Translation & Commentary
<i>Arm Yin</i>			
Pc-5	Jiān Shī	間使	Between Go (Go Between) The Envoy/Intermediary/Ambassador/Minister
<i>Arm Yang</i>			
TB-8	Sān Yáng Luò	三陽絡	Three Yang Connect
<i>Leg Yin</i>			
Sp-6	Sān Yīn Jiāo	三陰交	Three Yin Junction/Intersect/Crossing
<i>Leg Yang</i>			
GB-39	Xuán Zhōng Jué Gǔ	懸鐘絕骨	Hanging Bell Disappearing Bone

Point Names and Category Tables

八會穴 **Bā Huì Xué - Eight Influential/Meeting Points** (for 8 tissues of the body)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lr-13	Zhāng Mén	章門	Barricade Gate (Zang Gate) Short-Cycle Gate (Section Gate)
CV-12	Zhōng Wǎn	中脘	Middle [of the] Epigastrium
CV-17	Dàn Zhōng Tán Zhōng Shān Zhōng	膻中 壇中 膾中	Center of the Chest (middle Dān Tiān) Central Altar (i.e. the sternum), ancient name for Pc Penetrating Odor (of mutton) (i.e. the sacrificial lamb)
BL-17	Gé Shū	膈 肱	Diaphragm Shu
Lu-9	Tài Yuān	太淵	Great/Very Abyss, Deep Source (of water)
BL-11	Dà Zhù Bèi Shū	大杼 背肱	Big Reed – Big Shuttle Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)
GB-39	Xuán Zhōng Jué Gǔ	懸鐘 絕骨	Hanging/Suspended Bell Disappearing Bone
GB-34	Yáng Líng Quán	陽陵泉	Yang Mound Spring (Spring at the Yang Mound)

Point Names and Category Tables

八交會穴 **Bā Jiāo-Huì Xué - Eight Master/Confluent Points** (for the 8 Extraordinary Vessels)

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-7 (Ren)	Liè Quē	列缺	line-up, align / Alignment/Sequence gap-Jog
SI-3 (Du)	Hòu Xī	後谿	Proximal Stream-bed
Pc-6 (Yin Wei)	Nèi Guān	內關	Inner Gateway
TB-5 (Yang Wei)	Wài Guān	外關	Outer Gateway
Sp-4 (Chong)	Gōng Sūn	公孫	Duke's Heir Ancestor & Descendant (Sp & Chong) Grandfather & Grandson (luo pt)
GB-41 (Dai)	Zú Lín Qì	足臨泣	Foot Overlook / Oversee Tears/Tearing (on the foot)
Kd-6 (Yin Qiao)	Zhào Hǎi	照海	Shining / Reflection [on the] Sea
BL-62 (Yang Qiao)	Shēn Mài	申脈	9th Hour / to extend/ Vessel (Extending Vessel)

Point Names and Category Tables

回陽九穴 **Huí Yáng Jiǔ Xué - Nine Needles/Points to Rescue Yang** (for yang collapse)

Point	Pīn-Yīn	Characters	Translation & Commentary
Pc-8	Láo Gōng	勞宮	Labor/Toil, Labor's / Laborer's Palace (Palace of Labor)
LI-4	Hé Gǔ	合谷	Unite / Close Valley (Enclosed Valley)
Kd-1	Yǒng Quán	湧泉	Gushing/Bubbling Spring
Kd-3	Tài Xī	太谿	Great Stream-bed
Sp-6	Sān Yīn Jiāo	三陰交	Three Yin Junction
GB-30	Huán Tiào	環跳	Circle/Ring Jump/Leap
ST-36	Zú Sān Lǐ	足三里	Leg Three Li/Units
CV-12	Zhōng Wǎn	中脘	Middle [of the] Epigastrium
GV-15	Yǎ Mén	啞門	Mute Gate (Gate of/for Muteness)

Point Names and Category Tables

四海穴 Sì Hǎi Xué - Points of the Four Seas (10 pts)

Point	Pīn-Yīn	Characters	Translation & Commentary
			<i>Sea of Nourishment</i>
ST-30	Qì Chōng	氣衝 / 冲	Qi/Energy Thoroughfare / Surging/Pulsing
ST-36	Zú Sān Lǐ	足三里	Leg Three Li/Units
			<i>Sea of Blood</i>
ST-37	Shàng Jù Xū	上巨虛	Upper Huge Depletion (Upper Strong Legs)
ST-39	Xià Jù Xū	下巨虛	Lower Huge Depletion (Lower Strong Legs)
BL-11	Dà Zhù Bèi Shū	大杼背腧	Big Reed – Big Shuttle Back Shu/Points (analog to Kd-27 Shu Fu)
			<i>Sea of Energy/Vitality</i>
CV-17	Dàn Zhōng Tán Zhōng Shān Zhōng	膻中 壇中 膾中	Center of the Chest (middle Dān Tiān) Central Altar (i.e. the sternum), ancient name for Pc Penetrating Odor (of mutton) (i.e. the sacrificial lamb)
ST-9	Rén Yíng	人迎	Persons' Prognosis
BL-10	Tiān Zhù	天柱	Celestial Pillar
			<i>Sea of Marrow</i>
GV-16	Fēng Fǔ	風府	Wind Official/Repository/Mansion
GV-20	Bǎi Huì	百會	100 Meet/Converge (Convergence of 100 Channels)

Point Names and Category Tables

天牖穴 **Tiān Yǒu Xué - Celestial Window Points** (aka Windows of/to the Sky) see TB-16

Point	Pīn-Yīn	Characters	Translation & Commentary
Lu-3	Tiān Fǔ	天府	Celestial Official / Repository/Archive
Pc-1	Tiān Chí	天池	Celestial Pool/Pond/Moat
Pc-2 (alt.)	Tiān Quán	天泉	Celestial Spring
CV-22	Tiān Tū	天突	Celestial Prominence
ST-9	Rén Yíng Tiān Wǔ Huì	人迎 天五會	Persons' Prognosis Celestial Five Meet/Converge
LI-18	Fú Tū	扶突	stick-out, protrude, a prominence aid, assist Aid the (laryngeal) Prominence (throat/voice)
SI-16	Tiān Chuāng	天窗	Celestial (Roof)Window i.e. Vent/Chimney
SI-17	Tiān Róng	天容	Celestial Appearance (Look Skyward)
GB-9 (alt.)	Tiān Chōng	天衝/沖	Celestial Thoroughfare/Surge
TB-16	Tiān Yǒu	天牖	Celestial (Wall) Window
BL-10	Tiān Zhù	天柱	Celestial Pillar
GV-16	Fēng Fǔ	風府	Wind Official/Repository/Mansion

* see page 19 and 60 for all 16 points with Tian/sky-heaven-celestial in their name.

Point Names and Category Tables

天星穴 **Tiān Xīng Xué - Celestial Star Points** aka Heavenly Star Points

(12 key points of Ma Dan-yang – from Chapter 10, Book 3 of the Da Cheng / Great Compendium of Acupuncture of 1601)

Point	Pīn-Yīn	Characters	Translation & Commentary
ST-36	Zú Sān Lǐ	足 三 里	Leg Three Li/Units
ST-44	Nèi Tíng	內 庭	Inside/Inner Hall/Courtyard
LI-11	Qū Chí	曲 池	Bent/Curved/Crooked Pool/Pond/Moat (Pond at the Crook)
LI-4	Hé Gǔ	合 谷	Unite / Close Valley (Enclosed Valley)
BL-54 (BL-40)	Wěi Zhōng	委 中	Bend Middle (Middle of the Bend / mid popliteal fossa)
BL-57	Chéng Shān	承 山	Support / For Mountains
Lr-3	Tài Chōng	太 衝 / 沖	Great Thoroughfare / Surge
BL-60	Kūn Lún	昆 侖	Kun-Lun Mountain(s)
GB-30	Huán Tiào	環 跳	Circle/Ring Jump/Leap
GB-34	Yáng Líng Quán	陽 陵 泉	Yang Mound Spring (Spring at the Yang Mound)
Ht-5	Tōng Lǐ	通 里	Open/Unblock the Interior
Lu-7	Liè Quē	列 缺	Sequence Gap-Jog

Point Names and Category Tables

鬼穴 **Guǐ Xué - Ghost Points** (original 13 of Sun Si-miao in order)

Point #	Regular Name	Translation	Ghost Name	Translation
GV-26	人 Rén 中 Zhōng	Human Center	鬼 Guǐ 宮 Gōng	Ghost Palace
Lu-11	少 Shǎo 商 Shāng	Lesser Metal Note	鬼 Guǐ 信 Xìn	Ghost Letter
Sp-1	隱 Yǐn 白 Bái	Hidden/Concealed White	鬼 Guǐ 壘 Lěi	Ghost Fortress
Pc-7	大 Dà 陵 Líng	Big Mound/Tomb	鬼 Guǐ 心 Xīn	Ghost Heart
BL-62	申 Shēn 脈 Mài	9th Hour / Extension Vessel	鬼 Guǐ 路 Lù	Ghost Road/Highway
GV-16	風 Fēng 府 Fǔ	Wind Official/Mansion	鬼 Guǐ 枕 Zhěn	Ghost Pillow
ST-6	頰 Jiá 車 Chē	Jaw / Cheek Cart / Wheels	鬼 Guǐ 床 Chuáng	Ghost Bed
CV-24	承 Chéng 漿 Jiāng	Catch / For Saliva / Drooling	鬼 Guǐ 市 Shì	Ghost Market(place)
Pc-8	勞 Láo 宮 Gōng	Labor's Palace (Palace of Labor)	鬼 Guǐ 窟 Kū	Ghost Cave
GV-23	上 Shàng 星 Xīng	Upper Star	鬼 Guǐ 堂 Táng	Ghost Hall
CV-1	會 Huì 陰 Yīn	Converge/Meet Yin	鬼 Guǐ 藏 Cáng	Ghost Storeroom
LI-11	曲 Qū 池 Chí	Bent/Curved/Crooked Pool/Pond/Moat (Pond at the Crook)	鬼 Guǐ 臣 Chén	Ghost Vassal/Servant
Extra	海 Hǎi 泉 Quán	Sea Spring (Sea of Saliva)	鬼 Guǐ 封 Fēng	Ghost Enclosed

Point Names and Category Tables

鬼 穴 **Guǐ Xué - More Ghost Points** (beyond the basic 13)

* Note: Some points have the same ghost name.

Point #	Regular Name	Translation	Ghost Name	Translation
Lu-5	尺 Chǐ 澤 Zé	Cubit(al) Marsh/Wetlands	鬼 Guǐ 受 Shòu	Ghost Enduring; Suffering
Lu-9	太 Tài 淵 Yuān	Very/Great Abyss	鬼 Guǐ 心 Xīn	Ghost Heart
Lu-10	魚 Yú 際 Jì	Fish Edge	鬼 Guǐ 心 Xīn	Ghost Heart
Pc-5	間 Jiān 使 Shǐ	Between Go-Messenger	鬼 Guǐ 路 Lù	Ghost Road/Highway
LI-10	手 Shǒu 三 Sān 里 Lǐ	Hand/Arm Three Li/Units	鬼 Guǐ 邪 Xié	Ghost Evil
ST-36	足 Zú 三 Sān 里 Lǐ	Foot/Leg Three Li/Units	鬼 Guǐ 邪 Xié	Ghost Evil
ST-4	地 Dì 倉 Cāng	Earth Granary	鬼 Guǐ 床 Chuāng	Ghost Bed
GV-22	囟 Xìn 會 Huì	Skull Convergence	鬼 Guǐ 門 Mén	Ghost Gate

Alphabetical Index

of
130 Most
Frequent Characters

130 Common Characters List

The 130 characters that occur more than one time: *Alphabetical by Pinyin*

Pinyin	Char.	Translations	Occurs	In Which Points
bái	白	white (clear, bright)	7x	<i>see p. 31</i>
bāo	包	to wrap, wrap around, envelop	2x	Lr-9, Sp-21
cāng	倉	granary	2x	ST-4, BL-45/50
cháng	腸	intestines	2x	BL-25, BL-27
chí	池	pool, pond, moat	4x	LI-11, Pc-1, TB-4, GB-20
chōng chōng	沖 衝	surge thoroughfare	9x	<i>see p. 32</i>
chuāng	窗	window, shutters; roof vent	3x	ST-16, SI-16, GB-16
dà	大	big , large	12x	<i>see p. 33</i>
dào	道	path, pathway	5x	<i>see p. 34</i>
dì	地	earth, terrestrial	3x	ST-4, Sp-8, GB-42
dǐng	頂	top of the head, crown, vertex	2x	GV-19, GV-21
dū	都	city, capitol, metropolis	3x	Sp-2, Kd-19, Lr-6
dú	瀆	river, ditch, sluice	2x	TB-9, GB-32
duì	兌	exchange, weigh; trigram mouth	2x	ST-45, GV-27
fēn	分	divide, part; annex	2x	BL-36/41, CV-9
fēng	風	wind	6x	<i>see p. 35</i>
fēng	封	seal (between)	2x	Kd-23, Lr-4
fú	浮	float	2x	BL-52, GB-10
fú	扶	support	2x	LI-18, BL-50
fǔ	府	an official, the official's position, or dwelling (mansion); a repository, treasury, or archive	6x	<i>see p. 36</i>
fù	結	abdomen	2x	Sp-14, Sp-16
gé	膈	diaphragm	2x	BL-17, BL-41/46
gōng	宮	palace	3x	SI-19, Pc-8, CV-19
gōu	溝	trough, ditch, canal	3x	TB-6, Lr-5, GV-26
gǔ	骨	bone	8x	<i>see p. 37</i>
gǔ	谷	valley	10x	<i>see p. 38</i>
guān	關	gateway	14x	<i>see p. 39</i>
guāng	光	light, illuminated, brightly lit	2x	BL-6, GB-37
hǎi	海	sea , ocean	6x	<i>see p. 40</i>
hé	合	unite, close, enclose	2x	LI-4, BL-55
héng	橫	horizontal	2x	SP-15, Kd-11
hòu	後	behind	2x	SI-3, GV-19
hù	戶	door, doorway, household	3x	ST-13, BL-37/42, GV-17

130 Common Characters List

Pinyin	Char.	Translations	Occurs	In Which Points
huán	環	circle, ring, bracelet	2x	GB-30, BL-30
huāng	肱	a membrane, membranous	4x	BL-38/43, BL-46/51, BL-48/53, Kd-16
huì	會	to meet, converge	8x	<i>see p. 41</i>
jí	極	pinnacle, summit, pole	2x	Ht-1, CV-3
jiān	肩	shoulder	6x	<i>see p. 42</i>
jiān	間	the space between, in-between, between	5x	<i>see p. 43</i>
jiāo	交	crossroad, intersection, junction	5x	<i>see p. 44</i>
jīn	筋	sinew	3x	BL-56, GB-23, GV-8
jīng	京	capitol	2x	BL-64, GB-25
jǐng	井	well	2x	TB-10, GB-21
jù	巨	huge , gigantic, tremendous	6x	<i>see p. 45</i>
jué	絕	faint, to vanish, disappear	2x	BL-14, GB-39 (alt.)
kōng	空	empty, nothing, hollow	2x	TB-23, GB-19
lǐ	里	a unit of distance, 1/2 kilometer; village; interior; rectify	6x	<i>see p. 46</i>
lián	廉	pure, chaste; ridge, angle, corner	4x	LI-8, LI-9, Lr-11, CV-23
liáng	梁	cross-beam, bridge; ridge	2x	ST-21, ST-34
liáo	髎 窳	bone hole or edge (foramen) is an alternate character	14x	<i>see p. 47</i>
lín	臨	overlook (balcony)	2x	GB-15, GB-41
líng	靈	(yín) spirit (assoc. w/ rain) [compare with shén]	5x	<i>see p. 48</i>
líng	陵	mound, burial mound, tomb	4x	Pc-7, ST-26, Sp-9, GB-34
liū	溜	slip, slide; flow, current	2x	LI-7, Kd-7
lú	顱	skull	2x	TB-19, GB-5
luò	絡	network	2x	TB-8, BL-8
mài	脈	vessel, vein, pulse	4x	BL-62, TB-18, GB-26, Lr-12
mǎn	滿	fullness	2x	ST-20, Kd-14
mén	門	gate	22x	<i>see p. 49</i>
míng	明	bright, clear	2x	BL-1, GB-37
nǎo	腦	brain	2x	GV-17, GB-19
nào	臑	upper arm, deltoid	3x	LI-14, TB-13, SI-10
nèi	內	inner	2x	Pc-6, ST-44
qì	氣	vital energy	6x	<i>see p. 50</i>
qì	泣	weep, tears	3x	ST-1, GB-15, GB-41
qián	前	in front of, before	2x	SI-2, GV-21

130 Common Characters List

Pīnyīn	Char.	Translations	Occurs	In Which Points
qiáng	強	strong, firm, rigid	2x	GV-1, GV-18
qiào	竅	aperture, portal, hole, cavity	2x	GB-11, GB-44
qiū	丘	hill, hillock	4x	ST-34, Sp-5, GB-36, GB-40
qū	曲	bent, crooked	8x	<i>see p. 51</i>
quán	泉	a spring	8x	<i>see p. 52</i>
quē	缺	break, broken, vacant, defect	2x	Lu-7, ST-12
què	闕	watchtower, archway; imperial gate	2x	CV-8, CV-14
rén	人	person (adult)	2x	ST-9, GV-26
róng	容	appearance, look, contain	2x	SI-17, ST-19
rǔ	乳	breast, nipple	2x	ST-17, ST-18
sān	三	three	6x	<i>see p. 53</i>
shāng	商	metal note	4x	Lu-11, LI-1, Sp-5, Kd-17
shàng	上	above, upper, superior position	6x	<i>see p. 54</i>
shǎo	少	lesser, minor	5x	<i>see p. 55</i>
shè	舍	cottage, hut, shed	3x	ST-11, Sp-13, BL-44/49
shén	神	(yang) spirit , mind, consciousness [compare with ling]	8x	<i>see p. 56</i>
shí	石	rock, stone; barren	2x	CV-5, Kd-18
shì	市	marketplace, city	2x	ST-33, GB-31
shǒu	手	hand, arm	2x	LI-10, LI-13
shū apa yú	俞 膂 輸	acu- point ; shu/stream point back shu- point transport point	26x	<i>see p. 57</i>
shū	樞	pivot, axis	4x	GV-5, GV-7, ST-25, GB-27
shuǐ	水	water	5x	<i>see p. 58</i>
sì	四	four	3x	TB-9, ST-2, Kd-14
sūn	孫	grandchild, descendant	2x	Sp-4, TB-20
tài	太	great, greater, very	5x	<i>see p. 59</i>
táng	堂	hall	2x	CV-18, BL-39/44
tiān	天	sky, heavens/heavenly, celestial	16x	<i>see p. 60</i>
tīng	聽	hear, listen, understand	2x	SI-19, GB-2
tíng	庭	courtyard	3x	CV-16, GV-24, ST-44
tōng	通	open, unblocked	4x	Ht-5, BL-7, BL-66, Kd-20
tóu	頭	head	3x	ST-8, GB-11, GB-15
tū	突	prominence, protuberance	3x	LI-18, CV-22, ST-10
wài	外	outer	4x	TB-5, SI-14, ST-26, GB-36

130 Common Characters List

Pinyin	Char.	Translations	Occurs	In Which Points
wǎn	腕	epigastrium	3x	CV-10, CV-12, CV-13
wéi	維	link, corner	2x	ST-8, GB-28
wěi	委	bend, bent, crooked	2x	BL-53/39, BL-54/40
wèi	胃	stomach	2x	BL-21, BL-45/50
wǔ	五	five	5x	<i>see p. 61</i>
xī	谿 溪	stream-bed, creekbed, ravine, gully stream	6x	<i>see p. 62</i>
xī	膝	knee	2x	Lr-7, GB-33
xì	隙	cleft, fissure	3x	Ht-6, Pc-4, BL-52/38
xiá	俠	bold, brave, gallant (as a knight)	2x	Lu-4, GB-43
xià	下	under, below, inferior position	5x	<i>see p. 63</i>
xū	虛	empty, deficient	2x	ST-37, ST-39
xū	墟	burial grounds, ruins, wasteland	2x	GB-40, Kd-24
xuán	懸	hang, suspend, swing	4x	GB-5, GB-6, GB-39, GV-5
yáng	陽	the sunny side (associated with yang)	18x	<i>see p. 64</i>
yāo	腰	low back, lumbar	2x	GV-2, GV-3
yì	翳	a screen, to screen, shade	2x	TB-17, ST-15
yīn	陰	the shady side (associated with yin)	14x	<i>see p. 65</i>
yíng	迎	greet, welcome	3x	LI-20, ST-5, ST-9
yù	玉	jade	2x	CV-18, BL-9
yuān	淵	deep source of water; gulf	3x	Lu-9, TB-11, GB-22
yuán	元	original, first, primary	2x	CV-4, BL-26
zé	澤	marsh, swamp; moist	3x	Lu-5, Pc-3, SI-1
zhèng	正	correct, proper, upright	2x	SI-7, GB-17
zhī	支	branch, limb	2x	SI-7, TB-6
zhì	至	arrive at, reach	2x	GV-9, BL-67
zhōng	中	middle, center, central	20x	<i>see p. 66</i>
zhōng	鐘	bell, cup, goblet	2x	GB-39, Kd-4
zhú	竹	bamboo	2x	TB-23, BL-2
zhù	柱	pillar	2x	GV-12, BL-10
zōng	宗	ancestor, clan	2x	TB-7, SI-11
zú	足	foot, leg	4x	Lr-10, ST-36, GB-41, GB-44

Bold = top 36 characters (refer to text for their list of points - those page numbers are in italics)

Other Books by Jim Cleaver

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I.	Acu-Point Location Handbook	244 pages
II.	Acu-Point Actions Handbook	364 pages
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- **Zhuang Zi** Inner Chapters (1-7) 274 pages
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About the Author

Jim Cleaver has devoted much of the last forty years to teaching many aspects of Chinese medicine, having held positions at Five Branches Institute in Santa Cruz, CA., The Oregon College of Oriental Medicine, and the last 22 years at National College/University of Natural Medicine in Portland, OR.

Using this book, students, teachers, and practitioners will benefit from his depth of experience in clinic and classroom.

As a classroom tool and an office reference, this book is an invaluable resource.

Now retired from academics, Jim is making available some of the many books he created for his classes and students during his teaching career. These cover a wide range of topics related to Chinese Medicine, the Yi-Jing, and Chinese philosophical classics.

He also maintains a private practice and an on-going Qi-Gong & Tai-Ji class begun in 1991.



Highlights of this Workbook

- *Character writing practice sheets for all 361 regular channel Point Names
+ some alternative names
+ 86 Extra Points
+ Ghost Points*
- *Includes both traditional/complex and simplified characters*
- *Tables for all Point Categories allowing comparison of names*
- *Vocabulary List of all characters (130) used more than one time
Organized into:*
 - *the Top 36 (each used five times or more)*
 - *12 used four times*
 - *19 used three times*
 - *63 used two times*
- *List of all point name ‘homonyms’ and ‘near homonyms’*
- *Detailed discussion of the top 36 characters and
the points in which they occur*
- *Index of the 130 multiple use point characters*