

穴名 Xué Míng

*Point Name  
Reference  
Guide*

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君子 Jun-Zi Publications

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**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn     | Dictionary Definitions & Jim's Translations                                                                                                                                          | 穴 Point #       | 文 Characters |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------|
| <b>A</b>      |                                                                                                                                                                                      |                 |              |
| 哀 Āi (1 pt)   | to sympathize with, to pity, to wail; grieve, mourn                                                                                                                                  |                 | 哀            |
| Fù Āi         | Abdominal Woes/Distress / Wailing Abdomen                                                                                                                                            | Sp-16           | 腹 哀          |
| <b>B</b>      |                                                                                                                                                                                      |                 |              |
| 白 Bái (7 pts) | <b>white</b> ; clear, pure, plain; in vain; for nothing, free                                                                                                                        |                 | 白            |
| Bái Huán Shū  | White Circle Shu (Ano-Rectal Shu)                                                                                                                                                    | BL-30           | 白 環 臑        |
| Fú Bái        | Floating White / Overflow of White / Extra White                                                                                                                                     | GB-10           | 浮 白          |
| Sì Bái        | Four Whites (of the eyes)                                                                                                                                                            | ST-2            | 四 白          |
| Tài Bái       | <b>Great White</b> (Mt Tai or Venus)<br>Mt Tai is one of the 5 sacred mts (refers to big toe MP knuckle)<br>Tai Bai is the name for Venus, Venus is the planet associated with Metal | Sp-3            | 太 白          |
| Xiá Bái       | <b>Brave-Heroic-Gallant White</b><br>Protecting White, Guarding Metal (White Knight)                                                                                                 | Lu-4            | 俠 白          |
| Yáng Bái      | <b>Yang &amp; White</b> (Yang Bright / Clear the Yang)                                                                                                                               | GB-14           | 陽 白          |
| Yīn Bái       | <b>Hidden/Concealed White</b> [earth engenders metal]                                                                                                                                | Sp-1            | 隱 白          |
| 百 Bǎi (1 pt)  | <b>one hundred</b> ; numerous, all, everything                                                                                                                                       |                 | 百            |
| Bǎi Huì       | 100 Meet/Converge / Convergence of 100 [channels]                                                                                                                                    | GV-20           | 百 會          |
| 包 Bāo (2 pts) | <b>wrap</b> ; wrap around, wrap up; packet, bundle, bag                                                                                                                              |                 | 包            |
| Dà Bāo        | Big Wrap-Around / Big Wrap-Up / Big Embrace                                                                                                                                          | Sp-21           | 大 包          |
| Yīn Bāo       | Wrap the Yin (referring to the genitals)                                                                                                                                             | Lr-9            | 陰 包          |
| 胞 Bāo (1 pt)  | <b>placenta, uterus</b> ; afterbirth                                                                                                                                                 |                 | 胞            |
| Bāo Huāng     | Placenta/Uterus or Bladder Membranes                                                                                                                                                 | BL-28a (48/53)  | 胞 育          |
| 背 Bèi (1 pt)  | the back                                                                                                                                                                             |                 | 背            |
| Bèi Shū       | Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)                                                                                                                               | BL-11 alt. name | 背 臑          |
| 本 Běn (1 pt)  | <b>root, foundation</b> , basis, origin, source; standard                                                                                                                            |                 | 本            |
| Běn Shén      | Root the Spirit / Foundation of Spirit                                                                                                                                               | GB-13           | 本 神          |
| 鼻 Bí (1 pt)   | <b>the nose, nasal</b> , nostrils; muzzle, trunk (elephants)                                                                                                                         |                 | 鼻            |
| Dú Bí         | Calf Nose / Calf's Nose                                                                                                                                                              | ST-35           | 犢 鼻          |
| 髀 Bì (1 pt)   | <b>the thigh, thighbone</b> (femur), buttocks                                                                                                                                        |                 | 髀            |
| Bì Guān       | Thigh Gateway (Gateway to the Thigh), (Hip Joint)                                                                                                                                    | ST-31           | 髀 關          |
| 臂 Bì (1 pt)   | <b>arm</b> ; the upper arm                                                                                                                                                           |                 | 臂            |
| Bì Nào        | [Fore]Arm & Upper Arm (Deltoid, Humerus)                                                                                                                                             | LI-14           | 臂 臑          |
| 邊 Biān (1 pt) | <b>side, margin, edge, rim, border; limit</b>                                                                                                                                        |                 | 邊            |
| Zhì Biān      | Order's Sides / Sequence Margin                                                                                                                                                      | BL-30a (49/54)  | 秩 邊          |
| 賓 Bīn (1 pt)  | <b>a guest, visitor</b>                                                                                                                                                              |                 | 賓            |
| Zhù Bīn       | Building for a Guest (Guest House)                                                                                                                                                   | Kd-9            | 築 賓          |
| 鬢 Bìn (1 pt)  | <b>hair at the temples</b> , sideburns                                                                                                                                               |                 | 鬢            |
| Qū Bìn        | Curve of the Temporal Hairline                                                                                                                                                       | GB-7            | 曲 鬢          |
| 秉 Bǐng (1 pt) | <b>catch, grasp, hold; maintain, control</b>                                                                                                                                         |                 | 秉            |
| Bǐng Fēng     | Catch/Grasp/Hold the Wind / Control the Wind                                                                                                                                         | SI-12           | 秉 風          |
|               |                                                                                                                                                                                      |                 |              |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn       | Dictionary Definitions & Jim's Translations                                                                                                                                           | 穴 Point #      | 文 Characters |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|
| 不 Bù (1 pt)     | <b>no, not</b> , <i>negates what follows</i>                                                                                                                                          |                | 不            |
| Bù Róng         | <b>Not Containable, Un-Containable</b><br>Can't Hold (can't hold food down; Can't Stomach)                                                                                            | ST-19          | 不容           |
| 步 Bù (1 pt)     | <b>step, walk</b> ; a step or stage; a state or condition                                                                                                                             |                | 步            |
| Bù Láng         | <b>Step onto the Chest</b>                                                                                                                                                            | Kd-22          | 步廊           |
| <b>C</b>        |                                                                                                                                                                                       |                |              |
| 參 Cān (1 pt)    | cān = to join, participate, be part of; enter; to pay respects<br>cēn = uneven, not uniform, unequal, varied, irregular<br>shēn = ginseng, root; the 21st lunar mansion/constellation |                | 參            |
| Pú Cān          | <b>Servant Enters &amp; Prostrates / Servant Pays Respects</b>                                                                                                                        | BL-61          | 僕參           |
| 倉 Cāng (2 pts)  | <b>barn, storehouse, granary</b>                                                                                                                                                      |                | 倉            |
| Dì Cāng         | <b>Earth Granary - Terrestrial Granary</b>                                                                                                                                            | ST-4           | 地倉           |
| Wèi Cāng        | <b>Stomach Storehouse-Granary</b>                                                                                                                                                     | BL-21a (45/50) | 胃倉           |
| 藏 Cáng (1 pt)   | <b>to hide, conceal; store, accumulate, hoard; storehouse</b><br>(phonetic for and often used as a substitute for zàng organs)                                                        |                | 藏            |
| Shén Cáng       | <b>Spirit Stored/Storehouse – Spirit Concealed</b>                                                                                                                                    | Kd-25          | 神藏           |
| 差 Chā (1 pt)    | to err, make a mistake, error; differ, difference; <b>deviate</b>                                                                                                                     |                | 差            |
| Qū Chā          | <b>Bend &amp; Turn</b> (change direction)                                                                                                                                             | BL-4           | 曲差           |
| 長 Cháng (1 pt)  | <b>long, lengthy</b> ; forever; always                                                                                                                                                |                | 長            |
| Cháng Qiáng     | <b>Long &amp; Strong</b>                                                                                                                                                              | GV-1           | 長強           |
| 腸 Cháng (2 pts) | <b>the intestine(s)</b>                                                                                                                                                               |                | 腸            |
| Dà Cháng Shū    | <b>Large Intestine Shu</b>                                                                                                                                                            | BL-25          | 大腸腧          |
| Xiǎo Cháng Shū  | <b>Small Intestine Shu</b>                                                                                                                                                            | BL-27          | 小腸腧          |
| 車 Chē (1 pt)    | <b>cart, vehicle; wheel; carriage; machinery</b>                                                                                                                                      |                | 車            |
| Jiá Chē         | <b>Jaw Cart / Cheek Wheels</b>                                                                                                                                                        | ST-6           | 頰車           |
| 承 Chéng (8 pts) | to undertake, take charge of; to assume responsibility for, accept; <b>hold, support; for, due to, owing to</b>                                                                       |                | 承            |
| Chéng Fú        | <b>Hold &amp; Support / For Support</b>                                                                                                                                               | BL-50/36       | 承扶           |
| Chéng Guāng     | <b>Receive/Catch Light</b> (For Light)                                                                                                                                                | BL-6           | 承光           |
| Chéng Jiāng     | <b>Catch Saliva – For Drooling</b>                                                                                                                                                    | CV-24          | 承漿           |
| Chéng Jīn       | <b>Support the Sinews / For Sinews</b>                                                                                                                                                | BL-56          | 承筋           |
| Chéng Líng      | <b>Support Spirit</b> (For Spirit)                                                                                                                                                    | GB-18          | 承靈           |
| Chéng Mǎn       | <b>For Fullness</b> (Control Fullness)                                                                                                                                                | ST-20          | 承滿           |
| Chéng Qì        | <b>Hold or Carry Tears, For Tearing</b>                                                                                                                                               | ST-1           | 承泣           |
| Chéng Shān      | <b>Support(ing) Mountains</b> (Mts = muscles: gastroc, thigh, gluteals)<br><b>For Mts; For Piles</b> (Mts = hemorrhoids)                                                              | BL-57          | 承山           |
| 池 Chí (4 pts)   | <b>pool, pond; reservoir; moat</b>                                                                                                                                                    |                | 池            |
| Fēng Chí        | <b>Wind Pond</b>                                                                                                                                                                      | GB-20          | 風池           |
| Qū Chí          | <b>Pool/Pond at the Bend/Crook</b>                                                                                                                                                    | LI-11          | 曲池           |
| Tiān Chí        | <b>Celestial Pool/Pond</b>                                                                                                                                                            | Pc-1           | 天池           |
| Yáng Chí        | <b>Yang Pond</b>                                                                                                                                                                      | TB-4           | 陽池           |
| 尺 Chǐ (1 pt)    | <b>unit of measure: a cubit, a foot</b>                                                                                                                                               |                | 尺            |
| Chǐ Zé          | <b>Marsh at the Cubit</b> (cubital fossa)                                                                                                                                             | Lu-5           | 尺澤           |

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| 拼音 Pinyin                | Dictionary Definitions & Jim's Translations                                                                          | 穴 Point #    | 文 Characters |
|--------------------------|----------------------------------------------------------------------------------------------------------------------|--------------|--------------|
| <b>瘕 Chì (1 pt)</b>      | <b>spasm</b>                                                                                                         |              | 瘕            |
| <b>Chì Mài</b>           | <b>Spasm Vein/Vessel</b>                                                                                             | <b>TB-18</b> | 瘕脈           |
| <b>衝/沖 Chōng (9 pts)</b> | <b>highway, public road / to water; rush, dash, charge</b>                                                           |              | 衝 / 沖        |
| <b>Chōng Mén</b>         | <b>Thoroughfare Gate / Gate at the Pulse (femoral artery)</b>                                                        | <b>Sp-12</b> | 衝 / 沖門       |
| <b>Chōng Yáng</b>        | <b>Pulse on Yang (dorsalis pedis pulse) Yang Thoroughfare</b>                                                        | <b>ST-42</b> | 沖 / 衝陽       |
| <b>Guān Chōng</b>        | <b>Gateway Thoroughfare (i.e. the ring finger)<br/>Gateway Surge (see Pc-9 &amp; Ht-9)</b>                           | <b>TB-1</b>  | 關衝 / 沖       |
| <b>Méi Chōng</b>         | <b>Eyebrow Thoroughfare / Surge</b>                                                                                  | <b>BL-3</b>  | 眉衝 / 沖       |
| <b>Qì Chōng</b>          | <b>Qi Thoroughfare / Surge (inguinal groove / femoral artery)</b>                                                    | <b>ST-30</b> | 氣衝 / 沖       |
| <b>Shǎo Chōng</b>        | <b>Lesser (Yin) Thoroughfare / Surge</b>                                                                             | <b>Ht-9</b>  | 少衝 / 沖       |
| <b>Tài Chōng</b>         | <b>Great Thoroughfare / Surge</b>                                                                                    | <b>Lr-3</b>  | 太衝 / 沖       |
| <b>Tiān Chōng</b>        | <b>Celestial Thoroughfare / Celestial Surge</b>                                                                      | <b>GB-9</b>  | 天衝 / 沖       |
| <b>Zhōng Chōng</b>       | <b>Middle Thoroughfare / Surge (i.e. the middle finger &amp; its pulse)</b>                                          | <b>Pc-9</b>  | 中衝 / 沖       |
| <b>處 Chù (1 pt)</b>      | <b>a place, location, spot, point</b>                                                                                |              | 處            |
| <b>Wǔ Chù</b>            | <b>5th Spot/point</b>                                                                                                | <b>BL-5</b>  | 五處           |
| <b>窗 Chuāng (3 pts)</b>  | <b>a window; a vent; an opening in a roof (compare yǒu)</b>                                                          |              | 窗            |
| <b>Mù Chuāng</b>         | <b>Eye Vent/Window (Vent for the Eyes)</b>                                                                           | <b>GB-16</b> | 目窗           |
| <b>Tiān Chuāng</b>       | <b>Celestial Vent/Chimney/Window</b>                                                                                 | <b>SI-16</b> | 天窗           |
| <b>Yīng Chuāng</b>       | <b>Chest/Breast Vent (Ventilate the Chest)</b>                                                                       | <b>ST-16</b> | 膺窗           |
| <b>次 Cì (1 pt)</b>       | <b>next, 2nd; order position, a place, or time; inferior</b>                                                         |              | 次            |
| <b>Cì Liáo</b>           | <b>Next/2nd Bone-Hole</b>                                                                                            | <b>BL-32</b> | 次髎           |
| <b>D</b>                 |                                                                                                                      |              |              |
| <b>大 Dà (12 pts)</b>     | <b>big, large, huge, great; wide, deep; older, eldest</b>                                                            |              | 大            |
| <b>Dà Bāo</b>            | <b>Big Wrap-Around / Big Wrap-Up / Big Embrace</b>                                                                   | <b>Sp-21</b> | 大包           |
| <b>Dà Cháng Shū</b>      | <b>Large Intestine Shu</b>                                                                                           | <b>BL-25</b> | 大腸輸          |
| <b>Dà Dū</b>             | <b>Big City (Da = big toe, Du = provincial capitol)<br/>Da Du is ancient name for Beijing (i.e. the Big Capitol)</b> | <b>Sp-2</b>  | 大都           |
| <b>Dà Dūn</b>            | <b>Big &amp; Important (Big &amp; Thick)</b>                                                                         | <b>Lr-1</b>  | 大敦           |
| <b>Dà Hè</b>             | <b>Big Red (bloody vaginal discharge)</b>                                                                            | <b>Kd-12</b> | 大赫           |
| <b>Dà Hèng</b>           | <b>Big Horizontal (Big Across - Big &amp; Wide)</b>                                                                  | <b>Sp-15</b> | 大橫           |
| <b>Dà Jù</b>             | <b>Big Huge</b>                                                                                                      | <b>ST-27</b> | 大巨           |
| <b>Dà Líng</b>           | <b>Big Mound/Tomb</b>                                                                                                | <b>Pc-7</b>  | 大陵           |
| <b>Dà Yíng</b>           | <b>Big Welcome/Greeting (Smile)</b>                                                                                  | <b>ST-5</b>  | 大迎           |
| <b>Dà Zhōng</b>          | <b>Big Bell/Goblet</b>                                                                                               | <b>Kd-4</b>  | 大鐘           |
| <b>Dà Zhù</b>            | <b>Big Reed/Shuttle</b>                                                                                              | <b>BL-11</b> | 大杼           |
| <b>Dà Zhuī</b>           | <b>Big Vertebra (Big Mallet)</b>                                                                                     | <b>GV-14</b> | 大椎           |
| <b>帶 Dài (1 pt)</b>      | <b>belt, girdle, ribbon; a zone/region; to wear, carry;<br/>to lead, bring; consists of, shows; and, together</b>    |              | 帶            |
| <b>Dài Mài</b>           | <b>Belt Vessel</b>                                                                                                   | <b>GB-26</b> | 帶脈           |
| <b>膽 Dǎn (1 pt)</b>      | <b>gall bladder</b>                                                                                                  |              | 膽            |
| <b>Dǎn Shū</b>           | <b>Gall Bladder Shu</b>                                                                                              | <b>BL-19</b> | 膽輸           |

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| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations                                                                          | 穴 Point # | 文 Characters |
|----------------|----------------------------------------------------------------------------------------------------------------------|-----------|--------------|
| 膻 Dàn (1 pt)   | <b>the chest</b>                                                                                                     |           | 膻            |
| Dàn Zhōng      | <b>Center of the Chest</b> (middle Dān Tiān)                                                                         | CV-17     | 膻 中          |
| Tán Zhōng      | Central Altar (i.e. the sternum), ancient name for Pc                                                                |           | 壇 中          |
| Shān Zhòng     | Penetrating Odor (of mutton) (i.e. the sacrificial lamb)                                                             |           | 羶 中          |
| 道 Dào (5 pts)  | <b>direction, road, path; way; pathway</b><br>principle, truth; doctrine; skill, method; speak, tell, express        |           | 道            |
| Líng Dào       | <b>Spirit Pathway</b> (Pathway of the Yin Spirit)                                                                    | Ht-4      | 靈 道          |
| Shén Dào       | (Yang) <b>Spirit Pathway</b>                                                                                         | GV-11     | 神 道          |
| Shuǐ Dào       | <b>WaterWay (Path of Water)</b>                                                                                      | ST-28     | 水 道          |
| Táo Dào        | <b>Kiln Pathway</b> (pathway & steps alongside a traditional kiln)                                                   | GV-13     | 陶 道          |
| Wéi Dào        | <b>Linking Path</b>                                                                                                  | GB-28     | 維 道          |
| 地 Dì (3 pts)   | <b>earth, terrestrial; ground, land</b><br>place; territory; foundation                                              |           | 地            |
| Dì Cāng        | <b>Earth Granary - Terrestrial Granary</b>                                                                           | ST-4      | 地 倉          |
| Dì Jī          | <b>Earth Machine/Mechanism</b> (Move/Mobilize Earth)                                                                 | Sp-8      | 地 機          |
| Dì Wǔ Huì      | <b>Earth Five Converge</b>                                                                                           | GB-42     | 地 五 會        |
| 頂 Dǐng (2 pts) | <b>the top of the head, crown</b><br>support, hold on; rebuke, argue against                                         |           | 頂            |
| Hòu Dǐng       | <b>Behind the Vertex, Posterior Vertex</b>                                                                           | GV-19     | 後 頂          |
| Qián Dǐng      | <b>Before the Vertex, Anterior Vertex</b>                                                                            | GV-21     | 前 頂          |
| 鼎 Dǐng (1 pt)  | (sacrificial) <b>caldron</b> ; during, while                                                                         |           | 鼎            |
| Tiān Dǐng      | <b>Celestial Caldron</b>                                                                                             | LI-17     | 天 鼎          |
| 竇 Dòu (1 pt)   | <b>burrow, hole</b>                                                                                                  |           | 竇            |
| Shí Dòu        | <b>Food Burrow / Feeding Hole</b>                                                                                    | Sp-17     | 食 竇          |
| 督 Dū (1 pt)    | <b>to supervise, direct, oversee; superintendent</b>                                                                 |           | 督            |
| Dū Shū         | <b>Governing (vessel) Shu</b>                                                                                        | BL-16     | 督 腧          |
| 都 Dū (3 pts)   | <b>city, metropolis</b> , (a big city, capitol city)                                                                 |           | 都            |
| Dà Dū          | <b>Big City</b> (Da = big toe, Du = provincial capitol)<br>Da Du is ancient name for Beijing (i.e. the Big Capitol)  | Sp-2      | 大 都          |
| Yīn Dū         | <b>Yin City / Yin Metropolis</b>                                                                                     | Kd-19     | 陰 都          |
| Zhōng Dū       | <b>Central City</b>                                                                                                  | Lr-6      | 中 都          |
| 犢 Dú (1 pt)    | <b>a calf</b>                                                                                                        |           | 犢            |
| Dú Bí          | <b>Calf Nose / Calf's Nose</b>                                                                                       | ST-35     | 犢 鼻          |
| 瀆 Dú (2 pts)   | M:6515 = a ditch, drain, sluice, <b>river</b><br>M:6518 = to be rude to, trouble, <b>annoy</b> ; blaspheme           |           | 瀆            |
| Sì Dú          | <b>Four Rivers / Four Annoyances</b>                                                                                 | TB-9      | 四 瀆          |
| Zhōng Dú       | <b>Middle River</b>                                                                                                  | GB-32     | 中 瀆          |
| 端 Duān (1 pt)  | proper, direct, decent; <b>end, or beginning of;</b><br>cause, reason; piece of work, kind of event; carry, bring    |           | 端            |
| Duì Duān       | <b>Mouth End</b> (top of the lip)                                                                                    | GV-27     | 兌 端          |
| 兌 Duì (2 pts)  | barter, exchange, weigh;; <b>open up, trigram/mouth</b><br>pronounced yuè = pleased, happy, content, glad, delighted |           | 兌            |
| Duì Duān       | <b>Mouth End</b> (top of the lip)                                                                                    | GV-27     | 兌 端          |
| Lì Duì         | <b>Hardship/Severity Alleviated</b>                                                                                  | ST-45     | 厲 兌          |

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| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations                                                                      | 穴 Point #             | 文 Characters |
|----------------|------------------------------------------------------------------------------------------------------------------|-----------------------|--------------|
| <b>E</b>       |                                                                                                                  |                       |              |
| 耳 Ěr (1 pt)    | <b>the ear</b> ; that's all, only                                                                                |                       | 耳            |
| Ěr Mén         | Ear Gate                                                                                                         | <b>TB-21</b>          | 耳門           |
| 二 Ěr (1 pt)    | <b>two, 2nd; double</b>                                                                                          |                       | 二            |
| Èr Jiān        | 2nd Space (Point)                                                                                                | <b>LI-2</b>           | 二間           |
| <b>F</b>       |                                                                                                                  |                       |              |
| 房 Fáng (1 pt)  | <b>place, house, room, chamber; depot</b>                                                                        |                       | 房            |
| Kù Fáng        | StoreHouse/StoreRoom - Storage Depot                                                                             | <b>ST-14</b>          | 庫房           |
| 飛 Fēi (1 pt)   | <b>fly, flight; soar, flit; quick, speedy</b>                                                                    |                       | 飛            |
| Fēi Yáng       | Rise and Fly / Take/Taking Flight                                                                                | <b>BL-58</b>          | 飛揚           |
| 肺 Fèi (1 pt)   | <b>the lung(s)</b>                                                                                               |                       | 肺            |
| Fèi Shū        | Lung Shu/Point (Lu Pt [on the Back])                                                                             | <b>BL-13</b>          | 肺腧           |
| 分 Fēn (2 pts)  | <b>divide, separate; a part of, branch of;</b> distribute; distinguish, differentiate; a portion of, 1/10, 1/100 |                       | 分            |
| Fù Fēn         | Appended Part/Branch (of the BL channel) (BL Annex)                                                              | <b>BL-12a (36/41)</b> | 附分           |
| Shuǐ Fēn       | Water Divide                                                                                                     | <b>CV-9</b>           | 水分           |
| 封 Fēng (2 pts) | <b>close, blockade, seal; restrict, limit</b>                                                                    |                       | 封            |
| Shén Fēng      | Encase the Spirit / Spirit Enclosed/Restrained/Blockaded                                                         | <b>Kd-23</b>          | 神封           |
| Zhōng Fēng     | Sealed in the Middle (Sealed In, Between)                                                                        | <b>Lr-4</b>           | 中封           |
| 風 Fēng (6 pts) | <b>wind; breeze; gale;</b> the style or custom; news, rumor; scene, scenery; one's manner, style                 |                       | 風            |
| Fēng Chí       | Wind Pond                                                                                                        | <b>GB-20</b>          | 風池           |
| Fēng Fǔ        | Wind Official/Repository/Mansion                                                                                 | <b>GV-16</b>          | 風府           |
| Fēng Mén       | Wind Gate                                                                                                        | <b>BL-12</b>          | 風門           |
| Fēng Shì       | Wind Market (Windy City)                                                                                         | <b>GB-31</b>          | 風市           |
| Bǐng Fēng      | Catch/Grasp/Hold the Wind / Control the Wind                                                                     | <b>SI-12</b>          | 秉風           |
| Yì Fēng        | Screen the Wind                                                                                                  | <b>TB-17</b>          | 翳風           |
| 豐 Fēng (1 pt)  | <b>plentiful, abundant, copious;</b> graceful, good-looking                                                      |                       | 豐            |
| Fēng Lóng      | Plentiful & Abundant (Plenty Thunder)                                                                            | <b>ST-40</b>          | 豐隆           |
| 跗 Fū (1 pt)    | <b>the top/dorsum of the foot, instep, tarsal</b>                                                                | M:1923 / compare 1913 | 跗            |
| Fū Yáng        | Tarsal/Instep Yang                                                                                               | <b>BL-59</b>          | 跗陽           |
| 浮 Fú (2 pts)   | <b>float, floating, drifting; surface, superficial</b><br>(temporary, impulsive; insubstantial, overflow, extra) |                       | 浮            |
| Fú Bái         | Floating White / Overflow of White / Extra White                                                                 | <b>GB-10</b>          | 浮白           |
| Fú Xī          | Floating or Superficial Cleft                                                                                    | <b>BL-52/38</b>       | 浮隙           |
| 伏 Fú (1 pt)    | <b>crouch, lie down, prostrate</b>                                                                               |                       | 伏            |
| Fú Tù          | Crouching Rabbit                                                                                                 | <b>ST-32</b>          | 伏兔           |
| 扶 Fú (2 pts)   | <b>support, uphold; aid, assist; sustain; help</b>                                                               |                       | 扶            |
| Fú Tū          | Aid the (laryngeal) Prominence                                                                                   | <b>LI-18</b>          | 扶突           |
| Chéng Fú       | Hold & Support / For Support                                                                                     | <b>BL-50/36</b>       | 承扶           |
|                |                                                                                                                  |                       |              |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn     | Dictionary Definitions & Jim's Translations                                                                                                        | 穴 Point #             | 文 Characters |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------|
| 輔 Fǔ (1 pt)   | <b>aid, help, assist; a support, an assistant</b>                                                                                                  |                       | 輔            |
| Yáng Fǔ       | <b>Yang (Lateral) Support/Assistant</b>                                                                                                            | <b>GB-38</b>          | 陽 輔          |
| 府 Fǔ (6 pts)  | receiving station, clearing-house, <b>repository</b> ; <b>official</b> ; residence; mansion (palace is not a good translation)<br>腑 fǔ = bowel     |                       | 府            |
| Fǔ Shè        | <b>Official('s) Abode / Bowel Abode</b> (Yang Organ Residence)                                                                                     | <b>Sp-13</b>          | 府 舍          |
| Fēng Fǔ       | <b>Wind Official / Wind Repository/Clearing-house</b>                                                                                              | <b>GV-16</b>          | 風 府          |
| Shǎo Fǔ       | <b>Lesser (Yin) Official</b>                                                                                                                       | <b>Ht-8</b>           | 少 府          |
| Shū Fǔ        | <b>Shu Point (Associated Pt) Official</b>                                                                                                          | <b>Kd-27</b>          | 俞 府          |
| Tiān Fǔ       | <b>Celestial Official / Repository/Archive</b>                                                                                                     | <b>Lu-3</b>           | 天 府          |
| Zhōng Fǔ      | <b>Central Official / Repository/Archive</b>                                                                                                       | <b>Lu-1</b>           | 中 府          |
| 附 Fù (1 pt)   | <b>supplemental, additional; attached; near to close by; accessory; annex; append, appended, appendage, appendix; to be possessed (by spirits)</b> |                       | 附            |
| Fù Fēn        | <b>Appended Part/Branch</b> (of the BL channel) (BL Annex)                                                                                         | <b>BL-12a (36/41)</b> | 附 分          |
| 腹 Fù (2 pts)  | <b>abdomen, belly</b>                                                                                                                              |                       | 腹            |
| Fù Āi         | <b>Abdominal Distress / Belly Woes / Wailing Abdomen</b>                                                                                           | <b>Sp-16</b>          | 腹 哀          |
| Fù Jié        | <b>Abdominal Knot</b>                                                                                                                              | <b>Sp-14</b>          | 腹 結          |
| 復 Fù (1 pt)   | <b>return, repeat; come back again; restore, recover; answer, reply, repond; go back</b>                                                           |                       | 復            |
| Fù Liú        | <b>Recover Flow / Returning Current</b>                                                                                                            | <b>Kd-7</b>           | 復 溜          |
| <b>G</b>      |                                                                                                                                                    |                       |              |
| 蓋 Gài (1 pt)  | to cover, hide; a lid, awning, umbrella, parasol; <b>canopy</b>                                                                                    |                       | 蓋            |
| Huá Gài       | <b>Flowery/Flowerlike/Floral Canopy</b> (Umbrella, Awning)                                                                                         | <b>CV-20</b>          | 華 蓋          |
| 肝 Gān (1 pt)  | <b>the liver</b>                                                                                                                                   |                       | 肝            |
| Gān Shū       | <b>Liver Shu</b>                                                                                                                                   | <b>BL-18</b>          | 肝 膈          |
| 綱 Gāng (1 pt) | <b>lead rope of a net, key, guideline, principle</b>                                                                                               |                       | 綱            |
| Yáng Gāng     | <b>Lead the Yang</b> (Key to the Yang)                                                                                                             | <b>BL-19a (43/48)</b> | 陽 綱          |
| 膏 Gāo (1 pt)  | <b>fat; grease, paste; ointment, plaster; rich, unctuous</b>                                                                                       |                       | 膏            |
| Gāo Huāng Shū | <b>Fatty Membrane Shu</b>                                                                                                                          | <b>BL-14a (38/43)</b> | 膏 肓 膈        |
| 膈 Gé (2 pts)  | <b>the diaphragm</b>                                                                                                                               |                       | 膈            |
| Gé Guān       | <b>Diaphragm Gateway/Pass</b>                                                                                                                      | <b>BL-17a (41/46)</b> | 膈 關          |
| Gé Shū        | <b>Diaphragm Shu (Associated Pt)</b>                                                                                                               | <b>BL-17</b>          | 膈 膈          |
| 根 Gēn (1 pt)  | <b>root, base, foundation</b>                                                                                                                      |                       | 根            |
| Rǔ Gēn        | <b>Root/Base of the Breast</b>                                                                                                                     | <b>ST-18</b>          | 乳 根          |
| 公 Gōng (1 pt) | <b>public; just, fair, impartial; duke, ancestor, grandfather, gentleman, sir; male</b>                                                            |                       | 公            |
| Gōng Sūn      | <b>Duke's Heir</b> (see also TB-20 Jiao Sun)<br>Ancestor & Descendant (Sp & Chong)<br>Grandfather – Grandson (luo pt)                              | <b>Sp-4</b>           | 公 孫          |
|               |                                                                                                                                                    |                       |              |



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| 拼音 PīnYīn       | Dictionary Definitions & Jim's Translations                                                                                         | 穴 Point #       | 文 Characters |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------|
| 溝 Gōu (3 pts)   | irrigation ditch, gutter, drain, trench, trough, channel, rut, gully; creek, canal; <b>groove</b>                                   |                 | 溝            |
| Lǐ Gōu          | Woodworm Groove (Gourd Groove)                                                                                                      | Lr-5            | 蠱溝           |
| Shuǐ Gōu        | Water Trough (philtrum)                                                                                                             | GV-26 alt. name | 水溝           |
| Zhī Gōu         | Branch in the Groove                                                                                                                | TB-6            | 支溝           |
| 谷 Gǔ (10 pts)   | valley                                                                                                                              |                 | 谷            |
| Hé Gǔ           | Close the Valley / EnClosed Valley                                                                                                  | LI-4            | 合谷           |
| Lòu Gǔ          | Leaky Valley (Pt for disorders that cause leaking & dripping)                                                                       | Sp-7            | 漏谷           |
| Qián Gǔ         | Distal Valley                                                                                                                       | SI-2            | 前谷           |
| Rán Gǔ          | Blazing/Burning Valley                                                                                                              | Kd-2            | 然谷           |
| Rán Gǔ          | Blazing/Burning Bone (bone & valley are homonyms)                                                                                   |                 | 然骨           |
| Shuài Gǔ        | Commander/Leader of the Valley                                                                                                      | GB-8            | 率谷           |
| Tōng Gǔ (Fù)    | Unblock the Valley (on the abd.)                                                                                                    | Kd-20           | 腹通谷          |
| Tōng Gǔ (Zú)    | Open/Unblock the Valley (on the foot)                                                                                               | BL-66           | 足通谷          |
| Xiàn Gǔ         | Sink/Fall into the Valley – Deep Valley<br>Sunken/Sinking/Soggy/Boggy Valley                                                        | ST-43           | 陷谷           |
| Yáng Gǔ         | Yang Valley                                                                                                                         | SI-5            | 陽谷           |
| Yīn Gǔ          | Yin Valley                                                                                                                          | Kd-10           | 陰谷           |
| 骨 Gǔ (8 pts)    | bone, boney; rib; the skeleton, skeletal                                                                                            |                 | 骨            |
| Héng Gǔ         | Horizontal Bone                                                                                                                     | Kd-11           | 橫骨           |
| Jīng Gǔ         | Capitol Bone                                                                                                                        | BL-64           | 京骨           |
| Jù Gǔ           | Huge Bone (acromial end of clavicle)                                                                                                | LI-16           | 巨骨           |
| Jué Gǔ          | Disappearing Bone                                                                                                                   | GB-39 alt. name | 絕骨           |
| Qū Gǔ           | Bent/Curved/Crooked Bone (pubic bone)                                                                                               | CV-2            | 曲骨           |
| Shù Gǔ          | Binding Bone / Bound Bone                                                                                                           | BL-65           | 束骨           |
| Wán Gǔ          | End of the Bone (Mastoid Process)                                                                                                   | GB-12           | 完骨           |
| Wàn Gǔ          | Wrist Bone                                                                                                                          | SI-4            | 腕骨           |
| 關 Guān (14 pts) | mt. pass, a strategic position; a turning point, crucial moment; customs checkpoint; to close, shut; a hinge, joint; <b>gateway</b> |                 | 關            |
| Guān Chōng      | Gateway Thoroughfare (i.e. the ring finger)<br>Gateway Surge (see Pc-9 & Ht-9)                                                      | TB-1            | 關衝 / 冲       |
| Guān Mén        | Close the Gate / Closed Gate                                                                                                        | ST-22           | 關門           |
| Guān Yuán       | Original Gateway (關原 Gateway to the Source)                                                                                         | CV-4            | 關元           |
| Guān Yuán Shū   | Gateway to Source Shu                                                                                                               | BL-26           | 關元腧          |
| Bì Guān         | Thigh Gateway (Gateway to the Thigh) (Hip Joint)                                                                                    | ST-31           | 髀關           |
| Gé Guān         | Diaphragm Gateway/Pass                                                                                                              | BL-17a (41/46)  | 膈關           |
| Nèi Guān        | Inner Gateway                                                                                                                       | Pc-6            | 內關           |
| Shàng Guān      | Upper Gateway / Above the Hinge (the Zygomatic) (see ST-7)                                                                          | GB-3            | 上關           |
| Shí Guān        | Stone Gateway                                                                                                                       | Kd-18           | 石關           |
| Wài Guān        | Outer Gateway                                                                                                                       | TB-5            | 外關           |
| Xī Guān         | Knee Gateway / Gateway to the Knee                                                                                                  | Lr-7            | 膝關           |
| Xī Yáng Guān    | Yang Gateway to the Knee                                                                                                            | GB-33           | 膝陽關          |

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| 拼音 PīnYīn       | Dictionary Definitions & Jim's Translations                                                  | 穴 Point #      | 文 Characters |
|-----------------|----------------------------------------------------------------------------------------------|----------------|--------------|
| Xià Guān        | Lower Gateway / Below the Hinge (the Zygomatic) (see GB-3)                                   | ST-7           | 下關           |
| Yāo Yáng Guān   | Lumbar Yang Gateway                                                                          | GV-3           | 腰陽關          |
| 光 Guāng (2 pts) | light, bright; illuminate; shiny, smooth, glossy                                             |                | 光            |
| Guāng Míng      | Bright Light                                                                                 | GB-37          | 光明           |
| Chéng Guāng     | Receive/Catch Light (For Light)                                                              | BL-6           | 承光           |
| 胱 Guāng (1 pt)  | the bladder                                                                                  |                | 胱            |
| Páng Guāng Shū  | Urinary Bladder Shu                                                                          | BL-28          | 膀胱腧          |
| 歸 Guī (1 pt)    | return, revert, restore; send back; belong to; to marry                                      |                | 歸            |
| Guī Lái         | Come-Back – Return                                                                           | ST-29          | 歸來           |
| <b>H</b>        |                                                                                              |                |              |
| 海 Hǎi (6 pts)   | sea, ocean; large lake; smt. expansive or numerous                                           |                | 海            |
| Qì Hǎi          | Sea of Qi (Ocean of Vital Energy) (lower Dan Tian)                                           | CV-6           | 氣海           |
| Qì Hǎi Shū      | Sea of Qi Shu                                                                                | BL-24          | 氣海腧          |
| Shǎo Hǎi        | Lesser (Yin) Sea                                                                             | Ht-3           | 少海           |
| Xiǎo Hǎi        | Small Sea [Xiao = SI, Hai = He/sea pt] (compare with Shao Hai Ht-3)                          | SI-8           | 小海           |
| Xuè Hǎi         | Sea of Blood                                                                                 | Sp-10          | 血海           |
| Zhào Hǎi        | Shining Sea – Reflection on the Sea                                                          | Kd-6           | 照海           |
| 頷 Hàn (1 pt)    | chin, jaw/mandible; shake the head, nod; (temporalis)                                        |                | 頷            |
| Hàn Yàn         | Chin/Jaw Shut/Set (Temporalis Bulges)                                                        | GB-4           | 頷厭           |
| 合 Hé (2 pts)    | to close, fold up, shut; combine, join, unite; coincide, match, conform; meet                |                | 合            |
| Hé Gǔ           | Close the Valley / EnClosed Valley                                                           | LI-4           | 合谷           |
| Hé Yáng         | Union of Yang (Yang [Re]Union / Yang Closes)                                                 | BL-55          | 合陽           |
| 禾 Hé (1 pt)     | grain bearing plants; grain, cereals                                                         |                | 禾            |
| Hé Liáo         | Grain (sized) Bone-Hole                                                                      | LI-19          | 禾髎           |
| 和 Hé (1 pt)     | harmony, harmonize, harmonious                                                               |                | 和            |
| Hé Liáo         | Harmony Hole (refers to the ear and hearing) compare LI-19 Hé Liáo (hé = grain 禾 Grain Hole) | TB-22          | 和髎           |
| 赫 Hè (1 pt)     | red (2 fires – red; intense; blush, embarrass)                                               |                | 赫            |
| Dà Hè           | Big Red (red = bloody vaginal discharge)                                                     | Kd-12          | 大赫           |
| 橫 Héng (2 pts)  | horizontal, transverse; sideways (east to west)                                              |                | 橫            |
| Héng Gǔ         | Horizontal Bone                                                                              | Kd-11          | 橫骨           |
| Dà Héng         | Big Horizontal (Big Across - Big & Wide)                                                     | Sp-15          | 大橫           |
| 後 Hòu (2 pts)   | behind, in back of; later in time, after                                                     |                | 後            |
| Hòu Dǐng        | Behind the Vertex, Posterior Vertex                                                          | GV-19          | 後頂           |
| Hòu Xī          | Proximal Stream-bed (see SI-2 Qian Gu = Distal Valley)                                       | SI-3           | 後谿           |
| 戶 Hù (3 pts)    | single door, doorway; house, household                                                       |                | 戶            |
| Nǎo Hù          | Doorway to the Brain                                                                         | GV-17          | 腦戶           |
| Pò Hù           | Lung-Spirit Door/Household                                                                   | BL-13a (37/42) | 魄戶           |
| Qì Hù           | Qi Doorway - Doorway to the Qi/Breath                                                        | ST-13          | 氣戶           |

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| 拼音 PīnYīn       | Dictionary Definitions & Jim's Translations                                                           | 穴 Point #      | 文 Characters |
|-----------------|-------------------------------------------------------------------------------------------------------|----------------|--------------|
| 華 Huá (1 pt)    | <b>a flower, blossom; splendid, glorious</b>                                                          |                | 華            |
| Huá Gài         | Flowery/Flowerlike Canopy (Umbrella, Awning)                                                          | CV-20          | 華蓋           |
| 滑 Huá (1 pt)    | <b>slippery, smooth; glossy</b>                                                                       |                | 滑            |
| Huá Ròu Mén     | Slippery Flesh Gate / Smooth Muscle Gate                                                              | ST-24          | 滑肉門          |
| 環 Huán (2 pts)  | <b>circle, circular, encircle; a ring, bracelet</b>                                                   |                | 環            |
| Huán Tiào       | Jump/Leap Circle/Ring                                                                                 | GB-30          | 環跳           |
| Bái Huán Shū    | White Circle Shu (Ano-Rectal Shu)                                                                     | BL-30          | 白環臑          |
| 育 Huāng (4 pts) | <b>vital area between the heart and diaphragm; vital membrane, membranous</b>                         |                | 育            |
| Huāng Mén       | Membrane Gate                                                                                         | BL-22a (46/51) | 育門           |
| Huāng Shū       | Membrane or Umbilical Shu/Pt                                                                          | Kd-16          | 育俞           |
| Bāo Huāng       | Placenta/Uterus/Bladder Membranes                                                                     | BL-28a (48/53) | 胞育           |
| Gāo Huāng Shū   | Fatty Membrane Shu                                                                                    | BL-14a (38/43) | 膏育臑          |
| 會 Huì (8 pts)   | <b>meet, gather, assemble, converge; assemblage, conference, council, society, guild, association</b> |                | 會            |
| Huì Yáng        | Meeting of Yang                                                                                       | BL-35          | 會陽           |
| Huì Yīn         | Yin Converge, Meeting of Yin (Meet at a Yin place)                                                    | CV-1           | 會陰           |
| Huì Zōng        | Gathering of Ancestors (Gathering of the Elders)                                                      | TB-7           | 會宗           |
| Bǎi Huì         | 100 Meet/Converge (Convergence of 100 channels)                                                       | GV-20          | 百會           |
| Dì Wǔ Huì       | Earth Five Converge                                                                                   | GB-42          | 地五會          |
| Nào Huì         | Upper-Arm Meeting (pt)                                                                                | TB-13          | 臑會           |
| Tīng Huì        | Auditory Confluence                                                                                   | GB-2           | 聽會           |
| Xīn Huì         | Skull Convergence, Skull [bones] Meet (anterior fontanel)                                             | GV-22          | 囟會           |
| 魂 Hún (1 pt)    | (vaporous ghost) <b>yang soul, ethereal soul</b>                                                      |                | 魂            |
| Hún Mén         | Liver-Spirit Gate                                                                                     | BL-18a (42/47) | 魂門           |
| <b>J</b>        |                                                                                                       |                |              |
| 箕 Jī (1 pt)     | <b>basket, to winnow</b>                                                                              |                | 箕            |
| Jī Mén          | Winnowing Basket Gate                                                                                 | Sp-11          | 箕門           |
| 機 Jī (1 pt)     | <b>machine, mechanism</b> move, mobilize                                                              |                | 機            |
| Dì Jī           | Earth Machine/Mechanism (Move/Mobilize Earth)                                                         | Sp-8           | 地機           |
| 璣 Jī (1 pt)     | <b>Bowl of the Dipper, (astronomical instrument)</b>                                                  |                | 璣            |
| Xuán Jī         | Bowl of the Dipper (astronomical instrument)                                                          | CV-21          | 璇璣           |
| 急 Jí (1 pt)     | <b>Urgent</b>                                                                                         |                | 急            |
| Jí Mài          | Urgent Pulse                                                                                          | Lr-12          | 急脈           |
| 極 Jí (2 pts)    | <b>the summit, pinnacle; highest point, ultimate; pole (as in north or south poles); lofty</b>        |                | 極            |
| Jí Quán         | Lofty Spring or Spring at the Summit                                                                  | Ht-1           | 極泉           |
| Zhōng Jí        | Central Pole                                                                                          | CV-3           | 中極           |
| 脊 Jǐ (1 pt)     | <b>the spine</b>                                                                                      |                | 脊            |
| Jǐ Zhōng        | Spine Center (compare CV-3 Zhong Ji Central Pole)                                                     | GV-6           | 脊中           |

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| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations                   | 穴 Point # | 文 Characters |
|----------------|---------------------------------------------------------------|-----------|--------------|
| 際 Jì (1 pt)    | <b>edge, border, boundary</b>                                 |           | 際            |
| Yú Jì          | Edge of the Fish (the fish is the thenar eminence)            | Lu-10     | 魚 際          |
| 頰 Jiá (1 pt)   | <b>jaw, cheek;</b> (specifically the side of the face, ramus) |           | 頰            |
| Jiá Chē        | Jaw Cart / Cheek Wheels                                       | ST-6      | 頰 車          |
| 肩 Jiān (6 pts) | <b>the shoulder</b>                                           |           | 肩            |
| Jiān Jīng      | Shoulder Well / Well on the Shoulder                          | GB-21     | 肩 井          |
| Jiān Liáo      | Edge of the Shoulder Bone/Acromion                            | TB-14     | 肩 髎          |
| Jiān Wài Shū   | Shoulder's Outer Shu                                          | SI-14     | 肩 外 俞        |
| Jiān Yú        | Shoulder Bone (acromion)                                      | LI-15     | 肩 髃          |
| Jiān Zhēn      | Shoulder Correct [Correct the Shoulder]                       | SI-9      | 肩 貞          |
| Jiān Zhōng Shū | Middle Shoulder Shu                                           | SI-15     | 肩 中 俞        |
| 間 Jiān (5 pts) | <b>between, in between; the space between</b>                 |           | 間            |
| Jiān Shǐ       | Send-Go Between The Intermediary/Ambassador/Minister          | Pc-5      | 間 使          |
| Èr Jiān        | 2nd Space (Point)                                             | LI-2      | 二 間          |
| Qiáng Jiān     | Strong-Firm Space (posterior fontanel)                        | GV-18     | 強 間          |
| Sān Jiān       | 3rd Space (Point)                                             | LI-3      | 三 間          |
| Xíng Jiān      | Move Between (Step Between)                                   | Lr-2      | 行 間          |
| 建 Jiàn (1 pt)  | <b>build, construct</b>                                       |           | 建            |
| Jiàn Lǐ        | Build the Interior                                            | CV-11     | 建 里          |
| 漿 Jiāng (1 pt) | <b>a thick sauce</b>                                          |           | 漿            |
| Chéng Jiāng    | Catch Saliva – For Drooling                                   | CV-24     | 承 漿          |
| 交 Jiāo (5 pts) | <b>crossroad, intersection, junction</b>                      |           | 交            |
| Jiāo Xìn       | Promised Junction – Faithful Cycle                            | Kd-8      | 交 信          |
| Sān Yīn Jiāo   | 3 Yin Junction (Intersection of 3 Leg Yin)                    | Sp-6      | 三 陰 交        |
| Yáng Jiāo      | Yang Junction                                                 | GB-35     | 陽 交          |
| Yīn Jiāo       | Yin Junction-Crossing                                         | CV-7      | 陰 交          |
| Yín Jiāo       | Gum Junction (the two characters are interchangeable)         | GV-28     | 齦 / 斷 交      |
| 焦 Jiāo (1 pt)  | <b>to roast, burn, scorch, char</b>                           |           | 焦            |
| Sān Jiāo Shū   | Triple Burner Shu                                             | BL-22     | 三 焦 腧        |
| 角 Jiǎo (1 pt)  | <b>horn(s)</b>                                                |           | 角            |
| Jiǎo Sūn       | Horns of a Child                                              | TB-20     | 角 孫          |
| 結 Jié (1 pt)   | <b>knot</b>                                                   |           | 結            |
| Fù Jié         | Abdominal Knot                                                | Sp-14     | 腹 結          |
| 解 Jiě (1 pt)   | <b>release, open, unblock</b>                                 |           | 解            |
| Jiě Xī         | Open/Unblock the Stream(bed)                                  | ST-41     | 解 谿          |
| 金 Jīn (1 pt)   | <b>metal, gold</b>                                            |           | 金            |
| Jīn Mén        | Metal or Golden Gate                                          | BL-63     | 金 門          |
| 筋 Jīn (3 pts)  | <b>sinew, tendon, ligament; connective tissue</b>             |           | 筋            |
| Jīn Suō        | Sinew's Contract/Shrink (Muscle Spasm-Atrophy)                | GV-8      | 筋 縮          |
| Chéng Jīn      | Support the Sinews / For Sinews                               | BL-56     | 承 筋          |
| Zhé Jīn        | Flank Sinews / Rut between Sinews                             | GB-23     | 輒 筋          |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PinYin      | Dictionary Definitions & Jim's Translations                            | 穴 Point #       | 文 Characters |
|----------------|------------------------------------------------------------------------|-----------------|--------------|
| 京 Jīng (2 pts) | the capitol of a country or province                                   |                 | 京            |
| Jīng Gǔ        | Capitol Bone                                                           | BL-64           | 京 骨          |
| Jīng Mén       | Capitol Gate                                                           | GB-25           | 京 門          |
| 睛 Jīng (1 pt)  | eye(s)                                                                 |                 | 睛            |
| Jīng Míng      | Eyes Bright or Brighten Eyes                                           | BL-1            | 睛 明          |
| 經 Jīng (1 pt)  | a river or channel                                                     |                 | 經            |
| Jīng Qú        | Rivers/Channels & Canals (River pt)                                    | Lu-8            | 經 渠          |
| 井 Jīng (2 pts) | a well                                                                 |                 | 井            |
| Jiān Jīng      | Shoulder Well / Well on the Shoulder                                   | GB-21           | 肩 井          |
| Tiān Jīng      | Celestial Well (olecranon fossa) (name of a lunar lodge constellation) | TB-10           | 天 井          |
| 鳩 Jiū (1 pt)   | a dove or pigeon                                                       |                 | 鳩            |
| Jiū Wěi        | Dove's Tail (refers to xiphoid process)                                | CV-15           | 鳩 尾          |
| 居 Jū (1 pt)    | to squat                                                               |                 | 居            |
| Jū Liáo        | Squatting Crease                                                       | GB-29           | 居 髎          |
| 巨 Jù (6 pts)   | huge, giant, gigantic, enormous                                        |                 | 巨            |
| Jù Gǔ          | Huge Bone (acromial end of clavicle)                                   | LI-16           | 巨 骨          |
| Jù Liáo        | Huge Bone-Hole (big depression under the cheekbone)                    | ST-3            | 巨 髎          |
| Jù Què         | Giant Watchtower – Huge Archway/Portal                                 | CV-14           | 巨 闕          |
| Dà Jù          | Big Huge                                                               | ST-27           | 大 巨          |
| Shàng Jù Xū    | Upper, Huge Depletion (Strong Legs)                                    | ST-37           | 上 巨 虛        |
| Xià Jù Xū      | Lower, Huge Depletion (Strong Legs)                                    | ST-39           | 下 巨 虛        |
| 絕 Jué (1 pt)   | disappear, vanish                                                      |                 | 絕            |
| Jué Gǔ         | Disappearing Bone                                                      | GB-39 alt. name | 絕 骨          |
| 厥 Jué (1 pt)   | to faint; inverted; exhaust                                            |                 | 厥            |
| Jué-Yīn Shū    | Faint-Yin Shu/Pt (Pc & Lr)                                             | BL-14           | 厥 陰 腧        |
| <b>K</b>       |                                                                        |                 |              |
| 空 Kōng (2 pts) | hollow                                                                 |                 | 空            |
| Nǎo Kōng       | Brain Hollow                                                           | GB-19           | 腦 空          |
| Sī Zhú Kōng    | Silk Bamboo Hollow                                                     | TB-23           | 絲 竹 空        |
| 孔 Kǒng (1 pt)  | empty, hole                                                            |                 | 孔            |
| Kǒng Zuì       | Enormous Hole                                                          | Lu-6            | 孔 最          |
| 口 Kǒu (1 pt)   | mouth, an opening                                                      |                 | 口            |
| Tiáo Kǒu       | Thin Mouth Narrow Opening                                              | ST-38           | 條 口          |
| 庫 Kù (1 pt)    | store, storage, storehouse, storeroom                                  |                 | 庫            |
| Kù Fáng        | StoreHouse/StoreRoom - Storage Depot                                   | ST-14           | 庫 房          |
| 昆 Kūn (1 pt)   | elder brother, posterity; afterwards                                   |                 | 昆            |
| Kūn Lún        | Kun Lun Mountain(s)                                                    | BL-60           | 昆 侖          |
|                |                                                                        |                 |              |

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| 拼音 Pinyin              | Dictionary Definitions & Jim's Translations                                                       | 穴 Point # | 文 Characters |
|------------------------|---------------------------------------------------------------------------------------------------|-----------|--------------|
| <b>L</b>               |                                                                                                   |           |              |
| 來 <b>Lái</b> (1 pt)    | <b>come</b>                                                                                       |           | 來            |
| Guī Lái                | Come-Back – Return                                                                                | ST-29     | 歸來           |
| 廊 <b>Láng</b> (1 pt)   | <b>corridor; porch, veranda</b>                                                                   |           | 廊            |
| Bù Láng                | Step onto the Chest                                                                               | Kd-22     | 步廊           |
| 勞 <b>Láo</b> (1 pt)    | <b>labor, toil; exhaust</b>                                                                       |           | 勞            |
| Láo Gōng               | Laborer's Palace (Palace of Labor)                                                                | Pc-8      | 勞宮           |
| 冷 <b>Lěng</b> (1 pt)   | <b>cool, cold</b>                                                                                 |           | 冷            |
| Qīng Lěng Yuān         | Clear, Cold, Deep-Source of Water                                                                 | TB-11     | 清冷淵          |
| 釐 <b>Lí</b> (1 pt)     | <b>a little bit</b>                                                                               |           | 釐            |
| Xuán Lí                | Hanging a Little (lower)                                                                          | GB-6      | 懸釐           |
| 蠡 <b>Lǐ</b> (1 pt)     | <b>a woodworm, a gourd</b>                                                                        |           | 蠡            |
| Lǐ Gōu                 | Woodworm Groove (Gourd Groove)                                                                    | Lr-5      | 蠡溝           |
| 里 <b>Lǐ</b> (6 pts)    | <b>unit of distance (~ ½ kilometer);<br/>the interior; a village</b>                              |           | 里            |
| Jiàn Lǐ                | Build the Interior                                                                                | CV-11     | 建里           |
| Shǒu Sān Lǐ            | Arm: Three Li/Units (see ST-36)                                                                   | LI-10     | 手三里          |
| Shǒu Wǔ Lǐ             | Arm: Five Li (see Lr-10)                                                                          | LI-13     | 手五里          |
| Tōng Lǐ                | Open/Unblock the Interior / Through the Village                                                   | Ht-5      | 通里           |
| Zú Sān Lǐ              | Leg: Three Li/Units (Rectify 3 [Jiao] on the Leg) (see LI-10)                                     | ST-36     | 足三里          |
| Zú Wǔ Lǐ               | Leg: Five Li (see LI-13)                                                                          | Lr-10     | 足五里          |
| 厲 <b>Lì</b> (1 pt)     | <b>hardship, severity</b>                                                                         |           | 厲            |
| Lì Duì                 | Hardship/Severity Alleviated                                                                      | ST-45     | 厲兌           |
| 歷 <b>Lì</b> (1 pt)     | <b>Passage</b>                                                                                    |           | 歷            |
| 曆 <b>Lì</b>            | <b>Calendar</b>                                                                                   |           | 曆            |
| Piān Lì                | Oblique/Tangential Passage (on slant)                                                             | LI-6      | 偏歷           |
| Piān Lì                | Offset Calendar                                                                                   |           | 偏曆           |
| 廉 <b>Lián</b> (4 pts)  | <b>ridge; pure; corner</b>                                                                        |           | 廉            |
| Lián Quán              | Spring at the Ridge (Pure Spring)                                                                 | CV-23     | 廉泉           |
| Shàng Lián             | Upper Ridge                                                                                       | LI-9      | 上廉           |
| Xià Lián               | Lower Ridge                                                                                       | LI-8      | 下廉           |
| Yīn Lián               | Yin Triangle/Corner                                                                               | Lr-11     | 陰廉           |
| 梁 <b>Liáng</b> (2 pts) | <b>a beam, a bridge, ridge, connect</b><br>compare homonym 梁 liáng = good millet; fine grain/food |           | 梁            |
| Liáng Mén              | Beam Gate / Bridge Gate                                                                           | ST-21     | 梁門           |
| Liáng Qiū              | Beam Hill / Bridge Hill                                                                           | ST-34     | 梁丘           |
| 髎 <b>Liáo</b> (14 pts) | <b>hole in bone, foramen; bone edge</b>                                                           |           | 髎            |
| Cì Liáo                | Next/2nd Bone-Hole                                                                                | BL-32     | 次髎           |
| Hé Liáo                | Grain (sized) Bone-Hole                                                                           | LI-19     | 禾髎           |
| Hé Liáo                | Harmony Hole (refers to the ear and hearing)<br>compare LI-19 Hé Liáo (hé = grain 禾 Grain Hole)   | TB-22     | 和髎           |
| Jiān Liáo              | Edge of the Shoulder Bone/Acromion                                                                | TB-14     | 肩髎           |

*List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin*

| 拼音 PinYin           | Dictionary Definitions & Jim's Translations                   | 穴 Point # | 文 Characters |
|---------------------|---------------------------------------------------------------|-----------|--------------|
| Jū Liáo             | Squatting Crease                                              | GB-29     | 居 髎          |
| Jù Liáo             | Huge Bone-Hole (big depression under the cheekbone)           | ST-3      | 巨 髎          |
| Quán Liáo           | Cheek Bone Edge                                               | SI-18     | 顴 髎          |
| Shàng Liáo          | Upper Bone-Hole                                               | BL-31     | 上 髎          |
| Sù Liáo             | Plain Bone-Hole (plain = white = metal = lung = nose)         | GV-25     | 素 髎          |
| Tiān Liáo           | Celestial Bone-Hole/Edge                                      | TB-15     | 天 髎          |
| Tóng-zǐ Liáo        | Pupil Bone-Edge                                               | GB-1      | 瞳子 髎         |
| Xià Liáo            | Lower Bone-Hole                                               | BL-34     | 下 髎          |
| Zhōng Liáo          | Middle Bone-Hole                                              | BL-33     | 中 髎          |
| Zhǒu Liáo           | Elbow Bone-Edge                                               | LI-12     | 肘 髎          |
| 列 Liè (1 pt)        | gap, vacancy                                                  |           | 列            |
| Liè Quē             | Jog in the Sequence (Lightning Bolt)                          | Lu-7      | 列 缺          |
| 臨 Lín (2 pts)       | balcony, overlook; oversee                                    |           | 臨            |
| Tóu Lín Qì          | Head: Overlook Tears / Oversee Tearing (on the head)          | GB-15     | 頭 臨 泣        |
| Zú Lín Qì           | Foot: Overlook Tears / Oversee Tearing (on the foot)          | GB-41     | 足 臨 泣        |
| 陵 Líng (4 pts)      | mound                                                         |           | 陵            |
| Dà Líng             | Big Mound                                                     | Pc-7      | 大 陵          |
| Wài Líng            | Outer Mound – Outside the Mound                               | ST-26     | 外 陵          |
| Yáng Líng Quán      | Spring at the Yang Mound                                      | GB-34     | 陽 陵 泉        |
| Yīn Líng Quán       | Spring at Yin Mound                                           | Sp-9      | 陰 陵 泉        |
| 靈 Líng (5 pts)      | Spirit (Yin Spirit)                                           |           | 靈            |
| Líng Dào            | Spirit Pathway (Pathway of the Yin Spirit)                    | Ht-4      | 靈 道          |
| Líng Tái            | (Yin/Rain) Spirit Tower/Platform/Observatory                  | GV-10     | 靈 台          |
| Líng Xū             | Spirit Wasteland, Spirit in Ruins (Spirit Depression)         | Kd-24     | 靈 墟          |
| Chéng Líng          | Support Spirit (For Spirit)                                   | GB-18     | 承 靈          |
| Qīng Líng           | Blue-Green/Azure/Verdant Spirit                               | Ht-2      | 青 靈          |
| 溜 Liū / Liù (2 pts) | glide; smooth, glossy; slip, sneak away / flow                |           | 溜            |
| Fù Liù              | Recover Flow / Returning Current                              | Kd-7      | 復 溜          |
| Wēn Liù             | Warm Flow / Warm Current                                      | LI-7      | 溫 溜          |
| 隆 Lóng (1 pt)       | copious, plentiful, abundant                                  |           | 隆            |
| Fēng Lóng           | Plentiful & Abundant (Plenty Thunder)                         | ST-40     | 豐 隆          |
| 漏 Lòu (1 pt)        | leak, drip                                                    |           | 漏            |
| Lòu Gǔ              | Leaky Valley (Pt for disorders that cause leaking & dripping) | Sp-7      | 漏 谷          |
| 顱 Lú (2 pts)        | the skull                                                     |           | 顱            |
| Lú Xī               | Skull Resting or Skull Breathing                              | TB-19     | 顱 息          |
| Xuán Lú             | Hanging Head/Suspended Skull                                  | GB-5      | 懸 顱          |
| 脊 Lǚ (1 pt)         | backbone                                                      |           | 脊            |
| Zhōng Lǚ Shū        | Center of the Back-Bone Shu                                   | BL-29     | 中 脊 膂        |
| 倫 Lún (1 pt)        | 倫 = relationships; moral principles; a series                 |           | 倫            |
| Kūn Lún             | Kun Lun Mountain(s)                                           | BL-60     | 昆 侖          |
|                     |                                                               |           |              |

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| 拼音 PinYin      | Dictionary Definitions & Jim's Translations                               | 穴 Point #      | 文 Characters |
|----------------|---------------------------------------------------------------------------|----------------|--------------|
| 灤 Luò (1 pt)   | [name of] a river                                                         |                | 灤            |
| Xiǎo Luò       | Disperse the River (Channel)                                              | TB-12          | 消 灤          |
| 絡 Luò (2 pts)  | a net, netlike; network; connect, connection                              |                | 絡            |
| Luò Què        | Posterior Connection (Connect Backwards)                                  | BL-8           | 絡 卻          |
| Sān Yáng Luò   | 3 Yang Connect                                                            | TB-8           | 三 陽 絡        |
| <b>M</b>       |                                                                           |                |              |
| 脈 Mài (4 pts)  | vein, vessel                                                              |                | 脈            |
| Chì Mài        | Spasm Vein/Vessel                                                         | TB-18          | 瘕 脈          |
| Dài Mài        | Belt Vessel                                                               | GB-26          | 帶 脈          |
| Jí Mài         | Urgent Pulse                                                              | Lr-12          | 急 脈          |
| Shēn Mài       | Extending Vessel / Vessel Extension / 9th Hour Vessel                     | BL-62          | 申 脈          |
| 滿 Mǎn (2 pts)  | full, feeling of fullness                                                 |                | 滿            |
| Chéng Mǎn      | For Fullness (Control Fullness)                                           | ST-20          | 承 滿          |
| Sì Mǎn         | Four (Directions) Full / Fourway Fullness                                 | Kd-14          | 四 滿          |
| 眉 Méi (1 pt)   | the eyebrow(s)                                                            |                | 眉            |
| Méi Chōng      | Eyebrow Thoroughfare / Surge                                              | BL-3           | 眉 衝 / 沖      |
| 門 Mén (22 pts) | gate (double doors) [compare hù]                                          |                | 門            |
| Chōng Mén      | Thoroughfare Gate / Gate at the Surge (femoral artery)                    | Sp-12          | 衝 / 沖 門      |
| Ěr Mén         | Ear Gate                                                                  | TB-21          | 耳 門          |
| Fēng Mén       | Wind Gate                                                                 | BL-12          | 風 門          |
| Guān Mén       | Close the Gate or Closed Gate                                             | ST-22          | 關 門          |
| Huá Ròu Mén    | Slippery Flesh Gate / Smooth Muscle Gate                                  | ST-24          | 滑 肉 門        |
| Huāng Mén      | Membrane Gate                                                             | BL-22a (46/51) | 肓 門          |
| Hún Mén        | Liver-Spirit Gate                                                         | BL-18a (42/47) | 魂 門          |
| Jī Mén         | Winnowing Basket Gate                                                     | Sp-11          | 箕 門          |
| Jīn Mén        | Metal or Golden Gate                                                      | BL-63          | 金 門          |
| Jīng Mén       | Capitol Gate                                                              | GB-25          | 京 門          |
| Liáng Mén      | Beam Gate / Bridge Gate                                                   | ST-21          | 梁 門          |
| Mìng Mén       | Life Gate                                                                 | GV-4           | 命 門          |
| Qī Mén         | Long-Cycle Gate (Gate of Hope) (end of all channels)                      | Lr-14          | 期 門          |
| Shén Mén       | Spirit Gate / Gate of Consciousness                                       | Ht-7           | 神 門          |
| Shí Mén        | Stone Gate                                                                | CV-5           | 石 門          |
| Xī Mén         | Cleft Gate                                                                | Pc-4           | 隙 門          |
| Yǎ Mén         | Mute Gate                                                                 | GV-15          | 啞 門          |
| Yè Mén         | (Yin) Fluid(s) Gate                                                       | TB-2           | 液 門          |
| Yīn Mén        | Abundant Gate / Deep Gate                                                 | BL-51/37       | 殷 門          |
| Yōu Mén        | Secluded Gate - Secret Gate (pylorus)                                     | Kd-21          | 幽 門          |
| Yún Mén        | Cloud Gate                                                                | Lu-2           | 雲 門          |
| Zhāng Mén      | Barricade Gate (Zang Gate)<br>Shorter-Cycle Gate (Section Gate) see Lr-14 | Lr-13          | 章 門          |



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| 拼音 PinYin      | Dictionary Definitions & Jim's Translations                                                                    | 穴 Point #      | 文 Characters        |
|----------------|----------------------------------------------------------------------------------------------------------------|----------------|---------------------|
| 明 Míng (2 pts) | <b>bright</b>                                                                                                  |                | 明                   |
| Guāng Míng     | Bright Light                                                                                                   | GB-37          | 光明                  |
| Jīng Míng      | Eyes Bright or Brighten Eyes                                                                                   | BL-1           | 睛明                  |
| 命 Mìng (1 pt)  | <b>decree; destiny, fate, life</b>                                                                             |                | 命                   |
| Mìng Mén       | Life Gate                                                                                                      | GV-4           | 命門                  |
| 目 Mù (1 pt)    | <b>the eye</b>                                                                                                 |                | 目                   |
| Mù Chuāng      | Eye Vent/Window (Vent for the Eyes)                                                                            | GB-16          | 目窗                  |
| <b>N</b>       |                                                                                                                |                |                     |
| 腦 Nǎo (2 pts)  | <b>the brain</b>                                                                                               |                | 腦                   |
| Nǎo Hù         | Doorway to the Brain                                                                                           | GV-17          | 腦戶                  |
| Nǎo Kōng       | Brain Hollow                                                                                                   | GB-19          | 腦空                  |
| 臑 Nào (3 pts)  | <b>arm, upper-arm, deltoid, humerus</b>                                                                        |                | 臑                   |
| Nào Huì        | Upper-Arm Meeting (pt)                                                                                         | TB-13          | 臑會                  |
| Nào Shū        | Upper Arm/Deltoid Shu/Pt                                                                                       | SI-10          | 臑俞                  |
| Bì Nào         | [Fore]Arm & Upper Arm (Deltoid/Humerus)                                                                        | LI-14          | 臂臑                  |
| 內 Nèi (2 pts)  | <b>inner, inside</b>                                                                                           |                | 內                   |
| Nèi Guān       | Inner Gateway                                                                                                  | Pc-6           | 內關                  |
| Nèi Tíng       | Inner Courtyard / Inside the Hall                                                                              | ST-44          | 內庭                  |
| <b>O-P</b>     |                                                                                                                |                |                     |
| 膀 Páng (1 pt)  | <b>the urinary bladder</b>                                                                                     |                | 膀                   |
| Páng Guāng Shū | Urinary Bladder Shu                                                                                            | BL-28          | 膀胱俞                 |
| 盆 Pén (1 pt)   | <b>basin</b>                                                                                                   |                | 盆                   |
| Quē Pén        | Empty Basin (Supraclavicular Fossa)                                                                            | ST-12          | 缺盆                  |
| 脾 Pí (1 pt)    | <b>the spleen</b>                                                                                              |                | 脾                   |
| Pí Shū         | Spleen Shu                                                                                                     | BL-20          | 脾俞                  |
| 偏 Piān (1 pt)  | <b>oblique, tangential, on a slant or incline; offset</b>                                                      |                | 偏                   |
| Piān Lì        | Oblique/Tangential Passage (on slant)                                                                          | LI-6           | 偏歷                  |
| Piān Lì        | Offset Calendar                                                                                                |                | 偏曆                  |
| 魄 Pò (1 pt)    | <b>yin soul, corporeal soul</b>                                                                                |                | 魄                   |
| Pò Hù          | Lung-Spirit Door/Household                                                                                     | BL-13a (37/42) | 魄戶                  |
| 僕 Pú (1 pt)    | <b>servant, slave; used to refer to oneself</b><br>pronounced pū = to fall to the ground; to prostrate oneself |                | 僕<br>also written 仆 |
| Pú Cān         | Humble Servant (see cān & shēn)                                                                                | BL-61          | 僕參                  |
| <b>Q</b>       |                                                                                                                |                |                     |
| 期 Qī (1 pt)    | <b>a long cycle, (year, decade, century), hope</b>                                                             |                | 期                   |
| Qī Mén         | Long-Cycle Gate (Gate of Hope) (end of all channels)                                                           | Lr-14          | 期門                  |
|                |                                                                                                                |                |                     |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn              | Dictionary Definitions & Jim's Translations                       | 穴 Point #    | 文 Characters |
|------------------------|-------------------------------------------------------------------|--------------|--------------|
| <b>氣 Qì</b> (6 pts)    | <b>energy, vital energy</b>                                       |              | 氣            |
| <b>Qì Chōng</b>        | <b>Qi Thoroughfare / Surge</b> (inguinal groove / femoral artery) | <b>ST-30</b> | 氣衝 / 冲       |
| <b>Qì Hǎi</b>          | <b>Sea of Qi</b> (Ocean of Vital Energy) (lower Dan Tian)         | <b>CV-6</b>  | 氣海           |
| <b>Qì Hǎi Shū</b>      | <b>Sea of Qi Shu</b>                                              | <b>BL-24</b> | 氣海腧          |
| <b>Qì Hù</b>           | <b>Qi Doorway - Doorway to the Qi/Breath</b>                      | <b>ST-13</b> | 氣戶           |
| <b>Qì Shě</b>          | <b>Qi Abode/Cottage – Qi Residence/Dwelling</b>                   | <b>ST-11</b> | 氣舍           |
| <b>Qì Xué</b>          | <b>Qi Cave - Vital Energy Point</b>                               | <b>Kd-13</b> | 氣穴           |
| <b>泣 Qì</b> (3 pts)    | <b>tears, tearing</b>                                             |              | 泣            |
| <b>Chéng Qì</b>        | <b>Hold or Carry Tears, For Tearing</b>                           | <b>ST-1</b>  | 承泣           |
| <b>Tóu Lín Qì</b>      | <b>Head: Overlook Tears / Oversee Tearing</b> (on the head)       | <b>GB-15</b> | 頭臨泣          |
| <b>Zú Lín Qì</b>       | <b>Foot: Overlook Tears / Oversee Tearing</b> (on the foot)       | <b>GB-41</b> | 足臨泣          |
| <b>前 Qián</b> (2 pts)  | <b>before, in front of</b>                                        |              | 前            |
| <b>Qián Dǐng</b>       | <b>Before the Vertex, Anterior Vertex</b>                         | <b>GV-21</b> | 前頂           |
| <b>Qián Gǔ</b>         | <b>Distal Valley</b>                                              | <b>SI-2</b>  | 前谷           |
| <b>強 Qiáng</b> (2 pts) | <b>strong, firm</b>                                               |              | 強            |
| <b>Qiáng Jiān</b>      | <b>Strong-Firm Space</b> (posterior fontanel)                     | <b>GV-18</b> | 強間           |
| <b>Cháng Qiáng</b>     | <b>Long &amp; Strong</b>                                          | <b>GV-1</b>  | 長強           |
| <b>竅 Qiào</b> (2 pts)  | <b>aperture, portal, orifice</b>                                  |              | 竅            |
| <b>Tóu Qiào Yīn</b>    | <b>Head: Yin Portals / Yin Orifices</b> (on the head) see GB-44   | <b>GB-11</b> | 頭竅陰          |
| <b>Zú Qiào Yīn</b>     | <b>Foot: Yin Portals / Yin Apertures</b> (on the feet) see GB-11  | <b>GB-44</b> | 足竅陰          |
| <b>青 Qīng</b> (1 pt)   | <b>blue-green, azure; verdant</b>                                 |              | 青            |
| <b>Qīng Líng</b>       | <b>Blue-Green/Azure/Verdant Spirit</b>                            | <b>Ht-2</b>  | 青靈           |
| <b>清 Qīng</b> (1 pt)   | <b>clear</b>                                                      |              | 清            |
| <b>Qīng Lěng Yuān</b>  | <b>Clear, Cold, Deep-Source of Water</b>                          | <b>TB-11</b> | 清冷淵          |
| <b>丘 Qiū</b> (4 pts)   | <b>a hill</b>                                                     |              | 丘            |
| <b>Qiū Xū</b>          | <b>Hill Ruins</b>                                                 | <b>GB-40</b> | 丘墟           |
| <b>Liáng Qiū</b>       | <b>Beam Hill / Bridge Hill</b>                                    | <b>ST-34</b> | 梁丘           |
| <b>Shāng Qiū</b>       | <b>Metal-Note Hill</b> (Metal pt)                                 | <b>Sp-5</b>  | 商丘           |
| <b>Wài Qiū</b>         | <b>Outer/Lateral Hill</b>                                         | <b>GB-36</b> | 外丘           |
| <b>曲 Qū</b> (8 pts)    | <b>bent, curved, crooked</b>                                      |              | 曲            |
| <b>Qū Bìn</b>          | <b>Curve of the Temporal Hairline</b>                             | <b>GB-7</b>  | 曲鬢           |
| <b>Qū Chā</b>          | <b>Bend &amp; Turn</b>                                            | <b>BL-4</b>  | 曲差           |
| <b>Qū Chí</b>          | <b>Pool/Pond at the Bend/Crook</b>                                | <b>LI-11</b> | 曲池           |
| <b>Qū Gǔ</b>           | <b>Bent/Curved/Crooked Bone</b> (pubic bone)                      | <b>CV-2</b>  | 曲骨           |
| <b>Qū Quán</b>         | <b>Spring at the Bend</b>                                         | <b>Lr-8</b>  | 曲泉           |
| <b>Qū Yuán</b>         | <b>Curved/Crooked Wall</b>                                        | <b>SI-13</b> | 曲垣           |
| <b>Qū Zé</b>           | <b>Marsh at the Crook/Bend</b>                                    | <b>Pc-3</b>  | 曲澤           |
| <b>Shāng Qū</b>        | <b>Metal-Note Bend</b> (refers to transverse colon)               | <b>Kd-17</b> | 商曲           |
| <b>渠 Qú</b> (1 pt)     | <b>canal(s)</b>                                                   |              | 渠            |
| <b>Jīng Qú</b>         | <b>Rivers/Channels &amp; Canals</b> (River pt)                    | <b>Lu-8</b>  | 經渠           |
|                        |                                                                   |              |              |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations       | 穴 Point # | 文 Characters |
|----------------|---------------------------------------------------|-----------|--------------|
| 顴 Quán (1 pt)  | the cheek, front of the face                      |           | 顴            |
| Quán Liáo      | Cheek Bone Edge                                   | SI-18     | 顴 膠          |
| 泉 Quán (8 pts) | a spring                                          |           | 泉            |
| Jí Quán        | Lofty Spring or Spring at the Summit              | Ht-1      | 極 泉          |
| Lián Quán      | Spring at the Ridge (Pure Spring)                 | CV-23     | 廉 泉          |
| Qū Quán        | Spring at the Bend                                | Lr-8      | 曲 泉          |
| Shuǐ Quán      | Water Spring                                      | Kd-5      | 水 泉          |
| Tiān Quán      | Celestial Spring                                  | Pc-2      | 天 泉          |
| Yáng Líng Quán | Spring at the Yang Mound                          | GB-34     | 陽 陵 泉        |
| Yīn Líng Quán  | Spring at Yin Mound                               | Sp-9      | 陰 陵 泉        |
| Yǒng Quán      | Gushing/Bubbling Spring                           | Kd-1      | 湧 泉          |
| 缺 Quē (2 pts)  | empty, vacant                                     |           | 缺            |
| Quē Pén        | Empty Basin (Supraclavicular Fossa)               | ST-12     | 缺 盆          |
| Liè Quē        | Gap/Jog in the Sequence (Lightning Bolt)          | Lu-7      | 列 缺          |
| 闕 Què (2 pts)  | watchtower, archway, portal                       |           | 闕            |
| Jù Què         | Giant Watchtower – Huge Archway/Portal            | CV-14     | 巨 闕          |
| Shén Què       | Imperial Watchtower – Spirit Portal               | CV-8      | 神 闕          |
| 卻 Què (1 pt)   | lean or incline backwards                         |           | 卻            |
| Luò Què        | Posterior Connection (Connect Backwards)          | BL-8      | 絡 卻          |
| <b>R</b>       |                                                   |           |              |
| 然 Rán (1 pt)   | on fire, burn                                     |           | 然            |
| Rán Gǔ         | Blazing/Burning Valley                            | Kd-2      | 然 谷          |
| Rán Gǔ         | Blazing/Burning Bone (bone & valley are homonyms) |           | 然 骨          |
| 人 Rén (2 pts)  | a person, people; human being; adult              |           | 人            |
| Rén Yíng       | Persons' Prognosis                                | ST-9      | 人 迎          |
| Rén Zhōng      | Human Center (between H & E) (i.e. nose & mouth)  | GV-26     | 人 中          |
| 日 Rì (1 pt)    | the sun                                           |           | 日            |
| Rì Yuè         | Sun & Moon                                        | GB-24     | 日 月          |
| 周 Róng (1 pt)  | all around, universal; the Zhou dynasty           |           | 周            |
| Zhōu Róng      | Universal Nourishment                             | Sp-20     | 周 榮          |
| 容 Róng (2 pts) | to hold, to contain; appearance, a look           |           | 容            |
| Bù Róng        | Not Contained – Can't Hold (Can't Stomach)        | ST-19     | 不 容          |
| Tiān Róng      | Celestial Appearance (Look Skyward)               | SI-17     | 天 容          |
| 肉 Ròu (1 pt)   | meat, flesh; muscle                               |           | 肉            |
| Huá Ròu Mén    | Slippery Flesh Gate / Smooth Muscle Gate          | ST-24     | 滑 肉 門        |
| 乳 Rǔ (2 pts)   | the breast                                        |           | 乳            |
| Rǔ Gēn         | Root/Base of the Breast                           | ST-18     | 乳 根          |
| Rǔ Zhōng       | Breast Center (Center of the Breast)              | ST-17     | 乳 中          |
|                |                                                   |           |              |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PinYin              | Dictionary Definitions & Jim's Translations                                                                | 穴 Point #        | 文 Characters |
|------------------------|------------------------------------------------------------------------------------------------------------|------------------|--------------|
| <b>S</b>               |                                                                                                            |                  |              |
| <b>三 Sān (6 pts)</b>   | <b>three, 3rd, triple</b>                                                                                  |                  | 三            |
| Sān Jiān               | 3rd Space (Point)                                                                                          | LI-3             | 三 間          |
| Sān Jiāo Shū           | Triple Burner Shu                                                                                          | BL-22            | 三 焦 腧        |
| Sān Yáng Luò           | 3 Yang Connect                                                                                             | TB-8             | 三 陽 絡        |
| Sān Yīn Jiāo           | 3 Yin Junction (Intersection of 3 Leg Yin)                                                                 | Sp-6             | 三 陰 交        |
| Shǒu Sān Lǐ            | Arm: Three Li/Units (see ST-36)                                                                            | LI-10            | 手 三 里        |
| Zú Sān Lǐ              | Leg: Three Li/Units (Rectify 3 [Jiao] on the Leg) see LI-10                                                | ST-36            | 足 三 里        |
| <b>山 Shān (1 pt)</b>   | <b>mountain(s)</b>                                                                                         |                  | 山            |
| Chéng Shān             | Support(ing) Mountains (Mts = muscles: gastroc, thigh, gluteals)<br>For Mts; For Piles (Mts = hemorrhoids) | BL-57            | 承 山          |
| <b>羶 Shān (1 pt)</b>   | <b>the smell of mutton</b>                                                                                 |                  | 羶            |
| Dàn Zhōng              | Center of the Chest (middle Dān Tiān)                                                                      |                  | 膻 中          |
| Tán Zhōng              | Central Altar (i.e. the sternum), ancient name for Pc                                                      |                  | 壇 中          |
| Shān Zhòng             | Penetrating Odor (of mutton) (i.e. the sacrificial lamb)                                                   | CV-17 (alt name) | 羶 中          |
| <b>商 Shāng (4 pts)</b> | <b>name of a musical note; (2nd note of the pentatonic scale)<br/>it corresponds to metal</b>              |                  | 商            |
| Shāng Qiū              | Metal-Note Hill (Metal pt)                                                                                 | Sp-5             | 商 丘          |
| Shāng Qū               | Metal-Note Bend (refers to transverse colon)                                                               | Kd-17            | 商 曲          |
| Shāng Yáng             | Yang Metal-Note (Metal pt on yang metal channel)                                                           | LI-1             | 商 陽          |
| Shǎo Shāng             | Lesser Metal-Note (refers to yin-Metal i.e. the Lu channel)                                                | Lu-11            | 少 商          |
| <b>上 Shàng (6 pts)</b> | <b>on top of, above, upper, superior</b>                                                                   |                  | 上            |
| Shàng Guān             | Upper Gateway / Above the Hinge (the Zygomatic) (see ST-7)                                                 | GB-3             | 上 關          |
| Shàng Jù Xū            | Upper, Huge Depletion (Strong Legs)                                                                        | ST-37            | 上 巨 虛        |
| Shàng Lián             | Upper Ridge                                                                                                | LI-9             | 上 廉          |
| Shàng Liáo             | Upper Bone-Hole                                                                                            | BL-31            | 上 髎          |
| Shàng Wǎn              | Upper Epigastrium (fundus & esophagus)                                                                     | CV-13            | 上 脘          |
| Shàng Xīng             | Upper Star (stars refer to eyes & spirit)                                                                  | GV-23            | 上 星          |
| <b>少 Shǎo (5 pts)</b>  | <b>little; few, fewer; less, lesser;<br/>4th tone = young(er)</b>                                          |                  | 少            |
| Shǎo Chōng             | Lesser (Yin) Thoroughfare / Surge                                                                          | Ht-9             | 少 衝 / 沖      |
| Shǎo Fǔ                | Lesser (Yin) Official                                                                                      | Ht-8             | 少 府          |
| Shǎo Hǎi               | Lesser (Yin) Sea                                                                                           | Ht-3             | 少 海          |
| Shǎo Shāng             | Lesser Metal-Note (2nd note of pentatonic scale)                                                           | Lu-11            | 少 商          |
| Shǎo Zé                | Lesser Marsh (Little finger Marsh)                                                                         | SI-1             | 少 澤          |
| <b>舍 Shě (3 pts)</b>   | <b>hut, shed, cottage; reside; an abode</b>                                                                |                  | 舍            |
| Fǔ Shě                 | Official('s) Abode / Bowel Abode (Yang Organ Residence)                                                    | Sp-13            | 府 舍          |
| Qì Shě                 | Qi Abode/Cottage – Qi Residence/Dwelling                                                                   | ST-11            | 氣 舍          |
| Yì Shě                 | Spleen-Spirit Abode                                                                                        | BL-20a (44/49)   | 意 舍          |
| <b>身 Shēn (1 pt)</b>   | <b>the body, esp. the torso</b>                                                                            |                  | 身            |
| Shēn Zhù               | Body Pillar                                                                                                | GV-12            | 身 柱          |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations                                                                                                                                           | 穴 Point #       | 文 Characters |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------|
| 參 Shēn (1 pt)  | cān = to join, participate, be part of; enter; to pay respects<br>cēn = uneven, not uniform, unequal, varied, irregular<br>shēn = ginseng, root; the 21st lunar mansion/constellation |                 | 參            |
| Pú Shēn        | Servant's Root (see Pu & Can)                                                                                                                                                         | BL-61 alt.      | 僕參           |
| 申 Shēn (1 pt)  | <b>to extend (esp. upward); 9th Branch/Hour</b>                                                                                                                                       |                 | 申            |
| Shēn Mài       | Extending Vessel / Vessel Extension / 9th Hour Vessel                                                                                                                                 | BL-62           | 申脈           |
| 神 Shén (8 pts) | <b>the spirit, mind, consciousness</b>                                                                                                                                                |                 | 神            |
| Shén Cáng      | Spirit Storehouse – Spirit Concealed                                                                                                                                                  | Kd-25           | 神藏           |
| Shén Dào       | (Yang) Spirit Pathway                                                                                                                                                                 | GV-11           | 神道           |
| Shén Fēng      | Encase the Spirit / Spirit Enclosed/Restrained/Blockaded                                                                                                                              | Kd-23           | 神封           |
| Shén Mén       | Spirit Gate / Gate of Consciousness                                                                                                                                                   | Ht-7            | 神門           |
| Shén Què       | Imperial Watchtower – Spirit Portal                                                                                                                                                   | CV-8            | 神闕           |
| Shén Táng      | Heart-Spirit Temple                                                                                                                                                                   | BL-15a (39/44)  | 神堂           |
| Shén Tíng      | Spirit Courtyard                                                                                                                                                                      | GV-24           | 神庭           |
| Běn Shén       | Root the Spirit / Foundation of Spirit                                                                                                                                                | GB-13           | 本神           |
| 腎 Shèn (1 pt)  | <b>the kidney(s)</b>                                                                                                                                                                  |                 | 腎            |
| Shèn Shū       | Kidney Shu                                                                                                                                                                            | BL-23           | 腎腧           |
| 食 Shí (1 pt)   | <b>eat; food</b>                                                                                                                                                                      |                 | 食            |
| Shí Dòu        | Food Burrow / Feeding Hole                                                                                                                                                            | Sp-17           | 食竇           |
| 石 Shí (2 pts)  | <b>stone, rock, pebble; sand; mineral</b>                                                                                                                                             |                 | 石            |
| Shí Guān       | Stone Gateway                                                                                                                                                                         | Kd-18           | 石關           |
| Shí Mén        | Stone Gate                                                                                                                                                                            | CV-5            | 石門           |
| 使 Shǐ (1 pt)   | <b>to send; a messenger</b>                                                                                                                                                           |                 | 使            |
| Jiān Shǐ       | Send-Go Between The Intermediary/Ambassador/Minister                                                                                                                                  | Pc-5            | 間使           |
| 市 Shì (2 pts)  | <b>market, marketplace</b>                                                                                                                                                            |                 | 市            |
| Fēng Shì       | Wind Market (Windy City)                                                                                                                                                              | GB-31           | 風市           |
| Yīn Shì        | Yin Marketplace (undergarment line)                                                                                                                                                   | ST-33           | 陰市           |
| 室 Shǐ (1 pt)   | <b>a chamber</b>                                                                                                                                                                      |                 | 室            |
| Zhì Shǐ        | Kidney-Spirit Chamber                                                                                                                                                                 | BL-23a (47/52)  | 志室           |
| 手 Shǒu (2 pts) | <b>the hand, an arm</b>                                                                                                                                                               |                 | 手            |
| Shǒu Sān Lǐ    | Arm: Three Li/Units (see ST-36)                                                                                                                                                       | LI-10           | 手三里          |
| Shǒu Wǔ Lǐ     | Arm: Five Li (see Lr-10)                                                                                                                                                              | LI-13           | 手五里          |
| 樞 Shū (4 pts)  | <b>axis, pivot</b>                                                                                                                                                                    |                 | 樞            |
| Tiān Shū       | Celestial Pivot                                                                                                                                                                       | ST-25           | 天樞           |
| Wǔ Shū         | Five Pivots, 5th Axis                                                                                                                                                                 | GB-27           | 五樞           |
| Xuán Shū       | Hanging Pivot (Suspended from the Pivot)                                                                                                                                              | GV-5            | 懸樞           |
| Zhōng Shū      | Central Pivot/Axis                                                                                                                                                                    | GV-7            | 中樞           |
| 俞 Shū (26 pts) | <b>an acu-point (corresponding to ...)</b>                                                                                                                                            |                 | 俞            |
| Shū Fǔ         | Shu Point (Associated Pt) Official                                                                                                                                                    | Kd-27           | 俞府           |
| Bái Huán Shū   | White Circle Shu (Ano-Rectal Shu)                                                                                                                                                     | BL-30           | 白環腧          |
| Bèi Shū        | Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)                                                                                                                                | BL-11 alt. name | 背腧           |
| Dà Cháng Shū   | Large Intestine Shu                                                                                                                                                                   | BL-25           | 大腸腧          |

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| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations           | 穴 Point #       | 文 Characters |
|----------------|-------------------------------------------------------|-----------------|--------------|
| Dǎn Shū        | Gall Bladder Shu                                      | BL-19           | 膽 膲          |
| Dū Shū         | Governing Shu                                         | BL-16           | 督 膲          |
| Fèi Shū        | Lung Shu/Point (Lu Pt [on the Back])                  | BL-13           | 肺 膲          |
| Gān Shū        | Liver Shu                                             | BL-18           | 肝 膲          |
| Gāo Huāng Shū  | Fatty Membrane Shu                                    | BL-14a (38/43)  | 膏 肓 膲        |
| Gé Shū         | Diaphragm Shu                                         | BL-17           | 膈 膲          |
| Guān Yuán Shū  | Gateway to Source Shu                                 | BL-26           | 關 元 膲        |
| Huāng Shū      | Membrane or Umbilical Shu/Pt                          | Kd-16           | 肓 俞          |
| Jiān Wài Shū   | Shoulder's Outer Shu                                  | SI-14           | 肩 外 俞        |
| Jiān Zhōng Shū | Middle Shoulder Shu                                   | SI-15           | 肩 中 俞        |
| Jué-Yīn Shū    | Faint-Yin Shu/Pt (Pc & Lr)                            | BL-14           | 厥 陰 膲        |
| Nào Shū        | Upper Arm/Deltoid Shu/Pt                              | SI-10           | 臑 俞          |
| Páng Guāng Shū | Urinary Bladder Shu                                   | BL-28           | 膀 胱 膲        |
| Pí Shū         | Spleen Shu                                            | BL-20           | 脾 膲          |
| Qì Hǎi Shū     | Sea of Qi Shu                                         | BL-24           | 氣 海 膲        |
| Sān Jiāo Shū   | Triple Burner Shu                                     | BL-22           | 三 焦 膲        |
| Shèn Shū       | Kidney Shu                                            | BL-23           | 腎 膲          |
| Wèi Shū        | Stomach Shu                                           | BL-21           | 胃 膲          |
| Xiǎo Cháng Shū | Small Intestine Shu                                   | BL-27           | 小 腸 膲        |
| Xīn Shū        | Heart Shu                                             | BL-15           | 心 膲          |
| Yāo Shū        | Lumbar Shu                                            | GV-2            | 腰 俞          |
| Zhōng Lǚ Shū   | Center of the Back-Bone Shu                           | BL-29           | 中 膂 膲        |
| 束 Shù (1 pt)   | bind, bound                                           |                 | 束            |
| Shù Gǔ         | Binding Bone / Bound Bone                             | BL-65           | 束 骨          |
| 率 Shuài (1 pt) | commander, leader                                     |                 | 率            |
| Shuài Gǔ       | Commander/Leader of the Valley                        | GB-8            | 率 谷          |
| 水 Shuǐ (5 pts) | water(y), liquid; fluid; flowing; wet                 |                 | 水            |
| Shuǐ Dào       | WaterWay (Path of Water)                              | ST-28           | 水 道          |
| Shuǐ Fēn       | Water Divide                                          | CV-9            | 水 分          |
| Shuǐ Gōu       | Water Trough (philtrum)                               | GV-26 alt. name | 水 溝          |
| Shuǐ Quán      | Water Spring                                          | Kd-5            | 水 泉          |
| Shuǐ Tū        | Water Prominence – Rushing Water                      | ST-10           | 水 突          |
| 絲 Sī (1 pt)    | silk, silk thread(s); silky, silken                   |                 | 絲            |
| Sī Zhú Kōng    | Silk Bamboo Hollow                                    | TB-23           | 絲 竹 空        |
| 四 Sì (3 pts)   | four, fourth                                          |                 | 四            |
| Sì Bái         | Four Whites (of the eyes)                             | ST-2            | 四 白          |
| Sì Dú          | Four Rivers / Four Annoyances*                        | TB-9            | 四 瀆          |
| Sì Mǎn         | Four (Directions) Full / Fourway Fullness             | Kd-14           | 四 滿          |
| 素 Sù (1 pt)    | plain, simple (plain white)                           |                 | 素            |
| Sù Liáo        | Plain Bone-Hole (plain = white = metal = lung = nose) | GV-25           | 素 膠          |
|                |                                                       |                 |              |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn       | Dictionary Definitions & Jim's Translations                                                                                                                                          | 穴 Point #        | 文 Characters |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------|
| 公 Sūn (2 pts)   | <b>heir, descendant, grandson</b>                                                                                                                                                    |                  | 公            |
| Gōng Sūn        | <b>Duke's Heir</b> (see also TB-20 Jiao Sun)<br>Ancestor & Descendant (Sp & Chong)<br>Grandfather – Grandson (luo pt)                                                                | Sp-4             | 公孫           |
| Jiǎo Sūn        | <b>Horns of a Child</b>                                                                                                                                                              | TB-20            | 角孫           |
| 縮 Suō (1 pt)    | draw back, withdraw;<br><b>contract, shrink; shrivel, curl-up; shorten</b>                                                                                                           |                  | 縮            |
| Jīn Suō         | <b>Sinew's Contract/Shrink</b> (Muscle Spasm-Atrophy)                                                                                                                                | GV-8             | 筋縮           |
| <b>T</b>        |                                                                                                                                                                                      |                  |              |
| 台 Tái (1 pt)    | <b>tower, platform; observation deck</b>                                                                                                                                             |                  | 台            |
| Líng Tái        | (Yin/Rain) <b>Spirit Tower/Platform/Observatory</b>                                                                                                                                  | GV-10            | 靈台           |
| 太 Tài (5 pts)   | <b>very, great</b>                                                                                                                                                                   |                  | 太            |
| Tài Bái         | <b>Great White</b> (Mt Tai, Venus)<br>Mt Tai is the most venerated of the 5 sacred mts (refers to big toe knuckle)<br>Tai Bai means Venus, Venus is the planet associated with Metal | Sp-3             | 太白           |
| Tài Chōng       | <b>Great Thoroughfare / Surge</b>                                                                                                                                                    | Lr-3             | 太衝 / 沖       |
| Tài Xī          | <b>Great Stream(bed)</b>                                                                                                                                                             | Kd-3             | 太谿           |
| Tài Yī          | <b>Great One</b> (Lg Int) (level of transverse colon)                                                                                                                                | ST-23            | 太乙           |
| Tài Yuān        | <b>Great/Very Deep Source</b> (of water)                                                                                                                                             | Lu-9             | 太淵           |
| 壇 Tán           | <b>an altar</b> (a rammed earth platform used as a sacrificial altar)                                                                                                                |                  | 壇            |
| Dàn Zhōng       | Center of the Chest (middle Dān Tiān)                                                                                                                                                |                  | 膻中           |
| Tán Zhōng       | <b>Central Altar</b> (i.e. the sternum), ancient name for Pc                                                                                                                         | CV-17 (alt name) | 膻中           |
| Shān Zhòng      | Penetrating Odor (of mutton) (i.e. the sacrificial lamb)                                                                                                                             |                  | 膾中           |
| 堂 Táng (2 pts)  | <b>a hall, assembly hall, lecture hall, courtroom; temple</b>                                                                                                                        |                  | 堂            |
| Shén Táng       | <b>Heart-Spirit Temple</b>                                                                                                                                                           | BL-15a (39/44)   | 神堂           |
| Yù Táng         | <b>Jade Hall</b> (jade refers to royalty, i.e. Ht)                                                                                                                                   | CV-18            | 玉堂           |
| 陶 Táo (1 pt)    | <b>a kiln</b>                                                                                                                                                                        |                  | 陶            |
| Táo Dào         | <b>Kiln Pathway</b> (pathway & steps alongside a traditional kiln)                                                                                                                   | GV-13            | 陶道           |
| 天 Tiān (16 pts) | <b>sky, heavens, heavenly; the celestial realm</b>                                                                                                                                   |                  | 天            |
| Tiān Chí        | <b>Celestial Pool/Pond/Moat</b>                                                                                                                                                      | Pc-1             | 天池           |
| Tiān Chōng      | <b>Celestial Thoroughfare / Surge</b>                                                                                                                                                | GB-9             | 天衝 / 沖       |
| Tiān Chuāng     | <b>Celestial Vent/Chimney/Window</b>                                                                                                                                                 | SI-16            | 天窗           |
| Tiān Dǐng       | <b>Celestial Caldron</b>                                                                                                                                                             | LI-17            | 天鼎           |
| Tiān Fǔ         | <b>Celestial Official / Repository/Archive</b>                                                                                                                                       | Lu-3             | 天府           |
| Tiān Jǐng       | <b>Celestial Well</b> (olecranon fossa) (name of a lunar lodge constellation)                                                                                                        | TB-10            | 天井           |
| Tiān Liáo       | <b>Celestial Bone-Hole/Edge</b>                                                                                                                                                      | TB-15            | 天膠           |
| Tiān Quán       | <b>Celestial Spring</b>                                                                                                                                                              | Pc-2             | 天泉           |
| Tiān Róng       | <b>Celestial Appearance</b> (Look Skyward)                                                                                                                                           | SI-17            | 天容           |
| Tiān Shū        | <b>Celestial Pivot</b>                                                                                                                                                               | ST-25            | 天樞           |
| Tiān Tū         | <b>Celestial Prominence</b> (Celestial Conflict)                                                                                                                                     | CV-22            | 天突           |
| Tiān Xī         | <b>Celestial Stream(bed)</b>                                                                                                                                                         | Sp-18            | 天谿           |
| Tiān Yǒu        | <b>Celestial Window</b>                                                                                                                                                              | TB-16            | 天牖           |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PinYin         | Dictionary Definitions & Jim's Translations                    | 穴 Point # | 文 Characters |
|-------------------|----------------------------------------------------------------|-----------|--------------|
| Tiān Zhù          | Celestial Pillar                                               | BL-10     | 天柱           |
| Tiān Zōng         | Celestial Ancestor, Celestial Gathering                        | SI-11     | 天宗           |
| Tōng Tiān         | Clear-Open Sky (Celestial Connection)                          | BL-7      | 通天           |
| 條 Tiáo (1 pt)     | <b>thin, narrow</b> (measure word for long, thin things)       |           | 條            |
| Tiáo Kǒu          | Thin Mouth Narrow Opening                                      | ST-38     | 條口           |
| 跳 Tiào (1 pt)     | <b>jump, leap; twitch, beat, palpitate</b>                     |           | 跳            |
| Huán Tiào         | Jump/Leap Circle/Ring                                          | GB-30     | 環跳           |
| 聽 Tīng (2 pts)    | <b>hear, listen, auditory; understand</b>                      |           | 聽            |
| Tīng Gōng         | Hearing/Auditory Palace                                        | SI-19     | 聽宮           |
| Tīng Huì          | Auditory Confluence                                            | GB-2      | 聽會           |
| 庭 Tíng (3 pts)    | <b>the imperial court; a courtyard</b>                         |           | 庭            |
| Nèi Tíng          | Inner Courtyard / Inside the Hall                              | ST-44     | 內庭           |
| Shén Tíng         | Spirit Courtyard                                               | GV-24     | 神庭           |
| Zhōng Tíng        | Central Courtyard (refers to CV-17)                            | CV-16     | 中庭           |
| 通 Tōng (4 pts)    | <b>able to pass; unblock; open, free</b>                       |           | 通            |
| Tōng Gǔ (Fù)      | Unblock the Valley (on the abd.)                               | Kd-20     | 腹通谷          |
| Tōng Gǔ (Zú)      | Open/Unblock the Valley (on the foot)                          | BL-66     | 足通谷          |
| Tōng Lǐ           | Open/Unblock the Interior Through the Village                  | Ht-5      | 通里           |
| Tōng Tiān         | Clear-Open Sky (Celestial Connection)                          | BL-7      | 通天           |
| 瞳子 Tóng-zǐ (1 pt) | <b>the pupil (of the eye)</b>                                  |           | 瞳子           |
| Tóng-zǐ Liáo      | Pupil Bone-Edge                                                | GB-1      | 瞳子膠          |
| 頭 Tóu (3 pts)     | <b>the head</b>                                                |           | 頭            |
| Tóu Lín Qì        | Head: Overlook Tears / Oversee Tearing (on the head) see GB-41 | GB-15     | 頭臨泣          |
| Tóu Qiào Yīn      | Head: Yin Portals / Yin Orifices (on the head) see GB-44       | GB-11     | 頭竅陰          |
| Tóu Wéi           | Head Corners, Head Link                                        | ST-8      | 頭維           |
| 突 Tū (3 pts)      | <b>a protuberance, prominence</b>                              |           | 突            |
| Fú Tū             | Aid the (laryngeal) Prominence                                 | LI-18     | 扶突           |
| Shuǐ Tū           | Water Prominence – Rushing Water                               | ST-10     | 水突           |
| Tiān Tū           | Celestial Prominence (Celestial Conflict)                      | CV-22     | 天突           |
| 兔 Tù (1 pt)       | <b>a hare, rabbit</b>                                          |           | 兔            |
| Fú Tù             | Crouching Rabbit                                               | ST-32     | 伏兔           |
| <b>W</b>          |                                                                |           |              |
| 外 Wài (4 pts)     | <b>outer</b>                                                   |           | 外            |
| Wài Guān          | Outer Gateway                                                  | TB-5      | 外關           |
| Wài Líng          | Outer Mound – Outside the Mound                                | ST-26     | 外陵           |
| Wài Qiū           | Outer/Lateral Hill                                             | GB-36     | 外丘           |
| Jiān Wài Shū      | Shoulder's Outer Shu                                           | SI-14     | 肩外俞          |
| 完 Wán (1 pt)      | <b>the end of; completed</b>                                   |           | 完            |
| Wán Gǔ            | End of the Bone (Mastoid Process)                              | GB-12     | 完骨           |



**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PinYin                        | Dictionary Definitions & Jim's Translations                   | 穴 Point #             | 文 Characters |
|----------------------------------|---------------------------------------------------------------|-----------------------|--------------|
| <b>脘 Wǎn</b> (3 pts)             | <b>the epigastrium</b>                                        |                       | 脘            |
| <b>Shàng Wǎn</b>                 | <b>Upper Epigastrium</b> (fundus & esophagus)                 | <b>CV-13</b>          | 上脘           |
| <b>Xià Wǎn</b>                   | <b>Lower Epigastrium</b> (pylorus & duodenum)                 | <b>CV-10</b>          | 下脘           |
| <b>Zhōng Wǎn</b>                 | <b>Middle Epigastrium</b> (body of stomach)                   | <b>CV-12</b>          | 中脘           |
| <b>腕 Wàn</b> (1 pt)              | <b>the wrist</b>                                              |                       | 腕            |
| <b>Wàn Gǔ</b>                    | <b>Wrist Bone</b>                                             | <b>SI-4</b>           | 腕骨           |
| <b>維 Wéi</b> (2 pts)             | <b>to tie down, an angle, the corner; to link</b>             |                       | 維            |
| <b>Wéi Dào</b>                   | <b>Linking Path</b>                                           | <b>GB-28</b>          | 維道           |
| <b>Tóu Wéi</b>                   | <b>Head Corners, Head Link</b>                                | <b>ST-8</b>           | 頭維           |
| <b>委 Wěi</b> (2 pts)             | <b>bend</b>                                                   |                       | 委            |
| <b>Wěi Yáng</b>                  | <b>Yang Bend</b>                                              | <b>BL-53/39</b>       | 委陽           |
| <b>Wěi Zhōng</b>                 | <b>Middle of the Bend</b>                                     | <b>BL-54/40</b>       | 委中           |
| <b>尾 Wěi</b> (1 pt)              | <b>a tail</b>                                                 |                       | 尾            |
| <b>Jiǔ Wěi</b>                   | <b>Dove's Tail</b>                                            | <b>CV-15</b>          | 鳩尾           |
| <b>胃 Wèi</b> (2 pts)             | <b>the stomach</b>                                            |                       | 胃            |
| <b>Wèi Cāng</b>                  | <b>Stomach Storehouse-Granary</b>                             | <b>BL-21a (45/50)</b> | 胃倉           |
| <b>Wèi Shū</b>                   | <b>Stomach Shu</b>                                            | <b>BL-21</b>          | 胃脘           |
| <b>溫 Wēn</b> (1 pt)              | <b>warm, mild</b>                                             |                       | 溫            |
| <b>Wēn Liú</b><br><b>Wēn Liù</b> | <b>Warm Slide/Slip Away</b><br><b>Warm Flow</b>               | <b>LI-7</b>           | 溫溜           |
| <b>屋 Wū</b> (1 pt)               | <b>a house or building</b>                                    |                       | 屋            |
| <b>Wū Yì</b>                     | <b>House Screen (Roof)</b>                                    | <b>ST-15</b>          | 屋翳           |
| <b>五 Wǔ</b> (5 pts)              | <b>five, fifth</b>                                            |                       | 五            |
| <b>Wǔ Chù</b>                    | <b>5th Spot</b>                                               | <b>BL-5</b>           | 五處           |
| <b>Wǔ Shū</b>                    | <b>5 Pivots, 5th Axis</b>                                     | <b>GB-27</b>          | 五樞           |
| <b>Dì Wǔ Huì</b>                 | <b>Earth Five Converge</b>                                    | <b>GB-42</b>          | 地五會          |
| <b>Shǒu Wǔ Lǐ</b>                | <b>Arm: Five Li</b> (see Lr-10)                               | <b>LI-13</b>          | 手五里          |
| <b>Zú Wǔ Lǐ</b>                  | <b>Leg: Five Li</b> (see LI-13)                               | <b>Lr-10</b>          | 足五里          |
| <b>X</b>                         |                                                               |                       |              |
| <b>膝 Xī</b> (2 pts)              | <b>the knee</b>                                               |                       | 膝            |
| <b>Xī Guān</b>                   | <b>Knee Gateway / Gateway to the Knee</b>                     | <b>Lr-7</b>           | 膝關           |
| <b>Xī Yáng Guān</b>              | <b>Yang Gateway to the Knee</b>                               | <b>GB-33</b>          | 膝陽關          |
| <b>谿 Xī</b> (6 pts)              | <b>gully, ravine</b> 溪 = stream                               |                       | 谿            |
| <b>Hòu Xī</b>                    | <b>Proximal Stream-bed</b> (see SI-2 Qian Gu = Distal Valley) | <b>SI-3</b>           | 後谿           |
| <b>Jiě Xī</b>                    | <b>Open/Unblock the Stream-bed</b>                            | <b>ST-41</b>          | 解谿           |
| <b>Tài Xī</b>                    | <b>Great Stream-bed</b>                                       | <b>Kd-3</b>           | 太谿           |
| <b>Tiān Xī</b>                   | <b>Celestial Stream-bed</b>                                   | <b>Sp-18</b>          | 天谿           |
| <b>Xiá Xī</b>                    | <b>Gallant/Heroic Stream-bed</b> (see Lu-4 Xia Bai)           | <b>GB-43</b>          | 俠谿           |
| <b>Jiā Xī</b>                    | <b>Pinched (Narrow) Stream-bed</b>                            |                       | 夾谿           |
| <b>Yáng Xī</b>                   | <b>Yang Stream-bed</b>                                        | <b>LI-5</b>           | 陽谿           |

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| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations                                          | 穴 Point #      | 文 Characters |
|----------------|--------------------------------------------------------------------------------------|----------------|--------------|
| 隙 Xī (3 pts)   | <b>a crevice, fissure, cleft</b>                                                     |                | 隙            |
| Xī Mén         | Cleft Gate                                                                           | Pc-4           | 隙門           |
| Fú Xī          | Floating or Superficial Cleft                                                        | BL-52/38       | 浮隙           |
| Yīn Xī         | Shao-Yin Xi-Cleft Pt                                                                 | Ht-6           | 陰隙           |
| 噫 Xī (1 pt)    | <b>Eee – Oh! My! Yea!</b><br>(exclamation of exasperation, pain, or delight)         |                | 噫            |
| Yī Xī          | <b>Ooo Eee – Oh! My/Dear/Yea!</b><br>(exclamation of exasperation, pain, or delight) | BL-16a (40/45) | 噫 噫          |
| 俠 Xiá (2 pts)  | <b>brave, heroic, gallant; chivalrous</b>                                            |                | 俠            |
| Xiá Bái        | Brave-Heroic-Gallant White<br>Protecting White, Guarding Metal (White Knight)        | Lu-4           | 俠白           |
| Xiá Xī         | Gallant/Heroic Stream(bed) (see Lu-4 Xia Bai)                                        | GB-43          | 俠谿           |
| Jiā Xī         | Pinched (Narrow) Stream(bed)                                                         |                | 夾谿           |
| 下 Xià (5 pts)  | <b>below, under, underneath; inferior; lower</b>                                     |                | 下            |
| Xià Guān       | Lower Gateway / Below the Hinge (the Zygomatic) (see GB-3)                           | ST-7           | 下關           |
| Xià Jù Xū      | Lower, Huge Depletion (Strong Legs)                                                  | ST-39          | 下巨虛          |
| Xià Lián       | Lower Ridge                                                                          | LI-8           | 下廉           |
| Xià Liáo       | Lower Bone-Hole                                                                      | BL-34          | 下髎           |
| Xià Wǎn        | Lower Epigastrium (pylorus & duodenum)                                               | CV-10          | 下脘           |
| 陷 Xiàn (1 pt)  | <b>sink, sinking, sunken, fall into; soggy</b>                                       |                | 陷            |
| Xiàn Gǔ        | Sink/Fall into the Valley – Deep Valley<br>Sunken/Sinking/Soggy/Boggy Valley         | ST-43          | 陷谷           |
| 鄉 Xiāng (1 pt) | <b>outlying, rural, suburbs; countryside</b>                                         |                | 鄉            |
| Xiōng Xiāng    | Chest Countryside (Small Village on the Chest)                                       | Sp-19          | 胸鄉           |
| 香 Xiāng (1 pt) | <b>fragrant, fragrance, odor, smell, aroma</b>                                       |                | 香            |
| Yíng Xiāng     | Welcome Fragrance – Receive Aromas                                                   | LI-20          | 迎香           |
| 消 Xiāo (1 pt)  | <b>to disperse</b>                                                                   |                | 消            |
| Xiāo Luò       | Disperse the River (Channel)                                                         | TB-12          | 消灤           |
| 小 Xiǎo (2 pts) | <b>small, little</b>                                                                 |                | 小            |
| Xiǎo Cháng Shū | Small Intestine Shu                                                                  | BL-27          | 小腸輸          |
| Xiǎo Hǎi       | Small Sea [Xiao = SI, Hai = He/sea pt] (compare with Shao Hai Ht-3)                  | SI-8           | 小海           |
| 心 Xīn (1 pt)   | <b>the heart</b>                                                                     |                | 心            |
| Xīn Shū        | Heart Shu                                                                            | BL-15          | 心輸           |
| 囟 Xìn (1 pt)   | <b>the skull</b>                                                                     |                | 囟            |
| Xìn Huì        | Skull Convergence, Skull [bones] Meet (anterior fontanel)                            | GV-22          | 囟會           |
| 信 Xìn (1 pt)   | <b>faithful, trustworthy, loyal; keep a promise</b>                                  |                | 信            |
| Jiāo Xìn       | Promised Junction – Faithful Cycle                                                   | Kd-8           | 交信           |
| 星 Xīng (1 pt)  | <b>a star</b>                                                                        |                | 星            |
| Shàng Xīng     | Upper Star (stars refer to eyes & spirit)                                            | GV-23          | 上星           |
|                |                                                                                      |                |              |
| 行 Xíng (1 pt)  | <b>step, travel, move</b>                                                            |                | 行            |
| Xíng Jiān      | Move Between (Step Between)                                                          | Lr-2           | 行間           |
|                |                                                                                      |                |              |

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| 拼音 PinYin       | Dictionary Definitions & Jim's Translations                                                                                                                                                                                                                                                         | 穴 Point #      | 文 Characters |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------|
| 胸 Xiōng (1 pt)  | the chest                                                                                                                                                                                                                                                                                           |                | 胸            |
| Xiōng Xiāng     | Chest Countryside (Small Village on the Chest)                                                                                                                                                                                                                                                      | Sp-19          | 胸 鄉          |
| 虛 Xū (2 pts)    | deplete, depleted, depletion                                                                                                                                                                                                                                                                        |                | 虛            |
| Shàng Jù Xū     | Upper, Huge Depletion (Strong Legs)                                                                                                                                                                                                                                                                 | ST-37          | 上 巨 虛        |
| Xià Jù Xū       | Lower, Huge Depletion (Strong Legs)                                                                                                                                                                                                                                                                 | ST-39          | 下 巨 虛        |
| 墟 Xū (2 pts)    | wasteland, ruins                                                                                                                                                                                                                                                                                    |                | 墟            |
| Qiū Xū          | Hill Ruins                                                                                                                                                                                                                                                                                          | GB-40          | 丘 墟          |
| Líng Xū         | Spirit Wasteland, Spirit in Ruins (Spirit Depression)                                                                                                                                                                                                                                               | Kd-24          | 靈 墟          |
| 璇 Xuán (1 pt)   | bowl of the dipper                                                                                                                                                                                                                                                                                  |                | 璇            |
| Xuán Jī         | Bowl of the Dipper (astronomical instrument)                                                                                                                                                                                                                                                        | CV-21          | 璇 璣          |
| 懸 Xuán (4 pts)  | hanging, suspended                                                                                                                                                                                                                                                                                  |                | 懸            |
| Xuán Lí         | Hanging a Little (lower)                                                                                                                                                                                                                                                                            | GB-6           | 懸 釐          |
| Xuán Lú         | Hanging Head/Suspended Skull                                                                                                                                                                                                                                                                        | GB-5           | 懸 顱          |
| Xuán Shū        | Hanging Pivot (Suspended from the Pivot)                                                                                                                                                                                                                                                            | GV-5           | 懸 樞          |
| Xuán Zhōng      | Hanging Bell                                                                                                                                                                                                                                                                                        | GB-39          | 懸 鐘          |
| 穴 Xué (1 pt)    | cave, hole, acu-point                                                                                                                                                                                                                                                                               |                | 穴            |
| Qì Xué          | Qi Cave - Vital Energy Point                                                                                                                                                                                                                                                                        | Kd-13          | 氣 穴          |
| 血 Xuè (1 pt)    | blood                                                                                                                                                                                                                                                                                               |                | 血            |
| Xuè Hǎi         | Sea of Blood                                                                                                                                                                                                                                                                                        | Sp-10          | 血 海          |
| Y               |                                                                                                                                                                                                                                                                                                     |                |              |
| 啞 Yǎ (1 pt)     | mute                                                                                                                                                                                                                                                                                                |                | 啞            |
| Yǎ Mén          | Mute Gate                                                                                                                                                                                                                                                                                           | GV-15          | 啞 門          |
| 厭 Yàn (1 pt)    | to dislike, detest, hate, loathe; reject, be weary of; smt. repugnant; satiated, full, be satisfied with; (tranquil, serene); cover, conceal; repress; a sacrifice (M:7387) (ZW 91/9 pile on stones until full 91/8; crush) tired of, fed-up with, disgusted by, disdainful of, bored; contemptuous |                | 厭            |
| Hàn Yàn         | Chin/Jaw Shut/Set (Temporalis Bulging)                                                                                                                                                                                                                                                              | GB-4           | 頷 厭          |
| 揚 Yáng (1 pt)   | lift up, rise                                                                                                                                                                                                                                                                                       |                | 揚            |
| Fēi Yáng        | Rise and Fly / Take/Taking Flight                                                                                                                                                                                                                                                                   | BL-58          | 飛 揚          |
| 陽 Yáng (18 pts) | yang vs. yin                                                                                                                                                                                                                                                                                        |                | 陽            |
| Yáng Bái        | Yang & White (Yang Bright / Clear the Yang)                                                                                                                                                                                                                                                         | GB-14          | 陽 白          |
| Yáng Chí        | Yang Pond/Moat                                                                                                                                                                                                                                                                                      | TB-4           | 陽 池          |
| Yáng Fǔ         | Yang (Lateral) Support/Assistant                                                                                                                                                                                                                                                                    | GB-38          | 陽 輔          |
| Yáng Gāng       | Lead the Yang (Key to the Yang)                                                                                                                                                                                                                                                                     | BL-19a (43/48) | 陽 綱          |
| Yáng Gǔ         | Yang Valley                                                                                                                                                                                                                                                                                         | SI-5           | 陽 谷          |
| Yáng Jiāo       | Yang Junction                                                                                                                                                                                                                                                                                       | GB-35          | 陽 交          |
| Yáng Líng Quán  | Spring at the Yang Mound                                                                                                                                                                                                                                                                            | GB-34          | 陽 陵 泉        |
| Yáng Xī         | Yang Stream(bed)                                                                                                                                                                                                                                                                                    | LI-5           | 陽 谿          |
| Chōng Yáng      | Surging Yang (Yang Thoroughfare) (dorsalis pedis pulse)                                                                                                                                                                                                                                             | ST-42          | 沖 / 衝 陽      |
| Fū Yáng         | Tarsal/Instep Yang                                                                                                                                                                                                                                                                                  | BL-59          | 跗 陽          |
| Hé Yáng         | Union of Yang (Yang [Re]Union / Yang Closes)                                                                                                                                                                                                                                                        | BL-55          | 合 陽          |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn      | Dictionary Definitions & Jim's Translations                                   | 穴 Point #      | 文 Characters |
|----------------|-------------------------------------------------------------------------------|----------------|--------------|
| Huì Yáng       | Meeting of Yang                                                               | BL-35          | 會 陽          |
| Sān Yáng Luò   | 3 Yang Connect                                                                | TB-8           | 三 陽 絡        |
| Shāng Yáng     | Yang Metal-Note (2nd note of pentatonic scale)                                | LI-1           | 商 陽          |
| Wēi Yáng       | Yang Bend                                                                     | BL-53/39       | 委 陽          |
| Xī Yáng Guān   | Yang Gateway to the Knee                                                      | GB-33          | 膝 陽 關        |
| Yāo Yáng Guān  | Lumbar Yang Gateway                                                           | GV-3           | 腰 陽 關        |
| Zhì Yáng       | Reach the Yang or Arrive at Yang [UJiao]                                      | GV-9           | 至 陽          |
| 養 Yǎng (1 pt)  | to nourish                                                                    |                | 養            |
| Yǎng Lǎo       | Nourish the Elderly                                                           | SI-6           | 養 老          |
| 腰 Yāo (2 pts)  | lumbar, low back                                                              |                | 腰            |
| Yāo Shū        | Lumbar Shu                                                                    | GV-2           | 腰 俞          |
| Yāo Yáng Guān  | Lumbar Yang Gateway                                                           | GV-3           | 腰 陽 關        |
| 液 Yè (1 pt)    | (yīn) fluid(s), liquid(s)                                                     |                | 液            |
| Yè Mén         | (Yin) Fluid(s) Gate                                                           | TB-2           | 液 門          |
| 腋 Yè (1 pt)    | the armpit, axilla                                                            |                | 腋            |
| Yuān Yè        | Deep Pit / Abyss of the Axilla                                                | GB-22          | 淵 腋          |
| 噫 Yī (1 pt)    | Ooo – Oh! My! Yea!<br>(exclamation of exasperation, pain, or delight)         |                | 噫            |
| Yī Xī          | Ooo Eee – Oh! My/Dear/Yea!<br>(exclamation of exasperation, pain, or delight) | BL-16a (40/45) | 噫 嘻          |
| 乙 Yǐ (1 pt)    | the second celestial stem; “B”; bent; the One                                 |                | 乙            |
| Tài Yǐ         | Great One (Lg Int) (level of transverse colon)                                | ST-23          | 太 乙          |
| 意 Yì (1 pt)    | to think; thoughts, ideas                                                     |                | 意            |
| Yì Shě         | Spleen-Spirit Abode                                                           | BL-20a (44/49) | 意 舍          |
| 翳 Yì (2 pts)   | a screen; to screen                                                           |                | 翳            |
| Yì Fēng        | Screen the Wind                                                               | TB-17          | 翳 風          |
| Wū Yì          | House Screen (Roof)                                                           | ST-15          | 屋 翳          |
| 殷 Yīn (1 pt)   | abundant, deep                                                                |                | 殷            |
| Yīn Mén        | Abundant Gate / Deep Gate                                                     | BL-51/37       | 殷 門          |
| 陰 Yīn (14 pts) | yīn vs. yang                                                                  |                | 陰            |
| Yīn Bāo        | Wrap the Yin                                                                  | Lr-9           | 陰 包          |
| Yīn Dū         | Yin City / Yin Metropolis                                                     | Kd-19          | 陰 都          |
| Yīn Gǔ         | Yin Valley                                                                    | Kd-10          | 陰 谷          |
| Yīn Jiāo       | Yin Junction-Crossing                                                         | CV-7           | 陰 交          |
| Yīn Lián       | Yin Triangle                                                                  | Lr-11          | 陰 廉          |
| Yīn Líng Quán  | Spring at Yin Mound                                                           | Sp-9           | 陰 陵 泉        |
| Yīn Shì        | Yin Marketplace (undergarment line)                                           | ST-33          | 陰 市          |
| Yīn Xī         | Shao-Yin Xi-Cleft Pt                                                          | Ht-6           | 陰 隙          |
| Huì Yīn        | Yin Converge, Meeting of Yin (Meet at a Yin place)                            | CV-1           | 會 陰          |
| Jué-Yīn Shū    | Faint-Yin Shu/Pt (Pc & Lr)                                                    | BL-14          | 厥 陰 腧        |
| Sān Yīn Jiāo   | 3 Yin Junction (Intersection of 3 Leg Yin)                                    | Sp-6           | 三 陰 交        |
| Tóu Qiào Yīn   | Head: Yin Portals / Yin Orifices (on the head) see GB-44                      | GB-11          | 頭 竅 陰        |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn        | Dictionary Definitions & Jim's Translations                     | 穴 Point # | 文 Characters |
|------------------|-----------------------------------------------------------------|-----------|--------------|
| Zhì Yīn          | Reach the Yin / Arrive at Yin                                   | BL-67     | 至陰           |
| Zú Qiào Yīn      | Foot: Yin Portals / Yin Apertures (on the feet) see GB-11       | GB-44     | 足竅陰          |
| 齧 / 斷 Yǐn (1 pt) | <b>gum(s)</b> The two characters are considered interchangeable |           | 齧 / 斷        |
| Yín Jiāo         | Gum Junction                                                    | GV-28     | 齧 / 斷 交      |
| 隱 Yǐn (1 pt)     | <b>hidden, concealed</b>                                        |           | 隱            |
| Yīn Bái          | Hidden/Concealed White [earth engenders metal]                  | Sp-1      | 隱 白          |
| 膺 Yīng (1 pt)    | <b>chest, breast</b>                                            |           | 膺            |
| Yīng Chuāng      | Chest/Breast Vent (Ventilate the Chest)                         | ST-16     | 膺 窗          |
| 迎 Yíng (3 pts)   | <b>welcome, receive</b>                                         |           | 迎            |
| Yíng Xiāng       | Welcome Fragrance – Receive Aromas                              | LI-20     | 迎 香          |
| Dà Yíng          | Big Welcome/Greeting (Smile)                                    | ST-5      | 大 迎          |
| Rén Yíng         | Persons' Prognosis                                              | ST-9      | 人 迎          |
| 營 Yíng (1 pt)    | <b>nourishing qi; the nutritive aspect of the blood</b>         |           | 營            |
| Zhèng Yíng       | Upright & Nourishing (Correct the Ying)                         | GB-17     | 正 營          |
| 湧 Yǒng (1 pt)    | <b>gushing, bubbling</b>                                        |           | 湧            |
| Yǒng Quán        | Gushing/Bubbling Spring                                         | Kd-1      | 湧 泉          |
| 幽 Yōu (1 pt)     | <b>secluded, secret</b>                                         |           | 幽            |
| Yōu Mén          | Secluded Gate - Secret Gate (pylorus)                           | Kd-21     | 幽 門          |
| 牖 Yǒu (1 pt)     | <b>a window</b> (window in a wall / compare with chuāng)        |           | 牖            |
| Tiān Yǒu         | Celestial Window                                                | TB-16     | 天 牖          |
| 魚 Yú (1 pt)      | <b>a fish</b>                                                   |           | 魚            |
| Yú Jì            | Edge of the Fish (the fish is the thenar eminence)              | Lu-10     | 魚 際          |
| 髑 Yú (1 pt)      | <b>a bone</b> (the acromion)                                    |           | 髑            |
| Jiān Yú          | Shoulder Bone (acromion)                                        | LI-15     | 肩 髑          |
| 玉 Yù (2 pts)     | <b>jade</b> (jade refers to royalty, i.e. Ht)                   |           | 玉            |
| Yù Táng          | Jade Hall (jade refers to royalty, i.e. Ht)                     | CV-18     | 玉 堂          |
| Yù Zhěn          | Jade Head Rest or Jade Pillow                                   | BL-9      | 玉 枕          |
| 彳 Yù (1 pt)      | <b>unfetter</b>                                                 |           | 彳            |
| Yù Zhōng         | Unfetter the (Chest) Center                                     | Kd-26     | 彳 中          |
| 淵 Yuān (3 pts)   | <b>a deep pit, or source of water; abyss</b>                    |           | 淵            |
| Yuān Yè          | Deep Pit / Abyss of the Axilla                                  | GB-22     | 淵 腋          |
| Qīng Lěng Yuān   | Clear, Cold, Deep-Source of Water                               | TB-11     | 清 冷 淵        |
| Tài Yuān         | Great/Very Deep Source (of water)                               | Lu-9      | 太 淵          |
| 元 Yuán (2 pts)   | <b>origins, original</b> (the source)                           |           | 元            |
| Guān Yuán        | Original Gateway (Gateway to the Source)                        | CV-4      | 關 元          |
| Guān Yuán Shū    | Gateway to Source Shu                                           | BL-26     | 關 元 腧        |
| 垣 Yuán (1 pt)    | <b>a wall</b>                                                   |           | 垣            |
| Qū Yuán          | Curved/Crooked Wall                                             | SI-13     | 曲 垣          |
| 月 Yuè (1 pt)     | <b>the moon</b>                                                 |           | 月            |
| Rì Yuè           | Sun & Moon                                                      | GB-24     | 日 月          |
|                  |                                                                 |           |              |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn        | Dictionary Definitions & Jim's Translations                               | 穴 Point #      | 文 Characters |
|------------------|---------------------------------------------------------------------------|----------------|--------------|
| 雲 Yún (1 pt)     | cloud(s)                                                                  |                | 雲            |
| Yún Mén          | Cloud Gate                                                                | Lu-2           | 雲門           |
| <b>Z</b>         |                                                                           |                |              |
| 攢 Zǎn (1 pt)     | gather together with or in the hand<br>(also pronounced Cuán)             |                | 攢            |
| Zǎn / Cuán Zhú   | Gathering Bamboo                                                          | BL-2           | 攢竹           |
| 澤 Zé (3 pts)     | marsh, swamp, wetlands, estuary                                           |                | 澤            |
| Chǐ Zé           | Marsh at the Cubit (cubital fossa)                                        | Lu-5           | 尺澤           |
| Qū Zé            | Marsh at the Crook/Bend                                                   | Pc-3           | 曲澤           |
| Shǎo Zé          | Lesser Marsh (Little finger Marsh)                                        | SI-1           | 少澤           |
| 章 Zhāng (1 pt)   | (chapter, section) a short cycle; barricade                               |                | 章            |
| Zhāng Mén        | Barricade Gate (Zang Gate)<br>Shorter-Cycle Gate (Section Gate) see Lr-14 | Lr-13          | 章門           |
| 照 Zhào (1 pt)    | illuminated; shining, reflection                                          |                | 照            |
| Zhào Hǎi         | Shining Sea – Reflection on the Sea                                       | Kd-6           | 照海           |
| 輒 Zhé (1 pt)     | a rut; flank                                                              |                | 輒            |
| Zhé Jīn          | Flank Sinews / Rut between Sinews                                         | GB-23          | 輒筋           |
| 貞 Zhēn (1 pt)    | true, genuine, real; to correct                                           |                | 貞            |
| Jiān Zhēn        | Shoulder Correct [Correct the Shoulder]                                   | SI-9           | 肩貞           |
| 枕 Zhěn (1 pt)    | head-rest or pillow                                                       |                | 枕            |
| Yù Zhěn          | Jade Head Rest or Jade Pillow                                             | BL-9           | 玉枕           |
| 正 Zhèng (2 pts)  | upright, proper                                                           |                | 正            |
| Zhèng Yíng       | Upright & Nourishing (Correct the Ying)                                   | GB-17          | 正營           |
| Zhī Zhèng        | Proper Branch (Limb Correct, i.e. correct the arm)                        | SI-7           | 支正           |
| 支 Zhī (2 pts)    | a branch                                                                  |                | 支            |
| Zhī Gōu          | Branch in the Groove                                                      | TB-6           | 支溝           |
| Zhī Zhèng        | Proper Branch (Limb Correct, i.e. correct the arm)                        | SI-7           | 支正           |
| 志 Zhì (1 pt)     | will, ambition; Kidney-Spirit                                             |                | 志            |
| Zhì Shī          | Kidney-Spirit Chamber                                                     | BL-23a (47/52) | 志室           |
| 秩 Zhì (1 pt)     | order, sequence                                                           |                | 秩            |
| Zhì Biān         | Order's Sides / Sequence Margin                                           | BL-30a (49/54) | 秩邊           |
| 至 Zhì (2 pts)    | reach or arrive at                                                        |                | 至            |
| Zhì Yáng         | Reach the Yang or Arrive at Yang [UJiao]                                  | GV-9           | 至陽           |
| Zhì Yīn          | Reach the Yin / Arrive at Yin                                             | BL-67          | 至陰           |
| 中 Zhōng (20 pts) | the middle, center; central                                               |                | 中            |
| Zhōng Chōng      | Middle Thoroughfare / Surge (i.e. the middle finger & its pulse)          | Pc-9           | 中衝 / 沖       |
| Zhōng Dū         | Central City                                                              | Lr-6           | 中都           |
| Zhōng Dú         | Middle River                                                              | GB-32          | 中瀆           |
| Zhōng Fēng       | Sealed in the Middle (Sealed In, Between)                                 | Lr-4           | 中封           |
| Zhōng Fǔ         | Central Official / Repository/Archive                                     | Lu-1           | 中府           |
| Zhōng Jí         | Central Pole                                                              | CV-3           | 中極           |

**List 1 – Comprehensive Point Name Vocabulary – Alphabetical by Pinyin**

| 拼音 PīnYīn       | Dictionary Definitions & Jim's Translations              | 穴 Point # | 文 Characters |
|-----------------|----------------------------------------------------------|-----------|--------------|
| Zhōng Liáo      | Middle Bone-Hole                                         | BL-33     | 中 髎          |
| Zhōng Lǚ Shū    | Center of the Back-Bone Shu                              | BL-29     | 中 膂 腧        |
| Zhōng Shū       | Central Pivot/Axis                                       | GV-7      | 中 樞          |
| Zhōng Tíng      | Central Courtyard (refers to CV-17)                      | CV-16     | 中 庭          |
| Zhōng Wǎn       | Middle Epigastrium (body of stomach)                     | CV-12     | 中 脘          |
| Zhōng Zhǐ       | Middle Isle/Islet                                        | TB-3      | 中 渚          |
| Zhōng Zhù       | Middle Flow                                              | Kd-15     | 中 注          |
| Dàn Zhōng       | Center of the Chest (middle Dān Tiān)                    | CV-17     | 膻 中          |
| Tán Zhōng       | Central Altar (i.e. the sternum), ancient name for Pc    |           | 壇 中          |
| Shān Zhòng      | Penetrating Odor (of mutton) (i.e. the sacrificial lamb) |           | 羶 中          |
| Jǐ Zhōng        | Spine Center (compare CV-3 Zhong Ji Central Pole)        | GV-6      | 脊 中          |
| Jiān Zhōng Shū  | Middle Shoulder Shu                                      | SI-15     | 肩 中 俞        |
| Rén Zhōng       | Human Center (between H & E) (i.e. nose & mouth)         | GV-26     | 人 中          |
| Rǔ Zhōng        | Breast Center (Center of the Breast)                     | ST-17     | 乳 中          |
| Wěi Zhōng       | Middle of the Bend                                       | BL-54/40  | 委 中          |
| Yù Zhōng        | Unfetter the (Chest) Center                              | Kd-26     | 或 中          |
| 鐘 Zhōng (2 pts) | a bell or goblet                                         |           | 鐘            |
| Dà Zhōng        | Big Bell or Goblet                                       | Kd-4      | 大 鐘          |
| Xuán Zhōng      | Hanging Bell                                             | GB-39     | 懸 鐘          |
| 周 Zhōu (1 pt)   | round, all around; universal                             |           | 周            |
| Zhōu Róng       | Universal Nourishment                                    | Sp-20     | 周 榮          |
| 肘 Zhǒu (1 pt)   | the elbow                                                |           | 肘            |
| Zhǒu Liáo       | Elbow Bone-Edge                                          | LI-12     | 肘 髎          |
| 竹 Zhú (2 pts)   | bamboo                                                   |           | 竹            |
| Zǎn / Cuán Zhú  | Gathering Bamboo                                         | BL-2      | 攢 竹          |
| Sī Zhú Kōng     | Silk Bamboo Hollow                                       | TB-23     | 絲 竹 空        |
| 渚 Zhǔ (1 pt)    | a small island, isle, islet                              |           | 渚            |
| Zhōng Zhǐ       | Middle Isle/Islet                                        | TB-3      | 中 渚          |
| 注 Zhù (1 pt)    | pour, flow                                               |           | 注            |
| Zhōng Zhù       | Middle Flow                                              | Kd-15     | 中 注          |
| 柱 Zhù (2 pts)   | pillar                                                   |           | 柱            |
| Shēn Zhù        | Body Pillar                                              | GV-12     | 身 柱          |
| Tiān Zhù        | Celestial Pillar                                         | BL-10     | 天 柱          |
| 杼 Zhù (1 pt)    | a reed; weaver's shuttle                                 |           | 杼            |
| Dà Zhù          | Big Reed – Big Shuttle                                   | BL-11     | 大 杼          |
| 築 Zhù (1 pt)    | to build, a building                                     |           | 築            |
| Zhù Bīn         | Building for a Guest (Guest House)                       | Kd-9      | 築 賓          |
| 椎 Zhuī (1 pt)   | a hammer or mallet; vertebra                             |           | 椎            |
| Dà Zhuī         | Big Vertebra (Big Mallet)                                | GV-14     | 大 椎          |
|                 |                                                          |           |              |

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| 拼音 PīnYīn             | Dictionary Definitions & Jim's Translations                           | 穴 Point #    | 文 Characters |
|-----------------------|-----------------------------------------------------------------------|--------------|--------------|
| 紫 <b>Zǐ</b> (1 pt)    | <b>purple</b>                                                         |              | 紫            |
| <b>Zǐ Gōng</b>        | <b>Purple Palace</b> (purple & palace refer to royalty, i.e. Ht)      | <b>CV-19</b> | 紫 宮          |
| 子 <b>Zǐ</b> (1 pt)    | lit. a child or seed; suffix indicating master;<br><b>noun suffix</b> |              | 子            |
| <b>Tóng-zǐ Liáo</b>   | <b>Pupil Bone-Edge</b>                                                | <b>GB-1</b>  | 瞳 子 膠        |
| 宗 <b>Zōng</b> (2 pts) | <b>ancestor(s) clan, elders</b>                                       |              | 宗            |
| <b>Huì Zōng</b>       | <b>Gathering of Ancestors</b> (Gathering of the Elders)               | <b>TB-7</b>  | 會 宗          |
| <b>Tiān Zōng</b>      | <b>Celestial Ancestor, Celestial Gathering</b>                        | <b>SI-11</b> | 天 宗          |
| 足 <b>Zú</b> (4 pts)   | <b>the foot (or leg)</b>                                              |              | 足            |
| <b>Zú Lín Qì</b>      | <b>Foot: Overlook Tears / Oversee Tearing</b> (on the foot)           | <b>GB-41</b> | 足 臨 泣        |
| <b>Zú Qiào Yīn</b>    | <b>Foot: Yin Portals / Yin Apertures</b> (on the feet)                | <b>GB-44</b> | 足 竅 陰        |
| <b>Zú Sān Lǐ</b>      | <b>Leg: Three Li/Units</b> (Rectify 3 [Jiao] on the Leg) see LI-10    | <b>ST-36</b> | 足 三 里        |
| <b>Zú Wǔ Lǐ</b>       | <b>Leg: Five Li</b> (see LI-13)                                       | <b>Lr-10</b> | 足 五 里        |
| 最 <b>Zuì</b> (1 pt)   | <b>the most; enormous</b>                                             |              | 最            |
| <b>Kǒng Zuì</b>       | <b>Enormous Hole</b>                                                  | <b>Lu-6</b>  | 孔 最          |



**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

|                     |                                                                                                                          | <b>Traditional ‘Complex’ Characters</b> |                     |
|---------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------|
| <b>拼音 Pīn-Yīn</b>   | <b>Jim’s Translation</b>                                                                                                 | <b>穴 Point #</b>                        | <b>文 Characters</b> |
| <b>Bái Huán Shū</b> | <b>White Circle Shu</b> (Ano-Rectal Shu)                                                                                 | <b>BL-30</b>                            | 白環臑                 |
| <b>Bǎi Huì</b>      | <b>100 Meet/Converge</b> (Convergence of 100 channels)                                                                   | <b>GV-20</b>                            | 百會                  |
| <b>Bào Huāng</b>    | <b>Placenta/Uterus/Bladder Membranes</b>                                                                                 | <b>BL-28a (48/53)</b>                   | 胞肓                  |
| Bèi Shū             | Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)                                                                   | BL-11 alt. name                         | 背臑                  |
| <b>Běn Shén</b>     | <b>Root the Spirit / Foundation of Spirit</b>                                                                            | <b>GB-13</b>                            | 本神                  |
| <b>Bì Guān</b>      | <b>Thigh Gateway</b> (Gateway to the Thigh) (Hip Joint)                                                                  | <b>ST-31</b>                            | 髀關                  |
| <b>Bì Nào</b>       | <b>[Fore]Arm &amp; Upper Arm</b> (Deltoid/Humerus)                                                                       | <b>LI-14</b>                            | 臂臑                  |
| <b>Bǐng Fēng</b>    | <b>Catch/Grasp/Hold the Wind / Control the Wind</b>                                                                      | <b>SI-12</b>                            | 秉風                  |
| <b>Bù Láng</b>      | <b>Step onto the Chest</b>                                                                                               | <b>Kd-22</b>                            | 步廊                  |
| <b>Bù Róng</b>      | <b>Not Contained – Can’t Hold</b> (Can’t Stomach)                                                                        | <b>ST-19</b>                            | 不容                  |
| <b>Cháng Qiáng</b>  | <b>Long &amp; Strong</b>                                                                                                 | <b>GV-1</b>                             | 長強                  |
| <b>Chéng Fú</b>     | <b>Hold &amp; Support / For Support</b>                                                                                  | <b>BL-50/36</b>                         | 承扶                  |
| <b>Chéng Guāng</b>  | <b>Receive/Catch Light</b> (For Light)                                                                                   | <b>BL-6</b>                             | 承光                  |
| <b>Chéng Jiāng</b>  | <b>Catch Saliva – For Drooling</b>                                                                                       | <b>CV-24</b>                            | 承漿                  |
| <b>Chéng Jīn</b>    | <b>Support the Sinews / For Sinews</b>                                                                                   | <b>BL-56</b>                            | 承筋                  |
| <b>Chéng Líng</b>   | <b>Support Spirit</b> (For Spirit)                                                                                       | <b>GB-18</b>                            | 承靈                  |
| <b>Chéng Mǎn</b>    | <b>For Fullness</b> (Control Fullness)                                                                                   | <b>ST-20</b>                            | 承滿                  |
| <b>Chéng Qì</b>     | <b>Hold or Carry Tears, For Tearing</b>                                                                                  | <b>ST-1</b>                             | 承泣                  |
| <b>Chéng Shān</b>   | <b>Support(ing) Mountains</b> (Mts = muscles: gastroc, thigh, gluteals)<br><b>For Mts; For Piles</b> (Mts = hemorrhoids) | <b>BL-57</b>                            | 承山                  |
| <b>Chǐ Zé</b>       | <b>Marsh at the Cubit</b> (cubital fossa)                                                                                | <b>Lu-5</b>                             | 尺澤                  |
| <b>Chì Mài</b>      | <b>Spasm Vein/Vessel</b>                                                                                                 | <b>TB-18</b>                            | 瘰脈                  |
| <b>Chōng Mén</b>    | <b>Thoroughfare Gate / Gate at the Surge</b> (femoral artery)                                                            | <b>Sp-12</b>                            | 衝 / 沖門              |
| <b>Chōng Yáng</b>   | <b>Surging Yang</b> (Yang Thoroughfare) (dorsalis pedis pulse)                                                           | <b>ST-42</b>                            | 沖 / 衝陽              |
| <b>Cì Liáo</b>      | <b>Next/2nd Bone-Hole</b>                                                                                                | <b>BL-32</b>                            | 次髎                  |
| <b>Dà Bāo</b>       | <b>Big Wrap-Around / Big Wrap-Up / Big Embrace</b>                                                                       | <b>Sp-21</b>                            | 大包                  |
| <b>Dà Cháng Shū</b> | <b>Large Intestine Shu</b>                                                                                               | <b>BL-25</b>                            | 大腸臑                 |
| <b>Dà Dū</b>        | <b>Big City</b> (Da = big toe, Du = provincial capitol)<br>Da Du is ancient name for Beijing (i.e. the Big Capitol)      | <b>Sp-2</b>                             | 大都                  |
| <b>Dà Dūn</b>       | <b>Big &amp; Important</b> (Big & Thick)                                                                                 | <b>Lr-1</b>                             | 大敦                  |
| <b>Dà Hè</b>        | <b>Big Red</b> (bloody vaginal discharge)                                                                                | <b>Kd-12</b>                            | 大赫                  |
| <b>Dà Hèng</b>      | <b>Big Horizontal</b> (Big Across - Big & Wide)                                                                          | <b>Sp-15</b>                            | 大橫                  |
| <b>Dà Jù</b>        | <b>Big Huge</b>                                                                                                          | <b>ST-27</b>                            | 大巨                  |
| <b>Dà Líng</b>      | <b>Big Mound</b>                                                                                                         | <b>Pc-7</b>                             | 大陵                  |
| <b>Dà Yíng</b>      | <b>Big Welcome/Greeting</b> (Smile)                                                                                      | <b>ST-5</b>                             | 大迎                  |
| <b>Dà Zhōng</b>     | <b>Big Bell or Goblet</b>                                                                                                | <b>Kd-4</b>                             | 大鐘                  |
| <b>Dà Zhù</b>       | <b>Big Reed – Big Shuttle</b>                                                                                            | <b>BL-11</b>                            | 大杼                  |
| <b>Dà Zhuī</b>      | <b>Big Vertebra</b> (Big Mallet)                                                                                         | <b>GV-14</b>                            | 大椎                  |
| <b>Dài Mài</b>      | <b>Belt Vessel</b>                                                                                                       | <b>GB-26</b>                            | 帶脈                  |
| <b>Dǎn Shū</b>      | <b>Gall Bladder Shu</b>                                                                                                  | <b>BL-19</b>                            | 膽臑                  |
|                     |                                                                                                                          |                                         |                     |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn                                                          | Jim's Translation                                                                                                                                                 | 穴 Point #             | 文 Characters   |
|---------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|----------------|
| <b>Dàn Zhōng</b><br>Tán Zhōng tan = altar<br>Shān Zhòng shan = odor | <b>Center of the Chest</b> (middle Dān Tiān)<br>Central Altar (i.e. the sternum), ancient name for Pc<br>Penetrating Odor (of mutton) (i.e. the sacrificial lamb) | <b>CV-17</b>          | 膻中<br>壇中<br>羶中 |
| <b>Dì Cāng</b>                                                      | <b>Earth Granary - Terrestrial Granary</b>                                                                                                                        | <b>ST-4</b>           | 地倉             |
| <b>Dì Jī</b>                                                        | <b>Earth Machine/Mechanism</b> (Move/Mobilize Earth)                                                                                                              | <b>Sp-8</b>           | 地機             |
| <b>Dì Wǔ Huì</b>                                                    | <b>Earth Five Converge</b>                                                                                                                                        | <b>GB-42</b>          | 地五會            |
| <b>Dū Shū</b>                                                       | <b>Governing Shu</b>                                                                                                                                              | <b>BL-16</b>          | 督膺             |
| <b>Dú Bí</b>                                                        | <b>Calf Nose / Calf's Nose</b>                                                                                                                                    | <b>ST-35</b>          | 犢鼻             |
| <b>Duì Duān</b>                                                     | <b>Mouth End</b> (top of the lip)                                                                                                                                 | <b>GV-27</b>          | 兌端             |
| <b>Ěr Mén</b>                                                       | <b>Ear Gate</b>                                                                                                                                                   | <b>TB-21</b>          | 耳門             |
| <b>Èr Jiān</b>                                                      | <b>2nd Space (Point)</b>                                                                                                                                          | <b>LI-2</b>           | 二間             |
| <b>Fēi Yáng</b>                                                     | <b>Rise and Fly / Take/Taking Flight</b>                                                                                                                          | <b>BL-58</b>          | 飛揚             |
| <b>Fèi Shū</b>                                                      | <b>Lung Shu/Point</b> (Lu Pt [on the Back])                                                                                                                       | <b>BL-13</b>          | 肺膺             |
| <b>Fēng Chí</b>                                                     | <b>Wind Pond</b>                                                                                                                                                  | <b>GB-20</b>          | 風池             |
| <b>Fēng Fǔ</b>                                                      | <b>Wind Official/Repository/Mansion</b>                                                                                                                           | <b>GV-16</b>          | 風府             |
| <b>Fēng Lóng</b>                                                    | <b>Plentiful &amp; Abundant</b> (Plenty Thunder)                                                                                                                  | <b>ST-40</b>          | 豐隆             |
| <b>Fēng Mén</b>                                                     | <b>Wind Gate</b>                                                                                                                                                  | <b>BL-12</b>          | 風門             |
| <b>Fēng Shì</b>                                                     | <b>Wind Market</b> (Windy City)                                                                                                                                   | <b>GB-31</b>          | 風市             |
| <b>Fū Yáng</b>                                                      | <b>Tarsal/Instep Yang</b>                                                                                                                                         | <b>BL-59</b>          | 跗陽             |
| <b>Fú Bái</b>                                                       | <b>Floating White / Overflow of White / Extra White</b>                                                                                                           | <b>GB-10</b>          | 浮白             |
| <b>Fú Tū</b>                                                        | <b>Aid the (laryngeal) Prominence</b>                                                                                                                             | <b>LI-18</b>          | 扶突             |
| <b>Fú Tù</b>                                                        | <b>Crouching Rabbit</b>                                                                                                                                           | <b>ST-32</b>          | 伏兔             |
| <b>Fú Xī</b>                                                        | <b>Floating or Superficial Cleft</b>                                                                                                                              | <b>BL-52/38</b>       | 浮隙             |
| <b>Fù Āi</b>                                                        | <b>Abdominal Distress / Belly Woes / Wailing Abdomen</b>                                                                                                          | <b>Sp-16</b>          | 腹哀             |
| <b>Fù Fēn</b>                                                       | <b>Appended Part/Branch</b> (of the BL channel) (BL Annex)                                                                                                        | <b>BL-12a (36/41)</b> | 附分             |
| <b>Fù Jié</b>                                                       | <b>Abdominal Knot</b>                                                                                                                                             | <b>Sp-14</b>          | 腹結             |
| <b>Fù Liú</b>                                                       | <b>Recover Flow / Returning Current</b>                                                                                                                           | <b>Kd-7</b>           | 復溜             |
| <b>Fǔ Shè</b>                                                       | <b>Official('s) Abode / Bowel Abode</b> (Yang Organ Residence)                                                                                                    | <b>Sp-13</b>          | 府舍             |
| <b>Gān Shū</b>                                                      | <b>Liver Shu</b>                                                                                                                                                  | <b>BL-18</b>          | 肝膺             |
| <b>Gāo Huāng Shū</b>                                                | <b>Fatty Membrane Shu</b>                                                                                                                                         | <b>BL-14a (38/43)</b> | 膏肓膺            |
| <b>Gé Guān</b>                                                      | <b>Diaphragm Gateway/Pass</b>                                                                                                                                     | <b>BL-17a (41/46)</b> | 膈關             |
| <b>Gé Shū</b>                                                       | <b>Diaphragm Shu</b>                                                                                                                                              | <b>BL-17</b>          | 膈膺             |
| <b>Gōng Sūn</b>                                                     | <b>Duke's Heir</b> (see also TB-20 Jiao Sun)<br>Ancestor & Descendant (Sp & Chong)<br>Grandfather – Grandson (luo pt)                                             | <b>Sp-4</b>           | 公孫             |
| <b>Guān Chōng</b>                                                   | <b>Gateway Thoroughfare</b> (i.e. the ring finger)<br><b>Gateway Surge</b> (see Pc-9 & Ht-9)                                                                      | <b>TB-1</b>           | 關衝 / 沖         |
| <b>Guān Mén</b>                                                     | <b>Close the Gate or Closed Gate</b>                                                                                                                              | <b>ST-22</b>          | 關門             |
| <b>Guān Yuán</b>                                                    | <b>Original Gateway</b> (Gateway to the Source)                                                                                                                   | <b>CV-4</b>           | 關元             |
| <b>Guān Yuán Shū</b>                                                | <b>Gateway to Source Shu</b>                                                                                                                                      | <b>BL-26</b>          | 關元膺            |
| <b>Guāng Míng</b>                                                   | <b>Bright Light</b>                                                                                                                                               | <b>GB-37</b>          | 光明             |
| <b>Guī Lái</b>                                                      | <b>Come-Back – Return</b>                                                                                                                                         | <b>ST-29</b>          | 歸來             |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn     | Jim's Translation                                                                               | 穴 Point #      | 文 Characters |
|----------------|-------------------------------------------------------------------------------------------------|----------------|--------------|
| Hàn Yàn        | Chin Fed-Up / Jaw Shut (Temporal Fullness)                                                      | GB-4           | 頤厭           |
| Hé Gǔ          | Close the Valley / EnClosed Valley                                                              | LI-4           | 合谷           |
| Hé Liáo        | Grain (sized) Bone-Hole                                                                         | LI-19          | 禾髎           |
| Hé Liáo        | Harmony Hole (refers to the ear and hearing)<br>compare LI-19 Hé Liáo (hé = grain 禾 Grain Hole) | TB-22          | 和髎           |
| Hé Yáng        | Union of Yang (Yang [Re]Union / Yang Closes)                                                    | BL-55          | 合陽           |
| Héng Gǔ        | Horizontal Bone                                                                                 | Kd-11          | 橫骨           |
| Hòu Dǐng       | Behind the Vertex, Posterior Vertex                                                             | GV-19          | 後頂           |
| Hòu Xī         | Proximal Stream-bed (see SI-2 Qian Gu = Distal Valley)                                          | SI-3           | 後谿           |
| Huá Gài        | Flowery/Flowerlike Canopy (Umbrella, Awning)                                                    | CV-20          | 華蓋           |
| Huá Ròu Mén    | Slippery Flesh Gate / Smooth Muscle Gate                                                        | ST-24          | 滑肉門          |
| Huán Tiào      | Jump/Leap Circle/Ring                                                                           | GB-30          | 環跳           |
| Huāng Mén      | Membrane Gate                                                                                   | BL-22a (46/51) | 肓門           |
| Huāng Shū      | Membrane or Umbilical Shu/Pt                                                                    | Kd-16          | 肓俞           |
| Huì Yáng       | Meeting of Yang                                                                                 | BL-35          | 會陽           |
| Huì Yīn        | Yin Converge, Meeting of Yin (Meet at a Yin place)                                              | CV-1           | 會陰           |
| Huì Zōng       | Gathering of Ancestors (Gathering of the Elders)                                                | TB-7           | 會宗           |
| Hún Mén        | Liver-Spirit Gate                                                                               | BL-18a (42/47) | 魂門           |
| Jī Mén         | Winnowing Basket Gate                                                                           | Sp-11          | 箕門           |
| Jí Mài         | Urgent Pulse                                                                                    | Lr-12          | 急脈           |
| Jí Quán        | Lofty Spring or Spring at the Summit                                                            | Ht-1           | 極泉           |
| Jǐ Zhōng       | Spine Center (compare CV-3 Zhong Ji Central Pole)                                               | GV-6           | 脊中           |
| Jiá Chē        | Jaw Cart / Cheek Wheels                                                                         | ST-6           | 頰車           |
| Jiān Jīng      | Shoulder Well / Well on the Shoulder                                                            | GB-21          | 肩井           |
| Jiān Liáo      | Edge of the Shoulder Bone/Acromion                                                              | TB-14          | 肩髎           |
| Jiān Shǐ       | Send-Go Between The Intermediary/Ambassador/Minister                                            | Pc-5           | 間使           |
| Jiān Wài Shū   | Shoulder's Outer Shu                                                                            | SI-14          | 肩外俞          |
| Jiān Yú        | Shoulder Bone (acromion)                                                                        | LI-15          | 肩髃           |
| Jiān Zhēn      | Shoulder Correct [Correct the Shoulder]                                                         | SI-9           | 肩貞           |
| Jiān Zhōng Shū | Middle Shoulder Shu                                                                             | SI-15          | 肩中俞          |
| Jiàn Lǐ        | Build the Interior                                                                              | CV-11          | 建里           |
| Jiāo Xìn       | Promised Junction – Faithful Cycle                                                              | Kd-8           | 交信           |
| Jiǎo Sūn       | Horns of a Child                                                                                | TB-20          | 角孫           |
| Jiě Xī         | Open/Unblock the Stream(bed)                                                                    | ST-41          | 解谿           |
| Jīn Mén        | Metal or Golden Gate                                                                            | BL-63          | 金門           |
| Jīn Suō        | Sinew's Contract/Shrink (Muscle Spasm-Atrophy)                                                  | GV-8           | 筋縮           |
| Jīng Gǔ        | Capitol Bone                                                                                    | BL-64          | 京骨           |
| Jīng Mén       | Capitol Gate                                                                                    | GB-25          | 京門           |
| Jīng Míng      | Eyes Bright or Brighten Eyes                                                                    | BL-1           | 睛明           |
| Jīng Qú        | Rivers/Channels & Canals (River pt)                                                             | Lu-8           | 經渠           |
| Jiū Wěi        | Dove's Tail                                                                                     | CV-15          | 鳩尾           |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn     | Jim's Translation                                             | 穴 Point #       | 文 Characters |
|----------------|---------------------------------------------------------------|-----------------|--------------|
| Jū Liáo        | Squatting Crease                                              | GB-29           | 居 髎          |
| Jù Gǔ          | Huge Bone (acromial end of clavicle)                          | LI-16           | 巨 骨          |
| Jù Liáo        | Huge Bone-Hole (big depression under the cheekbone)           | ST-3            | 巨 髎          |
| Jù Què         | Giant Watchtower – Huge Archway/Portal                        | CV-14           | 巨 闕          |
| Jué Gǔ         | Disappearing Bone                                             | GB-39 alt. name | 絕 骨          |
| Jué-Yīn Shū    | Faint-Yin Shu/Pt (Pc & Lr)                                    | BL-14           | 厥 陰 腧        |
| Kǒng Zuì       | Enormous Hole                                                 | Lu-6            | 孔 最          |
| Kù Fáng        | StoreHouse/StoreRoom - Storage Depot                          | ST-14           | 庫 房          |
| Kūn Lún        | Kun Lun Mountain(s)                                           | BL-60           | 昆 侖          |
| Láo Gōng       | Laborer's Palace (Palace of Labor)                            | Pc-8            | 勞 宮          |
| Lǐ Gōu         | Woodworm Groove (Gourd Groove)                                | Lr-5            | 蠱 溝          |
| Lì Duì         | Hardship/Severity Alleviated                                  | ST-45           | 厲 兌          |
| Lián Quán      | Spring at the Ridge (Pure Spring)                             | CV-23           | 廉 泉          |
| Liáng Mén      | Beam Gate / Bridge Gate                                       | ST-21           | 梁 門          |
| Liáng Qiū      | Beam Hill / Bridge Hill                                       | ST-34           | 梁 丘          |
| Liè Quē        | Jog in the Sequence (Lightning Bolt)                          | Lu-7            | 列 缺          |
| Líng Dào       | Spirit Pathway (Pathway of the Yin Spirit)                    | Ht-4            | 靈 道          |
| Líng Tái       | (Yin/Rain) Spirit Tower/Platform/Observatory                  | GV-10           | 靈 台          |
| Líng Xū        | Spirit Wasteland, Spirit in Ruins (Spirit Depression)         | Kd-24           | 靈 墟          |
| Lòu Gǔ         | Leaky Valley (Pt for disorders that cause leaking & dripping) | Sp-7            | 漏 谷          |
| Lú Xī          | Skull Resting or Skull Breathing                              | TB-19           | 顱 息          |
| Luò Què        | Posterior Connection (Connect Backwards)                      | BL-8            | 絡 卻          |
| Méi Chōng      | Eyebrow Thoroughfare / Surge                                  | BL-3            | 眉 衝 / 冲      |
| Mìng Mén       | Life Gate                                                     | GV-4            | 命 門          |
| Mù Chuāng      | Eye Vent/Window (Vent for the Eyes)                           | GB-16           | 目 窗          |
| Nǎo Hù         | Doorway to the Brain                                          | GV-17           | 腦 戶          |
| Nǎo Kōng       | Brain Hollow                                                  | GB-19           | 腦 空          |
| Nào Huì        | Upper-Arm Meeting (pt)                                        | TB-13           | 臑 會          |
| Nào Shū        | Upper Arm/Deltoid Shu/Pt                                      | SI-10           | 臑 俞          |
| Nèi Guān       | Inner Gateway                                                 | Pc-6            | 內 關          |
| Nèi Tíng       | Inner Courtyard / Inside the Hall                             | ST-44           | 內 庭          |
| Páng Guāng Shū | Urinary Bladder Shu                                           | BL-28           | 膀胱 腧         |
| Pí Shū         | Spleen Shu                                                    | BL-20           | 脾 腧          |
| Piān Lì        | Oblique/Tangential Passage (on slant)                         | LI-6            | 偏 歷          |
| Piān Lì        | Offset Calendar                                               |                 | 偏 曆          |
| Pò Hù          | Lung-Spirit Door/Household                                    | BL-13a (37/42)  | 魄 戶          |
| Pú Cān         | Humble Visitor/Servant (Low & Outside)                        | BL-61           | 僕 參          |
| Qī Mén         | Long-Cycle Gate (Gate of Hope) (end of all channels)          | Lr-14           | 期 門          |
| Qì Chōng       | Qi Thoroughfare / Surge (inguinal groove / femoral artery)    | ST-30           | 氣 衝 / 冲      |
| Qì Hǎi         | Sea of Qi (Ocean of Vital Energy) (lower Dan Tian)            | CV-6            | 氣 海          |
| Qì Hǎi Shū     | Sea of Qi Shu                                                 | BL-24           | 氣 海 腧        |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn     | Jim's Translation                                          | 穴 Point # | 文 Characters |
|----------------|------------------------------------------------------------|-----------|--------------|
| Qì Hù          | Qi Doorway - Doorway to the Qi/Breath                      | ST-13     | 氣戶           |
| Qì Shě         | Qi Abode/Cottage – Qi Residence/Dwelling                   | ST-11     | 氣舍           |
| Qì Xué         | Qi Cave - Vital Energy Point                               | Kd-13     | 氣穴           |
| Qián Dǐng      | Before the Vertex, Anterior Vertex                         | GV-21     | 前頂           |
| Qián Gǔ        | Distal Valley                                              | SI-2      | 前谷           |
| Qiáng Jiān     | Strong-Firm Space (posterior fontanel)                     | GV-18     | 強間           |
| Qīng Lěng Yuān | Clear, Cold, Deep-Source of Water                          | TB-11     | 清冷淵          |
| Qīng Líng      | Blue-Green/Azure/Verdant Spirit                            | Ht-2      | 青靈           |
| Qīu Xū         | Hill Ruins                                                 | GB-40     | 丘墟           |
| Qū Bìn         | Curve of the Temporal Hairline                             | GB-7      | 曲鬢           |
| Qū Chā         | Bend & Turn                                                | BL-4      | 曲差           |
| Qū Chí         | Pool/Pond at the Bend/Crook                                | LI-11     | 曲池           |
| Qū Gǔ          | Bent/Curved/Crooked Bone (pubic bone)                      | CV-2      | 曲骨           |
| Qū Quán        | Spring at the Bend                                         | Lr-8      | 曲泉           |
| Qū Yuán        | Curved/Crooked Wall                                        | SI-13     | 曲垣           |
| Qū Zé          | Marsh at the Crook/Bend                                    | Pc-3      | 曲澤           |
| Quán Liáo      | Cheek Bone Edge                                            | SI-18     | 顴髎           |
| Quē Pén        | Empty Basin (Supraclavicular Fossa)                        | ST-12     | 缺盆           |
| Rán Gǔ         | Blazing/Burning Valley                                     | Kd-2      | 然谷           |
| Rán Gǔ         | Blazing/Burning Bone (bone & valley are homonyms)          |           | 然骨           |
| Rén Yíng       | Persons' Prognosis                                         | ST-9      | 人迎           |
| Rén Zhōng      | Human Center (between H & E) (i.e. nose & mouth)           | GV-26     | 人中           |
| Rì Yuè         | Sun & Moon                                                 | GB-24     | 日月           |
| Rǔ Gēn         | Root/Base of the Breast                                    | ST-18     | 乳根           |
| Rǔ Zhōng       | Breast Center (Center of the Breast)                       | ST-17     | 乳中           |
| Sān Jiān       | 3rd Space (Point)                                          | LI-3      | 三間           |
| Sān Jiāo Shū   | Triple Burner Shu                                          | BL-22     | 三焦腧          |
| Sān Yáng Luò   | 3 Yang Connect                                             | TB-8      | 三陽絡          |
| Sān Yīn Jiāo   | 3 Yin Junction (Intersection of 3 Leg Yin)                 | Sp-6      | 三陰交          |
| Shān Zhòng     | <i>alt name for CV-17 see Dan Zhong</i>                    |           |              |
| Shāng Qiū      | Metal-Note Hill (Metal pt)                                 | Sp-5      | 商丘           |
| Shāng Qū       | Metal-Note Bend (refers to transverse colon)               | Kd-17     | 商曲           |
| Shāng Yáng     | Yang Metal-Note (2nd note of pentatonic scale)             | LI-1      | 商陽           |
| Shàng Guān     | Upper Gateway / Above the Hinge (the Zygomatic) (see ST-7) | GB-3      | 上關           |
| Shàng Jù Xū    | Upper, Huge Depletion (Strong Legs)                        | ST-37     | 上巨虛          |
| Shàng Lián     | Upper Ridge                                                | LI-9      | 上廉           |
| Shàng Liáo     | Upper Bone-Hole                                            | BL-31     | 上髎           |
| Shàng Wǎn      | Upper Epigastrium (fundus & esophagus)                     | CV-13     | 上脘           |
| Shàng Xīng     | Upper Star (stars refer to eyes & spirit)                  | GV-23     | 上星           |
| Shǎo Chōng     | Lesser (Yin) Thoroughfare / Surge                          | Ht-9      | 少衝 / 沖       |
| Shǎo Fǔ        | Lesser (Yin) Official                                      | Ht-8      | 少府           |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn  | Jim's Translation                                                                                                                                                             | 穴 Point #       | 文 Characters |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|--------------|
| Shǎo Hǎi    | Lesser (Yin) Sea                                                                                                                                                              | Ht-3            | 少海           |
| Shǎo Shāng  | Lesser Metal-Note (2nd note of pentatonic scale)                                                                                                                              | Lu-11           | 少商           |
| Shǎo Zé     | Lesser Marsh (Little finger Marsh)                                                                                                                                            | SI-1            | 少澤           |
| Shēn Mài    | Extending Vessel / Vessel Extension / 9th Hour Vessel                                                                                                                         | BL-62           | 申脈           |
| Shēn Zhù    | Body Pillar                                                                                                                                                                   | GV-12           | 身柱           |
| Shén Cáng   | Spirit Storehouse – Spirit Concealed                                                                                                                                          | Kd-25           | 神藏           |
| Shén Dào    | (Yang) Spirit Pathway                                                                                                                                                         | GV-11           | 神道           |
| Shén Fēng   | Encase the Spirit / Spirit Enclosed/Restrained/Blockaded                                                                                                                      | Kd-23           | 神封           |
| Shén Mén    | Spirit Gate / Gate of Consciousness                                                                                                                                           | Ht-7            | 神門           |
| Shén Què    | Imperial Watchtower – Spirit Portal                                                                                                                                           | CV-8            | 神闕           |
| Shén Táng   | Heart-Spirit Temple                                                                                                                                                           | BL-15a (39/44)  | 神堂           |
| Shén Tíng   | Spirit Courtyard                                                                                                                                                              | GV-24           | 神庭           |
| Shèn Shū    | Kidney Shu                                                                                                                                                                    | BL-23           | 腎腧           |
| Shí Dòu     | Food Burrow / Feeding Hole                                                                                                                                                    | Sp-17           | 食竇           |
| Shí Guān    | Stone Gateway                                                                                                                                                                 | Kd-18           | 石關           |
| Shí Mén     | Stone Gate                                                                                                                                                                    | CV-5            | 石門           |
| Shǒu Sān Lǐ | Arm: Three Li/Units (see ST-36)                                                                                                                                               | LI-10           | 手三里          |
| Shǒu Wǔ Lǐ  | Arm: Five Li (see Lr-10)                                                                                                                                                      | LI-13           | 手五里          |
| Shū Fǔ      | Shu Point (Associated Pt) Official                                                                                                                                            | Kd-27           | 俞府           |
| Shù Gǔ      | Binding Bone / Bound Bone                                                                                                                                                     | BL-65           | 束骨           |
| Shuài Gǔ    | Commander/Leader of the Valley                                                                                                                                                | GB-8            | 率谷           |
| Shuǐ Dào    | WaterWay (Path of Water)                                                                                                                                                      | ST-28           | 水道           |
| Shuǐ Fēn    | Water Divide                                                                                                                                                                  | CV-9            | 水分           |
| Shuǐ Gōu    | Water Trough (philtrum)                                                                                                                                                       | GV-26 alt. name | 水溝           |
| Shuǐ Quán   | Water Spring                                                                                                                                                                  | Kd-5            | 水泉           |
| Shuǐ Tū     | Water Prominence – Rushing Water                                                                                                                                              | ST-10           | 水突           |
| Sī Zhú Kōng | Silk Bamboo Hollow                                                                                                                                                            | TB-23           | 絲竹空          |
| Sì Bái      | Four Whites (of the eyes)                                                                                                                                                     | ST-2            | 四白           |
| Sì Dú       | Four Rivers / Four Annoyances*                                                                                                                                                | TB-9            | 四瀆           |
| Sì Mǎn      | Four (Directions) Full / Fourway Fullness                                                                                                                                     | Kd-14           | 四滿           |
| Sù Liáo     | Plain Bone-Hole (plain = white = metal = lung = nose)                                                                                                                         | GV-25           | 素膠           |
| Tài Bái     | Great White (Mt Tai, Venus)<br>Mt Tai is the most venerated of the 5 sacred mts (refers to big toe knuckle)<br>Tai Bai means Venus, Venus is the planet associated with Metal | Sp-3            | 太白           |
| Tài Chōng   | Great Thoroughfare / Surge                                                                                                                                                    | Lr-3            | 太衝 / 冲       |
| Tài Xī      | Great Stream(bed)                                                                                                                                                             | Kd-3            | 太谿           |
| Tài Yǐ      | Great One (Lg Int) (level of transverse colon)                                                                                                                                | ST-23           | 太乙           |
| Tài Yuān    | Great/Very Deep Source (of water)                                                                                                                                             | Lu-9            | 太淵           |
| Tán Zhōng   | alt name for CV-17 see Dan Zhong                                                                                                                                              |                 |              |
| Táo Dào     | Kiln Pathway (pathway & steps alongside a traditional kiln)                                                                                                                   | GV-13           | 陶道           |
| Tiān Chí    | Celestial Pool/Pond/Moat                                                                                                                                                      | Pc-1            | 天池           |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn         | Jim's Translation                                                                         | 穴 Point #             | 文 Characters |
|--------------------|-------------------------------------------------------------------------------------------|-----------------------|--------------|
| Tiān Chōng         | Celestial Thoroughfare                                                                    | <b>GB-9</b>           | 天衝           |
| Tiān Chōng         | Celestial Surge                                                                           |                       | 天沖           |
| Tiān Chuāng        | Celestial Vent/Chimney/Window                                                             | <b>SI-16</b>          | 天窗           |
| Tiān Dǐng          | Celestial Caldron                                                                         | <b>LI-17</b>          | 天鼎           |
| Tiān Fǔ            | Celestial Official / Repository/Archive                                                   | <b>Lu-3</b>           | 天府           |
| Tiān Jǐng          | Celestial Well (olecranon fossa)<br>(name of a lunar lodge/mansion/station constellation) | <b>TB-10</b>          | 天井           |
| Tiān Liáo          | Celestial Bone-Hole/Edge                                                                  | <b>TB-15</b>          | 天髎           |
| Tiān Quán          | Celestial Spring                                                                          | <b>Pc-2</b>           | 天泉           |
| Tiān Róng          | Celestial Appearance (Look Skyward)                                                       | <b>SI-17</b>          | 天容           |
| Tiān Shū           | Celestial Pivot                                                                           | <b>ST-25</b>          | 天樞           |
| Tiān Tū            | Celestial Prominence (Celestial Conflict)                                                 | <b>CV-22</b>          | 天突           |
| Tiān Xī            | Celestial Stream(bed)                                                                     | <b>Sp-18</b>          | 天谿           |
| Tiān Yǒu           | Celestial Window                                                                          | <b>TB-16</b>          | 天牖           |
| Tiān Zhù           | Celestial Pillar                                                                          | <b>BL-10</b>          | 天柱           |
| Tiān Zōng          | Celestial Ancestor, Celestial Gathering                                                   | <b>SI-11</b>          | 天宗           |
| Tiáo Kǒu           | Thin Mouth Narrow Opening                                                                 | <b>ST-38</b>          | 條口           |
| Tīng Gōng          | Hearing/Auditory Palace                                                                   | <b>SI-19</b>          | 聽宮           |
| Tīng Huì           | Auditory Confluence                                                                       | <b>GB-2</b>           | 聽會           |
| Tōng Gǔ (Fù)       | Unblock the Valley (on the abd.)                                                          | <b>Kd-20</b>          | 腹通谷          |
| Tōng Gǔ (Zú)       | Open/Unblock the Valley (on the foot)                                                     | <b>BL-66</b>          | 足通谷          |
| Tōng Lǐ            | Open/Unblock the Interior Through the Village                                             | <b>Ht-5</b>           | 通里           |
| Tōng Tiān          | Clear-Open Sky (Celestial Connection)                                                     | <b>BL-7</b>           | 通天           |
| Tóng-zǐ Liáo       | Pupil Bone-Edge                                                                           | <b>GB-1</b>           | 瞳子髎          |
| Tóu Lín Qì         | Head: Overlook Tears /<br>Oversee Tearing (on the head) see GB-41                         | <b>GB-15</b>          | 頭臨泣          |
| Tóu Qiào Yīn       | Head: Yin Portals /<br>Yin Orifices (on the head) see GB-44                               | <b>GB-11</b>          | 頭竅陰          |
| Tóu Wéi            | Head Corners, Head Link                                                                   | <b>ST-8</b>           | 頭維           |
| Wài Guān           | Outer Gateway                                                                             | <b>TB-5</b>           | 外關           |
| Wài Líng           | Outer Mound – Outside the Mound                                                           | <b>ST-26</b>          | 外陵           |
| Wài Qiū            | Outer/Lateral Hill                                                                        | <b>GB-36</b>          | 外丘           |
| Wán Gǔ             | End of the Bone (Mastoid Process)                                                         | <b>GB-12</b>          | 完骨           |
| Wàn Gǔ             | Wrist Bone                                                                                | <b>SI-4</b>           | 腕骨           |
| Wéi Dào            | Linking Path                                                                              | <b>GB-28</b>          | 維道           |
| Wěi Yáng           | Yang Bend                                                                                 | <b>BL-53/39</b>       | 委陽           |
| Wěi Zhōng          | Middle of the Bend                                                                        | <b>BL-54/40</b>       | 委中           |
| Wèi Cāng           | Stomach Storehouse-Granary                                                                | <b>BL-21a (45/50)</b> | 胃倉           |
| Wèi Shū            | Stomach Shu                                                                               | <b>BL-21</b>          | 胃脘           |
| Wēn Liū<br>Wēn Liù | Warm Slide/Slip Away<br>Warm Flow                                                         | <b>LI-7</b>           | 溫溜           |
| Wū Yì              | House Screen (Roof)                                                                       | <b>ST-15</b>          | 屋翳           |
| Wǔ Chù             | 5th Spot                                                                                  | <b>BL-5</b>           | 五處           |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn     | Jim's Translation                                                             | 穴 Point #      | 文 Characters |
|----------------|-------------------------------------------------------------------------------|----------------|--------------|
| Wǔ Shū         | 5 Pivots, 5th Axis                                                            | GB-27          | 五樞           |
| Xī Guān        | Knee Gateway / Gateway to the Knee                                            | Lr-7           | 膝關           |
| Xī Mén         | Cleft Gate                                                                    | Pc-4           | 隙門           |
| Xī Yáng Guān   | Yang Gateway to the Knee                                                      | GB-33          | 膝陽關          |
| Xiá Bái        | Brave-Heroic-Gallant White<br>Protecting White, Guarding Metal (White Knight) | Lu-4           | 俠白           |
| Xiá Xī         | Gallant/Heroic Stream(bed) (see Lu-4 Xia Bai)                                 | GB-43          | 俠谿           |
| Jiǎ Xī         | Pinched (Narrow) Stream(bed)                                                  |                | 夾谿           |
| Xià Guān       | Lower Gateway / Below the Hinge (the Zygomatic) (see GB-3)                    | ST-7           | 下關           |
| Xià Jù Xū      | Lower, Huge Depletion (Strong Legs)                                           | ST-39          | 下巨虛          |
| Xià Lián       | Lower Ridge                                                                   | LI-8           | 下廉           |
| Xià Liáo       | Lower Bone-Hole                                                               | BL-34          | 下髎           |
| Xià Wǎn        | Lower Epigastrium (pylorus & duodenum)                                        | CV-10          | 下脘           |
| Xiàn Gǔ        | Sink/Fall into the Valley – Deep Valley<br>Sunken/Sinking/Soggy/Boggy Valley  | ST-43          | 陷谷           |
| Xiǎo Luò       | Disperse the River (Channel)                                                  | TB-12          | 消灤           |
| Xiǎo Cháng Shū | Small Intestine Shu                                                           | BL-27          | 小腸輸          |
| Xiǎo Hǎi       | Small Sea [Xiao = SI, Hai = He/sea pt] (compare with Shao Hai Ht-3)           | SI-8           | 小海           |
| Xīn Shū        | Heart Shu                                                                     | BL-15          | 心輸           |
| Xīn Huì        | Skull Convergence, Skull [bones] Meet (anterior fontanel)                     | GV-22          | 囟會           |
| Xíng Jiān      | Move Between (Step Between)                                                   | Lr-2           | 行間           |
| Xiōng Xiāng    | Chest Countryside (Small Village on the Chest)                                | Sp-19          | 胸鄉           |
| Xuán Jī        | Bowl of the Dipper (astronomical instrument)                                  | CV-21          | 璇璣           |
| Xuán Lí        | Hanging a Little (lower)                                                      | GB-6           | 懸釐           |
| Xuán Lú        | Hanging Head/Suspended Skull                                                  | GB-5           | 懸顱           |
| Xuán Shū       | Hanging Pivot (Suspended from the Pivot)                                      | GV-5           | 懸樞           |
| Xuán Zhōng     | Hanging Bell                                                                  | GB-39          | 懸鐘           |
| Xuè Hǎi        | Sea of Blood                                                                  | Sp-10          | 血海           |
| Yǎ Mén         | Mute Gate                                                                     | GV-15          | 啞門           |
| Yáng Bái       | Yang & White (Yang Bright / Clear the Yang)                                   | GB-14          | 陽白           |
| Yáng Chí       | Yang Pond/Moat                                                                | TB-4           | 陽池           |
| Yáng Fǔ        | Yang (Lateral) Support/Assistant                                              | GB-38          | 陽輔           |
| Yáng Gāng      | Lead the Yang (Key to the Yang)                                               | BL-19a (43/48) | 陽綱           |
| Yáng Gǔ        | Yang Valley                                                                   | SI-5           | 陽谷           |
| Yáng Jiāo      | Yang Junction                                                                 | GB-35          | 陽交           |
| Yáng Líng Quán | Spring at the Yang Mound                                                      | GB-34          | 陽陵泉          |
| Yáng Xī        | Yang Stream(bed)                                                              | LI-5           | 陽谿           |
| Yǎng Lǎo       | Nourish the Elderly                                                           | SI-6           | 養老           |
| Yāo Shū        | Lumbar Shu                                                                    | GV-2           | 腰俞           |
| Yāo Yáng Guān  | Lumbar Yang Gateway                                                           | GV-3           | 腰陽關          |
| Yè Mén         | (Yin) Fluid(s) Gate                                                           | TB-2           | 液門           |
| Yì Fēng        | Screen the Wind                                                               | TB-17          | 翳風           |



**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn     | Jim's Translation                                                             | 穴 Point #      | 文 Characters |
|----------------|-------------------------------------------------------------------------------|----------------|--------------|
| Yì Shè         | Spleen-Spirit Abode                                                           | BL-20a (44/49) | 意舍           |
| Yī Xī          | Ooo Eee – Oh! My/Dear/Yea!<br>(exclamation of exasperation, pain, or delight) | BL-16a (40/45) | 譫譫           |
| Yīn Bāo        | Wrap the Yin                                                                  | Lr-9           | 陰包           |
| Yīn Dū         | Yin City / Yin Metropolis                                                     | Kd-19          | 陰都           |
| Yīn Gǔ         | Yin Valley                                                                    | Kd-10          | 陰谷           |
| Yīn Jiāo       | Yin Junction-Crossing                                                         | CV-7           | 陰交           |
| Yīn Lián       | Yin Triangle                                                                  | Lr-11          | 陰廉           |
| Yīn Líng Quán  | Spring at Yin Mound                                                           | Sp-9           | 陰陵泉          |
| Yīn Mén        | Abundant Gate / Deep Gate                                                     | BL-51/37       | 殷門           |
| Yīn Shì        | Yin Marketplace (undergarment line)                                           | ST-33          | 陰市           |
| Yīn Xī         | Shao-Yin Xi-Cleft Pt                                                          | Ht-6           | 陰隙           |
| Yín Jiāo       | Gum Junction (the two characters are interchangeable)                         | GV-28          | 齧 / 斷交       |
| Yīn Bái        | Hidden/Concealed White [earth engenders metal]                                | Sp-1           | 隱白           |
| Yīng Chuāng    | Chest/Breast Vent (Ventilate the Chest)                                       | ST-16          | 膺窗           |
| Yíng Xiāng     | Welcome Fragrance – Receive Aromas                                            | LI-20          | 迎香           |
| Yǒng Quán      | Gushing/Bubbling Spring                                                       | Kd-1           | 湧泉           |
| Yōu Mén        | Secluded Gate - Secret Gate (pylorus)                                         | Kd-21          | 幽門           |
| Yú Jì          | Edge of the Fish (the fish is the thenar eminence)                            | Lu-10          | 魚際           |
| Yù Táng        | Jade Hall (jade refers to royalty, i.e. Ht)                                   | CV-18          | 玉堂           |
| Yù Zhěn        | Jade Head Rest or Jade Pillow                                                 | BL-9           | 玉枕           |
| Yù Zhōng       | Unfetter the (Chest) Center                                                   | Kd-26          | 彘中           |
| Yuān Yè        | Deep Pit / Abyss of the Axilla                                                | GB-22          | 淵腋           |
| Yún Mén        | Cloud Gate                                                                    | Lu-2           | 雲門           |
| Zǎn / Cuán Zhú | Gathering Bamboo                                                              | BL-2           | 攢竹           |
| Zhāng Mén      | Barricade Gate (Zang Gate)<br>Shorter-Cycle Gate (Section Gate) see Lr-14     | Lr-13          | 章門           |
| Zhào Hǎi       | Shining Sea – Reflection on the Sea                                           | Kd-6           | 照海           |
| Zhé Jīn        | Flank Sinews / Rut between Sinews                                             | GB-23          | 輒筋           |
| Zhèng Yíng     | Upright & Nourishing (Correct the Ying)                                       | GB-17          | 正營           |
| Zhī Gōu        | Branch in the Groove                                                          | TB-6           | 支溝           |
| Zhī Zhèng      | Proper Branch (Limb Correct, i.e. correct the arm)                            | SI-7           | 支正           |
| Zhì Biān       | Order's Sides / Sequence Margin                                               | BL-30a (49/54) | 秩邊           |
| Zhì Shī        | Kidney-Spirit Chamber                                                         | BL-23a (47/52) | 志室           |
| Zhì Yáng       | Reach the Yang or Arrive at Yang [UJiao]                                      | GV-9           | 至陽           |
| Zhì Yīn        | Reach the Yin / Arrive at Yin                                                 | BL-67          | 至陰           |
| Zhōng Chōng    | Middle Thoroughfare / Surge (i.e. the middle finger & its pulse)              | Pc-9           | 中衝 / 冲       |
| Zhōng Dū       | Central City                                                                  | Lr-6           | 中都           |
| Zhōng Dú       | Middle River                                                                  | GB-32          | 中瀆           |
| Zhōng Fēng     | Sealed in the Middle (Sealed In, Between)                                     | Lr-4           | 中封           |
| Zhōng Fǔ       | Central Official / Repository/Archive                                         | Lu-1           | 中府           |
| Zhōng Jí       | Central Pole                                                                  | CV-3           | 中極           |

**List 2 – 361 Primary Channel Points – Alphabetical by Pinyin – Traditional Characters**

| 拼音 Pīn-Yīn   | Jim's Translation                                                 | 穴 Point # | 文 Characters |
|--------------|-------------------------------------------------------------------|-----------|--------------|
| Zhōng Liáo   | Middle Bone-Hole                                                  | BL-33     | 中 髎          |
| Zhōng Lǚ Shū | Center of the Back-Bone Shu                                       | BL-29     | 中 膂 腧        |
| Zhōng Shū    | Central Pivot/Axis                                                | GV-7      | 中 樞          |
| Zhōng Tíng   | Central Courtyard (refers to CV-17)                               | CV-16     | 中 庭          |
| Zhōng Wǎn    | Middle Epigastrium (body of stomach)                              | CV-12     | 中 脘          |
| Zhōng Zhǔ    | Middle Isle/Islet                                                 | TB-3      | 中 渚          |
| Zhōng Zhù    | Middle Flow                                                       | Kd-15     | 中 注          |
| Zhōu Róng    | Universal Nourishment                                             | Sp-20     | 周 榮          |
| Zhǒu Liáo    | Elbow Bone-Edge                                                   | LI-12     | 肘 髎          |
| Zhù Bīn      | Building for a Guest (Guest House)                                | Kd-9      | 築 賓          |
| Zǐ Gōng      | Purple Palace (purple & palace refer to royalty, i.e. Ht)         | CV-19     | 紫 宮          |
| Zú Lín Qì    | Foot: Overlook Tears /<br>Oversee Tearing (on the foot) see GB-15 | GB-41     | 足 臨 泣        |
| Zú Qiào Yīn  | Foot: Yin Portals /<br>Yin Apertures (on the feet) see GB-11      | GB-44     | 足 竅 陰        |
| Zú Sān Lǐ    | Leg: Three Li/Units (Rectify 3 [Jiao] on the Leg) see LI-10       | ST-36     | 足 三 里        |
| Zú Wǔ Lǐ     | Leg: Five Li (see LI-13)                                          | Lr-10     | 足 五 里        |

**Bladder Channel Numbering:**

- ‘a’ numbers are mine. They correspond to the number of the point at the same level on the inner Bladder line.
- Underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.  
 CAM = Chinese Acupuncture and Moxibustion  
 MoA = Manual of Acupuncture  
 ACT = Acupuncture: A Comprehensive Text

### List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – *Simplified Characters*

Specific characters that have been simplified are **Bold**

| 穴 Point #       | <i>Simplified</i> | 拼音 Pīn-Yīn   | Jim's Translation                                                                                            |
|-----------------|-------------------|--------------|--------------------------------------------------------------------------------------------------------------|
| BL-30           | 白环俞               | Bái Huán Shū | White Circle Shu (Ano-Rectal Shu)                                                                            |
| GV-20           | 百会                | Bǎi Huì      | 100 Meet/Converge (Convergence of 100 channels)                                                              |
| BL-28a (48/53)  | 胞肓                | Bāo Huāng    | Placenta/Uterus/Bladder Membranes                                                                            |
| BL-11 alt. name | 背俞                | Bèi Shū      | Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)                                                       |
| GB-13           | 本神                | Běn Shén     | Root the Spirit / Foundation of Spirit                                                                       |
| ST-31           | 髀关                | Bì Guān      | Thigh Gateway (Gateway to the Thigh) (Hip Joint)                                                             |
| LI-14           | 臂臑                | Bì Nào       | [Fore]Arm & Upper Arm (Deltoid/Humerus)                                                                      |
| SI-12           | 秉风                | Bǐng Fēng    | Catch/Grasp/Hold the Wind / Control the Wind                                                                 |
| Kd-22           | 步廊                | Bù Láng      | Step onto the Chest                                                                                          |
| ST-19           | 不容                | Bù Róng      | Not Contained – Can't Hold (Can't Stomach)                                                                   |
| GV-1            | 长强                | Cháng Qiáng  | Long & Strong                                                                                                |
| BL-50/36        | 承扶                | Chéng Fú     | Hold & Support / For Support                                                                                 |
| BL-6            | 承光                | Chéng Guāng  | Receive/Catch Light (For Light)                                                                              |
| CV-24           | 承浆                | Chéng Jiāng  | Catch Saliva – For Drooling                                                                                  |
| BL-56           | 承筋                | Chéng Jīn    | Support the Sinews / For Sinews                                                                              |
| GB-18           | 承灵                | Chéng Líng   | Support Spirit (For Spirit)                                                                                  |
| ST-20           | 承满                | Chéng Mǎn    | For Fullness (Control Fullness)                                                                              |
| ST-1            | 承泣                | Chéng Qì     | Hold or Carry Tears, For Tearing                                                                             |
| BL-57           | 承山                | Chéng Shān   | Support(ing) Mountains (Mts = muscles: gastroc, thigh, gluteals)<br>For Mts; For Piles (Mts = hemorrhoids)   |
| Lu-5            | 尺泽                | Chǐ Zé       | Marsh at the Cubit (cubital fossa)                                                                           |
| TB-18           | 瘰脉                | Chì Mài      | Spasm Vein/Vessel                                                                                            |
| Sp-12           | 冲门                | Chōng Mén    | Thoroughfare Gate / Gate at the Surge (femoral artery)                                                       |
| ST-42           | 冲阳                | Chōng Yáng   | Surging Yang (Yang Thoroughfare) (dorsalis pedis pulse)                                                      |
| BL-32           | 次髎                | Cì Liáo      | Next/2nd Bone-Hole                                                                                           |
| Sp-21           | 大包                | Dà Bāo       | Big Wrap-Around / Big Wrap-Up / Big Embrace                                                                  |
| BL-25           | 大肠俞               | Dà Cháng Shū | Large Intestine Shu                                                                                          |
| Sp-2            | 大都                | Dà Dū        | Big City (Da = big toe, Du = provincial capitol)<br>Da Du is ancient name for Beijing (i.e. the Big Capitol) |
| Lr-1            | 大敦                | Dà Dūn       | Big & Important (Big & Thick)                                                                                |
| Kd-12           | 大赫                | Dà Hè        | Big Red (bloody vaginal discharge)                                                                           |
| Sp-15           | 大横                | Dà Hèng      | Big Horizontal (Big Across - Big & Wide)                                                                     |
| ST-27           | 大巨                | Dà Jù        | Big Huge                                                                                                     |
| Pc-7            | 大陵                | Dà Líng      | Big Mound                                                                                                    |
| ST-5            | 大迎                | Dà Yíng      | Big Welcome/Greeting (Smile)                                                                                 |
| Kd-4            | 大钟                | Dà Zhōng     | Big Bell or Goblet                                                                                           |
| BL-11           | 大杼                | Dà Zhù       | Big Reed – Big Shuttle                                                                                       |
| GV-14           | 大椎                | Dà Zhuī      | Big Vertebra (Big Mallet)                                                                                    |
| GB-26           | 带脉                | Dài Mài      | Belt Vessel                                                                                                  |
| BL-19           | 胆俞                | Dǎn Shū      | Gall Bladder Shu                                                                                             |
|                 |                   |              |                                                                                                              |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point #      | <i>Simplified</i> | 拼音 Pīn-Yīn                                                   | Jim's Translation                                                                                                                                                 |
|----------------|-------------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CV-17          | 膻中<br>壇中<br>羶中    | Dàn Zhōng<br>Tán Zhōng tan = altar<br>Shān Zhōng shan = odor | <b>Center of the Chest</b> (middle Dān Tiān)<br>Central Altar (i.e. the sternum), ancient name for Pc<br>Penetrating Odor (of mutton) (i.e. the sacrificial lamb) |
| ST-4           | 地仓                | Dì Cāng                                                      | <b>Earth Granary - Terrestrial Granary</b>                                                                                                                        |
| Sp-8           | 地机                | Dì Jī                                                        | <b>Earth Machine/Mechanism</b> (Move/Mobilize Earth)                                                                                                              |
| GB-42          | 地五会               | Dì Wǔ Huì                                                    | <b>Earth Five Converge</b>                                                                                                                                        |
| BL-16          | 督俞                | Dū Shū                                                       | <b>Governing Shu</b>                                                                                                                                              |
| ST-35          | 犊鼻                | Dú Bí                                                        | <b>Calf Nose / Calf's Nose</b>                                                                                                                                    |
| GV-27          | 兑端                | Duì Duān                                                     | <b>Mouth End</b> (top of the lip)                                                                                                                                 |
| TB-21          | 耳门                | Ěr Mén                                                       | <b>Ear Gate</b>                                                                                                                                                   |
| LI-2           | 二间                | Èr Jiān                                                      | <b>2nd Space (Point)</b>                                                                                                                                          |
| BL-58          | 飞扬                | Fēi Yáng                                                     | <b>Rise and Fly / Take/Taking Flight</b>                                                                                                                          |
| BL-13          | 肺俞                | Fèi Shū                                                      | <b>Lung Shu/Point</b> (Lu Pt [on the Back])                                                                                                                       |
| GB-20          | 风池                | Fēng Chí                                                     | <b>Wind Pond</b>                                                                                                                                                  |
| GV-16          | 风府                | Fēng Fǔ                                                      | <b>Wind Official/Repository/Mansion</b>                                                                                                                           |
| BL-12          | 风门                | Fēng Mén                                                     | <b>Wind Gate</b>                                                                                                                                                  |
| GB-31          | 风市                | Fēng Shì                                                     | <b>Wind Market</b> (Windy City)                                                                                                                                   |
| ST-40          | 丰隆                | Fēng Lóng                                                    | <b>Plentiful &amp; Abundant</b> (Plenty Thunder)                                                                                                                  |
| BL-59          | 跗阳                | Fū Yáng                                                      | <b>Tarsal/Instep Yang</b>                                                                                                                                         |
| GB-10          | 浮白                | Fú Bái                                                       | <b>Floating White / Overflow of White / Extra White</b>                                                                                                           |
| BL-52/38       | 浮郤                | Fú Xī                                                        | <b>Floating or Superficial Cleft</b>                                                                                                                              |
| LI-18          | 扶突                | Fú Tū                                                        | <b>Aid the (laryngeal) Prominence</b>                                                                                                                             |
| ST-32          | 伏兔                | Fú Tù                                                        | <b>Crouching Rabbit</b>                                                                                                                                           |
| Sp-16          | 腹哀                | Fù Āi                                                        | <b>Abdominal Distress / Belly Woes / Wailing Abdomen</b>                                                                                                          |
| BL-12a (36/41) | 附分                | Fù Fēn                                                       | <b>Appended Part/Branch</b> (of the BL channel) (BL Annex)                                                                                                        |
| Sp-14          | 腹结                | Fù Jié                                                       | <b>Abdominal Knot</b>                                                                                                                                             |
| Kd-7           | 复溜                | Fù Liū                                                       | <b>Recover Flow / Returning Current</b>                                                                                                                           |
| Sp-13          | 府舍                | Fǔ Shè                                                       | <b>Official('s) Abode / Bowel Abode</b> (Yang Organ Residence)                                                                                                    |
| BL-18          | 肝俞                | Gān Shū                                                      | <b>Liver Shu</b>                                                                                                                                                  |
| BL-14a (38/43) | 膏肓俞               | Gāo Huāng Shū                                                | <b>Fatty Membrane Shu</b>                                                                                                                                         |
| BL-17a (41/46) | 膈关                | Gé Guān                                                      | <b>Diaphragm Gateway/Pass</b>                                                                                                                                     |
| BL-17          | 膈俞                | Gé Shū                                                       | <b>Diaphragm Shu</b>                                                                                                                                              |
| Sp-4           | 公孙                | Gōng Sūn                                                     | <b>Duke's Heir</b> (see also TB-20 Jiao Sun)<br>Ancestor & Descendant (Sp & Chong)<br>Grandfather – Grandson (luo pt)                                             |
| TB-1           | 关冲                | Guān Chōng                                                   | <b>Gateway Thoroughfare</b> (i.e. the ring finger)<br><b>Gateway Surge</b> (see Pc-9 & Ht-9)                                                                      |
| ST-22          | 关门                | Guān Mén                                                     | <b>Close the Gate or Closed Gate</b>                                                                                                                              |
| CV-4           | 关元                | Guān Yuán                                                    | <b>Original Gateway</b> (Gateway to the Source)                                                                                                                   |
| BL-26          | 关元俞               | Guān Yuán Shū                                                | <b>Gateway to Source Shu</b>                                                                                                                                      |
| GB-37          | 光明                | Guāng Míng                                                   | <b>Bright Light</b>                                                                                                                                               |
| ST-29          | 归来                | Guī Lái                                                      | <b>Come-Back – Return</b>                                                                                                                                         |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point #      | <i>Simplified</i> | 拼音 Pīn-Yīn     | Jim's Translation                                                                               |
|----------------|-------------------|----------------|-------------------------------------------------------------------------------------------------|
| GB-4           | 颌厌                | Hàn Yàn        | Chin Fed-Up / Jaw Shut (Temporal Fullness)                                                      |
| LI-4           | 合谷                | Hé Gǔ          | Close the Valley / EnClosed Valley                                                              |
| BL-55          | 合阳                | Hé Yáng        | Union of Yang (Yang [Re]Union / Yang Closes)                                                    |
| LI-19          | 禾髎                | Hé Liáo        | Grain (sized) Bone-Hole                                                                         |
| TB-22          | 和髎                | Hé Liáo        | Harmony Hole (refers to the ear and hearing)<br>compare LI-19 Hé Liáo (hé = grain 禾 Grain Hole) |
| Kd-11          | 横骨                | Héng Gǔ        | Horizontal Bone                                                                                 |
| GV-19          | 后顶                | Hòu Dǐng       | Behind the Vertex, Posterior Vertex                                                             |
| SI-3           | 后溪                | Hòu Xī         | Proximal Stream-bed (see SI-2 Qian Gu = Distal Valley)                                          |
| CV-20          | 华盖                | Huá Gài        | Flowery/Flowerlike Canopy (Umbrella, Awning)                                                    |
| ST-24          | 滑肉门               | Huá Ròu Mén    | Slippery Flesh Gate / Smooth Muscle Gate                                                        |
| GB-30          | 环跳                | Huán Tiào      | Jump/Leap Circle/Ring                                                                           |
| BL-22a (46/51) | 育门                | Huāng Mén      | Membrane Gate                                                                                   |
| Kd-16          | 育俞                | Huāng Shū      | Membrane or Umbilical Shu/Pt                                                                    |
| BL-35          | 会阳                | Huì Yáng       | Meeting of Yang                                                                                 |
| CV-1           | 会阴                | Huì Yīn        | Yin Converge, Meeting of Yin (Meet at a Yin place)                                              |
| TB-7           | 会宗                | Huì Zōng       | Gathering of Ancestors (Gathering of the Elders)                                                |
| BL-18a (42/47) | 魂门                | Hún Mén        | Liver-Spirit Gate                                                                               |
| Sp-11          | 箕门                | Jī Mén         | Winnowing Basket Gate                                                                           |
| Lr-12          | 急脉                | Jí Mài         | Urgent Pulse                                                                                    |
| Ht-1           | 极泉                | Jí Quán        | Lofty Spring or Spring at the Summit                                                            |
| GV-6           | 脊中                | Jǐ Zhōng       | Spine Center (compare CV-3 Zhong Ji Central Pole)                                               |
| ST-6           | 颊车                | Jiá Chē        | Jaw Cart / Cheek Wheels                                                                         |
| Pc-5           | 间使                | Jiān Shǐ       | Send-Go Between The Intermediary/Ambassador/Minister                                            |
| GB-21          | 肩井                | Jiān Jǐng      | Shoulder Well / Well on the Shoulder                                                            |
| TB-14          | 肩髃                | Jiān Liáo      | Edge of the Shoulder Bone/Acromion                                                              |
| SI-14          | 肩外俞               | Jiān Wài Shū   | Shoulder's Outer Shu                                                                            |
| LI-15          | 肩髃                | Jiān Yú        | Shoulder Bone (acromion)                                                                        |
| SI-9           | 肩贞                | Jiān Zhēn      | Shoulder Correct [Correct the Shoulder]                                                         |
| SI-15          | 肩中俞               | Jiān Zhōng Shū | Middle Shoulder Shu                                                                             |
| CV-11          | 建里                | Jiàn Lǐ        | Build the Interior                                                                              |
| Kd-8           | 交信                | Jiāo Xìn       | Promised Junction – Faithful Cycle                                                              |
| TB-20          | 角孙                | Jiǎo Sūn       | Horns of a Child                                                                                |
| ST-41          | 解溪                | Jiě Xī         | Open/Unblock the Stream(bed)                                                                    |
| BL-63          | 金门                | Jīn Mén        | Metal or Golden Gate                                                                            |
| GV-8           | 筋缩                | Jīn Suō        | Sinew's Contract/Shrink (Muscle Spasm-Atrophy)                                                  |
| BL-64          | 京骨                | Jīng Gǔ        | Capitol Bone                                                                                    |
| GB-25          | 京门                | Jīng Mén       | Capitol Gate                                                                                    |
| BL-1           | 睛明                | Jīng Míng      | Eyes Bright or Brighten Eyes                                                                    |
| Lu-8           | 经渠                | Jīng Qú        | Rivers/Channels & Canals (River pt)                                                             |
| CV-15          | 鸠尾                | Jiū Wěi        | Dove's Tail                                                                                     |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point #       | <i>Simplified</i> | 拼音 Pīn-Yīn     | Jim's Translation                                             |
|-----------------|-------------------|----------------|---------------------------------------------------------------|
| GB-29           | 居髎                | Jū Liáo        | Squatting Crease                                              |
| LI-16           | 巨骨                | Jù Gǔ          | Huge Bone (acromial end of clavicle)                          |
| ST-3            | 巨髎                | Jù Liáo        | Huge Bone-Hole (big depression under the cheekbone)           |
| CV-14           | 巨阙                | Jù Què         | Giant Watchtower – Huge Archway/Portal                        |
| GB-39 alt. name | 绝骨                | Jué Gǔ         | Disappearing Bone                                             |
| BL-14           | 厥阴俞               | Jué-Yīn Shū    | Faint-Yin Shu/Pt (Pc & Lr)                                    |
| Lu-6            | 孔最                | Kǒng Zuì       | Enormous Hole                                                 |
| ST-14           | 库房                | Kù Fáng        | StoreHouse/StoreRoom - Storage Depot                          |
| BL-60           | 昆仑                | Kūn Lún        | Kun Lun Mountain(s)                                           |
| Pc-8            | 劳宫                | Láo Gōng       | Laborer's Palace (Palace of Labor)                            |
| Lr-5            | 蠡沟                | Lǐ Gōu         | Woodworm Groove (Gourd Groove)                                |
| ST-45           | 历兑                | Lì Duì         | Hardship/Severity Alleviated                                  |
| CV-23           | 廉泉                | Lián Quán      | Spring at the Ridge (Pure Spring)                             |
| ST-21           | 梁门                | Liáng Mén      | Beam Gate / Bridge Gate                                       |
| ST-34           | 梁丘                | Liáng Qiū      | Beam Hill / Bridge Hill                                       |
| Lu-7            | 列缺                | Liè Quē        | Jog in the Sequence (Lightning Bolt)                          |
| Ht-4            | 灵道                | Líng Dào       | Spirit Pathway (Pathway of the Yin Spirit)                    |
| GV-10           | 灵台                | Líng Tái       | (Yin/Rain) Spirit Tower/Platform/Observatory                  |
| Kd-24           | 灵墟                | Líng Xū        | Spirit Wasteland, Spirit in Ruins (Spirit Depression)         |
| Sp-7            | 漏谷                | Lòu Gǔ         | Leaky Valley (Pt for disorders that cause leaking & dripping) |
| TB-19           | 颅息                | Lú Xī          | Skull Resting or Skull Breathing                              |
| BL-8            | 络却                | Luò Què        | Posterior Connection (Connect Backwards)                      |
| BL-3            | 眉冲                | Méi Chōng      | Eyebrow Thoroughfare / Surge                                  |
| GV-4            | 命门                | Mìng Mén       | Life Gate                                                     |
| GB-16           | 目窗                | Mù Chuāng      | Eye Vent/Window (Vent for the Eyes)                           |
| GV-17           | 脑户                | Nǎo Hù         | Doorway to the Brain                                          |
| GB-19           | 脑空                | Nǎo Kōng       | Brain Hollow                                                  |
| TB-13           | 臑会                | Nào Huì        | Upper-Arm Meeting (pt)                                        |
| SI-10           | 臑俞                | Nào Shū        | Upper Arm/Deltoid Shu/Pt                                      |
| Pc-6            | 内关                | Nèi Guān       | Inner Gateway                                                 |
| ST-44           | 内庭                | Nèi Tíng       | Inner Courtyard / Inside the Hall                             |
| BL-28           | 膀胱俞               | Páng Guāng Shū | Urinary Bladder Shu                                           |
| BL-20           | 脾俞                | Pí Shū         | Spleen Shu                                                    |
| LI-6            | 偏历                | Piān Lì        | Oblique/Tangential Passage (on slant)                         |
|                 | 偏历                | Piān Lì        | Offset Calendar                                               |
| BL-13a (37/42)  | 魄户                | Pò Hù          | Lung-Spirit Door/Household                                    |
| BL-61           | 仆参                | Pú Cān/Shēn    | Humble Visitor/Servant (Low & Outside)                        |
| Lr-14           | 期门                | Qī Mén         | Long-Cycle Gate (Gate of Hope) (end of all channels)          |
| ST-30           | 气冲                | Qì Chōng       | Qi Thoroughfare / Surge (inguinal groove / femoral artery)    |
| CV-6            | 气海                | Qì Hǎi         | Sea of Qi (Ocean of Vital Energy) (lower Dan Tian)            |
| BL-24           | 气海俞               | Qì Hǎi Shū     | Sea of Qi Shu                                                 |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point # | <i>Simplified</i> | 拼音 Pīn-Yīn     | Jim's Translation                                          |
|-----------|-------------------|----------------|------------------------------------------------------------|
| ST-13     | 气户                | Qì Hù          | Qi Doorway - Doorway to the Qi/Breath                      |
| ST-11     | 气舍                | Qì Shě         | Qi Abode/Cottage – Qi Residence/Dwelling                   |
| Kd-13     | 气穴                | Qì Xué         | Qi Cave - Vital Energy Point                               |
| GV-21     | 前顶                | Qián Dǐng      | Before the Vertex, Anterior Vertex                         |
| SI-2      | 前谷                | Qián Gǔ        | Distal Valley                                              |
| GV-18     | 强间                | Qiáng Jiān     | Strong-Firm Space (posterior fontanel)                     |
| TB-11     | 清冷渊               | Qīng Lěng Yuān | Clear, Cold, Deep-Source of Water                          |
| Ht-2      | 青灵                | Qīng Líng      | Blue-Green/Azure/Verdant Spirit                            |
| GB-40     | 丘墟                | Qiū Xū         | Hill Ruins                                                 |
| GB-7      | 曲鬓                | Qū Bìn         | Curve of the Temporal Hairline                             |
| BL-4      | 曲差                | Qū Chā         | Bend & Turn                                                |
| LI-11     | 曲池                | Qū Chí         | Pool/Pond at the Bend/Crook                                |
| CV-2      | 曲骨                | Qū Gǔ          | Bent/Curved/Crooked Bone (pubic bone)                      |
| Lr-8      | 曲泉                | Qū Quán        | Spring at the Bend                                         |
| SI-13     | 曲垣                | Qū Yuán        | Curved/Crooked Wall                                        |
| Pc-3      | 曲泽                | Qū Zé          | Marsh at the Crook/Bend                                    |
| SI-18     | 颧髎                | Quán Liáo      | Cheek Bone Edge                                            |
| ST-12     | 缺盆                | Quē Pén        | Empty Basin (Supraclavicular Fossa)                        |
| Kd-2      | 然谷                | Rán Gǔ         | Blazing/Burning Valley                                     |
|           | 然骨                | Rán Gǔ         | Blazing/Burning Bone (bone & valley are homonyms)          |
| ST-9      | 人迎                | Rén Yíng       | Persons' Prognosis                                         |
| GV-26     | 人中                | Rén Zhōng      | Human Center (between H & E) (i.e. nose & mouth)           |
| GB-24     | 日月                | Rì Yuè         | Sun & Moon                                                 |
| ST-18     | 乳根                | Rǔ Gēn         | Root/Base of the Breast                                    |
| ST-17     | 乳中                | Rǔ Zhōng       | Breast Center (Center of the Breast)                       |
| LI-3      | 三间                | Sān Jiān       | 3rd Space (Point)                                          |
| BL-22     | 三焦俞               | Sān Jiāo Shū   | Triple Burner Shu                                          |
| TB-8      | 三阳络               | Sān Yáng Luò   | 3 Yang Connect                                             |
| Sp-6      | 三阴交               | Sān Yīn Jiāo   | 3 Yin Junction (Intersection of 3 Leg Yin)                 |
|           |                   | Shān Zhòng     | alt name for CV-17 see Dan Zhong                           |
| Sp-5      | 商丘                | Shāng Qiū      | Metal-Note Hill (Metal pt)                                 |
| Kd-17     | 商曲                | Shāng Qū       | Metal-Note Bend (refers to transverse colon)               |
| LI-1      | 商阳                | Shāng Yáng     | Yang Metal-Note (2nd note of pentatonic scale)             |
| GB-3      | 上关                | Shàng Guān     | Upper Gateway / Above the Hinge (the Zygomatic) (see ST-7) |
| ST-37     | 上巨虚               | Shàng Jù Xū    | Upper, Huge Depletion (Strong Legs)                        |
| LI-9      | 上廉                | Shàng Lián     | Upper Ridge                                                |
| BL-31     | 上髎                | Shàng Liáo     | Upper Bone-Hole                                            |
| CV-13     | 上脘                | Shàng Wǎn      | Upper Epigastrium (fundus & esophagus)                     |
| GV-23     | 上星                | Shàng Xīng     | Upper Star (stars refer to eyes & spirit)                  |
| Ht-9      | 少冲                | Shǎo Chōng     | Lesser (Yin) Thoroughfare / Surge                          |
| Ht-8      | 少府                | Shǎo Fǔ        | Lesser (Yin) Official                                      |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point #       | <i>Simplified</i> | 拼音 Pīn-Yīn  | Jim's Translation                                                                                                                                                             |
|-----------------|-------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ht-3            | 少海                | Shǎo Hǎi    | Lesser (Yin) Sea                                                                                                                                                              |
| Lu-11           | 少商                | Shǎo Shāng  | Lesser Metal-Note (2nd note of pentatonic scale)                                                                                                                              |
| SI-1            | 少泽                | Shǎo Zé     | Lesser Marsh (Little finger Marsh)                                                                                                                                            |
| BL-62           | 申脉                | Shēn Mài    | Extending Vessel / Vessel Extension / 9th Hour Vessel                                                                                                                         |
| GV-12           | 身柱                | Shēn Zhù    | Body Pillar                                                                                                                                                                   |
| Kd-25           | 神藏                | Shén Cáng   | Spirit Storehouse – Spirit Concealed                                                                                                                                          |
| GV-11           | 神道                | Shén Dào    | (Yang) Spirit Pathway                                                                                                                                                         |
| Kd-23           | 神封                | Shén Fēng   | Encase the Spirit / Spirit Enclosed/Restrained/Blockaded                                                                                                                      |
| Ht-7            | 神门                | Shén Mén    | Spirit Gate / Gate of Consciousness                                                                                                                                           |
| CV-8            | 神阙                | Shén Què    | Imperial Watchtower – Spirit Portal                                                                                                                                           |
| BL-15a (39/44)  | 神堂                | Shén Táng   | Heart-Spirit Temple                                                                                                                                                           |
| GV-24           | 神庭                | Shén Tíng   | Spirit Courtyard                                                                                                                                                              |
| BL-23           | 肾俞                | Shèn Shū    | Kidney Shu                                                                                                                                                                    |
| Sp-17           | 食窦                | Shí Dòu     | Food Burrow / Feeding Hole                                                                                                                                                    |
| Kd-18           | 石关                | Shí Guān    | Stone Gateway                                                                                                                                                                 |
| CV-5            | 石门                | Shí Mén     | Stone Gate                                                                                                                                                                    |
| LI-10           | 手三里               | Shǒu Sān Lǐ | Arm: Three Li/Units (see ST-36)                                                                                                                                               |
| LI-13           | 手五里               | Shǒu Wǔ Lǐ  | Arm: Five Li (see Lr-10)                                                                                                                                                      |
| Kd-27           | 俞府                | Shū Fǔ      | Shu Point (Associated Pt) Official                                                                                                                                            |
| BL-65           | 束骨                | Shù Gǔ      | Binding Bone / Bound Bone                                                                                                                                                     |
| GB-8            | 率谷                | Shuài Gǔ    | Commander/Leader of the Valley                                                                                                                                                |
| ST-28           | 水道                | Shuǐ Dào    | WaterWay (Path of Water)                                                                                                                                                      |
| CV-9            | 水分                | Shuǐ Fēn    | Water Divide                                                                                                                                                                  |
| GV-26 alt. name | 水沟                | Shuǐ Gōu    | Water Trough (philtrum)                                                                                                                                                       |
| Kd-5            | 水泉                | Shuǐ Quán   | Water Spring                                                                                                                                                                  |
| ST-10           | 水突                | Shuǐ Tū     | Water Prominence – Rushing Water                                                                                                                                              |
| TB-23           | 丝竹空               | Sī Zhú Kōng | Silk Bamboo Hollow                                                                                                                                                            |
| ST-2            | 四白                | Sì Bái      | Four Whites (of the eyes)                                                                                                                                                     |
| TB-9            | 四渎                | Sì Dú       | Four Rivers / Four Annoyances*                                                                                                                                                |
| Kd-14           | 四满                | Sì Mǎn      | Four (Directions) Full / Fourway Fullness                                                                                                                                     |
| GV-25           | 素髌                | Sù Liáo     | Plain Bone-Hole (plain = white = metal = lung = nose)                                                                                                                         |
| Sp-3            | 太白                | Tài Bái     | Great White (Mt Tai, Venus)<br>Mt Tai is the most venerated of the 5 sacred mts (refers to big toe knuckle)<br>Tai Bai means Venus, Venus is the planet associated with Metal |
| Lr-3            | 太冲                | Tài Chōng   | Great Thoroughfare / Surge                                                                                                                                                    |
| Kd-3            | 太溪                | Tài Xī      | Great Stream(bed)                                                                                                                                                             |
| ST-23           | 太乙                | Tài Yǐ      | Great One (Lg Int) (level of transverse colon)                                                                                                                                |
| Lu-9            | 太渊                | Tài Yuān    | Great/Very Deep Source (of water)                                                                                                                                             |
|                 |                   | Tán Zhōng   | alt name for CV-17 see Dan Zhong                                                                                                                                              |
| GV-13           | 陶道                | Táo Dào     | Kiln Pathway (pathway & steps alongside a traditional kiln)                                                                                                                   |
| Pc-1            | 天池                | Tiān Chí    | Celestial Pool/Pond/Moat                                                                                                                                                      |
| GB-9            | 天冲                | Tiān Chōng  | Celestial Thoroughfare/Surge                                                                                                                                                  |



**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point #      | <i>Simplified</i> | 拼音 Pīn-Yīn         | Jim's Translation                                                                         |
|----------------|-------------------|--------------------|-------------------------------------------------------------------------------------------|
| SI-16          | 天窗                | Tiān Chuāng        | Celestial Vent/Chimney/Window                                                             |
| LI-17          | 天鼎                | Tiān Dǐng          | Celestial Caldron                                                                         |
| Lu-3           | 天府                | Tiān Fǔ            | Celestial Official / Repository/Archive                                                   |
| TB-10          | 天井                | Tiān Jǐng          | Celestial Well (olecranon fossa)<br>(name of a lunar lodge/mansion/station constellation) |
| TB-15          | 天髎                | Tiān Liáo          | Celestial Bone-Hole/Edge                                                                  |
| Pc-2           | 天泉                | Tiān Quán          | Celestial Spring                                                                          |
| SI-17          | 天容                | Tiān Róng          | Celestial Appearance (Look Skyward)                                                       |
| ST-25          | 天枢                | Tiān Shū           | Celestial Pivot                                                                           |
| CV-22          | 天突                | Tiān Tū            | Celestial Prominence (Celestial Conflict)                                                 |
| Sp-18          | 天溪                | Tiān Xī            | Celestial Stream(bed)                                                                     |
| TB-16          | 天牖                | Tiān Yǒu           | Celestial Window                                                                          |
| BL-10          | 天柱                | Tiān Zhù           | Celestial Pillar                                                                          |
| SI-11          | 天宗                | Tiān Zōng          | Celestial Ancestor, Celestial Gathering                                                   |
| ST-38          | 条口                | Tiáo Kǒu           | Thin Mouth Narrow Opening                                                                 |
| SI-19          | 听宫                | Tīng Gōng          | Hearing/Auditory Palace                                                                   |
| GB-2           | 听会                | Tīng Huì           | Auditory Confluence                                                                       |
| Kd-20          | 腹通谷               | Tōng Gǔ (Fù)       | Unblock the Valley (on the abd.)                                                          |
| BL-66          | 足通谷               | Tōng Gǔ (Zú)       | Open/Unblock the Valley (on the foot)                                                     |
| Ht-5           | 通里                | Tōng Lǐ            | Open/Unblock the Interior Through the Village                                             |
| BL-7           | 通天                | Tōng Tiān          | Clear-Open Sky (Celestial Connection)                                                     |
| GB-1           | 瞳子髎               | Tóng-zǐ Liáo       | Pupil Bone-Edge                                                                           |
| GB-15          | 头临泣               | Tóu Lín Qì         | Head: Overlook Tears / Oversee Tearing (on the head)<br>see GB-41                         |
| GB-11          | 头窍阴               | Tóu Qiào Yīn       | Head: Yin Portals / Yin Orifices (on the head) see GB-44                                  |
| ST-8           | 头维                | Tóu Wéi            | Head Corners, Head Link                                                                   |
| TB-5           | 外关                | Wài Guān           | Outer Gateway                                                                             |
| ST-26          | 外陵                | Wài Líng           | Outer Mound – Outside the Mound                                                           |
| GB-36          | 外丘                | Wài Qiū            | Outer/Lateral Hill                                                                        |
| GB-12          | 完骨                | Wán Gǔ             | End of the Bone (Mastoid Process)                                                         |
| SI-4           | 腕骨                | Wàn Gǔ             | Wrist Bone                                                                                |
| GB-28          | 维道                | Wéi Dào            | Linking Path                                                                              |
| BL-53/39       | 委阳                | Wěi Yáng           | Yang Bend                                                                                 |
| BL-54/40       | 委中                | Wěi Zhōng          | Middle of the Bend                                                                        |
| BL-21a (45/50) | 胃仓                | Wèi Cāng           | Stomach Storehouse-Granary                                                                |
| BL-21          | 胃俞                | Wèi Shū            | Stomach Shu                                                                               |
| LI-7           | 温溜                | Wēn Liū<br>Wēn Liù | Warm Slide/Slip Away<br>Warm Flow                                                         |
| ST-15          | 屋翳                | Wū Yì              | House Screen (Roof)                                                                       |
| BL-5           | 五处                | Wǔ Chù             | 5th Spot                                                                                  |
| GB-27          | 五枢                | Wǔ Shū             | 5 Pivots, 5th Axis                                                                        |
| Lr-7           | 膝关                | Xī Guān            | Knee Gateway / Gateway to the Knee                                                        |
| GB-33          | 膝阳关               | Xī Yáng Guān       | Yang Gateway to the Knee                                                                  |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point #      | <i>Simplified</i> | 拼音 Pīn-Yīn     | Jim's Translation                                                                    |
|----------------|-------------------|----------------|--------------------------------------------------------------------------------------|
| Pc-4           | 郄门                | Xī Mén         | Cleft Gate                                                                           |
| Lu-4           | 侠白                | Xiá Bái        | <b>Brave-Heroic-Gallant White</b><br>Protecting White, Guarding Metal (White Knight) |
| GB-43          | 侠溪                | Xiá Xī         | <b>Gallant/Heroic Stream(bed)</b> (see Lu-4 Xia Bai)                                 |
|                | 夹溪                | Jiā Xī         | <b>Pinched (Narrow) Stream(bed)</b>                                                  |
| ST-7           | 下关                | Xià Guān       | <b>Lower Gateway / Below the Hinge</b> (the Zygomatic) (see GB-3)                    |
| ST-39          | 下巨虚               | Xià Jù Xū      | <b>Lower, Huge Depletion</b> (Strong Legs)                                           |
| LI-8           | 下廉                | Xià Lián       | <b>Lower Ridge</b>                                                                   |
| BL-34          | 下髎                | Xià Liáo       | <b>Lower Bone-Hole</b>                                                               |
| CV-10          | 下脘                | Xià Wǎn        | <b>Lower Epigastrium</b> (pylorus & duodenum)                                        |
| ST-43          | 陷谷                | Xiàn Gǔ        | <b>Sink/Fall into the Valley – Deep Valley</b><br>Sunken/Sinking/Soggy/Boggy Valley  |
| TB-12          | 消泺                | Xiāo Luò       | <b>Disperse the River (Channel)</b>                                                  |
| BL-27          | 小肠俞               | Xiǎo Cháng Shū | <b>Small Intestine Shu</b>                                                           |
| SI-8           | 小海                | Xiǎo Hǎi       | <b>Small Sea</b> [Xiao = SI, Hai = He/sea pt] (compare with Shao Hai Ht-3)           |
| BL-15          | 心俞                | Xīn Shū        | <b>Heart Shu</b>                                                                     |
| GV-22          | 囟会                | Xìn Huì        | <b>Skull Convergence, Skull [bones] Meet</b> (anterior fontanel)                     |
| Lr-2           | 行间                | Xíng Jiān      | <b>Move Between (Step Between)</b>                                                   |
| Sp-19          | 胸乡                | Xiōng Xiāng    | <b>Chest Countryside</b> (Small Village on the Chest)                                |
| CV-21          | 璇玑                | Xuán Jī        | <b>Bowl of the Dipper</b> (astronomical instrument)                                  |
| GB-6           | 悬釐                | Xuán Lí        | <b>Hanging a Little (lower)</b>                                                      |
| GB-5           | 悬颅                | Xuán Lú        | <b>Hanging Head/Suspended Skull</b>                                                  |
| GV-5           | 悬枢                | Xuán Shū       | <b>Hanging Pivot</b> (Suspended from the Pivot)                                      |
| GB-39          | 悬钟                | Xuán Zhōng     | <b>Hanging Bell</b>                                                                  |
| Sp-10          | 血海                | Xuè Hǎi        | <b>Sea of Blood</b>                                                                  |
| GV-15          | 哑门                | Yǎ Mén         | <b>Mute Gate</b>                                                                     |
| GB-14          | 阳白                | Yáng Bái       | <b>Yang &amp; White</b> (Yang Bright / Clear the Yang)                               |
| TB-4           | 阳池                | Yáng Chí       | <b>Yang Pond/Moat</b>                                                                |
| GB-38          | 阳辅                | Yáng Fǔ        | <b>Yang (Lateral) Support/Assistant</b>                                              |
| BL-19a (43/48) | 阳纲                | Yáng Gāng      | <b>Lead the Yang</b> (Key to the Yang)                                               |
| SI-5           | 阳谷                | Yáng Gǔ        | <b>Yang Valley</b>                                                                   |
| GB-35          | 阳交                | Yáng Jiāo      | <b>Yang Junction</b>                                                                 |
| GB-34          | 阳陵泉               | Yáng Líng Quán | <b>Spring at the Yang Mound</b>                                                      |
| LI-5           | 阳溪                | Yáng Xī        | <b>Yang Stream(bed)</b>                                                              |
| SI-6           | 养老                | Yǎng Lǎo       | <b>Nourish the Elderly</b>                                                           |
| GV-2           | 腰俞                | Yāo Shū        | <b>Lumbar Shu</b>                                                                    |
| GV-3           | 腰阳关               | Yāo Yáng Guān  | <b>Lumbar Yang Gateway</b>                                                           |
| TB-2           | 液门                | Yè Mén         | <b>(Yin) Fluid(s) Gate</b>                                                           |
| TB-17          | 翳风                | Yì Fēng        | <b>Screen the Wind</b>                                                               |
| BL-20a (44/49) | 意舍                | Yì Shě         | <b>Spleen-Spirit Abode</b>                                                           |
| BL-16a (40/45) | 噫嘻                | Yī Xī          | <b>Ooo Eee – Oh! My/Dear/Yea!</b><br>(exclamation of exasperation, pain, or delight) |
| Lr-9           | 阴包                | Yīn Bāo        | <b>Wrap the Yin</b>                                                                  |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point #      | <i>Simplified</i> | 拼音 Pīn-Yīn    | Jim's Translation                                                         |
|----------------|-------------------|---------------|---------------------------------------------------------------------------|
| Kd-19          | 阴都                | Yīn Dū        | Yin City / Yin Metropolis                                                 |
| Kd-10          | 阴谷                | Yīn Gǔ        | Yin Valley                                                                |
| CV-7           | 阴交                | Yīn Jiāo      | Yin Junction-Crossing                                                     |
| Lr-11          | 阴廉                | Yīn Lián      | Yin Triangle                                                              |
| Sp-9           | 阴陵泉               | Yīn Líng Quán | Spring at Yin Mound                                                       |
| ST-33          | 阴市                | Yīn Shì       | Yin Marketplace (undergarment line)                                       |
| Ht-6           | 阴郄                | Yīn Xī        | Shao-Yin Xi-Cleft Pt                                                      |
| BL-51/37       | 殷门                | Yīn Mén       | Abundant Gate / Deep Gate                                                 |
| GV-28          | 龈交                | Yín Jiāo      | Gum Junction                                                              |
| Sp-1           | 隐白                | Yǐn Bái       | Hidden/Concealed White [earth engenders metal]                            |
| ST-16          | 膺窗                | Yīng Chuāng   | Chest/Breast Vent (Ventilate the Chest)                                   |
| LI-20          | 迎香                | Yíng Xiāng    | Welcome Fragrance – Receive Aromas                                        |
| Kd-1           | 涌泉                | Yǒng Quán     | Gushing/Bubbling Spring                                                   |
| Kd-21          | 幽门                | Yōu Mén       | Secluded Gate - Secret Gate (pylorus)                                     |
| Lu-10          | 鱼际                | Yú Jì         | Edge of the Fish (the fish is the thenar eminence)                        |
| CV-18          | 玉堂                | Yù Táng       | Jade Hall (jade refers to royalty, i.e. Ht)                               |
| BL-9           | 玉枕                | Yù Zhěn       | Jade Head Rest or Jade Pillow                                             |
| Kd-26          | 臑中                | Yù Zhōng      | Unfetter the (Chest) Center                                               |
| GB-22          | 渊腋                | Yuān Yè       | Deep Pit / Abyss of the Axilla                                            |
| Lu-2           | 云门                | Yún Mén       | Cloud Gate                                                                |
| BL-2           | 攒竹                | Zǎn Zhú       | Gathering Bamboo                                                          |
| Lr-13          | 章门                | Zhāng Mén     | Barricade Gate (Zang Gate)<br>Shorter-Cycle Gate (Section Gate) see Lr-14 |
| Kd-6           | 照海                | Zhào Hǎi      | Shining Sea – Reflection on the Sea                                       |
| GB-23          | 辄筋                | Zhé Jīn       | Flank Sinews / Rut between Sinews                                         |
| GB-17          | 正营                | Zhèng Yíng    | Upright & Nourishing (Correct the Ying)                                   |
| TB-6           | 支沟                | Zhī Gōu       | Branch in the Groove                                                      |
| SI-7           | 支正                | Zhī Zhèng     | Proper Branch (Limb Correct, i.e. correct the arm)                        |
| BL-30a (49/54) | 秩边                | Zhì Biān      | Order's Sides / Sequence Margin                                           |
| BL-23a (47/52) | 志室                | Zhì Shī       | Kidney-Spirit Chamber                                                     |
| GV-9           | 至阳                | Zhì Yáng      | Reach the Yang or Arrive at Yang [UJiao]                                  |
| BL-67          | 至阴                | Zhì Yīn       | Reach the Yin / Arrive at Yin                                             |
| Pc-9           | 中冲                | Zhōng Chōng   | Middle Thoroughfare / Surge (i.e. the middle finger & its pulse)          |
| Lr-6           | 中都                | Zhōng Dū      | Central City                                                              |
| GB-32          | 中渚                | Zhōng Dú      | Middle River                                                              |
| Lr-4           | 中封                | Zhōng Fēng    | Sealed in the Middle (Sealed In, Between)                                 |
| Lu-1           | 中府                | Zhōng Fǔ      | Central Official / Repository/Archive                                     |
| CV-3           | 中极                | Zhōng Jí      | Central Pole                                                              |
| BL-33          | 中髎                | Zhōng Liáo    | Middle Bone-Hole                                                          |
| BL-29          | 中膂俞               | Zhōng Lǚ Shū  | Center of the Back-Bone Shu                                               |
| GV-7           | 中樞                | Zhōng Shū     | Central Pivot/Axis                                                        |

**List 3 – 361 Primary Channel Points – Alphabetical by Pinyin – Simplified Characters**

| 穴 Point # | <i>Simplified</i> | 拼音 Pīn-Yīn  | Jim's Translation                                                        |
|-----------|-------------------|-------------|--------------------------------------------------------------------------|
| CV-16     | 中庭                | Zhōng Tíng  | <b>Central Courtyard</b> (refers to CV-17)                               |
| CV-12     | 中脘                | Zhōng Wǎn   | <b>Middle Epigastrium</b> (body of stomach)                              |
| TB-3      | 中渚                | Zhōng Zhǔ   | <b>Middle Isle/Islet</b>                                                 |
| Kd-15     | 中注                | Zhōng Zhù   | <b>Middle Flow</b>                                                       |
| Sp-20     | 周荣                | Zhōu Róng   | <b>Universal Nourishment</b>                                             |
| LI-12     | 肘髎                | Zhǒu Liáo   | <b>Elbow Bone-Edge</b>                                                   |
| Kd-9      | 筑宾                | Zhù Bīn     | <b>Building for a Guest</b> (Guest House)                                |
| CV-19     | 紫宫                | Zǐ Gōng     | <b>Purple Palace</b> (purple & palace refer to royalty, i.e. Ht)         |
| GB-41     | 足临泣               | Zú Lín Qì   | <b>Foot: Overlook Tears / Oversee Tearing</b> (on the foot)<br>see GB-15 |
| GB-44     | 足窍阴               | Zú Qiào Yīn | <b>Foot: Yin Portals / Yin Apertures</b> (on the feet) see GB-11         |
| ST-36     | 足三里               | Zú Sān Lǐ   | <b>Leg: Three Li/Units</b> (Rectify 3 [Jiao] on the Leg) see LI-10       |
| Lr-10     | 足五里               | Zú Wǔ Lǐ    | <b>Leg: Five Li</b> (see LI-13)                                          |

**Bladder Channel Numbering:**

- ‘a’ numbers are mine. They correspond to the number of the point at the same level on the inner Bladder line.
- Underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.  
 CAM = Chinese Acupuncture and Moxibustion  
 MoA = Manual of Acupuncture  
 ACT = Acupuncture: A Comprehensive Text

### **List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

Bladder Channel Numbering: ‘a’ numbers are mine, underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.

| 穴 Point #       | 文 Characters | 拼音 Pīn-Yīn             | Jim’s Translation                                                             |
|-----------------|--------------|------------------------|-------------------------------------------------------------------------------|
| <b>BLADDER</b>  | <b>膀胱經</b>   | <b>Páng Guāng Jīng</b> | <b>Urinary Bladder Channel</b>                                                |
| BL-1            | 睛明           | Jīng Míng              | Eyes Bright or Brighten Eyes                                                  |
| BL-2            | 攢竹           | Zǎn / Cuán Zhú         | Gathering Bamboo                                                              |
| BL-3            | 眉衝 / 冲       | Méi Chōng              | Eyebrow Thoroughfare / Surge                                                  |
| BL-4            | 曲差           | Qū Chā                 | Bend & Turn                                                                   |
| BL-5            | 五處           | Wǔ Chù                 | 5th Spot                                                                      |
| BL-6            | 承光           | Chéng Guāng            | Receive/Catch Light (For Light)                                               |
| BL-7            | 通天           | Tōng Tiān              | Clear-Open Sky (Celestial Connection)                                         |
| BL-8            | 絡卻           | Luò Què                | Posterior Connection (Connect Backwards)                                      |
| BL-9            | 玉枕           | Yù Zhěn                | Jade Head Rest or Jade Pillow                                                 |
| BL-10           | 天柱           | Tiān Zhù               | Celestial Pillar                                                              |
| BL-11           | 大杼           | Dà Zhù                 | Big Reed – Big Shuttle                                                        |
| BL-11 alt. name | 背腧           | Bèi Shū                | Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)                        |
| BL-12           | 風門           | Fēng Mén               | Wind Gate                                                                     |
| BL-12a (36/41)  | 附分           | Fù Fēn                 | Appended Part/Branch (of the BL channel) (BL Annex)                           |
| BL-13           | 肺腧           | Fèi Shū                | Lung Shu/Point (Lu Pt [on the Back])                                          |
| BL-13a (37/42)  | 魄戶           | Pò Hù                  | Lung-Spirit Door/Household                                                    |
| BL-14           | 厥陰腧          | Jué-Yīn Shū            | Faint-Yin Shu/Pt (Pc & Lr)                                                    |
| BL-14a (38/43)  | 膏肓腧          | Gāo Huāng Shū          | Fatty Membrane Shu                                                            |
| BL-15           | 心腧           | Xīn Shū                | Heart Shu                                                                     |
| BL-15a (39/44)  | 神堂           | Shén Táng              | Heart-Spirit Temple                                                           |
| BL-16           | 督腧           | Dū Shū                 | Governing Shu                                                                 |
| BL-16a (40/45)  | 諤諤           | Yì Xī                  | Ooo Eee – Oh! My/Dear/Yea!<br>(exclamation of exasperation, pain, or delight) |
| BL-17           | 膈腧           | Gé Shū                 | Diaphragm Shu                                                                 |
| BL-17a (41/46)  | 膈關           | Gé Guān                | Diaphragm Gateway/Pass                                                        |
| BL-18           | 肝腧           | Gān Shū                | Liver Shu                                                                     |
| BL-18a (42/47)  | 魂門           | Hún Mén                | Liver-Spirit Gate                                                             |
| BL-19           | 膽腧           | Dǎn Shū                | Gall Bladder Shu                                                              |
| BL-19a (43/48)  | 陽綱           | Yáng Gāng              | Lead the Yang (Key to the Yang)                                               |
| BL-20           | 脾腧           | Pí Shū                 | Spleen Shu                                                                    |
| BL-20a (44/49)  | 意舍           | Yì Shè                 | Spleen-Spirit Abode                                                           |
| BL-21           | 胃腧           | Wèi Shū                | Stomach Shu                                                                   |
| BL-21a (45/50)  | 胃倉           | Wèi Cāng               | Stomach Storehouse-Granary                                                    |
| BL-22           | 三焦腧          | Sān Jiāo Shū           | Triple Burner Shu                                                             |
| BL-22a (46/51)  | 肓門           | Huāng Mén              | Membrane Gate                                                                 |
| BL-23           | 腎腧           | Shèn Shū               | Kidney Shu                                                                    |
| BL-23a (47/52)  | 志室           | Zhì Shì                | Kidney-Spirit Chamber                                                         |
| BL-24           | 氣海腧          | Qì Hǎi Shū             | Sea of Qi Shu                                                                 |
| BL-25           | 大腸腧          | Dà Cháng Shū           | Large Intestine Shu                                                           |
| BL-26           | 關元腧          | Guān Yuán Shū          | Gateway to Source Shu                                                         |

**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                                                          |
|----------------|--------------|----------------|------------------------------------------------------------------------------------------------------------|
| BL-27          | 小腸輸          | Xiǎo Cháng Shū | Small Intestine Shu                                                                                        |
| BL-28          | 膀胱輸          | Páng Guāng Shū | Urinary Bladder Shu                                                                                        |
| BL-28a (48/53) | 胞育           | Bāo Huāng      | Placenta/Uterus/Bladder Membranes                                                                          |
| BL-29          | 中膂輸          | Zhōng Lǚ Shū   | Center of the Back-Bone Shu                                                                                |
| BL-30          | 白環輸          | Bái Huán Shū   | White Circle Shu (Ano-Rectal Shu)                                                                          |
| BL-30a (49/54) | 秩邊           | Zhì Biān       | Order's Sides / Sequence Margin                                                                            |
| BL-31          | 上髎           | Shàng Liáo     | Upper Bone-Hole                                                                                            |
| BL-32          | 次髎           | Cì Liáo        | Next/2nd Bone-Hole                                                                                         |
| BL-33          | 中髎           | Zhōng Liáo     | Middle Bone-Hole                                                                                           |
| BL-34          | 下髎           | Xià Liáo       | Lower Bone-Hole                                                                                            |
| BL-35          | 會陽           | Huì Yáng       | Meeting of Yang                                                                                            |
| BL-50/36       | 承扶           | Chéng Fú       | Hold & Support / For Support                                                                               |
| BL-51/37       | 殷門           | Yīn Mén        | Abundant Gate / Deep Gate                                                                                  |
| BL-52/38       | 浮隙           | Fú Xī          | Floating or Superficial Cleft                                                                              |
| BL-53/39       | 委陽           | Wěi Yáng       | Yang Bend                                                                                                  |
| BL-54/40       | 委中           | Wěi Zhōng      | Middle of the Bend                                                                                         |
| BL-55          | 合陽           | Hé Yáng        | Union of Yang (Yang [Re]Union / Yang Closes)                                                               |
| BL-56          | 承筋           | Chéng Jīn      | Support the Sinews / For Sinews                                                                            |
| BL-57          | 承山           | Chéng Shān     | Support(ing) Mountains (Mts = muscles: gastroc, thigh, gluteals)<br>For Mts; For Piles (Mts = hemorrhoids) |
| BL-58          | 飛揚           | Fēi Yáng       | Rise and Fly / Take/Taking Flight                                                                          |
| BL-59          | 跗陽           | Fū Yáng        | Tarsal/Instep Yang                                                                                         |
| BL-60          | 昆侖           | Kūn Lún        | Kun Lun Mountain(s)                                                                                        |
| BL-61          | 僕參           | Pú Cān         | Humble Visitor/Servant (Low & Outside)                                                                     |
| BL-62          | 申脈           | Shēn Mài       | Extending Vessel / Vessel Extension / 9th Hour Vessel                                                      |
| BL-63          | 金門           | Jīn Mén        | Metal or Golden Gate                                                                                       |
| BL-64          | 京骨           | Jīng Gǔ        | Capitol Bone                                                                                               |
| BL-65          | 束骨           | Shù Gǔ         | Binding Bone / Bound Bone                                                                                  |
| BL-66          | 足通谷          | Tōng Gǔ (Zú)   | Open/Unblock the Valley (on the foot)                                                                      |
| BL-67          | 至陰           | Zhì Yīn        | Reach the Yin / Arrive at Yin                                                                              |
| CONCEPTION V.  | 任脈           | Rèn Mài        | Control/Controlling Vessel                                                                                 |
| CV-1           | 會陰           | Huì Yīn        | Yin Converge, Meeting of Yin (Meet at a Yin place)                                                         |
| CV-2           | 曲骨           | Qū Gǔ          | Bent/Curved/Crooked Bone (pubic bone)                                                                      |
| CV-3           | 中極           | Zhōng Jí       | Central Pole                                                                                               |
| CV-4           | 關元           | Guān Yuán      | Original Gateway (Gateway to the Source)                                                                   |
| CV-5           | 石門           | Shí Mén        | Stone Gate                                                                                                 |
| CV-6           | 氣海           | Qì Hǎi         | Sea of Qi (Ocean of Vital Energy) (lower Dan Tian)                                                         |
| CV-7           | 陰交           | Yīn Jiāo       | Yin Junction-Crossing                                                                                      |
| CV-8           | 神闕           | Shén Què       | Imperial Watchtower – Spirit Portal                                                                        |
| CV-9           | 水分           | Shuǐ Fēn       | Water Divide                                                                                               |
| CV-10          | 下脘           | Xià Wǎn        | Lower Epigastrium (pylorus & duodenum)                                                                     |

**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point #    | 文 Characters | 拼音 Pīn-Yīn             | Jim's Translation                                                        |
|--------------|--------------|------------------------|--------------------------------------------------------------------------|
| CV-11        | 建里           | Jiàn Lǐ                | <b>Build the Interior</b>                                                |
| CV-12        | 中脘           | Zhōng Wǎn              | <b>Middle Epigastrium</b> (body of stomach)                              |
| CV-13        | 上脘           | Shàng Wǎn              | <b>Upper Epigastrium</b> (fundus & esophagus)                            |
| CV-14        | 巨闕           | Jù Què                 | <b>Giant Watchtower – Huge Archway/Portal</b>                            |
| CV-15        | 鳩尾           | Jiū Wěi                | <b>Dove's Tail</b>                                                       |
| CV-16        | 中庭           | Zhōng Tíng             | <b>Central Courtyard</b> (refers to CV-17)                               |
| CV-17        | 膻中           | Dàn Zhōng              | <b>Center of the Chest</b> (middle Dān Tiān)                             |
|              | 壇中           | Tán Zhōng tan = altar  | Central Altar (i.e. the sternum), ancient name for Pc                    |
|              | 羶中           | Shān Zhōng shan = odor | Penetrating Odor (of mutton) (i.e. the sacrificial lamb)                 |
| CV-18        | 玉堂           | Yù Táng                | <b>Jade Hall</b> (jade refers to royalty, i.e. Ht)                       |
| CV-19        | 紫宮           | Zǐ Gōng                | <b>Purple Palace</b> (purple & palace refer to royalty, i.e. Ht)         |
| CV-20        | 華蓋           | Huá Gài                | <b>Flowery/Flowerlike Canopy</b> (Umbrella, Awning)                      |
| CV-21        | 璇璣           | Xuán Jī                | <b>Bowl of the Dipper</b> (astronomical instrument)                      |
| CV-22        | 天突           | Tiān Tū                | <b>Celestial Prominence</b> (Celestial Conflict)                         |
| CV-23        | 廉泉           | Lián Quán              | <b>Spring at the Ridge</b> (Pure Spring)                                 |
| CV-24        | 承漿           | Chéng Jiāng            | <b>Catch Saliva – For Drooling</b>                                       |
| GALL BLADDER | 膽經           | Dǎn Jīng               | <b>Gall Bladder Channel</b>                                              |
| GB-1         | 瞳子膠          | Tóng-zǐ Liáo           | <b>Pupil Bone-Edge</b>                                                   |
| GB-2         | 聽會           | Tīng Huì               | <b>Auditory Confluence</b>                                               |
| GB-3         | 上關           | Shàng Guān             | <b>Upper Gateway / Above the Hinge</b> (the Zygomatic) (see ST-7)        |
| GB-4         | 頷厭           | Hàn Yàn                | <b>Chin Fed-Up / Jaw Shut</b> (Temporal Fullness)                        |
| GB-5         | 懸顙           | Xuán Lú                | <b>Hanging Head/Suspended Skull</b>                                      |
| GB-6         | 懸釐           | Xuán Lí                | <b>Hanging a Little (lower)</b>                                          |
| GB-7         | 曲鬢           | Qū Bìn                 | <b>Curve of the Temporal Hairline</b>                                    |
| GB-8         | 率谷           | Shuài Gǔ               | <b>Commander/Leader of the Valley</b>                                    |
| GB-9         | 天衝           | Tiān Chōng             | <b>Celestial Thoroughfare</b>                                            |
|              | 天沖           | Tiān Chōng             | <b>Celestial Surge</b>                                                   |
| GB-10        | 浮白           | Fú Bái                 | <b>Floating White / Overflow of White / Extra White</b>                  |
| GB-11        | 頭竅陰          | Tóu Qiào Yīn           | <b>Head: Yin Portals / Yin Orifices</b> (on the head) see GB-44          |
| GB-12        | 完骨           | Wán Gǔ                 | <b>End of the Bone</b> (Mastoid Process)                                 |
| GB-13        | 本神           | Běn Shén               | <b>Root the Spirit / Foundation of Spirit</b>                            |
| GB-14        | 陽白           | Yáng Bái               | <b>Yang &amp; White</b> (Yang Bright / Clear the Yang)                   |
| GB-15        | 頭臨泣          | Tóu Lín Qì             | <b>Head: Overlook Tears / Oversee Tearing</b> (on the head)<br>see GB-41 |
| GB-16        | 目窗           | Mù Chuāng              | <b>Eye Vent/Window</b> (Vent for the Eyes)                               |
| GB-17        | 正營           | Zhèng Yíng             | <b>Upright &amp; Nourishing</b> (Correct the Ying)                       |
| GB-18        | 承靈           | Chéng Líng             | <b>Support Spirit</b> (For Spirit)                                       |
| GB-19        | 腦空           | Nǎo Kōng               | <b>Brain Hollow</b>                                                      |
| GB-20        | 風池           | Fēng Chí               | <b>Wind Pond</b>                                                         |
| GB-21        | 肩井           | Jiān Jīng              | <b>Shoulder Well / Well on the Shoulder</b>                              |
| GB-22        | 淵腋           | Yuān Yè                | <b>Deep Pit / Abyss of the Axilla</b>                                    |
| GB-23        | 輒筋           | Zhé Jīn                | <b>Flank Sinews / Rut between Sinews</b>                                 |

**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point #       | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                 |
|-----------------|--------------|----------------|-------------------------------------------------------------------|
| GB-24           | 日月           | Rì Yuè         | Sun & Moon                                                        |
| GB-25           | 京門           | Jīng Mén       | Capitol Gate                                                      |
| GB-26           | 帶脈           | Dài Mài        | Belt Vessel                                                       |
| GB-27           | 五樞           | Wǔ Shū         | 5 Pivots, 5th Axis                                                |
| GB-28           | 維道           | Wéi Dào        | Linking Path                                                      |
| GB-29           | 居膠           | Jū Liáo        | Squatting Crease                                                  |
| GB-30           | 環跳           | Huán Tiào      | Jump/Leap Circle/Ring                                             |
| GB-31           | 風市           | Fēng Shì       | Wind Market (Windy City)                                          |
| GB-32           | 中瀆           | Zhōng Dú       | Middle River                                                      |
| GB-33           | 膝陽關          | Xī Yáng Guān   | Yang Gateway to the Knee                                          |
| GB-34           | 陽陵泉          | Yáng Líng Quán | Spring at the Yang Mound                                          |
| GB-35           | 陽交           | Yáng Jiāo      | Yang Junction                                                     |
| GB-36           | 外丘           | Wài Qiū        | Outer/Lateral Hill                                                |
| GB-37           | 光明           | Guāng Míng     | Bright Light                                                      |
| GB-38           | 陽輔           | Yáng Fǔ        | Yang (Lateral) Support/Assistant                                  |
| GB-39           | 懸鐘           | Xuán Zhōng     | Hanging Bell                                                      |
| GB-39 alt. name | 絕骨           | Jué Gǔ         | Disappearing Bone                                                 |
| GB-40           | 丘墟           | Qiū Xū         | Hill Ruins                                                        |
| GB-41           | 足臨泣          | Zú Lín Qì      | Foot: Overlook Tears / Oversee Tearing (on the foot)<br>see GB-15 |
| GB-42           | 地五會          | Dì Wǔ Huì      | Earth Five Converge                                               |
| GB-43           | 俠谿           | Xiá Xī         | Gallant/Heroic Stream(bed) (see Lu-4 Xia Bai)                     |
|                 | 夾谿           | Jiā Xī         | Pinched (Narrow) Stream(bed)                                      |
| GB-44           | 足竅陰          | Zú Qiào Yīn    | Foot: Yin Portals / Yin Apertures (on the feet) see GB-11         |
| GOVERNING V.    | 督脈           | Dū Mài         | Supervisory Vessel                                                |
| GV-1            | 長強           | Cháng Qiáng    | Long & Strong                                                     |
| GV-2            | 腰俞           | Yāo Shū        | Lumbar Shu                                                        |
| GV-3            | 腰陽關          | Yāo Yáng Guān  | Lumbar Yang Gateway                                               |
| GV-4            | 命門           | Mìng Mén       | Life Gate                                                         |
| GV-5            | 懸樞           | Xuán Shū       | Hanging Pivot (Suspended from the Pivot)                          |
| GV-6            | 脊中           | Jǐ Zhōng       | Spine Center (compare CV-3 Zhong Ji Central Pole)                 |
| GV-7            | 中樞           | Zhōng Shū      | Central Pivot/Axis                                                |
| GV-8            | 筋縮           | Jīn Suō        | Sinew's Contract/Shrink (Muscle Spasm-Atrophy)                    |
| GV-9            | 至陽           | Zhì Yáng       | Reach the Yang or Arrive at Yang [UJiao]                          |
| GV-10           | 靈台           | Líng Tái       | (Yin/Rain) Spirit Tower/Platform/Observatory                      |
| GV-11           | 神道           | Shén Dào       | (Yang) Spirit Pathway                                             |
| GV-12           | 身柱           | Shēn Zhù       | Body Pillar                                                       |
| GV-13           | 陶道           | Táo Dào        | Kiln Pathway (pathway & steps alongside a traditional kiln)       |
| GV-14           | 大椎           | Dà Zhuī        | Big Vertebra (Big Mallet)                                         |
| GV-15           | 啞門           | Yǎ Mén         | Mute Gate                                                         |
| GV-16           | 風府           | Fēng Fǔ        | Wind Official/Repository/Mansion                                  |
| GV-17           | 腦戶           | Nǎo Hù         | Doorway to the Brain                                              |



**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point #       | 文 Characters | 拼音 Pīn-Yīn       | Jim's Translation                                                                         |
|-----------------|--------------|------------------|-------------------------------------------------------------------------------------------|
| GV-18           | 強 間          | Qiáng Jiān       | <b>Strong-Firm Space</b> (posterior fontanel)                                             |
| GV-19           | 後 頂          | Hòu Dǐng         | <b>Behind the Vertex, Posterior Vertex</b>                                                |
| GV-20           | 百 會          | Bǎi Huì          | <b>100 Meet/Converge</b> (Convergence of 100 channels)                                    |
| GV-21           | 前 頂          | Qián Dǐng        | <b>Before the Vertex, Anterior Vertex</b>                                                 |
| GV-22           | 囟 會          | Xìn Huì          | <b>Skull Convergence, Skull</b> [bones] <b>Meet</b> (anterior fontanel)                   |
| GV-23           | 上 星          | Shàng Xīng       | <b>Upper Star</b> (stars refer to eyes & spirit)                                          |
| GV-24           | 神 庭          | Shén Tíng        | <b>Spirit Courtyard</b>                                                                   |
| GV-25           | 素 膠          | Sù Liáo          | <b>Plain Bone-Hole</b> (plain = white = metal = lung = nose)                              |
| GV-26           | 人 中          | Rén Zhōng        | <b>Human Center</b> (between H & E) (i.e. nose & mouth)                                   |
| GV-26 alt. name | 水 溝          | Shuǐ Gōu         | <b>Water Trough</b> (philtrum)                                                            |
| GV-27           | 兌 端          | Duì Duān         | <b>Mouth End</b> (top of the lip)                                                         |
| GV-28           | 齦 / 斷 交      | Yín Jiāo         | <b>Gum Junction</b> (the two characters are interchangeable)                              |
| <b>HEART</b>    | <b>心 經</b>   | <b>Xīn Jīng</b>  | <b>Heart Channel</b>                                                                      |
| Ht-1            | 極 泉          | Jí Quán          | <b>Lofty Spring or Spring at the Summit</b>                                               |
| Ht-2            | 青 靈          | Qīng Líng        | <b>Blue-Green/Azure/Verdant Spirit</b>                                                    |
| Ht-3            | 少 海          | Shǎo Hǎi         | <b>Lesser (Yin) Sea</b>                                                                   |
| Ht-4            | 靈 道          | Líng Dào         | <b>Spirit Pathway</b> (Pathway of the Yin Spirit)                                         |
| Ht-5            | 通 里          | Tōng Lǐ          | <b>Open/Unblock the Interior</b> Through the Village                                      |
| Ht-6            | 陰 隙          | Yīn Xī           | <b>Shao-Yin Xi-Cleft Pt</b>                                                               |
| Ht-7            | 神 門          | Shén Mén         | <b>Spirit Gate / Gate of Consciousness</b>                                                |
| Ht-8            | 少 府          | Shǎo Fǔ          | <b>Lesser (Yin) Official</b>                                                              |
| Ht-9            | 少 衝 / 冲      | Shǎo Chōng       | <b>Lesser (Yin) Thoroughfare / Surge</b>                                                  |
| <b>KIDNEY</b>   | <b>腎 經</b>   | <b>Shèn Jīng</b> | <b>Kidney Channel</b>                                                                     |
| Kd-1            | 湧 泉          | Yǒng Quán        | <b>Gushing/Bubbling Spring</b>                                                            |
| Kd-2            | 然 谷<br>然 骨   | Rán Gǔ<br>Rán Gǔ | <b>Blazing/Burning Valley</b><br><b>Blazing/Burning Bone</b> (bone & valley are homonyms) |
| Kd-3            | 太 谿          | Tài Xī           | <b>Great Stream(bed)</b>                                                                  |
| Kd-4            | 大 鐘          | Dà Zhōng         | <b>Big Bell or Goblet</b>                                                                 |
| Kd-5            | 水 泉          | Shuǐ Quán        | <b>Water Spring</b>                                                                       |
| Kd-6            | 照 海          | Zhào Hǎi         | <b>Shining Sea – Reflection on the Sea</b>                                                |
| Kd-7            | 復 溜          | Fù Liū           | <b>Recover Flow / Returning Current</b>                                                   |
| Kd-8            | 交 信          | Jiāo Xìn         | <b>Promised Junction – Faithful Cycle</b>                                                 |
| Kd-9            | 築 賓          | Zhù Bīn          | <b>Building for a Guest (Guest House)</b>                                                 |
| Kd-10           | 陰 谷          | Yīn Gǔ           | <b>Yin Valley</b>                                                                         |
| Kd-11           | 橫 骨          | Héng Gǔ          | <b>Horizontal Bone</b>                                                                    |
| Kd-12           | 大 赫          | Dà Hè            | <b>Big Red</b> (bloody vaginal discharge)                                                 |
| Kd-13           | 氣 穴          | Qì Xué           | <b>Qi Cave - Vital Energy Point</b>                                                       |
| Kd-14           | 四 滿          | Sì Mǎn           | <b>Four (Directions) Full / Fourway Fullness</b>                                          |
| Kd-15           | 中 注          | Zhōng Zhù        | <b>Middle Flow</b>                                                                        |
| Kd-16           | 肓 俞          | Huāng Shū        | <b>Membrane or Umbilical Shu/Pt</b>                                                       |
| Kd-17           | 商 曲          | Shāng Qū         | <b>Metal-Note Bend</b> (refers to transverse colon)                                       |

**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point #     | 文 Characters | 拼音 Pīn-Yīn         | Jim's Translation                                        |
|---------------|--------------|--------------------|----------------------------------------------------------|
| Kd-18         | 石關           | Shí Guān           | Stone Gateway                                            |
| Kd-19         | 陰都           | Yīn Dū             | Yin City / Yin Metropolis                                |
| Kd-20         | 腹通谷          | Tōng Gǔ (Fù)       | Unblock the Valley (on the abd.)                         |
| Kd-21         | 幽門           | Yōu Mén            | Secluded Gate - Secret Gate (pylorus)                    |
| Kd-22         | 步廊           | Bù Láng            | Step onto the Chest                                      |
| Kd-23         | 神封           | Shén Fēng          | Encase the Spirit / Spirit Enclosed/Restrained/Blockaded |
| Kd-24         | 靈墟           | Líng Xū            | Spirit Wasteland, Spirit in Ruins (Spirit Depression)    |
| Kd-25         | 神藏           | Shén Cáng          | Spirit Storehouse – Spirit Concealed                     |
| Kd-26         | 臑中           | Yù Zhōng           | Unfetter the (Chest) Center                              |
| Kd-27         | 俞府           | Shū Fǔ             | Shu Point (Associated Pt) Official                       |
| LG. INTESTINE | 大腸經          | Dà Cháng Jīng      | Large Intestine Channel                                  |
| LI-1          | 商陽           | Shāng Yáng         | Yang Metal-Note (2nd note of pentatonic scale)           |
| LI-2          | 二間           | Èr Jiān            | 2nd Space (Point)                                        |
| LI-3          | 三間           | Sān Jiān           | 3rd Space (Point)                                        |
| LI-4          | 合谷           | Hé Gǔ              | Close the Valley / EnClosed Valley                       |
| LI-5          | 陽谿           | Yáng Xī            | Yang Stream(bed)                                         |
| LI-6          | 偏歷<br>偏曆     | Piān Lì<br>Piān Lì | Oblique/Tangential Passage (on slant)<br>Offset Calendar |
| LI-7          | 溫溜           | Wēn Liū<br>Wēn Liù | Warm Slide/Slip Away<br>Warm Flow                        |
| LI-8          | 下廉           | Xià Lián           | Lower Ridge                                              |
| LI-9          | 上廉           | Shàng Lián         | Upper Ridge                                              |
| LI-10         | 手三里          | Shǒu Sān Lǐ        | Arm: Three Li/Units (see ST-36)                          |
| LI-11         | 曲池           | Qū Chí             | Pool/Pond at the Bend/Crook                              |
| LI-12         | 肘髎           | Zhǒu Liáo          | Elbow Bone-Edge                                          |
| LI-13         | 手五里          | Shǒu Wǔ Lǐ         | Arm: Five Li (see Lr-10)                                 |
| LI-14         | 臂臑           | Bì Nào             | [Fore]Arm & Upper Arm (Deltoid/Humerus)                  |
| LI-15         | 肩髃           | Jiān Yú            | Shoulder Bone (acromion)                                 |
| LI-16         | 巨骨           | Jù Gǔ              | Huge Bone (acromial end of clavicle)                     |
| LI-17         | 天鼎           | Tiān Dǐng          | Celestial Caldron                                        |
| LI-18         | 扶突           | Fú Tū              | Aid the (laryngeal) Prominence                           |
| LI-19         | 禾髎           | Hé Liáo            | Grain (sized) Bone-Hole                                  |
| LI-20         | 迎香           | Yíng Xiāng         | Welcome Fragrance – Receive Aromas                       |
| LIVER         | 肝經           | Gān Jīng           | Liver Channel                                            |
| Lr-1          | 大敦           | Dà Dūn             | Big & Important (Big & Thick)                            |
| Lr-2          | 行間           | Xíng Jiān          | Move Between (Step Between)                              |
| Lr-3          | 太衝 / 冲       | Tài Chōng          | Great Thoroughfare / Surge                               |
| Lr-4          | 中封           | Zhōng Fēng         | Sealed in the Middle (Sealed In, Between)                |
| Lr-5          | 蠡溝           | Lǐ Gōu             | Woodworm Groove (Gourd Groove)                           |
| Lr-6          | 中都           | Zhōng Dū           | Central City                                             |
| Lr-7          | 膝關           | Xī Guān            | Knee Gateway / Gateway to the Knee                       |

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| 穴 Point #     | 文 Characters | 拼音 Pīn-Yīn      | Jim's Translation                                                             |
|---------------|--------------|-----------------|-------------------------------------------------------------------------------|
| Lr-8          | 曲 泉          | Qū Quán         | Spring at the Bend                                                            |
| Lr-9          | 陰 包          | Yīn Bāo         | Wrap the Yin                                                                  |
| Lr-10         | 足 五 里        | Zú Wǔ Lǐ        | Leg: Five Li (see LI-13)                                                      |
| Lr-11         | 陰 廉          | Yīn Lián        | Yin Triangle                                                                  |
| Lr-12         | 急 脈          | Jí Mài          | Urgent Pulse                                                                  |
| Lr-13         | 章 門          | Zhāng Mén       | Barricade Gate (Zang Gate)<br>Shorter-Cycle Gate (Section Gate) see Lr-14     |
| Lr-14         | 期 門          | Qī Mén          | Long-Cycle Gate (Gate of Hope) (end of all channels)                          |
| LUNG          | 肺 經          | Fèi Jīng        | Lung Channel                                                                  |
| Lu-1          | 中 府          | Zhōng Fǔ        | Central Official / Repository/Archive                                         |
| Lu-2          | 雲 門          | Yún Mén         | Cloud Gate                                                                    |
| Lu-3          | 天 府          | Tiān Fǔ         | Celestial Official / Repository/Archive                                       |
| Lu-4          | 俠 白          | Xiá Bái         | Brave-Heroic-Gallant White<br>Protecting White, Guarding Metal (White Knight) |
| Lu-5          | 尺 澤          | Chǐ Zé          | Marsh at the Cubit (cubital fossa)                                            |
| Lu-6          | 孔 最          | Kǒng Zuì        | Enormous Hole                                                                 |
| Lu-7          | 列 缺          | Liè Quē         | Jog in the Sequence (Lightning Bolt)                                          |
| Lu-8          | 經 渠          | Jīng Qú         | Rivers/Channels & Canals (River pt)                                           |
| Lu-9          | 太 淵          | Tài Yuān        | Great/Very Deep Source (of water)                                             |
| Lu-10         | 魚 際          | Yú Jì           | Edge of the Fish (the fish is the thenar eminence)                            |
| Lu-11         | 少 商          | Shǎo Shāng      | Lesser Metal-Note (2nd note of pentatonic scale)                              |
| PERICARDIUM   | 心 包 經        | Xīn Bāo Jīng    | Heart Wrapping/Pericardium Channel                                            |
| Pc-1          | 天 池          | Tiān Chí        | Celestial Pool/Pond/Moat                                                      |
| Pc-2          | 天 泉          | Tiān Quán       | Celestial Spring                                                              |
| Pc-3          | 曲 澤          | Qū Zé           | Marsh at the Crook/Bend                                                       |
| Pc-4          | 隙 門          | Xī Mén          | Cleft Gate                                                                    |
| Pc-5          | 間 使          | Jiān Shǐ        | Send-Go Between The Intermediary/Ambassador/Minister                          |
| Pc-6          | 內 關          | Nèi Guān        | Inner Gateway                                                                 |
| Pc-7          | 大 陵          | Dà Líng         | Big Mound                                                                     |
| Pc-8          | 勞 宮          | Láo Gōng        | Laborer's Palace (Palace of Labor)                                            |
| Pc-9          | 中 衝 / 沖      | Zhōng Chōng     | Middle Thoroughfare / Surge (i.e. the middle finger & its pulse)              |
| SM. INTESTINE | 小 腸 經        | Xiǎo Cháng Jīng | Small Intestine Channel                                                       |
| SI-1          | 少 澤          | Shǎo Zé         | Lesser Marsh (Little finger Marsh)                                            |
| SI-2          | 前 谷          | Qián Gǔ         | Distal Valley                                                                 |
| SI-3          | 後 谿          | Hòu Xī          | Proximal Stream-bed (see SI-2 Qian Gu = Distal Valley)                        |
| SI-4          | 腕 骨          | Wàn Gǔ          | Wrist Bone                                                                    |
| SI-5          | 陽 谷          | Yáng Gǔ         | Yang Valley                                                                   |
| SI-6          | 養 老          | Yǎng Lǎo        | Nourish the Elderly                                                           |
| SI-7          | 支 正          | Zhī Zhèng       | Proper Branch (Limb Correct, i.e. correct the arm)                            |
| SI-8          | 小 海          | Xiǎo Hǎi        | Small Sea [Xiao = SI, Hai = He/sea pt] (compare with Shao Hai Ht-3)           |
| SI-9          | 肩 貞          | Jiān Zhēn       | Shoulder Correct [Correct the Shoulder]                                       |
| SI-10         | 臑 俞          | Nào Shū         | Upper Arm/Deltoid Shu/Pt                                                      |

**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn      | Jim's Translation                                                                                                                                                                    |
|----------------|--------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SI-11          | 天宗           | Tiān Zōng       | Celestial Ancestor, Celestial Gathering                                                                                                                                              |
| SI-12          | 秉風           | Bǐng Fēng       | Catch/Grasp/Hold the Wind / Control the Wind                                                                                                                                         |
| SI-13          | 曲垣           | Qū Yuán         | Curved/Crooked Wall                                                                                                                                                                  |
| SI-14          | 肩外俞          | Jiān Wài Shū    | Shoulder's Outer Shu                                                                                                                                                                 |
| SI-15          | 肩中俞          | Jiān Zhōng Shū  | Middle Shoulder Shu                                                                                                                                                                  |
| SI-16          | 天窗           | Tiān Chuāng     | Celestial Vent/Chimney/Window                                                                                                                                                        |
| SI-17          | 天容           | Tiān Róng       | Celestial Appearance (Look Skyward)                                                                                                                                                  |
| SI-18          | 顴膠           | Quán Liáo       | Cheek Bone Edge                                                                                                                                                                      |
| SI-19          | 聽宮           | Tīng Gōng       | Hearing/Auditory Palace                                                                                                                                                              |
| <b>SPLEEN</b>  | <b>脾經</b>    | <b>Pí Jīng</b>  | <b>Spleen Channel</b>                                                                                                                                                                |
| Sp-1           | 隱白           | Yǐn Bái         | Hidden/Concealed White [earth engenders metal]                                                                                                                                       |
| Sp-2           | 大都           | Dà Dū           | <b>Big City</b> (Da = big toe, Du = provincial capitol)<br>Da Du is ancient name for Beijing (i.e. the Big Capitol)                                                                  |
| Sp-3           | 太白           | Tài Bái         | <b>Great White</b> (Mt Tai, Venus)<br>Mt Tai is the most venerated of the 5 sacred mts (refers to big toe knuckle)<br>Tai Bai means Venus, Venus is the planet associated with Metal |
| Sp-4           | 公孫           | Gōng Sūn        | <b>Duke's Heir</b> (see also TB-20 Jiao Sun)<br>Ancestor & Descendant (Sp & Chong)<br>Grandfather – Grandson (luo pt)                                                                |
| Sp-5           | 商丘           | Shāng Qiū       | <b>Metal-Note Hill</b> (Metal pt)                                                                                                                                                    |
| Sp-6           | 三陰交          | Sān Yīn Jiāo    | <b>3 Yin Junction</b> (Intersection of 3 Leg Yin)                                                                                                                                    |
| Sp-7           | 漏谷           | Lòu Gǔ          | <b>Leaky Valley</b> (Pt for disorders that cause leaking & dripping)                                                                                                                 |
| Sp-8           | 地機           | Dì Jī           | <b>Earth Machine/Mechanism</b> (Move/Mobilize Earth)                                                                                                                                 |
| Sp-9           | 陰陵泉          | Yīn Líng Quán   | <b>Spring at Yin Mound</b>                                                                                                                                                           |
| Sp-10          | 血海           | Xuè Hǎi         | <b>Sea of Blood</b>                                                                                                                                                                  |
| Sp-11          | 箕門           | Jī Mén          | <b>Winnowing Basket Gate</b>                                                                                                                                                         |
| Sp-12          | 衝 / 冲門       | Chōng Mén       | <b>Thoroughfare Gate / Gate at the Surge</b> (femoral artery)                                                                                                                        |
| Sp-13          | 府舍           | Fǔ Shè          | <b>Official(s) Abode / Bowel Abode</b> (Yang Organ Residence)                                                                                                                        |
| Sp-14          | 腹結           | Fù Jié          | <b>Abdominal Knot</b>                                                                                                                                                                |
| Sp-15          | 大橫           | Dà Hèng         | <b>Big Horizontal</b> (Big Across - Big & Wide)                                                                                                                                      |
| Sp-16          | 腹哀           | Fù Āi           | <b>Abdominal Distress / Belly Woes / Wailing Abdomen</b>                                                                                                                             |
| Sp-17          | 食竇           | Shí Dòu         | <b>Food Burrow / Feeding Hole</b>                                                                                                                                                    |
| Sp-18          | 天谿           | Tiān Xī         | <b>Celestial Stream(bed)</b>                                                                                                                                                         |
| Sp-19          | 胸鄉           | Xiōng Xiāng     | <b>Chest Countryside</b> (Small Village on the Chest)                                                                                                                                |
| Sp-20          | 周榮           | Zhōu Róng       | <b>Universal Nourishment</b>                                                                                                                                                         |
| Sp-21          | 大包           | Dà Bāo          | <b>Big Wrap-Around / Big Wrap-Up / Big Embrace</b>                                                                                                                                   |
| <b>STOMACH</b> | <b>胃經</b>    | <b>Wèi Jīng</b> | <b>Stomach Channel</b>                                                                                                                                                               |
| ST-1           | 承泣           | Chéng Qì        | <b>Hold or Carry Tears, For Tearing</b>                                                                                                                                              |
| ST-2           | 四白           | Sì Bái          | <b>Four Whites</b> (of the eyes)                                                                                                                                                     |
| ST-3           | 巨膠           | Jù Liáo         | <b>Huge Bone-Hole</b> (big depression under the cheekbone)                                                                                                                           |
| ST-4           | 地倉           | Dì Cāng         | <b>Earth Granary - Terrestrial Granary</b>                                                                                                                                           |
| ST-5           | 大迎           | Dà Yíng         | <b>Big Welcome/Greeting (Smile)</b>                                                                                                                                                  |
| ST-6           | 頰車           | Jiá Chē         | <b>Jaw Cart / Cheek Wheels</b>                                                                                                                                                       |

**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point # | 文 Characters | 拼音 Pīn-Yīn  | Jim's Translation                                                            |
|-----------|--------------|-------------|------------------------------------------------------------------------------|
| ST-7      | 下關           | Xià Guān    | Lower Gateway / Below the Hinge (the Zygomatic) (see GB-3)                   |
| ST-8      | 頭維           | Tóu Wéi     | Head Corners, Head Link                                                      |
| ST-9      | 人迎           | Rén Yíng    | Persons' Prognosis                                                           |
| ST-10     | 水突           | Shuǐ Tū     | Water Prominence – Rushing Water                                             |
| ST-11     | 氣舍           | Qì Shě      | Qi Abode/Cottage – Qi Residence/Dwelling                                     |
| ST-12     | 缺盆           | Quē Pén     | Empty Basin (Supraclavicular Fossa)                                          |
| ST-13     | 氣戶           | Qì Hù       | Qi Doorway - Doorway to the Qi/Breath                                        |
| ST-14     | 庫房           | Kù Fáng     | StoreHouse/StoreRoom - Storage Depot                                         |
| ST-15     | 屋翳           | Wū Yì       | House Screen (Roof)                                                          |
| ST-16     | 膺窗           | Yīng Chuāng | Chest/Breast Vent (Ventilate the Chest)                                      |
| ST-17     | 乳中           | Rǔ Zhōng    | Breast Center (Center of the Breast)                                         |
| ST-18     | 乳根           | Rǔ Gēn      | Root/Base of the Breast                                                      |
| ST-19     | 不容           | Bù Róng     | Not Contained – Can't Hold (Can't Stomach)                                   |
| ST-20     | 承滿           | Chéng Mǎn   | For Fullness (Control Fullness)                                              |
| ST-21     | 梁門           | Liáng Mén   | Beam Gate / Bridge Gate                                                      |
| ST-22     | 關門           | Guān Mén    | Close the Gate or Closed Gate                                                |
| ST-23     | 太乙           | Tài Yǐ      | Great One (Lg Int) (level of transverse colon)                               |
| ST-24     | 滑肉門          | Huá Ròu Mén | Slippery Flesh Gate / Smooth Muscle Gate                                     |
| ST-25     | 天樞           | Tiān Shū    | Celestial Pivot                                                              |
| ST-26     | 外陵           | Wài Líng    | Outer Mound – Outside the Mound                                              |
| ST-27     | 大巨           | Dà Jù       | Big Huge                                                                     |
| ST-28     | 水道           | Shuǐ Dào    | WaterWay (Path of Water)                                                     |
| ST-29     | 歸來           | Guī Lái     | Come-Back – Return                                                           |
| ST-30     | 氣衝 / 冲       | Qì Chōng    | Qi Thoroughfare / Surge (inguinal groove / femoral artery)                   |
| ST-31     | 髀關           | Bì Guān     | Thigh Gateway (Gateway to the Thigh) (Hip Joint)                             |
| ST-32     | 伏兔           | Fú Tù       | Crouching Rabbit                                                             |
| ST-33     | 陰市           | Yīn Shì     | Yin Marketplace (undergarment line)                                          |
| ST-34     | 梁丘           | Liáng Qiū   | Beam Hill / Bridge Hill                                                      |
| ST-35     | 犢鼻           | Dú Bí       | Calf Nose / Calf's Nose                                                      |
| ST-36     | 足三里          | Zú Sān Lǐ   | Leg: Three Li/Units (Rectify 3 [Jiao] on the Leg) see LI-10                  |
| ST-37     | 上巨虛          | Shàng Jù Xū | Upper, Huge Depletion (Strong Legs)                                          |
| ST-38     | 條口           | Tiáo Kǒu    | Thin Mouth Narrow Opening                                                    |
| ST-39     | 下巨虛          | Xià Jù Xū   | Lower, Huge Depletion (Strong Legs)                                          |
| ST-40     | 豐隆           | Fēng Lóng   | Plentiful & Abundant (Plenty Thunder)                                        |
| ST-41     | 解谿           | Jiě Xī      | Open/Unblock the Stream(bed)                                                 |
| ST-42     | 冲 / 衝陽       | Chōng Yáng  | Surging Yang (Yang Thoroughfare) (dorsalis pedis pulse)                      |
| ST-43     | 陷谷           | Xiàn Gǔ     | Sink/Fall into the Valley – Deep Valley<br>Sunken/Sinking/Soggy/Boggy Valley |
| ST-44     | 內庭           | Nèi Tíng    | Inner Courtyard / Inside the Hall                                            |
| ST-45     | 厲兌           | Lì Duì      | Hardship/Severity Alleviated                                                 |
|           |              |             |                                                                              |

**List 4 – 361 Points on 14 Channels – Alphabetical by Channel (in English)**

| 穴 Point #     | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                                               |
|---------------|--------------|----------------|-------------------------------------------------------------------------------------------------|
| TRIPLE BURNER | 三焦經          | Sān Jiāo Jīng  | Triple Burner/Heater/Warmer/Energizer Channel                                                   |
| TB-1          | 關衝 / 冲       | Guān Chōng     | Gateway Thoroughfare (i.e. the ring finger)<br>Gateway Surge (see Pc-9 & Ht-9)                  |
| TB-2          | 液門           | Yè Mén         | (Yin) Fluid(s) Gate                                                                             |
| TB-3          | 中渚           | Zhōng Zhǔ      | Middle Isle/Islet                                                                               |
| TB-4          | 陽池           | Yáng Chí       | Yang Pond/Moat                                                                                  |
| TB-5          | 外關           | Wài Guān       | Outer Gateway                                                                                   |
| TB-6          | 支溝           | Zhī Gōu        | Branch in the Groove                                                                            |
| TB-7          | 會宗           | Huì Zōng       | Gathering of Ancestors (Gathering of the Elders)                                                |
| TB-8          | 三陽絡          | Sān Yáng Luò   | 3 Yang Connect                                                                                  |
| TB-9          | 四瀆           | Sì Dú          | Four Rivers / Four Annoyances*                                                                  |
| TB-10         | 天井           | Tiān Jǐng      | Celestial Well (olecranon fossa)<br>(name of a lunar lodge/mansion/station constellation)       |
| TB-11         | 清冷淵          | Qīng Lěng Yuān | Clear, Cold, Deep-Source of Water                                                               |
| TB-12         | 消灤           | Xiāo Luò       | Disperse the River (Channel)                                                                    |
| TB-13         | 臑會           | Nào Huì        | Upper-Arm Meeting (pt)                                                                          |
| TB-14         | 肩髃           | Jiān Liáo      | Edge of the Shoulder Bone/Acromion                                                              |
| TB-15         | 天髃           | Tiān Liáo      | Celestial Bone-Hole/Edge                                                                        |
| TB-16         | 天牖           | Tiān Yǒu       | Celestial Window                                                                                |
| TB-17         | 翳風           | Yì Fēng        | Screen the Wind                                                                                 |
| TB-18         | 瘰癧           | Chì Mài        | Spasm Vein/Vessel                                                                               |
| TB-19         | 顙息           | Lú Xī          | Skull Resting or Skull Breathing                                                                |
| TB-20         | 角孫           | Jiǎo Sūn       | Horns of a Child                                                                                |
| TB-21         | 耳門           | Ěr Mén         | Ear Gate                                                                                        |
| TB-22         | 和髃           | Hé Liáo        | Harmony Hole (refers to the ear and hearing)<br>compare LI-19 Hé Liáo (hé = grain 禾 Grain Hole) |
| TB-23         | 絲竹空          | Sī Zhú Kōng    | Silk Bamboo Hollow                                                                              |

**Bladder Channel Numbering:**

- ‘a’ numbers are mine. They correspond to the number of the point at the same level on the inner Bladder line.
- Underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.  
CAM = Chinese Acupuncture and Moxibustion  
MoA = Manual of Acupuncture  
ACT = Acupuncture: A Comprehensive Text

Double line separates channels

Dashed underline separates the BL points on the torso from those on the lower extremity (i.e. following BL-35)

### List 5 – 14 Channels – in Cycle of Energy Order

Bladder Channel Numbering: ‘a’ numbers are mine, underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.

| 穴 Point #            | 文 Characters | 拼音 Pīn-Yīn           | Jim’s Translation                                                             |
|----------------------|--------------|----------------------|-------------------------------------------------------------------------------|
| <b>CIRCUIT 1</b>     |              |                      |                                                                               |
| <b>LUNG</b>          | <b>肺經</b>    | <b>Fèi Jīng</b>      | <b>Lung Channel</b>                                                           |
| Lu-1                 | 中府           | Zhōng Fǔ             | Central Official / Repository/Archive                                         |
| Lu-2                 | 雲門           | Yún Mén              | Cloud Gate                                                                    |
| Lu-3                 | 天府           | Tiān Fǔ              | Celestial Official / Repository/Archive                                       |
| Lu-4                 | 俠白           | Xiá Bái              | Brave-Heroic-Gallant White<br>Protecting White, Guarding Metal (White Knight) |
| Lu-5                 | 尺澤           | Chǐ Zé               | Marsh at the Cubit (cubital fossa)                                            |
| Lu-6                 | 孔最           | Kǒng Zuì             | Enormous Hole                                                                 |
| Lu-7                 | 列缺           | Liè Quē              | Jog in the Sequence (Lightning Bolt)                                          |
| Lu-8                 | 經渠           | Jīng Qú              | Rivers/Channels & Canals (River pt)                                           |
| Lu-9                 | 太淵           | Tài Yuān             | Great/Very Deep Source (of water)                                             |
| Lu-10                | 魚際           | Yú Jì                | Edge of the Fish (the fish is the thenar eminence)                            |
| Lu-11                | 少商           | Shǎo Shāng           | Lesser Metal-Note (2nd note of pentatonic scale)                              |
|                      |              |                      |                                                                               |
| <b>LG. INTESTINE</b> | <b>大腸經</b>   | <b>Dà Cháng Jīng</b> | <b>Large Intestine Channel</b>                                                |
| LI-1                 | 商陽           | Shāng Yáng           | Yang Metal-Note (2nd note of pentatonic scale)                                |
| LI-2                 | 二間           | Èr Jiān              | 2nd Space (Point)                                                             |
| LI-3                 | 三間           | Sān Jiān             | 3rd Space (Point)                                                             |
| LI-4                 | 合谷           | Hé Gǔ                | Close the Valley / EnClosed Valley                                            |
| LI-5                 | 陽谿           | Yáng Xī              | Yang Stream(bed)                                                              |
| LI-6                 | 偏歷           | Piān Lì              | Oblique/Tangential Passage (on slant)                                         |
|                      | 偏曆           | Piān Lì              | Offset Calendar                                                               |
| LI-7                 | 溫溜           | Wēn Liū              | Warm Slide/Slip Away                                                          |
|                      |              | Wēn Liù              | Warm Flow                                                                     |
| LI-8                 | 下廉           | Xià Lián             | Lower Ridge                                                                   |
| LI-9                 | 上廉           | Shàng Lián           | Upper Ridge                                                                   |
| LI-10                | 手三里          | Shǒu Sān Lǐ          | Arm: Three Li/Units (see ST-36)                                               |
| LI-11                | 曲池           | Qū Chí               | Pool/Pond at the Bend/Crook                                                   |
| LI-12                | 肘髎           | Zhǒu Liáo            | Elbow Bone-Edge                                                               |
| LI-13                | 手五里          | Shǒu Wǔ Lǐ           | Arm: Five Li (see Lr-10)                                                      |
| LI-14                | 臂臑           | Bì Nào               | [Fore]Arm & Upper Arm (Deltoid/Humerus)                                       |
| LI-15                | 肩髃           | Jiān Yú              | Shoulder Bone (acromion)                                                      |
| LI-16                | 巨骨           | Jù Gǔ                | Huge Bone (acromial end of clavicle)                                          |
| LI-17                | 天鼎           | Tiān Dǐng            | Celestial Caldron                                                             |
| LI-18                | 扶突           | Fú Tū                | Aid the (laryngeal) Prominence                                                |
| LI-19                | 禾髎           | Hé Liáo              | Grain (sized) Bone-Hole                                                       |
| LI-20                | 迎香           | Yíng Xiāng           | Welcome Fragrance – Receive Aromas                                            |
|                      |              |                      |                                                                               |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn      | Jim's Translation                                           |
|----------------|--------------|-----------------|-------------------------------------------------------------|
| <b>STOMACH</b> | <b>胃經</b>    | <b>Wèi Jīng</b> | <b>Stomach Channel</b>                                      |
| ST-1           | 承泣           | Chéng Qì        | Hold or Carry Tears, For Tearing                            |
| ST-2           | 四白           | Sì Bái          | Four Whites (of the eyes)                                   |
| ST-3           | 巨髎           | Jù Liáo         | Huge Bone-Hole (big depression under the cheekbone)         |
| ST-4           | 地倉           | Dì Cāng         | Earth Granary - Terrestrial Granary                         |
| ST-5           | 大迎           | Dà Yíng         | Big Welcome/Greeting (Smile)                                |
| ST-6           | 頰車           | Jiá Chē         | Jaw Cart / Cheek Wheels                                     |
| ST-7           | 下關           | Xià Guān        | Lower Gateway / Below the Hinge (the Zygomatic) (see GB-3)  |
| ST-8           | 頭維           | Tóu Wéi         | Head Corners, Head Link                                     |
| ST-9           | 人迎           | Rén Yíng        | Persons' Prognosis                                          |
| ST-10          | 水突           | Shuǐ Tū         | Water Prominence – Rushing Water                            |
| ST-11          | 氣舍           | Qì Shě          | Qi Abode/Cottage – Qi Residence/Dwelling                    |
| ST-12          | 缺盆           | Quē Pén         | Empty Basin (Supraclavicular Fossa)                         |
| ST-13          | 氣戶           | Qì Hù           | Qi Doorway - Doorway to the Qi/Breath                       |
| ST-14          | 庫房           | Kù Fáng         | StoreHouse/StoreRoom - Storage Depot                        |
| ST-15          | 屋翳           | Wū Yì           | House Screen (Roof)                                         |
| ST-16          | 膺窗           | Yīng Chuāng     | Chest/Breast Vent (Ventilate the Chest)                     |
| ST-17          | 乳中           | Rǔ Zhōng        | Breast Center (Center of the Breast)                        |
| ST-18          | 乳根           | Rǔ Gēn          | Root/Base of the Breast                                     |
| ST-19          | 不容           | Bù Róng         | Not Contained – Can't Hold (Can't Stomach)                  |
| ST-20          | 承滿           | Chéng Mǎn       | For Fullness (Control Fullness)                             |
| ST-21          | 梁門           | Liáng Mén       | Beam Gate / Bridge Gate                                     |
| ST-22          | 關門           | Guān Mén        | Close the Gate or Closed Gate                               |
| ST-23          | 太乙           | Tài Yǐ          | Great One (Lg Int) (level of transverse colon)              |
| ST-24          | 滑肉門          | Huá Ròu Mén     | Slippery Flesh Gate / Smooth Muscle Gate                    |
| ST-25          | 天樞           | Tiān Shū        | Celestial Pivot                                             |
| ST-26          | 外陵           | Wài Líng        | Outer Mound – Outside the Mound                             |
| ST-27          | 大巨           | Dà Jù           | Big Huge                                                    |
| ST-28          | 水道           | Shuǐ Dào        | WaterWay (Path of Water)                                    |
| ST-29          | 歸來           | Guī Lái         | Come-Back – Return                                          |
| ST-30          | 氣衝 / 冲       | Qì Chōng        | Qi Thoroughfare / Surge (inguinal groove / femoral artery)  |
| ST-31          | 髀關           | Bì Guān         | Thigh Gateway (Gateway to the Thigh) (Hip Joint)            |
| ST-32          | 伏兔           | Fú Tù           | Crouching Rabbit                                            |
| ST-33          | 陰市           | Yīn Shì         | Yin Marketplace (undergarment line)                         |
| ST-34          | 梁丘           | Liáng Qiū       | Beam Hill / Bridge Hill                                     |
| ST-35          | 犢鼻           | Dú Bí           | Calf Nose / Calf's Nose                                     |
| ST-36          | 足三里          | Zú Sān Lǐ       | Leg: Three Li/Units (Rectify 3 [Jiao] on the Leg) see LI-10 |
| ST-37          | 上巨虛          | Shàng Jù Xū     | Upper, Huge Depletion (Strong Legs)                         |
| ST-38          | 條口           | Tiáo Kǒu        | Thin Mouth Narrow Opening                                   |
| ST-39          | 下巨虛          | Xià Jù Xū       | Lower, Huge Depletion (Strong Legs)                         |
| ST-40          | 豐隆           | Fēng Lóng       | Plentiful & Abundant (Plenty Thunder)                       |



**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #     | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                                                                                                                                             |
|---------------|--------------|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ST-41         | 解谿           | Jiě Xī         | Open/Unblock the Stream(bed)                                                                                                                                                                  |
| ST-42         | 沖 / 衝陽       | Chōng Yáng     | Surging Yang (Yang Thoroughfare) (dorsalis pedis pulse)                                                                                                                                       |
| ST-43         | 陷谷           | Xiàn Gǔ        | Sink/Fall into the Valley – Deep Valley<br><small>Sunken/Sinking/Soggy/Boggy Valley</small>                                                                                                   |
| ST-44         | 內庭           | Nèi Tíng       | Inner Courtyard / Inside the Hall                                                                                                                                                             |
| ST-45         | 厲兌           | Lì Duì         | Hardship/Severity Alleviated                                                                                                                                                                  |
|               |              |                |                                                                                                                                                                                               |
| <b>SPLEEN</b> | <b>脾經</b>    | <b>Pí Jīng</b> | <b>Spleen Channel</b>                                                                                                                                                                         |
| Sp-1          | 隱白           | Yǐn Bái        | Hidden/Concealed White [earth engenders metal]                                                                                                                                                |
| Sp-2          | 大都           | Dà Dū          | Big City (Da = big toe, Du = provincial capitol)<br><small>Da Du is ancient name for Beijing (i.e. the Big Capitol)</small>                                                                   |
| Sp-3          | 太白           | Tài Bái        | Great White (Mt Tai, Venus)<br><small>Mt Tai is the most venerated of the 5 sacred mts (refers to big toe knuckle)<br/>Tai Bai means Venus, Venus is the planet associated with Metal</small> |
| Sp-4          | 公孫           | Gōng Sūn       | Duke's Heir (see also TB-20 Jiao Sun)<br>Ancestor & Descendant (Sp & Chong)<br>Grandfather – Grandson (luo pt)                                                                                |
| Sp-5          | 商丘           | Shāng Qiū      | Metal-Note Hill (Metal pt)                                                                                                                                                                    |
| Sp-6          | 三陰交          | Sān Yīn Jiāo   | 3 Yin Junction (Intersection of 3 Leg Yin)                                                                                                                                                    |
| Sp-7          | 漏谷           | Lòu Gǔ         | Leaky Valley (Pt for disorders that cause leaking & dripping)                                                                                                                                 |
| Sp-8          | 地機           | Dì Jī          | Earth Machine/Mechanism (Move/Mobilize Earth)                                                                                                                                                 |
| Sp-9          | 陰陵泉          |                | Spring at Yin Mound                                                                                                                                                                           |
| Sp-10         | 血海           | Xuè Hǎi        | Sea of Blood                                                                                                                                                                                  |
| Sp-11         | 箕門           | Jī Mén         | Winnowing Basket Gate                                                                                                                                                                         |
| Sp-12         | 衝 / 沖門       | Chōng Mén      | Thoroughfare Gate / Gate at the Surge (femoral artery)                                                                                                                                        |
| Sp-13         | 府舍           | Fǔ Shè         | Official(s) Abode / Bowel Abode (Yang Organ Residence)                                                                                                                                        |
| Sp-14         | 腹結           | Fù Jié         | Abdominal Knot                                                                                                                                                                                |
| Sp-15         | 大橫           | Dà Hèng        | Big Horizontal (Big Across - Big & Wide)                                                                                                                                                      |
| Sp-16         | 腹哀           | Fù Āi          | Abdominal Distress / Belly Woes / Wailing Abdomen                                                                                                                                             |
| Sp-17         | 食竇           | Shí Dòu        | Food Burrow / Feeding Hole                                                                                                                                                                    |
| Sp-18         | 天谿           | Tiān Xī        | Celestial Stream(bed)                                                                                                                                                                         |
| Sp-19         | 胸鄉           | Xiōng Xiāng    | Chest Countryside (Small Village on the Chest)                                                                                                                                                |
| Sp-20         | 周榮           | Zhōu Róng      | Universal Nourishment                                                                                                                                                                         |
| Sp-21         | 大包           | Dà Bāo         | Big Wrap-Around / Big Wrap-Up / Big Embrace                                                                                                                                                   |
|               |              |                |                                                                                                                                                                                               |
|               |              |                | <b>CIRCUIT I = 97 pts</b>                                                                                                                                                                     |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #            | 文 Characters | 拼音 Pīn-Yīn             | Jim's Translation                                                   |
|----------------------|--------------|------------------------|---------------------------------------------------------------------|
|                      |              |                        | <b>CIRCUIT II</b>                                                   |
| <b>HEART</b>         | <b>心經</b>    | <b>Xīn Jīng</b>        | <b>Heart Channel</b>                                                |
| Ht-1                 | 極泉           | Jí Quán                | Lofty Spring or Spring at the Summit                                |
| Ht-2                 | 青靈           | Qīng Líng              | Blue-Green/Azure/Verdant Spirit                                     |
| Ht-3                 | 少海           | Shǎo Hǎi               | Lesser (Yin) Sea                                                    |
| Ht-4                 | 靈道           | Líng Dào               | Spirit Pathway (Pathway of the Yin Spirit)                          |
| Ht-5                 | 通里           | Tōng Lǐ                | Open/Unblock the Interior Through the Village                       |
| Ht-6                 | 陰隙           | Yīn Xī                 | Shao-Yin Xi-Cleft Pt                                                |
| Ht-7                 | 神門           | Shén Mén               | Spirit Gate / Gate of Consciousness                                 |
| Ht-8                 | 少府           | Shǎo Fǔ                | Lesser (Yin) Official                                               |
| Ht-9                 | 少衝 / 冲       | Shǎo Chōng             | Lesser (Yin) Thoroughfare / Surge                                   |
| <b>SM. INTESTINE</b> | <b>小腸經</b>   | <b>Xiǎo Cháng Jīng</b> | <b>Small Intestine Channel</b>                                      |
| SI-1                 | 少澤           | Shǎo Zé                | Lesser Marsh (Little finger Marsh)                                  |
| SI-2                 | 前谷           | Qián Gǔ                | Distal Valley                                                       |
| SI-3                 | 後谿           | Hòu Xī                 | Proximal Stream-bed (see SI-2 Qian Gu = Distal Valley)              |
| SI-4                 | 腕骨           | Wàn Gǔ                 | Wrist Bone                                                          |
| SI-5                 | 陽谷           | Yáng Gǔ                | Yang Valley                                                         |
| SI-6                 | 養老           | Yǎng Lǎo               | Nourish the Elderly                                                 |
| SI-7                 | 支正           | Zhī Zhèng              | Proper Branch (Limb Correct, i.e. correct the arm)                  |
| SI-8                 | 小海           | Xiǎo Hǎi               | Small Sea [Xiao = SI, Hai = He/sea pt] (compare with Shao Hai Ht-3) |
| SI-9                 | 肩貞           | Jiān Zhēn              | Shoulder Correct [Correct the Shoulder]                             |
| SI-10                | 臑俞           | Nào Shū                | Upper Arm/Deltoid Shu/Pt                                            |
| SI-11                | 天宗           | Tiān Zōng              | Celestial Ancestor, Celestial Gathering                             |
| SI-12                | 秉風           | Bǐng Fēng              | Catch/Grasp/Hold the Wind / Control the Wind                        |
| SI-13                | 曲垣           | Qū Yuán                | Curved/Crooked Wall                                                 |
| SI-14                | 肩外俞          | Jiān Wài Shū           | Shoulder's Outer Shu                                                |
| SI-15                | 肩中俞          | Jiān Zhōng Shū         | Middle Shoulder Shu                                                 |
| SI-16                | 天窗           | Tiān Chuāng            | Celestial Vent/Chimney/Window                                       |
| SI-17                | 天容           | Tiān Róng              | Celestial Appearance (Look Skyward)                                 |
| SI-18                | 顴膠           | Quán Liáo              | Cheek Bone Edge                                                     |
| SI-19                | 聽宮           | Tīng Gōng              | Hearing/Auditory Palace                                             |
| <b>BLADDER</b>       | <b>膀胱經</b>   | <b>Páng Guāng Jīng</b> | <b>Bladder Channel</b>                                              |
| BL-1                 | 睛明           | Jīng Míng              | Eyes Bright or Brighten Eyes                                        |
| BL-2                 | 攢竹           | Zǎn / Cuán Zhú         | Gathering Bamboo                                                    |
| BL-3                 | 眉衝 / 冲       | Méi Chōng              | Eyebrow Thoroughfare / Surge                                        |
| BL-4                 | 曲差           | Qū Chā                 | Bend & Turn                                                         |
| BL-5                 | 五處           | Wǔ Chù                 | 5th Spot                                                            |
| BL-6                 | 承光           | Chéng Guāng            | Receive/Catch Light (For Light)                                     |
| BL-7                 | 通天           | Tōng Tiān              | Clear-Open Sky (Celestial Connection)                               |
| BL-8                 | 絡卻           | Luò Què                | Posterior Connection (Connect Backwards)                            |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #       | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                             |
|-----------------|--------------|----------------|-------------------------------------------------------------------------------|
| BL-9            | 玉枕           | Yù Zhěn        | Jade Head Rest or Jade Pillow                                                 |
| BL-10           | 天柱           | Tiān Zhù       | Celestial Pillar                                                              |
| BL-11           | 大杼           | Dà Zhù         | Big Reed – Big Shuttle                                                        |
| BL-11 alt. name | 背腧           | Bèi Shū        | Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)                        |
| BL-12           | 風門           | Fēng Mén       | Wind Gate                                                                     |
| BL-12a (36/41)  | 附分           | Fù Fēn         | Appended Part/Branch (of the BL channel) (BL Annex)                           |
| BL-13           | 肺腧           | Fèi Shū        | Lung Shu/Point (Lu Pt [on the Back])                                          |
| BL-13a (37/42)  | 魄戶           | Pò Hù          | Lung-Spirit Door/Household                                                    |
| BL-14           | 厥陰腧          | Jué-Yīn Shū    | Faint-Yin Shu/Pt (Pc & Lr)                                                    |
| BL-14a (38/43)  | 膏肓腧          | Gāo Huāng Shū  | Fatty Membrane Shu                                                            |
| BL-15           | 心腧           | Xīn Shū        | Heart Shu                                                                     |
| BL-15a (39/44)  | 神堂           | Shén Táng      | Heart-Spirit Temple                                                           |
| BL-16           | 督腧           | Dū Shū         | Governing Shu                                                                 |
| BL-16a (40/45)  | 諤諤           | Yī Xī          | Ooo Eee – Oh! My/Dear/Yea!<br>(exclamation of exasperation, pain, or delight) |
| BL-17           | 膈腧           | Gé Shū         | Diaphragm Shu                                                                 |
| BL-17a (41/46)  | 膈關           | Gé Guān        | Diaphragm Gateway/Pass                                                        |
| BL-18           | 肝腧           | Gān Shū        | Liver Shu                                                                     |
| BL-18a (42/47)  | 魂門           | Hún Mén        | Liver-Spirit Gate                                                             |
| BL-19           | 膽腧           | Dǎn Shū        | Gall Bladder Shu                                                              |
| BL-19a (43/48)  | 陽綱           | Yáng Gāng      | Lead the Yang (Key to the Yang)                                               |
| BL-20           | 脾腧           | Pí Shū         | Spleen Shu                                                                    |
| BL-20a (44/49)  | 意舍           | Yì Shě         | Spleen-Spirit Abode                                                           |
| BL-21           | 胃腧           | Wèi Shū        | Stomach Shu                                                                   |
| BL-21a (45/50)  | 胃倉           | Wèi Cāng       | Stomach Storehouse-Granary                                                    |
| BL-22           | 三焦腧          | Sān Jiāo Shū   | Triple Burner Shu                                                             |
| BL-22a (46/51)  | 肓門           | Huāng Mén      | Membrane Gate                                                                 |
| BL-23           | 腎腧           | Shèn Shū       | Kidney Shu                                                                    |
| BL-23a (47/52)  | 志室           | Zhì Shī        | Kidney-Spirit Chamber                                                         |
| BL-24           | 氣海腧          | Qì Hǎi Shū     | Sea of Qi Shu                                                                 |
| BL-25           | 大腸腧          | Dà Cháng Shū   | Large Intestine Shu                                                           |
| BL-26           | 關元腧          | Guān Yuán Shū  | Gateway to Source Shu                                                         |
| BL-27           | 小腸腧          | Xiǎo Cháng Shū | Small Intestine Shu                                                           |
| BL-28           | 膀胱腧          | Páng Guāng Shū | Urinary Bladder Shu                                                           |
| BL-28a (48/53)  | 胞肓           | Bāo Huāng      | Placenta/Uterus/Bladder Membranes                                             |
| BL-29           | 中膂腧          | Zhōng Lǚ Shū   | Center of the Back-Bone Shu                                                   |
| BL-30           | 白環腧          | Bái Huán Shū   | White Circle Shu (Ano-Rectal Shu)                                             |
| BL-30a (49/54)  | 秩邊           | Zhì Biān       | Order's Sides / Sequence Margin                                               |
| BL-31           | 上髎           | Shàng Liáo     | Upper Bone-Hole                                                               |
| BL-32           | 次髎           | Cì Liáo        | Next/2nd Bone-Hole                                                            |
| BL-33           | 中髎           | Zhōng Liáo     | Middle Bone-Hole                                                              |
| BL-34           | 下髎           | Xià Liáo       | Lower Bone-Hole                                                               |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #     | 文 Characters | 拼音 Pīn-Yīn       | Jim's Translation                                                                                          |
|---------------|--------------|------------------|------------------------------------------------------------------------------------------------------------|
| BL-35         | 會 陽          | Huì Yáng         | Meeting of Yang                                                                                            |
| BL-50/36      | 承 扶          | Chéng Fú         | Hold & Support / For Support                                                                               |
| BL-51/37      | 殷 門          | Yīn Mén          | Abundant Gate / Deep Gate                                                                                  |
| BL-52/38      | 浮 隙          | Fú Xī            | Floating or Superficial Cleft                                                                              |
| BL-53/39      | 委 陽          | Wěi Yáng         | Yang Bend                                                                                                  |
| BL-54/40      | 委 中          | Wěi Zhōng        | Middle of the Bend                                                                                         |
| BL-55         | 合 陽          | Hé Yáng          | Union of Yang (Yang [Re]Union / Yang Closes)                                                               |
| BL-56         | 承 筋          | Chéng Jīn        | Support the Sinews / For Sinews                                                                            |
| BL-57         | 承 山          | Chéng Shān       | Support(ing) Mountains (Mts = muscles: gastroc, thigh, gluteals)<br>For Mts; For Piles (Mts = hemorrhoids) |
| BL-58         | 飛 揚          | Fēi Yáng         | Rise and Fly / Take/Taking Flight                                                                          |
| BL-59         | 跗 陽          | Fū Yáng          | Tarsal/Instep Yang                                                                                         |
| BL-60         | 昆 侖          | Kūn Lún          | Kun Lun Mountain(s)                                                                                        |
| BL-61         | 僕 參          | Pú Cān           | Humble Visitor/Servant (Low & Outside)                                                                     |
| BL-62         | 申 脈          | Shēn Mài         | Extending Vessel / Vessel Extension / 9th Hour Vessel                                                      |
| BL-63         | 金 門          | Jīn Mén          | Metal or Golden Gate                                                                                       |
| BL-64         | 京 骨          | Jīng Gǔ          | Capitol Bone                                                                                               |
| BL-65         | 束 骨          | Shù Gǔ           | Binding Bone / Bound Bone                                                                                  |
| BL-66         | 足 通 谷        | Tōng Gǔ (Zú)     | Open/Unblock the Valley (on the foot)                                                                      |
| BL-67         | 至 陰          | Zhì Yīn          | Reach the Yin / Arrive at Yin                                                                              |
|               |              |                  |                                                                                                            |
| <b>KIDNEY</b> | <b>腎 經</b>   | <b>Shèn Jīng</b> | <b>Kidney Channel</b>                                                                                      |
| Kd-1          | 湧 泉          | Yǒng Quán        | Gushing/Bubbling Spring                                                                                    |
| Kd-2          | 然 谷<br>然 骨   | Rán Gǔ<br>Rán Gǔ | Blazing/Burning Valley<br>Blazing/Burning Bone (bone & valley are homonyms)                                |
| Kd-3          | 太 谿          | Tài Xī           | Great Stream(bed)                                                                                          |
| Kd-4          | 大 鐘          | Dà Zhōng         | Big Bell or Goblet                                                                                         |
| Kd-5          | 水 泉          | Shuǐ Quán        | Water Spring                                                                                               |
| Kd-6          | 照 海          | Zhào Hǎi         | Shining Sea – Reflection on the Sea                                                                        |
| Kd-7          | 復 溜          | Fù Liū           | Recover Flow / Returning Current                                                                           |
| Kd-8          | 交 信          | Jiāo Xìn         | Promised Junction – Faithful Cycle                                                                         |
| Kd-9          | 築 賓          | Zhù Bīn          | Building for a Guest (Guest House)                                                                         |
| Kd-10         | 陰 谷          | Yīn Gǔ           | Yin Valley                                                                                                 |
|               |              |                  |                                                                                                            |
| Kd-11         | 橫 骨          | Héng Gǔ          | Horizontal Bone                                                                                            |
| Kd-12         | 大 赫          | Dà Hè            | Big Red (bloody vaginal discharge)                                                                         |
| Kd-13         | 氣 穴          | Qì Xué           | Qi Cave - Vital Energy Point                                                                               |
| Kd-14         | 四 滿          | Sì Mǎn           | Four (Directions) Full / Fourway Fullness                                                                  |
| Kd-15         | 中 注          | Zhōng Zhù        | Middle Flow                                                                                                |
| Kd-16         | 肓 俞          | Huāng Shū        | Membrane or Umbilical Shu/Pt                                                                               |
|               |              |                  |                                                                                                            |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point # | 文 Characters | 拼音 Pīn-Yīn   | Jim's Translation                                               |
|-----------|--------------|--------------|-----------------------------------------------------------------|
| Kd-17     | 商 曲          | Shāng Qū     | <b>Metal-Note Bend</b> (refers to transverse colon)             |
| Kd-18     | 石 關          | Shí Guān     | <b>Stone Gateway</b>                                            |
| Kd-19     | 陰 都          | Yīn Dū       | <b>Yin City / Yin Metropolis</b>                                |
| Kd-20     | 腹 通 谷        | Tōng Gǔ (Fù) | <b>Unblock the Valley</b> (on the abd.)                         |
| Kd-21     | 幽 門          | Yōu Mén      | <b>Secluded Gate - Secret Gate</b> (pylorus)                    |
| Kd-22     | 步 廊          | Bù Láng      | <b>Step onto the Chest</b>                                      |
| Kd-23     | 神 封          | Shén Fēng    | <b>Encase the Spirit / Spirit Enclosed/Restrained/Blockaded</b> |
| Kd-24     | 靈 墟          | Líng Xū      | <b>Spirit Wasteland, Spirit in Ruins</b> (Spirit Depression)    |
| Kd-25     | 神 藏          | Shén Cáng    | <b>Spirit Storehouse – Spirit Concealed</b>                     |
| Kd-26     | 彳 中          | Yù Zhōng     | <b>Unfetter the (Chest) Center</b>                              |
| Kd-27     | 俞 府          | Shū Fǔ       | <b>(Corresponding) Point Official</b>                           |
|           |              |              | <b>CIRCUIT II = 122 pts</b>                                     |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #            | 文 Characters | 拼音 Pīn-Yīn           | Jim's Translation                                                                               |
|----------------------|--------------|----------------------|-------------------------------------------------------------------------------------------------|
|                      |              |                      | <b>CIRCUIT III</b>                                                                              |
| <b>PERICARDIUM</b>   | <b>心包經</b>   | <b>Xīn Bāo Jīng</b>  | <b>Pericardium Channel</b>                                                                      |
| Pc-1                 | 天池           | Tiān Chí             | Celestial Pool/Pond/Moat                                                                        |
| Pc-2                 | 天泉           | Tiān Quán            | Celestial Spring                                                                                |
| Pc-3                 | 曲澤           | Qū Zé                | Marsh at the Crook/Bend                                                                         |
| Pc-4                 | 隙門           | Xī Mén               | Cleft Gate                                                                                      |
| Pc-5                 | 間使           | Jiān Shǐ             | Send-Go Between <small>The Intermediary/Ambassador/Minister</small>                             |
| Pc-6                 | 內關           | Nèi Guān             | Inner Gateway                                                                                   |
| Pc-7                 | 大陵           | Dà Líng              | Big Mound/Tomb                                                                                  |
| Pc-8                 | 勞宮           | Láo Gōng             | Laborer's Palace (Palace of Labor)                                                              |
| Pc-9                 | 中衝 / 沖       | Zhōng Chōng          | Middle Thoroughfare / Surge (i.e. the middle finger & its pulse)                                |
|                      |              |                      |                                                                                                 |
| <b>TRIPLE BURNER</b> | <b>三焦經</b>   | <b>Sān Jiāo Jīng</b> | <b>Triple Burner/Heater/Warmer/Energizer Channel</b>                                            |
| TB-1                 | 關衝 / 沖       | Guān Chōng           | Gateway Thoroughfare (i.e. the ring finger)<br>Gateway Surge (see Pc-9 & Ht-9)                  |
| TB-2                 | 液門           | Yè Mén               | (Yin) Fluid(s) Gate                                                                             |
| TB-3                 | 中渚           | Zhōng Zhǔ            | Middle Isle/Islet                                                                               |
| TB-4                 | 陽池           | Yáng Chí             | Yang Pond/Moat                                                                                  |
| TB-5                 | 外關           | Wài Guān             | Outer Gateway                                                                                   |
| TB-6                 | 支溝           | Zhī Gōu              | Branch in the Groove                                                                            |
| TB-7                 | 會宗           | Huì Zōng             | Gathering of Ancestors (Gathering of the Elders)                                                |
| TB-8                 | 三陽絡          | Sān Yáng Luò         | 3 Yang Connect                                                                                  |
| TB-9                 | 四瀆           | Sì Dú                | Four Rivers / Four Annoyances*                                                                  |
| TB-10                | 天井           | Tiān Jǐng            | Celestial Well (olecranon fossa)<br>(name of a lunar lodge/mansion/station constellation)       |
| TB-11                | 清冷淵          | Qīng Lěng Yuān       | Clear, Cold, Deep-Source of Water                                                               |
| TB-12                | 消灤           | Xiāo Luò             | Disperse the River (Channel)                                                                    |
| TB-13                | 臑會           | Nào Huì              | Upper-Arm Meeting (pt)                                                                          |
| TB-14                | 肩髃           | Jiān Liáo            | Edge of the Shoulder Bone/Acromion                                                              |
| TB-15                | 天髃           | Tiān Liáo            | Celestial Bone-Hole/Edge                                                                        |
| TB-16                | 天牖           | Tiān Yǒu             | Celestial Window                                                                                |
| TB-17                | 翳風           | Yì Fēng              | Screen the Wind                                                                                 |
| TB-18                | 瘰脈           | Chì Mài              | Spasm Vein/Vessel                                                                               |
| TB-19                | 顙息           | Lú Xī                | Skull Resting or Skull Breathing                                                                |
| TB-20                | 角孫           | Jiǎo Sūn             | Horns of a Child                                                                                |
| TB-21                | 耳門           | Ěr Mén               | Ear Gate                                                                                        |
| TB-22                | 和髃           | Hé Liáo              | Harmony Hole (refers to the ear and hearing)<br>compare LI-19 Hé Liáo (hé = grain 禾 Grain Hole) |
| TB-23                | 絲竹空          | Sī Zhú Kōng          | Silk Bamboo Hollow                                                                              |
|                      |              |                      |                                                                                                 |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #    | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                              |
|--------------|--------------|----------------|----------------------------------------------------------------|
| GALL BLADDER | 膽經           | Dǎn Jīng       | Gall Bladder Channel                                           |
| GB-1         | 瞳子膠          | Tóng-zǐ Liáo   | Pupil Bone-Edge                                                |
| GB-2         | 聽會           | Tīng Huì       | Auditory Confluence                                            |
| GB-3         | 上關           | Shàng Guān     | Upper Gateway / Above the Hinge (the Zygomatic) (see ST-7)     |
| GB-4         | 頤厭           | Hàn Yàn        | Chin Fed-Up / Jaw Shut (Temporal Fullness)                     |
| GB-5         | 懸顱           | Xuán Lú        | Hanging Head/Suspended Skull                                   |
| GB-6         | 懸釐           | Xuán Lí        | Hanging a Little (lower)                                       |
| GB-7         | 曲鬢           | Qū Bìn         | Curve of the Temporal Hairline                                 |
| GB-8         | 率谷           | Shuài Gǔ       | Commander/Leader of the Valley                                 |
| GB-9         | 天衝           | Tiān Chōng     | Celestial Thoroughfare                                         |
|              | 天沖           | Tiān Chōng     | Celestial Surge                                                |
| GB-10        | 浮白           | Fú Bái         | Floating White / Overflow of White / Extra White               |
| GB-11        | 頭竅陰          | Tóu Qiào Yīn   | Head: Yin Portals / Yin Orifices (on the head) see GB-44       |
| GB-12        | 完骨           | Wán Gǔ         | End of the Bone (Mastoid Process)                              |
| GB-13        | 本神           | Běn Shén       | Root the Spirit / Foundation of Spirit                         |
| GB-14        | 陽白           | Yáng Bái       | Yang & White (Yang Bright / Clear the Yang)                    |
| GB-15        | 頭臨泣          | Tóu Lín Qì     | Head: Overlook Tears / Oversee Tearing (on the head) see GB-41 |
| GB-16        | 目窗           | Mù Chuāng      | Eye Vent/Window (Vent for the Eyes)                            |
| GB-17        | 正營           | Zhèng Yíng     | Upright & Nourishing (Correct the Ying)                        |
| GB-18        | 承靈           | Chéng Líng     | Support Spirit (For Spirit)                                    |
| GB-19        | 腦空           | Nǎo Kōng       | Brain Hollow                                                   |
| GB-20        | 風池           | Fēng Chí       | Wind Pond                                                      |
| GB-21        | 肩井           | Jiān Jīng      | Shoulder Well / Well on the Shoulder                           |
| GB-22        | 淵腋           | Yuān Yè        | Deep Pit / Abyss of the Axilla                                 |
| GB-23        | 輒筋           | Zhé Jīn        | Flank Sinews / Rut between Sinews                              |
| GB-24        | 日月           | Rì Yuè         | Sun & Moon                                                     |
| GB-25        | 京門           | Jīng Mén       | Capitol Gate                                                   |
| GB-26        | 帶脈           | Dài Mài        | Belt Vessel                                                    |
| GB-27        | 五樞           | Wǔ Shū         | 5 Pivots, 5th Axis                                             |
| GB-28        | 維道           | Wéi Dào        | Linking Path                                                   |
| GB-29        | 居膠           | Jū Liáo        | Squatting Crease                                               |
| GB-30        | 環跳           | Huán Tiào      | Jump/Leap Circle/Ring                                          |
| GB-31        | 風市           | Fēng Shì       | Wind Market (Windy City)                                       |
| GB-32        | 中瀆           | Zhōng Dú       | Middle River                                                   |
| GB-33        | 膝陽關          | Xī Yáng Guān   | Yang Gateway to the Knee                                       |
| GB-34        | 陽陵泉          | Yáng Líng Quán | Spring at the Yang Mound                                       |
| GB-35        | 陽交           | Yáng Jiāo      | Yang Junction                                                  |
| GB-36        | 外丘           | Wài Qiū        | Outer/Lateral Hill                                             |
| GB-37        | 光明           | Guāng Míng     | Bright Light                                                   |
| GB-38        | 陽輔           | Yáng Fǔ        | Yang (Lateral) Support/Assistant                               |

### List 5 – 14 Channels – in Cycle of Energy Order

| 穴 Point #       | 文 Characters | 拼音 Pīn-Yīn       | Jim's Translation                                                             |
|-----------------|--------------|------------------|-------------------------------------------------------------------------------|
| GB-39           | 懸鐘           | Xuán Zhōng       | Hanging Bell                                                                  |
| GB-39 alt. name | 絕骨           | Jué Gǔ           | Disappearing Bone                                                             |
| GB-40           | 丘墟           | Qiū Xū           | Hill Ruins                                                                    |
| GB-41           | 足臨泣          | Zú Lín Qì        | Foot: Overlook Tears / Oversee Tearing (on the foot)<br>see GB-15             |
| GB-42           | 地五會          | Dì Wǔ Huì        | Earth Five Converge                                                           |
| GB-43           | 俠谿<br>夾谿     | Xiá Xī<br>Jiā Xī | Gallant/Heroic Stream(bed) (see Lu-4 Xia Bai)<br>Pinched (Narrow) Stream(bed) |
| GB-44           | 足竅陰          | Zú Qiào Yīn      | Foot: Yin Portals / Yin Apertures (on the feet) see GB-11                     |
|                 |              |                  |                                                                               |
| <b>LIVER</b>    | <b>肝經</b>    | <b>Gān Jīng</b>  | <b>Liver Channel</b>                                                          |
| Lr-1            | 大敦           | Dà Dūn           | Big & Important (Big & Thick)                                                 |
| Lr-2            | 行間           | Xíng Jiān        | Move Between (Step Between)                                                   |
| Lr-3            | 太衝 / 冲       | Tài Chōng        | Great Thoroughfare / Surge                                                    |
| Lr-4            | 中封           | Zhōng Fēng       | Sealed in the Middle (Sealed In, Between)                                     |
| Lr-5            | 蠡溝           | Lǐ Gōu           | Woodworm Groove (Gourd Groove)                                                |
| Lr-6            | 中都           | Zhōng Dū         | Central City                                                                  |
| Lr-7            | 膝關           | Xī Guān          | Knee Gateway / Gateway to the Knee                                            |
| Lr-8            | 曲泉           | Qū Quán          | Spring at the Bend                                                            |
| Lr-9            | 陰包           | Yīn Bāo          | Wrap the Yin                                                                  |
| Lr-10           | 足五里          | Zú Wǔ Lǐ         | Leg: Five Li (see LI-13)                                                      |
| Lr-11           | 陰廉           | Yīn Lián         | Yin Triangle                                                                  |
| Lr-12           | 急脈           | Jí Mài           | Urgent Pulse                                                                  |
| Lr-13           | 章門           | Zhāng Mén        | Barricade Gate (Zang Gate)<br>Shorter-Cycle Gate (Section Gate) see Lr-14     |
| Lr-14           | 期門           | Qī Mén           | Long-Cycle Gate (Gate of Hope) (end of all channels)                          |
|                 |              |                  |                                                                               |
|                 |              |                  | <b>CIRCUIT III = 90 pts</b>                                                   |

#### Bladder Channel Numbering:

- ‘a’ numbers are mine. They correspond to the number of the point at the same level on the inner Bladder line.
- Underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.  
CAM = Chinese Acupuncture and Moxibustion  
MoA = Manual of Acupuncture  
ACT = Acupuncture: A Comprehensive Text

Double line separates channels

Triple line separates the three circuits of four channels.

|                   |                 |                                             |                |
|-------------------|-----------------|---------------------------------------------|----------------|
| I = Lu-LI-ST-Sp   | 8 hrs: 3am–11am | corresponds to 地 Dì (the Terrestrial Realm) | 97 pts         |
| II = Ht-SI-BL-Kd  | 8 hrs: 11am–7pm | corresponds to 天 Tiān (the Celestial Realm) | 122 pts        |
| III = Pc-TB-GB-Lr | 8 hrs: 7pm–3am  | corresponds to 人 Rén (the Human Realm)      | 90 pts         |
|                   |                 |                                             | <b>309 pts</b> |



**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #       | 文 Characters | 拼音 Pīn-Yīn    | Jim's Translation                                           |
|-----------------|--------------|---------------|-------------------------------------------------------------|
| GOVERNING V.    | 督脈           | Dū Mài        | Governing/Supervisory Vessel                                |
| GV-1            | 長強           | Cháng Qiáng   | Long & Strong                                               |
| GV-2            | 腰俞           | Yāo Shū       | Lumbar Shu                                                  |
| GV-3            | 腰陽關          | Yāo Yáng Guān | Lumbar Yang Gateway                                         |
| GV-4            | 命門           | Mìng Mén      | Life Gate                                                   |
| GV-5            | 懸樞           | Xuán Shū      | Hanging Pivot (Suspended from the Pivot)                    |
| GV-6            | 脊中           | Jǐ Zhōng      | Spine Center (compare CV-3 Zhong Ji Central Pole)           |
| GV-7            | 中樞           | Zhōng Shū     | Central Pivot/Axis                                          |
| GV-8            | 筋縮           | Jīn Suō       | Sinew's Contract/Shrink (Muscle Spasm-Atrophy)              |
| GV-9            | 至陽           | Zhì Yáng      | Reach the Yang or Arrive at Yang [UJiao]                    |
| GV-10           | 靈台           | Líng Tái      | (Yin/Rain) Spirit Tower/Platform/Observatory                |
| GV-11           | 神道           | Shén Dào      | (Yang) Spirit Pathway                                       |
| GV-12           | 身柱           | Shēn Zhù      | Body Pillar                                                 |
| GV-13           | 陶道           | Táo Dào       | Kiln Pathway (pathway & steps alongside a traditional kiln) |
| GV-14           | 大椎           | Dà Zhuī       | Big Vertebra (Big Mallet)                                   |
| GV-15           | 啞門           | Yǎ Mén        | Mute Gate                                                   |
| GV-16           | 風府           | Fēng Fǔ       | Wind Official/Repository/Mansion                            |
| GV-17           | 腦戶           | Nǎo Hù        | Doorway to the Brain                                        |
| GV-18           | 強間           | Qiáng Jiān    | Strong-Firm Space (posterior fontanel)                      |
| GV-19           | 後頂           | Hòu Dǐng      | Behind the Vertex, Posterior Vertex                         |
| GV-20           | 百會           | Bǎi Huì       | 100 Meet/Converge (Convergence of 100 channels)             |
| GV-21           | 前頂           | Qián Dǐng     | Before the Vertex, Anterior Vertex                          |
| GV-22           | 囟會           | Xìn Huì       | Skull Convergence, Skull [bones] Meet (anterior fontanel)   |
| GV-23           | 上星           | Shàng Xīng    | Upper Star (stars refer to eyes & spirit)                   |
| GV-24           | 神庭           | Shén Tíng     | Spirit Courtyard                                            |
| GV-25           | 素膠           | Sù Liáo       | Plain Bone-Hole (plain = white = metal = lung = nose)       |
| GV-26           | 人中           | Rén Zhōng     | Human Center (between H & E) (i.e. nose & mouth)            |
| GV-26 alt. name | 水溝           | Shuǐ Gōu      | Water Trough (philtrum)                                     |
| GV-27           | 兌端           | Duì Duān      | Mouth End (top of the lip)                                  |
| GV-28           | 齦 / 斷交       | Yín Jiāo      | Gum Junction (the two characters are interchangeable)       |

**List 5 – 14 Channels – in Cycle of Energy Order**

| 穴 Point #     | 文 Characters   | 拼音 Pīn-Yīn                                                   | Jim's Translation                                                                                                                                          |
|---------------|----------------|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CONCEPTION V. | 任脈             | Rèn Mài                                                      | Control/Controlling Vessel                                                                                                                                 |
| CV-1          | 會陰             | Huì Yīn                                                      | Yin Converge, Meeting of Yin (Meet at a Yin place)                                                                                                         |
| CV-2          | 曲骨             | Qū Gǔ                                                        | Bent/Curved/Crooked Bone (pubic bone)                                                                                                                      |
| CV-3          | 中極             | Zhōng Jí                                                     | Central Pole                                                                                                                                               |
| CV-4          | 關元             | Guān Yuán                                                    | Original Gateway (Gateway to the Source)                                                                                                                   |
| CV-5          | 石門             | Shí Mén                                                      | Stone Gate                                                                                                                                                 |
| CV-6          | 氣海             | Qì Hǎi                                                       | Sea of Qi (Ocean of Vital Energy) (lower Dan Tian)                                                                                                         |
| CV-7          | 陰交             | Yīn Jiāo                                                     | Yin Junction-Crossing                                                                                                                                      |
| CV-8          | 神闕             | Shén Què                                                     | Imperial Watchtower – Spirit Portal                                                                                                                        |
| CV-9          | 水分             | Shuǐ Fēn                                                     | Water Divide                                                                                                                                               |
| CV-10         | 下脘             | Xià Wǎn                                                      | Lower Epigastrium (pylorus & duodenum)                                                                                                                     |
| CV-11         | 建里             | Jiàn Lǐ                                                      | Build the Interior                                                                                                                                         |
| CV-12         | 中脘             | Zhōng Wǎn                                                    | Middle Epigastrium (body of stomach)                                                                                                                       |
| CV-13         | 上脘             | Shàng Wǎn                                                    | Upper Epigastrium (fundus & esophagus)                                                                                                                     |
| CV-14         | 巨闕             | Jù Què                                                       | Giant Watchtower – Huge Archway/Portal                                                                                                                     |
| CV-15         | 鳩尾             | Jiū Wěi                                                      | Dove's Tail                                                                                                                                                |
| CV-16         | 中庭             | Zhōng Tíng                                                   | Central Courtyard (refers to CV-17)                                                                                                                        |
| CV-17         | 膻中<br>壇中<br>羶中 | Dàn Zhōng<br>Tán Zhōng tan = altar<br>Shān Zhōng shan = odor | Center of the Chest (middle Dān Tiān)<br>Central Altar (i.e. the sternum), ancient name for Pc<br>Penetrating Odor (of mutton) (i.e. the sacrificial lamb) |
| CV-18         | 玉堂             | Yù Táng                                                      | Jade Hall (jade refers to royalty, i.e. Ht)                                                                                                                |
| CV-19         | 紫宮             | Zǐ Gōng                                                      | Purple Palace (purple & palace refer to royalty, i.e. Ht)                                                                                                  |
| CV-20         | 華蓋             | Huá Gài                                                      | Flowery/Flowerlike Canopy (Umbrella, Awning)                                                                                                               |
| CV-21         | 璇璣             | Xuán Jī                                                      | Bowl of the Dipper (astronomical instrument)                                                                                                               |
| CV-22         | 天突             | Tiān Tū                                                      | Celestial Prominence (Celestial Conflict)                                                                                                                  |
| CV-23         | 廉泉             | Lián Quán                                                    | Spring at the Ridge (Pure Spring)                                                                                                                          |
| CV-24         | 承漿             | Chéng Jiāng                                                  | Catch Saliva – For Drooling                                                                                                                                |
|               |                |                                                              | <b>CIRCUIT IV</b><br><b>Du and Ren = micro-cosmic orbit = 52 pts</b>                                                                                       |

## List 6 – Alphabetical by First Word of Translated Name

Bladder Channel Numbering: 'a' numbers are mine, underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.

| 穴 Point #         | 文 Characters | 拼音 Pīn-Yīn   | Jim's Translation                                                                                            |
|-------------------|--------------|--------------|--------------------------------------------------------------------------------------------------------------|
| LI-2              | 二間           | Èr Jiān      | 2nd Space (Point)                                                                                            |
| LI-3              | 三間           | Sān Jiān     | 3rd Space (Point)                                                                                            |
| TB-8              | 三陽絡          | Sān Yáng Luò | 3 Yang Connect                                                                                               |
| Sp-6              | 三陰交          | Sān Yīn Jiāo | 3 Yin Junction (Intersection of 3 Leg Yin)                                                                   |
| Kd-14             | 四滿           | Sì Mǎn       | 4 (Directions) Full / Fourway Fullness                                                                       |
| TB-9              | 四瀆           | Sì Dú        | 4 Rivers / Four Annoyances*                                                                                  |
| ST-2              | 四白           | Sì Bái       | 4 Whites (of the eyes)                                                                                       |
| BL-5              | 五處           | Wǔ Chù       | 5th Spot                                                                                                     |
| GB-27             | 五樞           | Wǔ Shū       | 5 Pivots, 5th Axis                                                                                           |
| BL-62             | 申脈           | Shēn Mài     | 9th Hour Vessel / Extending Vessel / Vessel Extension                                                        |
| GV-20             | 百會           | Bǎi Huì      | 100 Meet/Converge (Convergence of 100 channels)                                                              |
| Sp-14             | 腹結           | Fù Jié       | Abdominal Knot                                                                                               |
| Sp-16             | 腹哀           | Fù Āi        | Abdominal Distress / Belly Woes / Wailing Abdomen                                                            |
| GB-3              | 上關           | Shàng Guān   | Upper Gateway / Above the Hinge (the Zygomatic) (see ST-7)                                                   |
| BL- <u>51</u> /37 | 殷門           | Yīn Mén      | Abundant Gate / Deep Gate                                                                                    |
| LI-18             | 扶突           | Fú Tū        | Aid the (laryngeal) Prominence                                                                               |
| BL-12a (36/41)    | 附分           | Fù Fēn       | Appended Part/Branch (of the BL channel) (BL Annex)                                                          |
| LI-10             | 手三里          | Shǒu Sān Lǐ  | Arm: Three Li/Units (see ST-36)                                                                              |
| LI-13             | 手五里          | Shǒu Wǔ Lǐ   | Arm: Five Li (see Lr-10)                                                                                     |
| GB-2              | 聽會           | Tīng Huì     | Auditory Confluence                                                                                          |
| BL-11 alt. name   | 背腧           | Bèi Shū      | Back Shu/Points (analog to Kd-27 Shu Fu = Pt Official)                                                       |
| Lr-13             | 章門           | Zhāng Mén    | Barricade Gate (Zang Gate)<br>Shorter-Cycle Gate (Section Gate) see Lr-14                                    |
| ST-21             | 梁門           | Liáng Mén    | Beam Gate / Bridge Gate                                                                                      |
| ST-34             | 梁丘           | Liáng Qiū    | Beam Hill / Bridge Hill                                                                                      |
| GV-21             | 前頂           | Qián Dǐng    | Before the Vertex, Anterior Vertex                                                                           |
| GV-19             | 後頂           | Hòu Dǐng     | Behind the Vertex, Posterior Vertex                                                                          |
| ST-7              | 下關           | Xià Guān     | Lower Gateway / Below the Hinge (the Zygomatic) (see GB-3)                                                   |
| GB-26             | 帶脈           | Dài Mài      | Belt Vessel                                                                                                  |
| BL-4              | 曲差           | Qū Chā       | Bend & Turn                                                                                                  |
| CV-2              | 曲骨           | Qū Gǔ        | Bent/Curved/Crooked Bone (pubic bone)                                                                        |
| Lr-1              | 大敦           | Dà Dūn       | Big & Important (Big & Thick)                                                                                |
| Kd-4              | 大鐘           | Dà Zhōng     | Big Bell or Goblet                                                                                           |
| Sp-2              | 大都           | Dà Dū        | Big City (Da = big toe, Du = provincial capitol)<br>Da Du is ancient name for Beijing (i.e. the Big Capitol) |
| Sp-15             | 大橫           | Dà Hèng      | Big Horizontal (Big Across - Big & Wide)                                                                     |
| ST-27             | 大巨           | Dà Jù        | Big Huge                                                                                                     |
| Pc-7              | 大陵           | Dà Líng      | Big Mound                                                                                                    |
| Kd-12             | 大赫           | Dà Hè        | Big Red (bloody vaginal discharge)                                                                           |
| BL-11             | 大杼           | Dà Zhù       | Big Reed – Big Shuttle                                                                                       |
| GV-14             | 大椎           | Dà Zhuī      | Big Vertebra (Big Mallet)                                                                                    |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point # | 文 Characters | 拼音 Pīn-Yīn   | Jim's Translation                                                                         |
|-----------|--------------|--------------|-------------------------------------------------------------------------------------------|
| ST-5      | 大迎           | Dà Yíng      | Big Welcome/Greeting (Smile)                                                              |
| Sp-21     | 大包           | Dà Bāo       | Big Wrap-Around / Big Wrap-Up / Big Embrace                                               |
| BL-65     | 束骨           | Shù Gǔ       | Binding Bone / Bound Bone                                                                 |
| Kd-2      | 然谷           | Rán Gǔ       | Blazing/Burning Valley                                                                    |
|           | 然骨           | Rán Gǔ       | Blazing/Burning Bone (bone & valley are homonyms)                                         |
| Ht-2      | 青靈           | Qīng Líng    | Blue-Green/Azure/Verdant Spirit                                                           |
| GV-12     | 身柱           | Shēn Zhù     | Body Pillar                                                                               |
| Sp-13     | 府舍           | Fǔ Shè       | Official(s) Abode / Bowel Abode (Yang Organ Residence)                                    |
| CV-21     | 璇璣           | Xuán Jī      | Bowl of the Dipper (astronomical instrument)                                              |
| GB-19     | 腦空           | Nǎo Kōng     | Brain Hollow                                                                              |
| TB-6      | 支溝           | Zhī Gōu      | Branch in the Groove                                                                      |
| Lu-4      | 俠白           | Xiá Bái      | Brave-Heroic-Gallant White<br>Protecting White, Guarding Metal (White Knight)             |
| ST-17     | 乳中           | Rǔ Zhōng     | Breast Center (Center of the Breast)                                                      |
| GB-37     | 光明           | Guāng Míng   | Bright Light                                                                              |
| CV-11     | 建里           | Jiàn Lǐ      | Build the Interior                                                                        |
| Kd-9      | 築賓           | Zhù Bīn      | Building for a Guest (Guest House)                                                        |
| ST-35     | 犢鼻           | Dú Bí        | Calf Nose / Calf's Nose                                                                   |
| BL-64     | 京骨           | Jīng Gǔ      | Capitol Bone                                                                              |
| GB-25     | 京門           | Jīng Mén     | Capitol Gate                                                                              |
| CV-24     | 承漿           | Chéng Jiāng  | Catch Saliva – For Drooling                                                               |
| SI-12     | 秉風           | Bǐng Fēng    | Catch/Grasp/Hold the Wind / Control the Wind                                              |
| SI-16     | 天窗           | Tiān Chuāng  | Celestial Vent/Chimney/Window                                                             |
| TB-16     | 天牖           | Tiān Yǒu     | Celestial Window                                                                          |
| SI-17     | 天容           | Tiān Róng    | Celestial Appearance (Look Skyward)                                                       |
| TB-15     | 天膠           | Tiān Liáo    | Celestial Bone-Hole/Edge                                                                  |
| LI-17     | 天鼎           | Tiān Dǐng    | Celestial Caldron                                                                         |
| SI-11     | 天宗           | Tiān Zōng    | Celestial Gathering, Celestial Ancestor                                                   |
| Lu-3      | 天府           | Tiān Fǔ      | Celestial Official / Repository/Archive                                                   |
| BL-10     | 天柱           | Tiān Zhù     | Celestial Pillar                                                                          |
| ST-25     | 天樞           | Tiān Shū     | Celestial Pivot                                                                           |
| Pc-1      | 天池           | Tiān Chí     | Celestial Pool/Pond/Moat                                                                  |
| CV-22     | 天突           | Tiān Tū      | Celestial Prominence (Celestial Conflict)                                                 |
| Pc-2      | 天泉           | Tiān Quán    | Celestial Spring                                                                          |
| Sp-18     | 天谿           | Tiān Xī      | Celestial Stream(bed)                                                                     |
| GB-9      | 天衝           | Tiān Chōng   | Celestial Thoroughfare                                                                    |
|           | 天沖           | Tiān Chōng   | Celestial Surge                                                                           |
| TB-10     | 天井           | Tiān Jǐng    | Celestial Well (olecranon fossa)<br>(name of a lunar lodge/mansion/station constellation) |
| BL-29     | 中膂腧          | Zhōng Lǚ Shū | Center of the Back-Bone Shu                                                               |
|           |              |              |                                                                                           |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point #       | 文 Characters   | 拼音 Pīn-Yīn                                                   | Jim's Translation                                                                                                                                                 |
|-----------------|----------------|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CV-17           | 膻中<br>壇中<br>羶中 | Dàn Zhōng<br>Tán Zhōng tan = altar<br>Shān Zhōng shan = odor | <b>Center of the Chest</b> (middle Dān Tiān)<br>Central Altar (i.e. the sternum), ancient name for Pc<br>Penetrating Odor (of mutton) (i.e. the sacrificial lamb) |
| Lr-6            | 中都             | Zhōng Dū                                                     | <b>Central City</b>                                                                                                                                               |
| Lu-1            | 中府             | Zhōng Fǔ                                                     | <b>Central Official / Repository/Archive</b>                                                                                                                      |
| GV-7            | 中樞             | Zhōng Shū                                                    | <b>Central Pivot/Axis</b>                                                                                                                                         |
| CV-3            | 中極             | Zhōng Jí                                                     | <b>Central Pole</b>                                                                                                                                               |
| SI-18           | 顴髎             | Quán Liáo                                                    | <b>Cheek Bone Edge</b>                                                                                                                                            |
| Sp-19           | 胸鄉             | Xiōng Xiāng                                                  | <b>Chest Countryside</b> (Small Village on the Chest)                                                                                                             |
| ST-16           | 膺窗             | Yīng Chuāng                                                  | <b>Chest/Breast Vent</b> (Ventilate the Chest)                                                                                                                    |
| GB-4            | 頤厭             | Hàn Yàn                                                      | <b>Chin Fed-Up / Jaw Shut</b> (Temporal Fullness)                                                                                                                 |
| TB-11           | 清冷淵            | Qīng Lěng Yuān                                               | <b>Clear, Cold, Deep-Source of Water</b>                                                                                                                          |
| BL-7            | 通天             | Tōng Tiān                                                    | <b>Clear-Open Sky</b> (Celestial Connection)                                                                                                                      |
| Pc-4            | 隙門             | Xī Mén                                                       | <b>Cleft Gate</b>                                                                                                                                                 |
| ST-22           | 關門             | Guān Mén                                                     | <b>Close the Gate or Closed Gate</b>                                                                                                                              |
| Lu-2            | 雲門             | Yún Mén                                                      | <b>Cloud Gate</b>                                                                                                                                                 |
| ST-29           | 歸來             | Guī Lái                                                      | <b>Come-Back – Return</b>                                                                                                                                         |
| GB-8            | 率谷             | Shuài Gǔ                                                     | <b>Commander/Leader of the Valley</b>                                                                                                                             |
| Kd-27           | 俞府             | Shū Fǔ                                                       | <b>(Corresponding) Point Official</b>                                                                                                                             |
| CV-16           | 中庭             | Zhōng Tíng                                                   | <b>Central Courtyard</b> (refers to CV-17)                                                                                                                        |
| ST-32           | 伏兔             | Fú Tù                                                        | <b>Crouching Rabbit</b>                                                                                                                                           |
| GB-7            | 曲鬢             | Qū Bìn                                                       | <b>Curve of the Temporal Hairline</b>                                                                                                                             |
| SI-13           | 曲垣             | Qū Yuán                                                      | <b>Curved/Crooked Wall</b>                                                                                                                                        |
| GB-22           | 淵腋             | Yuān Yè                                                      | <b>Deep Pit / Abyss of the Axilla</b>                                                                                                                             |
| BL-17a (41/46)  | 膈關             | Gé Guān                                                      | <b>Diaphragm Gateway/Pass</b>                                                                                                                                     |
| BL-17           | 膈腧             | Gé Shū                                                       | <b>Diaphragm Shu</b>                                                                                                                                              |
| GB-39 alt. name | 絕骨             | Jué Gǔ                                                       | <b>Disappearing Bone</b>                                                                                                                                          |
| TB-12           | 消灤             | Xiāo Luò                                                     | <b>Disperse the River (Channel)</b>                                                                                                                               |
| SI-2            | 前谷             | Qián Gǔ                                                      | <b>Distal Valley</b>                                                                                                                                              |
| GV-17           | 腦戶             | Nǎo Hù                                                       | <b>Doorway to the Brain</b>                                                                                                                                       |
| CV-15           | 鳩尾             | Jiū Wěi                                                      | <b>Dove's Tail</b>                                                                                                                                                |
| Sp-4            | 公孫             | Gōng Sūn                                                     | <b>Duke's Heir</b> (see also TB-20 Jiao Sun)<br>Ancestor & Descendant (Sp & Chong)<br>Grandfather – Grandson (luo pt)                                             |
| TB-21           | 耳門             | Ěr Mén                                                       | <b>Ear Gate</b>                                                                                                                                                   |
| GB-42           | 地五會            | Dì Wǔ Huì                                                    | <b>Earth Five Converge</b>                                                                                                                                        |
| ST-4            | 地倉             | Dì Cāng                                                      | <b>Earth Granary - Terrestrial Granary</b>                                                                                                                        |
| Sp-8            | 地機             | Dì Jī                                                        | <b>Earth Machine/Mechanism</b> (Move/Mobilize Earth)                                                                                                              |
| Lu-10           | 魚際             | Yú Jì                                                        | <b>Edge of the Fish</b> (the fish is the thenar eminence)                                                                                                         |
| TB-14           | 肩髎             | Jiān Liáo                                                    | <b>Edge of the Shoulder Bone/Acromion</b>                                                                                                                         |
| LI-12           | 肘髎             | Zhǒu Liáo                                                    | <b>Elbow Bone-Edge</b>                                                                                                                                            |
| ST-12           | 缺盆             | Quē Pén                                                      | <b>Empty Basin</b> (Supraclavicular Fossa)                                                                                                                        |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                              |
|----------------|--------------|----------------|--------------------------------------------------------------------------------|
| Kd-23          | 神封           | Shén Fēng      | Encase the Spirit / Spirit Enclosed/Restrained/Blockaded                       |
| LI-4           | 合谷           | Hé Gǔ          | Close the Valley / EnClosed Valley                                             |
| GB-12          | 完骨           | Wán Gǔ         | End of the Bone (Mastoid Process)                                              |
| Lu-6           | 孔最           | Kǒng Zuì       | Enormous Hole                                                                  |
| BL-62          | 申脈           | Shēn Mài       | Extending Vessel / Vessel Extension / 9th Hour Vessel                          |
| GB-16          | 目窗           | Mù Chuāng      | Eye Vent/Window (Vent for the Eyes)                                            |
| BL-3           | 眉衝 / 冲       | Méi Chōng      | Eyebrow Thoroughfare / Surge                                                   |
| BL-1           | 睛明           | Jīng Míng      | Eyes Bright or Brighten Eyes                                                   |
| BL-14          | 厥陰腧          | Jué-Yīn Shū    | Faint-Yin Shu/Pt (Pc & Lr)                                                     |
| BL-14a (38/43) | 膏肓腧          | Gāo Huāng Shū  | Fatty Membrane Shu                                                             |
| BL-5           | 五處           | Wǔ Chù         | Fifth Spot                                                                     |
| GB-27          | 五樞           | Wǔ Shū         | Five Pivots, Fifth Axis                                                        |
| GB-23          | 輒筋           | Zhé Jīn        | Flank Sinews / Rut between Sinews                                              |
| BL-52/38       | 浮隙           | Fú Xī          | Floating or Superficial Cleft                                                  |
| GB-10          | 浮白           | Fú Bái         | Floating White / Overflow of White / Extra White                               |
| CV-20          | 華蓋           | Huá Gài        | Flowery/Flowerlike Canopy (Umbrella, Awning)                                   |
| TB-2           | 液門           | Yè Mén         | Fluid(s) Gate (Yin) Fluid(s) Gate                                              |
| Sp-17          | 食竇           | Shí Dòu        | Food Burrow / Feeding Hole                                                     |
| ST-36          | 足三里          | Zú Sān Lǐ      | Leg: Three Li/Units (Rectify 3 [Jiao] on the Leg) see LI-10                    |
| GB-41          | 足臨泣          | Zú Lín Qì      | Foot: Overlook Tears / Oversee Tearing (on the foot)<br>see GB-15              |
| GB-44          | 足竅陰          | Zú Qiào Yīn    | Foot: Yin Portals / Yin Apertures (on the feet) see GB-11                      |
| ST-20          | 承滿           | Chéng Mǎn      | For Fullness (Control Fullness)                                                |
| LI-14          | 臂臑           | Bì Nào         | ForeArm & Upper Arm (Deltoid/Humerus)                                          |
| Kd-14          | 四滿           | Sì Mǎn         | Four (Directions) Full / Fourway Fullness                                      |
| TB-9           | 四瀆           | Sì Dú          | Four Rivers / Four Annoyances*                                                 |
| ST-2           | 四白           | Sì Bái         | Four Whites (of the eyes)                                                      |
| BL-19          | 膽腧           | Dǎn Shū        | Gall Bladder Shu                                                               |
| GB-43          | 俠谿           | Xiá Xī         | Gallant/Heroic Stream(bed) (see Lu-4 Xia Bai)                                  |
|                | 夾谿           | Jiā Xī         | Pinched (Narrow) Stream(bed)                                                   |
| TB-1           | 關衝 / 冲       | Guān Chōng     | Gateway Thoroughfare (i.e. the ring finger)<br>Gateway Surge (see Pc-9 & Ht-9) |
| BL-26          | 關元腧          | Guān Yuán Shū  | Gateway to Source Shu                                                          |
| BL-2           | 攢竹           | Zǎn / Cuán Zhú | Gathering Bamboo                                                               |
| TB-7           | 會宗           | Huì Zōng       | Gathering of Ancestors (Gathering of the Elders)                               |
| CV-14          | 巨闕           | Jù Què         | Giant Watchtower – Huge Archway/Portal                                         |
| BL-16          | 督腧           | Dū Shū         | Governing Shu                                                                  |
| LI-19          | 禾髎           | Hé Liáo        | Grain (sized) Bone-Hole                                                        |
| ST-23          | 太乙           | Tài Yǐ         | Great One (Lg Int) (level of transverse colon)                                 |
| Kd-3           | 太谿           | Tài Xī         | Great Stream(bed)                                                              |
| Lr-3           | 太衝 / 冲       | Tài Chōng      | Great Thoroughfare / Surge                                                     |
|                |              |                |                                                                                |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn   | Jim's Translation                                                                                                                                                                    |
|----------------|--------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sp-3           | 太白           | Tài Bái      | <b>Great White</b> (Mt Tai, Venus)<br>Mt Tai is the most venerated of the 5 sacred mts (refers to big toe knuckle)<br>Tai Bai means Venus, Venus is the planet associated with Metal |
| Lu-9           | 太淵           | Tài Yuān     | <b>Great/Very Deep Source</b> (of water)                                                                                                                                             |
| GV-28          | 齧 / 斷交       | Yín Jiāo     | <b>Gum Junction</b> (the two characters are interchangeable)                                                                                                                         |
| Kd-1           | 湧泉           | Yǒng Quán    | <b>Gushing/Bubbling Spring</b>                                                                                                                                                       |
| GB-6           | 懸釐           | Xuán Lí      | <b>Hanging a Little (lower)</b>                                                                                                                                                      |
| GB-39          | 懸鐘           | Xuán Zhōng   | <b>Hanging Bell</b>                                                                                                                                                                  |
| GB-5           | 懸顙           | Xuán Lú      | <b>Hanging Head/Suspended Skull</b>                                                                                                                                                  |
| GV-5           | 懸樞           | Xuán Shū     | <b>Hanging Pivot</b> (Suspended from the Pivot)                                                                                                                                      |
| ST-45          | 厲兌           | Lì Duì       | <b>Hardship/Severity Alleviated</b>                                                                                                                                                  |
| TB-22          | 和髎           | Hé Liáo      | <b>Harmony Hole</b> (refers to the ear and hearing)<br>compare LI-19 Hé Liáo (hé = grain 禾 Grain Hole)                                                                               |
| ST-8           | 頭維           | Tóu Wéi      | <b>Head Corners, Head Link</b>                                                                                                                                                       |
| GB-15          | 頭臨泣          | Tóu Lín Qì   | <b>Head: Overlook Tears / Oversee Tearing</b> (on the head)<br>see GB-41                                                                                                             |
| GB-11          | 頭竅陰          | Tóu Qiào Yīn | <b>Head: Yin Portals / Yin Orifices</b> (on the head) see GB-44                                                                                                                      |
| SI-19          | 聽宮           | Tīng Gōng    | <b>Hearing/Auditory Palace</b>                                                                                                                                                       |
| BL-15          | 心膻           | Xīn Shū      | <b>Heart Shu</b>                                                                                                                                                                     |
| BL-15a (39/44) | 神堂           | Shén Táng    | <b>Heart-Spirit Temple</b>                                                                                                                                                           |
| Sp-1           | 隱白           | Yǐn Bái      | <b>Hidden/Concealed White</b> [earth engenders metal]                                                                                                                                |
| GB-40          | 丘墟           | Qīu Xū       | <b>Hill Ruins</b>                                                                                                                                                                    |
| BL-50/36       | 承扶           | Chéng Fú     | <b>Hold &amp; Support / For Support</b>                                                                                                                                              |
| ST-1           | 承泣           | Chéng Qì     | <b>Hold or Carry Tears, For Tearing</b>                                                                                                                                              |
| Kd-11          | 橫骨           | Héng Gǔ      | <b>Horizontal Bone</b>                                                                                                                                                               |
| TB-20          | 角孫           | Jiǎo Sūn     | <b>Horns of a Child</b>                                                                                                                                                              |
| ST-15          | 屋翳           | Wū Yì        | <b>House Screen (Roof)</b>                                                                                                                                                           |
| LI-16          | 巨骨           | Jù Gǔ        | <b>Huge Bone</b> (acromial end of clavicle)                                                                                                                                          |
| ST-3           | 巨髎           | Jù Liáo      | <b>Huge Bone-Hole</b> (big depression under the cheekbone)                                                                                                                           |
| GV-26          | 人中           | Rén Zhōng    | <b>Human Center</b> (between H & E) (i.e. nose & mouth)                                                                                                                              |
| BL-61          | 僕參           | Pú Cān       | <b>Humble Visitor/Servant</b> (Low & Outside)                                                                                                                                        |
| CV-8           | 神闕           | Shén Què     | <b>Imperial Watchtower – Spirit Portal</b>                                                                                                                                           |
| ST-44          | 內庭           | Nèi Tíng     | <b>Inner Courtyard / Inside the Hall</b>                                                                                                                                             |
| Pc-6           | 內關           | Nèi Guān     | <b>Inner Gateway</b>                                                                                                                                                                 |
| CV-18          | 玉堂           | Yù Táng      | <b>Jade Hall</b> (jade refers to royalty, i.e. Ht)                                                                                                                                   |
| BL-9           | 玉枕           | Yù Zhěn      | <b>Jade Head Rest or Jade Pillow</b>                                                                                                                                                 |
| ST-6           | 頰車           | Jiá Chē      | <b>Jaw Cart / Cheek Wheels</b>                                                                                                                                                       |
| Lu-7           | 列缺           | Liè Quē      | <b>Jog in the Sequence</b> (Lightning Bolt)                                                                                                                                          |
| GB-30          | 環跳           | Huán Tiào    | <b>Jump/Leap Circle/Ring</b>                                                                                                                                                         |
| BL-23          | 腎膻           | Shèn Shū     | <b>Kidney Shu</b>                                                                                                                                                                    |
| BL-23a (47/52) | 志室           | Zhì Shì      | <b>Kidney-Spirit Chamber</b>                                                                                                                                                         |
| GV-13          | 陶道           | Táo Dào      | <b>Kiln Pathway</b> (pathway & steps alongside a traditional kiln)                                                                                                                   |
| Lr-7           | 膝關           | Xī Guān      | <b>Knee Gateway / Gateway to the Knee</b>                                                                                                                                            |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                |
|----------------|--------------|----------------|------------------------------------------------------------------|
| BL-60          | 昆 崙          | Kūn Lún        | Kun Lun Mountain(s)                                              |
| Pc-8           | 勞 宮          | Láo Gōng       | Laborer's Palace (Palace of Labor)                               |
| BL-25          | 大 腸 腧        | Dà Cháng Shū   | Large Intestine Shu                                              |
| BL-19a (43/48) | 陽 綱          | Yáng Gāng      | Lead the Yang (Key to the Yang)                                  |
| Sp-7           | 漏 谷          | Lòu Gǔ         | Leaky Valley (Pt for disorders that cause leaking & dripping)    |
| Lr-10          | 足 五 里        | Zú Wǔ Lǐ       | Leg: Five Li (see LI-13)                                         |
| Ht-8           | 少 府          | Shǎo Fǔ        | Lesser (Yin) Official                                            |
| Ht-3           | 少 海          | Shǎo Hǎi       | Lesser (Yin) Sea                                                 |
| Ht-9           | 少 衝 / 冲      | Shǎo Chōng     | Lesser (Yin) Thoroughfare / Surge                                |
| SI-1           | 少 澤          | Shǎo Zé        | Lesser Marsh (Little finger Marsh)                               |
| Lu-11          | 少 商          | Shǎo Shāng     | Lesser Metal-Note (2nd note of pentatonic scale)                 |
| GV-4           | 命 門          | Mìng Mén       | Life Gate                                                        |
| GB-28          | 維 道          | Wéi Dào        | Linking Path                                                     |
| BL-18          | 肝 腧          | Gān Shū        | Liver Shu                                                        |
| BL-18a (42/47) | 魂 門          | Hún Mén        | Liver-Spirit Gate                                                |
| Ht-1           | 極 泉          | Jí Quán        | Lofty Spring or Spring at the Summit                             |
| GV-1           | 長 強          | Cháng Qiáng    | Long & Strong                                                    |
| Lr-14          | 期 門          | Qī Mén         | Long-Cycle Gate (Gate of Hope) (end of all channels)             |
| BL-34          | 下 髎          | Xià Liáo       | Lower Bone-Hole                                                  |
| CV-10          | 下 脘          | Xià Wǎn        | Lower Epigastrium (pylorus & duodenum)                           |
| LI-8           | 下 廉          | Xià Lián       | Lower Ridge                                                      |
| ST-39          | 下 巨 虛        | Xià Jù Xū      | Lower, Huge Depletion (Strong Legs)                              |
| GV-2           | 腰 俞          | Yāo Shū        | Lumbar Shu                                                       |
| GV-3           | 腰 陽 關        | Yāo Yáng Guān  | Lumbar Yang Gateway                                              |
| BL-13          | 肺 腧          | Fèi Shū        | Lung Shu/Point (Lu Pt [on the Back])                             |
| BL-13a (37/42) | 魄 戶          | Pò Hù          | Lung-Spirit Door/Household                                       |
| Pc-3           | 曲 澤          | Qū Zé          | Marsh at the Crook/Bend                                          |
| Lu-5           | 尺 澤          | Chǐ Zé         | Marsh at the Cubit (cubital fossa)                               |
| BL-35          | 會 陽          | Huì Yáng       | Meeting of Yang                                                  |
| BL-22a (46/51) | 育 門          | Huāng Mén      | Membrane Gate                                                    |
| Kd-16          | 育 俞          | Huāng Shū      | Membrane or Umbilical Shu/Pt                                     |
| BL-63          | 金 門          | Jīn Mén        | Metal or Golden Gate                                             |
| Sp-5           | 商 丘          | Shāng Qiū      | Metal-Note Hill (Metal pt)                                       |
| BL-33          | 中 髎          | Zhōng Liáo     | Middle Bone-Hole                                                 |
| CV-12          | 中 脘          | Zhōng Wǎn      | Middle Epigastrium (body of stomach)                             |
| Kd-15          | 中 注          | Zhōng Zhù      | Middle Flow                                                      |
| TB-3           | 中 渚          | Zhōng Zhǔ      | Middle Isle/Islet                                                |
| BL-54/40       | 委 中          | Wěi Zhōng      | Middle of the Bend                                               |
| GB-32          | 中 瀆          | Zhōng Dú       | Middle River                                                     |
| SI-15          | 肩 中 俞        | Jiān Zhōng Shū | Middle Shoulder Shu                                              |
| Pc-9           | 中 衝 / 冲      | Zhōng Chōng    | Middle Thoroughfare / Surge (i.e. the middle finger & its pulse) |



**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn         | Jim's Translation                                                                    |
|----------------|--------------|--------------------|--------------------------------------------------------------------------------------|
| GV-27          | 兌端           | Duì Duān           | <b>Mouth End</b> (top of the lip)                                                    |
| Lr-2           | 行間           | Xíng Jiān          | <b>Move Between</b> (Step Between)                                                   |
| GV-15          | 啞門           | Yǎ Mén             | <b>Mute Gate</b>                                                                     |
| BL-32          | 次髎           | Cì Liáo            | <b>Next/2nd Bone-Hole</b>                                                            |
| ST-19          | 不容           | Bù Róng            | <b>Not Contained – Can't Hold</b> (Can't Stomach)                                    |
| SI-6           | 養老           | Yǎng Lǎo           | <b>Nourish the Elderly</b>                                                           |
| LI-6           | 偏歷<br>偏曆     | Piān Lì<br>Piān Lì | <b>Oblique/Tangential Passage</b> (on slant)<br><b>Offset Calendar</b>               |
| BL-16a (40/45) | 諤諤           | Yī Xī              | <b>Ooo Eee – Oh! My/Dear/Yea!</b><br>(exclamation of exasperation, pain, or delight) |
| Ht-5           | 通里           | Tōng Lǐ            | <b>Open/Unblock the Interior</b> Through the Village                                 |
| ST-41          | 解谿           | Jiě Xī             | <b>Open/Unblock the Stream(bed)</b>                                                  |
| BL-66          | 足通谷          | Tōng Gǔ (Zú)       | <b>Open/Unblock the Valley</b> (on the foot)                                         |
| BL-30a (49/54) | 秩邊           | Zhì Biān           | <b>Order's Sides / Sequence Margin</b>                                               |
| CV-4           | 關元           | Guān Yuán          | <b>Original Gateway</b> (Gateway to the Source)                                      |
| TB-5           | 外關           | Wài Guān           | <b>Outer Gateway</b>                                                                 |
| ST-26          | 外陵           | Wài Líng           | <b>Outer Mound – Outside the Mound</b>                                               |
| GB-36          | 外丘           | Wài Qiū            | <b>Outer/Lateral Hill</b>                                                            |
| ST-9           | 人迎           | Rén Yíng           | <b>Persons' Prognosis</b>                                                            |
| BL-28a (48/53) | 胞肓           | Bāo Huāng          | <b>Placenta/Uterus/Bladder Membranes</b>                                             |
| GV-25          | 素髎           | Sù Liáo            | <b>Plain Bone-Hole</b> (plain = white = metal = lung = nose)                         |
| ST-40          | 豐隆           | Fēng Lóng          | <b>Plentiful &amp; Abundant</b> (Plenty Thunder)                                     |
| LI-11          | 曲池           | Qū Chí             | <b>Pool/Pond at the Bend/Crook</b>                                                   |
| BL-8           | 絡卻           | Luò Què            | <b>Posterior Connection</b> (Connect Backwards)                                      |
| Kd-8           | 交信           | Jiāo Xìn           | <b>Promised Junction – Faithful Cycle</b>                                            |
| SI-7           | 支正           | Zhī Zhèng          | <b>Proper Branch</b> (Limb Correct, i.e. correct the arm)                            |
| SI-3           | 後谿           | Hòu Xī             | <b>Proximal Stream-bed</b> (see SI-2 Qian Gu = Distal Valley)                        |
| GB-1           | 瞳子髎          | Tóng-Zǐ Liáo       | <b>Pupil Bone-Edge</b>                                                               |
| CV-19          | 紫宮           | Zǐ Gōng            | <b>Purple Palace</b> (purple & palace refer to royalty, i.e. Ht)                     |
| ST-11          | 氣舍           | Qì Shè             | <b>Qi Abode/Cottage – Qi Residence/Dwelling</b>                                      |
| Kd-13          | 氣穴           | Qì Xué             | <b>Qi Cave - Vital Energy Point</b>                                                  |
| ST-13          | 氣戶           | Qì Hù              | <b>Qi Doorway - Doorway to the Qi/Breath</b>                                         |
| ST-30          | 氣衝 / 冲       | Qì Chōng           | <b>Qi Thoroughfare / Surge</b> (inguinal groove / femoral artery)                    |
| GV-9           | 至陽           | Zhì Yáng           | <b>Reach the Yang or Arrive at Yang</b> [UJiao]                                      |
| BL-67          | 至陰           | Zhì Yīn            | <b>Reach the Yin / Arrive at Yin</b>                                                 |
| BL-6           | 承光           | Chéng Guāng        | <b>Receive/Catch Light</b> (For Light)                                               |
| Kd-7           | 復溜           | Fù Liū             | <b>Recover Flow / Returning Current</b>                                              |
| BL-58          | 飛揚           | Fēi Yáng           | <b>Rise and Fly / Take/Taking Flight</b>                                             |
| Lu-8           | 經渠           | Jīng Qú            | <b>Rivers/Channels &amp; Canals</b> (River pt)                                       |
| GB-13          | 本神           | Běn Shén           | <b>Root the Spirit / Foundation of Spirit</b>                                        |
| ST-18          | 乳根           | Rǔ Gēn             | <b>Root/Base of the Breast</b>                                                       |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point #      | 文 Characters | 拼音 Pīn-Yīn     | Jim's Translation                                                            |
|----------------|--------------|----------------|------------------------------------------------------------------------------|
| TB-17          | 翳風           | Yì Fēng        | Screen the Wind                                                              |
| Sp-10          | 血海           | Xuè Hǎi        | Sea of Blood                                                                 |
| CV-6           | 氣海           | Qì Hǎi         | Sea of Qi (Ocean of Vital Energy) (lower Dan Tian)                           |
| BL-24          | 氣海膻          | Qì Hǎi Shū     | Sea of Qi Shu                                                                |
| Lr-4           | 中封           | Zhōng Fēng     | Sealed in the Middle (Sealed In, Between)                                    |
| Kd-21          | 幽門           | Yōu Mén        | Secluded Gate - Secret Gate (pylorus)                                        |
| Pc-5           | 間使           | Jiān Shǐ       | Send-Go Between The Intermediary/Ambassador/Minister                         |
| Kd-17          | 商曲           | Shāng Qū       | Metal-Note Bend (refers to transverse colon)                                 |
| Ht-6           | 陰隙           | Yīn Xī         | Shao-Yin Xi-Cleft Pt                                                         |
| Kd-6           | 照海           | Zhào Hǎi       | Shining Sea – Reflection on the Sea                                          |
| LI-15          | 肩髃           | Jiān Yú        | Shoulder Bone (acromion)                                                     |
| SI-9           | 肩貞           | Jiān Zhēn      | Shoulder Correct [Correct the Shoulder]                                      |
| GB-21          | 肩井           | Jiān Jǐng      | Shoulder Well / Well on the Shoulder                                         |
| SI-14          | 肩外俞          | Jiān Wài Shū   | Shoulder's Outer Shu                                                         |
| TB-23          | 絲竹空          | Sī Zhú Kōng    | Silk Bamboo Hollow                                                           |
| GV-8           | 筋縮           | Jīn Suō        | Sinew's Contract/Shrink (Muscle Spasm-Atrophy)                               |
| ST-43          | 陷谷           | Xiàn Gǔ        | Sink/Fall into the Valley – Deep Valley<br>Sunken/Sinking/Soggy/Boggy Valley |
| GV-22          | 囟會           | Xìn Huì        | Skull Convergence, Skull [bones] Meet (anterior fontanel)                    |
| TB-19          | 顱息           | Lú Xī          | Skull Resting or Skull Breathing                                             |
| ST-24          | 滑肉門          | Huá Ròu Mén    | Slippery Flesh Gate / Smooth Muscle Gate                                     |
| BL-27          | 小腸膻          | Xiǎo Cháng Shū | Small Intestine Shu                                                          |
| SI-8           | 小海           | Xiǎo Hǎi       | Small Sea [Xiao = SI, Hai = He/sea pt] (compare with Shao Hai Ht-3)          |
| TB-18          | 瘰癧           | Chì Mài        | Spasm Vein/Vessel                                                            |
| GV-6           | 脊中           | Jǐ Zhōng       | Spine Center (compare CV-3 Zhong Ji Central Pole)                            |
| GV-24          | 神庭           | Shén Tíng      | Spirit Courtyard                                                             |
| Ht-7           | 神門           | Shén Mén       | Spirit Gate / Gate of Consciousness                                          |
| GV-11          | 神道           | Shén Dào       | Spirit Pathway (Yang) Spirit Pathway                                         |
| Ht-4           | 靈道           | Líng Dào       | Spirit Pathway (Yin) Spirit Pathway                                          |
| Kd-25          | 神藏           | Shén Cáng      | Spirit Storehouse – Spirit Concealed                                         |
| GV-10          | 靈台           | Líng Tái       | (Yin/Rain) Spirit Tower/Platform/Observatory                                 |
| Kd-24          | 靈墟           | Líng Xū        | Spirit Wasteland, Spirit in Ruins (Spirit Depression)                        |
| BL-20          | 脾膻           | Pí Shū         | Spleen Shu                                                                   |
| BL-20a (44/49) | 意舍           | Yì Shè         | Spleen-Spirit Abode                                                          |
| Lr-8           | 曲泉           | Qū Quán        | Spring at the Bend                                                           |
| CV-23          | 廉泉           | Lián Quán      | Spring at the Ridge (Pure Spring)                                            |
| GB-34          | 陽陵泉          | Yáng Líng Quán | Spring at the Yang Mound                                                     |
| Sp-9           | 陰陵泉          | Yīn Líng Quán  | Spring at Yin Mound                                                          |
| GB-29          | 居膠           | Jū Liáo        | Squatting Crease                                                             |
| Kd-22          | 步廊           | Bù Láng        | Step onto the Chest                                                          |
| BL-21          | 胃膻           | Wèi Shū        | Stomach Shu                                                                  |
| BL-21a (45/50) | 胃倉           | Wèi Cāng       | Stomach Storehouse-Granary                                                   |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point #       | 文 Characters | 拼音 Pīn-Yīn         | Jim's Translation                                                                                          |
|-----------------|--------------|--------------------|------------------------------------------------------------------------------------------------------------|
| CV-5            | 石門           | Shí Mén            | Stone Gate                                                                                                 |
| Kd-18           | 石關           | Shí Guān           | Stone Gateway                                                                                              |
| ST-14           | 庫房           | Kù Fáng            | StoreHouse/StoreRoom - Storage Depot                                                                       |
| GV-18           | 強間           | Qiáng Jiān         | Strong-Firm Space (posterior fontanel)                                                                     |
| GB-24           | 日月           | Rì Yuè             | Sun & Moon                                                                                                 |
| GB-18           | 承靈           | Chéng Líng         | Support Spirit (For Spirit)                                                                                |
| BL-56           | 承筋           | Chéng Jīn          | Support the Sinews / For Sinews                                                                            |
| BL-57           | 承山           | Chéng Shān         | Support(ing) Mountains (Mts = muscles: gastroc, thigh, gluteals)<br>For Mts; For Piles (Mts = hemorrhoids) |
| ST-42           | 沖 / 衝陽       | Chōng Yáng         | Surging Yang (Yang Thoroughfare) (dorsalis pedis pulse)                                                    |
| BL-59           | 跗陽           | Fū Yáng            | Tarsal / Instep Yang                                                                                       |
| ST-31           | 髀關           | Bì Guān            | Thigh Gateway (Gateway to the Thigh) (Hip Joint)                                                           |
| ST-38           | 條口           | Tiáo Kǒu           | Thin Mouth Narrow Opening                                                                                  |
| Sp-12           | 衝 / 沖門       | Chōng Mén          | Thoroughfare Gate / Gate at the Surge (femoral artery)                                                     |
| BL-22           | 三焦膻          | Sān Jiāo Shū       | Triple Burner Shu                                                                                          |
| Kd-20           | 腹通谷          | Tōng Gǔ (Fù)       | Unblock the Valley (on the abd.)                                                                           |
| Kd-26           | 或中           | Yù Zhōng           | Unfetter the (Chest) Center                                                                                |
| BL-55           | 合陽           | Hé Yáng            | Union of Yang (Yang [Re]Union / Yang Closes)                                                               |
| Sp-20           | 周榮           | Zhōu Róng          | Universal Nourishment                                                                                      |
| SI-10           | 臑兪           | Nào Shū            | Upper Arm/Deltoid Shu/Pt                                                                                   |
| BL-31           | 上髃           | Shàng Liáo         | Upper Bone-Hole                                                                                            |
| CV-13           | 上脘           | Shàng Wǎn          | Upper Epigastrium (fundus & esophagus)                                                                     |
| LI-9            | 上廉           | Shàng Lián         | Upper Ridge                                                                                                |
| GV-23           | 上星           | Shàng Xīng         | Upper Star (stars refer to eyes & spirit)                                                                  |
| ST-37           | 上巨虛          | Shàng Jù Xū        | Upper, Huge Depletion (Strong Legs)                                                                        |
| TB-13           | 臑會           | Nào Huì            | Upper-Arm Meeting (pt)                                                                                     |
| GB-17           | 正營           | Zhèng Yíng         | Upright & Nourishing (Correct the Ying)                                                                    |
| Lr-12           | 急脈           | Jí Mài             | Urgent Pulse                                                                                               |
| BL-28           | 膀胱膻          | Páng Guāng Shū     | Urinary Bladder Shu                                                                                        |
| LI-7            | 溫溜           | Wēn Liū<br>Wēn Liù | Warm Slide/Slip Away<br>Warm Flow                                                                          |
| CV-9            | 水分           | Shuǐ Fēn           | Water Divide                                                                                               |
| ST-10           | 水突           | Shuǐ Tū            | Water Prominence – Rushing Water                                                                           |
| Kd-5            | 水泉           | Shuǐ Quán          | Water Spring                                                                                               |
| GV-26 alt. name | 水溝           | Shuǐ Gōu           | Water Trough (philtrum)                                                                                    |
| ST-28           | 水道           | Shuǐ Dào           | WaterWay (Path of Water)                                                                                   |
| LI-20           | 迎香           | Yíng Xiāng         | Welcome Fragrance – Receive Aromas                                                                         |
| BL-30           | 白環膻          | Bái Huán Shū       | White Circle Shu (Ano-Rectal Shu)                                                                          |
| BL-12           | 風門           | Fēng Mén           | Wind Gate                                                                                                  |
| GB-31           | 風市           | Fēng Shì           | Wind Market (Windy City)                                                                                   |
| GB-20           | 風池           | Fēng Chí           | Wind Pond                                                                                                  |
| GV-16           | 風府           | Fēng Fǔ            | Wind Official/Repository/Mansion                                                                           |

**List 6 – Alphabetical by First Word of Translated Name**

| 穴 Point # | 文 Characters | 拼音 Pīn-Yīn   | Jim's Translation                                  |
|-----------|--------------|--------------|----------------------------------------------------|
| Sp-11     | 箕門           | Jī Mén       | Winnowing Basket Gate                              |
| Lr-5      | 蠱溝           | Lǐ Gōu       | Woodworm Groove (Gourd Groove)                     |
| Lr-9      | 陰包           | Yīn Bāo      | Wrap the Yin                                       |
| SI-4      | 腕骨           | Wàn Gǔ       | Wrist Bone                                         |
| GB-14     | 陽白           | Yáng Bái     | Yang & White (Yang Bright / Clear the Yang)        |
| GB-38     | 陽輔           | Yáng Fǔ      | Yang (Lateral) Support/Assistant                   |
| BL-53/39  | 委陽           | Wěi Yáng     | Yang Bend                                          |
| GB-33     | 膝陽關          | Xī Yáng Guān | Yang Gateway to the Knee                           |
| GB-35     | 陽交           | Yáng Jiāo    | Yang Junction                                      |
| LI-1      | 商陽           | Shāng Yáng   | Yang Metal-Note (2nd note of pentatonic scale)     |
| TB-4      | 陽池           | Yáng Chí     | Yang Pond/Moat                                     |
| LI-5      | 陽谿           | Yáng Xī      | Yang Stream(bed)                                   |
| SI-5      | 陽谷           | Yáng Gǔ      | Yang Valley                                        |
| Kd-19     | 陰都           | Yīn Dū       | Yin City / Yin Metropolis                          |
| CV-1      | 會陰           | Huì Yīn      | Yin Converge, Meeting of Yin (Meet at a Yin place) |
| CV-7      | 陰交           | Yīn Jiāo     | Yin Junction-Crossing                              |
| ST-33     | 陰市           | Yīn Shì      | Yin Marketplace (undergarment line)                |
| Lr-11     | 陰廉           | Yīn Lián     | Yin Triangle                                       |
| Kd-10     | 陰谷           | Yīn Gǔ       | Yin Valley                                         |

**Bladder Channel Numbering:**

- ‘a’ numbers are mine. They correspond to the number of the point at the same level on the inner Bladder line.
- Underlined number is Shanghai (ACT), followed by Beijing (CAM & MoA) number.  
 CAM = Chinese Acupuncture and Moxibustion  
 MoA = Manual of Acupuncture  
 ACT = Acupuncture: A Comprehensive Text

Double line in translation column indicates change of letter (A to B to C etc.)

**經外穴 *Jīng Wài Xué* – Extra Points I – By Number & Body Region**

| 穴 Pt.                                 | 文 Characters       | 拼音 Pīn-Yīn                                            | Jim's Translations (with some brief explanatory notes)                                                                            |
|---------------------------------------|--------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| <b>Head and Neck Points</b>           |                    |                                                       |                                                                                                                                   |
| EX-1                                  | 四神聰                | Sì Shén Cōng                                          | <b>Four</b> (Pts for) <b>Mental Clarity</b>                                                                                       |
| EX-2                                  | 當陽                 | Dāng Yáng                                             | <b>Manage Yang</b>                                                                                                                |
| EX-3                                  | 印堂<br>天目           | Yìn Táng<br>aka Tiān Mù                               | <b>Seal Hall, Hall of Seals</b> (the glabella) (upper Dan Tian)<br>Celestial/Heavenly Eye (3rd Eye)                               |
| EX-4                                  | 魚腰                 | Yú Yāo                                                | <b>Fish's Waist</b>                                                                                                               |
| EX-5                                  | 太陽                 | Tài Yáng                                              | <b>Great/Very Yang</b> (Abundant Yang)                                                                                            |
| EX-6                                  | 耳尖                 | Ěr Jiān                                               | <b>Ear Apex</b>                                                                                                                   |
| EX-7                                  | 球後                 | Qiú Hòu                                               | <b>Behind the (Eye) Ball</b>                                                                                                      |
| EX-8                                  | 鼻通<br>上迎香          | Bí Tōng<br>Shàng Yíng Xiāng                           | <b>Nose Open or Unblock the Nose</b><br>Upper LI-20                                                                               |
| EX-9                                  | 內迎香                | Nèi Yíng Xiāng                                        | <b>Inner LI-20</b>                                                                                                                |
| EX-10                                 | 聚泉                 | Jù Quán                                               | <b>Gather, Converge, or Assemble at the Spring</b>                                                                                |
| EX-11                                 | 海泉<br>鬼封           | Hǎi Quán<br>Ghost pt name: Guǐ Fēng                   | <b>Sea of Saliva</b><br>Ghost/Demon Enclosed                                                                                      |
| EX-12                                 | 金津玉液               | Jīn-jīn, Yù-yè                                        | <b>Gold Liquids &amp; Jade Fluids</b>                                                                                             |
| EX-13                                 | 夾承漿<br>頰膠          | Jiā Chéng Jiāng<br>aka Kē/Ké Liáo                     | <b>Pinching CV-24</b> (Catch Saliva/Spittle, For Drooling)<br>Chin Bone-Holes                                                     |
| EX-14                                 | 牽正                 | Qiān Zhèng                                            | <b>Pull Correct or Pull Aright</b>                                                                                                |
| EX-15                                 | 醫聾                 | Yī Lóng                                               | <b>Treat Deafness</b>                                                                                                             |
| EX-16                                 | 翳明                 | Yì Míng                                               | <b>Screen Brightness</b> (Eye Screens)                                                                                            |
| EX-17                                 | 安眠                 | Ān Mián                                               | <b>Peaceful/Calm/Tranquil/Quiet Sleep</b>                                                                                         |
| EX-18                                 | 上廉泉                | Shàng Lián Quán                                       | <b>Upper CV-23</b> (Upper Pure Spring / Above Ridge Spring)                                                                       |
| EX-19                                 | 扁桃                 | Biǎn Tǎo                                              | <b>Flat Peach</b> (Tonsils)                                                                                                       |
| EX-20                                 | 頸臂                 | Jǐng Bì                                               | <b>Neck &amp; Arm</b>                                                                                                             |
| EX-21                                 | 頸百勞                | (Jǐng) Bǎi Láo                                        | (Neck) <b>Bai Lao 100 Taxations / Complete Fatigue</b>                                                                            |
| EX-22                                 | 血壓點                | Xuè Yā Diǎn                                           | <b>Blood Pressure Spot/Point</b>                                                                                                  |
| EX-23                                 | 定喘                 | Dìng Chuǎn                                            | <b>Stabilize Dyspnea</b> (Gasping & Panting) (哮 xiào = wheeze)                                                                    |
| EX-24                                 | 喘息                 | Chuǎn Xī                                              | <b>Labored Respiration/Breathing<br/>Dyspnea Relief</b> (xī = respiration, also means to rest, hence relief)                      |
| EX-25                                 | 外定喘                | Wài Dìng Chuǎn                                        | <b>Outer Ding Chuan</b>                                                                                                           |
| EX-26                                 | 結核穴                | Jié Hé (Xué)                                          | <b>Knots &amp; Kernels (Point)</b>                                                                                                |
| <b>Torso – Back and Sacrum Points</b> |                    |                                                       |                                                                                                                                   |
| EX-27                                 | 華他夾脊               | (Huá-Tuó) Jiā-Jǐ                                      | (Hua Tuo's) <b>Pinch the Spine</b> / Para-Spinal Pts                                                                              |
| EX-28                                 | 無名<br>二椎下          | Wú Míng<br>aka Èr Zhuī Xià                            | <b>Without Name</b> (Nameless, Un-named)<br>Below 2nd Vertebra                                                                    |
| EX-29                                 | 肩痛點                | Jiān Tòng Diǎn                                        | <b>Shoulder Pain Spot</b> (Sore Shoulder Point)                                                                                   |
| EX-30                                 | 胰膈<br>胃脘下俞<br>胃管下俞 | Yí Shū<br>aka Wèi Wǎn Xià Shū<br>aka Wèi Guǎn Xià Shū | <b>Pancreas Shu/Point</b><br>Lower Epigastrium Shu (pylorus/duodenum/pancreas associated pt)<br>Lower Stomach Pipe/Duct/Valve Shu |
| EX-31                                 | 痞根                 | Pǐ Gēn                                                | <b>Abdominal Swelling/Lump Root</b>                                                                                               |

**經外穴 *Jīng Wài Xué* – Extra Points I – By Number & Body Region**

| 穴 Pt.                           | 文 Characters | 拼音 Pīn-Yīn                          | Jim's Translations (with some brief explanatory notes)                                                     |
|---------------------------------|--------------|-------------------------------------|------------------------------------------------------------------------------------------------------------|
| EX-32                           | 精宮           | Jīng Gōng                           | <b>Essence Palace or Palace of Essence</b>                                                                 |
| EX-33                           | 下志室          | Xià Zhì Shì                         | <b>Below or Lower Zhi Shi</b> (Will Chamber (BL-23a/47/52))                                                |
| EX-34                           | 腰宜           | Yāo Yí                              | <b>Lumbar Suitable/Proper for</b>                                                                          |
| EX-35                           | 腰眼           | Yāo Yǎn                             | <b>Lumbar Eye-sockets</b> (Eyes of the Waist)<br>yan = eyes or eye socket; see Xi Yan #72                  |
| EX-36                           | 下極俞<br>十五椎   | Xià Jí Shū<br>aka Shí Wǔ Zhuī       | <b>Lower Pole=Spine Shu/Point</b><br>The 15th Vertebra (i.e. below L3) see EX-37                           |
| EX-37                           | 十七椎下         | Shí-Qī Zhuī-Xià                     | (10+7 Vertebra-Below) <b>Under the 17th Vertebra</b> (i.e. L5)                                             |
| EX-38                           | 腰奇           | Yāo Qí                              | <b>Lumbar Strange/Astonishing</b>                                                                          |
| <b>Torso – Abdominal Points</b> |              |                                     |                                                                                                            |
| EX-39                           | 提胃           | Tí Wèi                              | <b>Lift or Raise the Stomach</b>                                                                           |
| EX-40                           | 胃上穴          | Wèi Shàng (Xué)                     | <b>Stomach Up or Ascend the Stomach (Pt)</b>                                                               |
| EX-41                           | 三角灸<br>疝氣臍旁  | Sān Jiǎo Jiǔ<br>aka Shàn-Qì Qí-Páng | <b>3 Horns of Moxa = Moxa Triangle</b><br>Painful Swelling Umbilical Beside = Hernias Around the Umbilicus |
| EX-42                           | 止瀉           | Zhǐ Xiè                             | <b>Stop Diarrhea</b>                                                                                       |
| EX-43                           | 提托穴          | Tí Tuō (Xué)                        | <b>Lift &amp; Support (Point)</b>                                                                          |
| EX-44                           | 維胞           | Wéi Bāo                             | <b>Uphold Uterus</b>                                                                                       |
| EX-45                           | 子宮           | Zǐ Gōng                             | <b>Child's Palace (Uterus) &amp; adnexa</b>                                                                |
| <b>Upper Extremity Points</b>   |              |                                     |                                                                                                            |
| EX-46                           | 肩內陵          | Jiān Nèi Líng                       | <b>Shoulder Inner Mound</b>                                                                                |
| EX-47                           | 肩前           | Jiān Qián                           | <b>Front of the Shoulder</b>                                                                               |
| EX-48                           | 肩後           | Jiān Hòu                            | <b>Back of the Shoulder</b>                                                                                |
| EX-49                           | 臑上<br>肩中     | Nào Shàng<br>aka Jiān Zhōng         | <b>Above/Upper (Bi) Nao (LI-14)</b><br>Shoulder Center, or Mid Shoulder i.e. Deltoid                       |
| EX-50                           | 肘尖           | Zhǒu Jiān                           | <b>Elbow Apex / Tip of the Elbow</b>                                                                       |
| EX-51                           | 臂中           | Bì Zhōng                            | <b>Middle of the ForeArm</b>                                                                               |
| EX-52                           | 二白           | Èr Bái                              | <b>Two Whites</b>                                                                                          |
| EX-53                           | 中泉           | Zhōng Quán                          | <b>Middle Spring</b>                                                                                       |
| EX-54                           | 腰痛           | Yāo Tòng (Diǎn)                     | <b>Lumbar Pain (Points)</b>                                                                                |
| EX-55                           | 虎口           | Hǔ Kǒu                              | <b>Tiger's Mouth</b>                                                                                       |
| EX-56                           | 落枕<br>外勞宮    | Luò Zhěn<br>aka Wài Láo Gōng        | <b>Fall (off) Pillow / Crick in the Neck</b><br>Outer Labor Palace (Pc-8)                                  |
| EX-57                           | 上八邪          | Shàng Bā Xié                        | <b>Upper 8 Evils</b>                                                                                       |
| EX-58                           | 八邪           | Bā Xié<br>aka Bā Diǎn               | <b>Eight Evils</b><br>8 Spots/Points                                                                       |
| EX-59                           | 五虎           | Wǔ Hǔ                               | <b>Five Tigers</b>                                                                                         |
| EX-60                           | 大骨空          | Dà Gǔ Kōng                          | <b>Big Bone Hollow</b>                                                                                     |
| EX-61                           | 中魁           | Zhōng Kuí                           | <b>Middle Eminence (Knuckle)</b>                                                                           |
| EX-62                           | 小骨空          | Xiǎo Gǔ Kōng                        | <b>Little Bone Hollow</b>                                                                                  |
| EX-63                           | 牙痛           | Yá Tòng                             | <b>Tooth Pain</b>                                                                                          |
| EX-64                           | 四縫           | Sì Fèng                             | <b>Four Fissures / Cracks (Creases)</b>                                                                    |
| EX-65                           | 十宣           | Shí Xuān                            | <b>Ten Drains</b>                                                                                          |

**經外穴 *Jīng Wài Xué* – Extra Points I – By Number & Body Region**

| 穴 Pt.                         | 文 Characters | 拼音 Pīn-Yīn          | Jim's Translations (with some brief explanatory notes)                                           |
|-------------------------------|--------------|---------------------|--------------------------------------------------------------------------------------------------|
| <b>Lower Extremity Points</b> |              |                     |                                                                                                  |
| EX-66                         | 環中           | Huán Zhōng          | Circle Center (Center of the Circle)                                                             |
| EX-67                         | 坐骨           | Zuò Gǔ              | Sit Bone (Ischium)                                                                               |
| EX-68                         | 邁步           | Mài Bù              | Stride & Step – Walking (Enable to Walk)                                                         |
| EX-69                         | 百蟲窩          | Bǎi Chóng Wō        | Hundred Insects Nest                                                                             |
| EX-70                         | 髌骨           | Kuān Gǔ             | Hip Bone (Femur)                                                                                 |
| EX-71                         | 鶴頂           | Hè Dǐng             | Crane's Crown / Vertex                                                                           |
| EX-72                         | 內膝眼          | (Nèi) Xī Yǎn        | (Inner/Medial) <b>Knee Eye</b> (Eyes of the Knee)<br>yan = eyes or eye socket; see Yao Yan EX-35 |
| EX-73                         | 膝翼           | Xī Yì               | <b>Knee Wings</b> (Wings of the Knee)                                                            |
| EX-74                         | 闌尾穴          | Lán Wěi (Xué)       | <b>Appendix (Point)</b> (lit. end of the tail)                                                   |
| EX-75                         | 膽囊穴          | Dǎn Náng (Xué/Diǎn) | <b>Gall Bladder (Point/Spot)</b>                                                                 |
| EX-76                         | 陵下           | Líng Xià            | <b>Below the Mound</b> (Inferior/Lower GB-34)                                                    |
| EX-77                         | 陵後           | Líng Hòu            | <b>Behind the Mound</b> (Posterior GB-34)                                                        |
| EX-78                         | 陵後下          | Líng Hòu Xià        | <b>Below, or Lower Ling Hou</b> (see #74 & 75)                                                   |
| EX-79                         | 腦清           | Nǎo Qīng            | <b>Brain Clear / Clear the Brain</b>                                                             |
| EX-80                         | 內踝尖          | Nèi Huái Jiān       | <b>Inner Anklebone/Malleolus Tip</b>                                                             |
| EX-81                         | 外踝尖          | Wài Huái Jiān       | <b>Outer Anklebone/Malleolus Tip</b>                                                             |
| EX-82                         | 上八風          | Shàng Bā Fēng       | <b>Upper 8 Winds</b>                                                                             |
| EX-83                         | 八風           | Bā Fēng             | <b>Eight Winds</b>                                                                               |
| EX-84                         | 氣端           | Qì Duān             | <b>Extremity of Qi</b>                                                                           |
| EX-85                         | 獨陰           | Dú Yīn              | <b>Lone/Sole/Solitary Yin</b>                                                                    |
| EX-86                         | 里內庭          | Lǐ Nèi Tíng         | <b>Inside Inner Courtyard</b> (Inside ST-44)                                                     |
| EX-87                         | 失眠           | Shī Mián            | <b>Lost/Losing/Loss of Sleep</b>                                                                 |

**經外穴 *Jīng Wài Xué* – Extra Points II – Alphabetical by Pinyin Name**

| 穴 Pt. | 文 Characters | 拼音 Pīn-Yīn                          | Jim's Translations (with some brief explanatory notes)                                               |
|-------|--------------|-------------------------------------|------------------------------------------------------------------------------------------------------|
| EX-17 | 安眠           | Ān Mián                             | Peaceful/Calm/Tranquil/Quiet Sleep                                                                   |
| EX-83 | 八風           | Bā Fēng                             | Eight Winds                                                                                          |
| EX-58 | 八邪           | Bā Xié<br>aka Bā Diǎn               | Eight Evils<br>8 Spots/Points                                                                        |
| EX-69 | 百蟲窩          | Bǎi Chóng Wō                        | Hundred Insects Nest                                                                                 |
| EX-21 | 頸百勞          | Bǎi Láo / (Jǐng) Bǎi Láo            | 100 Taxations / Complete Fatigue (on the Neck)                                                       |
| EX-8  | 鼻通<br>上迎香    | Bí Tōng<br>Shàng Yíng Xiāng         | Nose Open or Unblock the Nose<br>Upper LI-20                                                         |
| EX-51 | 臂中           | Bì Zhōng                            | Middle of the ForeArm                                                                                |
| EX-19 | 扁桃           | Biǎn Tǎo                            | Flat Peach (Tonsils)                                                                                 |
| EX-24 | 喘息           | Chuǎn Xī                            | Labored Respiration/Breathing<br>Dyspnea Relief (xī = respiration, also means to rest, hence relief) |
| EX-60 | 大骨空          | Dà Gǔ Kōng                          | Big Bone Hollow                                                                                      |
| EX-75 | 膽囊穴          | Dǎn Náng (Xué/Diǎn)                 | Gall Bladder (Point/Spot)                                                                            |
| EX-2  | 當陽           | Dāng Yáng                           | Manage Yang                                                                                          |
| EX-23 | 定喘           | Dìng Chuǎn                          | Stabilize Dyspnea (Gasping & Panting) (哮 xiào = wheeze)                                              |
| EX-85 | 獨陰           | Dú Yīn                              | Lone/Sole/Solitary Yin                                                                               |
| EX-52 | 二白           | Èr Bái                              | Two Whites                                                                                           |
| EX-6  | 耳尖           | Ěr Jiān                             | Ear Apex                                                                                             |
| EX-11 | 海泉<br>鬼封     | Hǎi Quán<br>Ghost pt name: Guǐ Fēng | Sea of Saliva<br>Ghost/Demon Enclosed                                                                |
| EX-71 | 鶴頂           | Hè Dǐng                             | Crane's Crown / Vertex                                                                               |
| EX-55 | 虎口           | Hǔ Kǒu                              | Tiger's Mouth                                                                                        |
| EX-27 | 華他夾脊         | Huá-Tuó Jiā-Jǐ                      | (Hua Tuo's) Pinch the Spine / Para-Spinal Pts                                                        |
| EX-66 | 環中           | Huán Zhōng                          | Circle Center (Center of the Circle)                                                                 |
| EX-13 | 夾承漿<br>頰膠    | Jiā Chéng Jiāng<br>aka Kē/Ké Liáo   | Pinching CV-24 (Catch Saliva/Spittle, For Drooling)<br>Chin Bone-Holes                               |
| EX-27 | 華他夾脊         | (Huá-Tuó) Jiā-Jǐ                    | (Hua Tuo's) Pinch the Spine / Para-Spinal Pts                                                        |
| EX-48 | 肩後           | Jiān Hòu                            | Back of the Shoulder                                                                                 |
| EX-46 | 肩內陵          | Jiān Nèi Líng                       | Shoulder Inner Mound                                                                                 |
| EX-47 | 肩前           | Jiān Qián                           | Front of the Shoulder                                                                                |
| EX-29 | 肩痛點          | Jiān Tòng Diǎn                      | Shoulder Pain Spot (Sore Shoulder Point)                                                             |
| EX-26 | 結核穴          | Jié Hé (Xué)                        | Knots & Kernels (Point)                                                                              |
| EX-21 | 頸百勞          | Jǐng Bǎi Láo                        | Neck Bai Lao = 100 Taxations / Complete Fatigue                                                      |
| EX-20 | 頸臂           | Jǐng Bì                             | Neck & Arm                                                                                           |
| EX-32 | 精宮           | Jīng Gōng                           | Essence Palace or Palace of Essence                                                                  |
| EX-12 | 金津玉液         | Jīn-jīn, Yù-yè                      | Gold Liquids & Jade Fluids                                                                           |
| EX-10 | 聚泉           | Jù Quán                             | Gather, Converge, or Assemble at the Spring                                                          |
| EX-70 | 髕骨           | Kuān Gǔ                             | Hip Bone (Femur)                                                                                     |
| EX-74 | 闌尾穴          | Lán Wěi (Xué)                       | Appendix (Point) (lit. end of the tail)                                                              |
| EX-86 | 里內庭          | Lǐ Nèi Tíng                         | Inside Inner Courtyard (Inside ST-44)                                                                |



**經外穴 *Jīng Wài Xué* – Extra Points II – Alphabetical by Pinyin Name**

| 穴 Pt. | 文 Characters | 拼音 Pīn-Yīn                          | Jim's Translations (with some brief explanatory notes)                                                     |
|-------|--------------|-------------------------------------|------------------------------------------------------------------------------------------------------------|
| EX-77 | 陵後           | Líng Hòu                            | <b>Behind the Mound</b> (Posterior GB-34)                                                                  |
| EX-78 | 陵後下          | Líng Hòu Xià                        | <b>Below, or Lower Ling Hou</b> (see #74 & 75)                                                             |
| EX-76 | 陵下           | Líng Xià                            | <b>Below the Mound</b> (Inferior/Lower GB-34)                                                              |
| EX-56 | 落枕<br>外勞宮    | Luò Zhěn<br>aka Wài Láo Gōng        | <b>Fall (off) Pillow / Crick in the Neck</b><br>Outer Labor Palace (Pc-8)                                  |
| EX-68 | 邁步           | Mài Bù                              | <b>Stride &amp; Step – Walking</b> (Enable to Walk)                                                        |
| EX-79 | 腦清           | Nǎo Qīng                            | <b>Brain Clear / Clear the Brain</b>                                                                       |
| EX-49 | 臑上<br>肩中     | Nào Shàng<br>aka Jiān Zhōng         | <b>Above/Upper (Bi) Nao</b> (LI-14)<br>Shoulder Center, or Mid Shoulder i.e. Deltoid                       |
| EX-80 | 內踝尖          | Nèi Huái Jiān                       | <b>Inner Anklebone/Malleolus Tip</b>                                                                       |
| EX-72 | 內膝眼          | Nèi Xī Yǎn                          | <b>Inner/Medial Knee Eye</b> (Eyes of the Knee)<br>(yan = eyes or eye socket; see Yao Yan EX-35)           |
| EX-9  | 內迎香          | Nèi Yíng Xiāng                      | <b>Inner LI-20</b>                                                                                         |
| EX-31 | 痞根           | Pǐ Gēn                              | <b>Abdominal Swelling/Lump Root</b>                                                                        |
| EX-84 | 氣端           | Qì Duān                             | <b>Extremity of Qi</b>                                                                                     |
| EX-14 | 牽正           | Qiān Zhèng                          | <b>Pull Correct or Pull Aright</b>                                                                         |
| EX-7  | 球後           | Qiú Hòu                             | <b>Behind the (Eye) Ball</b>                                                                               |
| EX-41 | 三角灸<br>疔氣臍旁  | Sān Jiǎo Jiǔ<br>aka Shàn-Qì Qí-Páng | <b>3 Horns of Moxa = Moxa Triangle</b><br>Painful Swelling Umbilical Beside = Hernias Around the Umbilicus |
| EX-82 | 上八風          | Shàng Bā Fēng                       | <b>Upper 8 Winds</b>                                                                                       |
| EX-57 | 上八邪          | Shàng Bā Xié                        | <b>Upper 8 Evils</b>                                                                                       |
| EX-18 | 上廉泉          | Shàng Lián Quán                     | <b>Upper CV-23</b> (Upper Pure Spring / Above Ridge Spring)                                                |
| EX-87 | 失眠           | Shī Mián                            | <b>Lost/Losing/Loss of Sleep</b>                                                                           |
| EX-65 | 十宣           | Shí Xuān                            | <b>Ten Drains</b>                                                                                          |
| EX-37 | 十七椎下         | Shí-Qī Zhuī-Xià                     | (10+7 Vertebra-Below) <b>Under the 17th Vertebra</b> (i.e. L5)                                             |
| EX-64 | 四縫           | Sì Fèng                             | <b>Four Fissures / Cracks</b> (Creases)                                                                    |
| EX-1  | 四神聰          | Sì Shén Cōng                        | <b>Four (Pts for) Mental Clarity</b>                                                                       |
| EX-5  | 太陽           | Tài Yáng                            | <b>Great/Very Yang</b> (Abundant Yang)                                                                     |
| EX-43 | 提托穴          | Tí Tuō (Xué)                        | <b>Lift &amp; Support (Point)</b>                                                                          |
| EX-39 | 提胃           | Tí Wèi                              | <b>Lift or Raise the Stomach</b>                                                                           |
| EX-25 | 外定喘          | Wài Dìng Chuǎn                      | <b>Outer Ding Chuan</b>                                                                                    |
| EX-81 | 外踝尖          | Wài Huái Jiān                       | <b>Outer Anklebone/Malleolus Tip</b>                                                                       |
| EX-44 | 維胞           | Wéi Bāo                             | <b>Uphold Uterus</b>                                                                                       |
| EX-40 | 胃上穴          | Wèi Shàng (Xué)                     | <b>Stomach Up or Ascend the Stomach (Pt)</b>                                                               |
| EX-59 | 五虎           | Wǔ Hǔ                               | <b>Five Tigers</b>                                                                                         |
| EX-28 | 無名<br>二椎下    | Wú Míng<br>aka Èr Zhuī Xià          | <b>Without Name</b> (Nameless, Un-named)<br>Below 2nd Vertebra                                             |
| EX-72 | 內膝眼          | Xī Yǎn / (Nèi) Xī Yǎn               | (Inner/Medial) <b>Knee Eye</b> (Eyes of the Knee)<br>(yan = eyes or eye socket; see Yao Yan EX-35)         |
| EX-73 | 膝翼           | Xī Yì                               | <b>Knee Wings</b> (Wings of the Knee)                                                                      |
| EX-36 | 下極俞<br>十五椎   | Xià Jí Shū<br>aka Shí Wǔ Zhuī       | <b>Lower Pole=Spine Shu/Point</b><br>The 15th Vertebra (i.e. below L3) see EX-37                           |

**經外穴 *Jīng Wài Xué* – Extra Points II – Alphabetical by Pinyin Name**

| 穴 Pt. | 文 Characters | 拼音 Pīn-Yīn             | Jim's Translations (with some brief explanatory notes)                                    |
|-------|--------------|------------------------|-------------------------------------------------------------------------------------------|
| EX-33 | 下志室          | <b>Xià Zhì Shì</b>     | <b>Below or Lower Zhi Shi</b> (Will Chamber (BL-23a/47/52))                               |
| EX-62 | 小骨空          | <b>Xiǎo Gǔ Kōng</b>    | <b>Little Bone Hollow</b>                                                                 |
| EX-22 | 血壓點          | <b>Xuè Yā Diǎn</b>     | <b>Blood Pressure Spot/Point</b>                                                          |
| EX-63 | 牙痛           | <b>Yá Tòng</b>         | <b>Tooth Pain</b>                                                                         |
| EX-38 | 腰奇           | <b>Yāo Qí</b>          | <b>Lumbar Strange/Astonishing</b>                                                         |
| EX-54 | 腰痛           | <b>Yāo Tòng (Diǎn)</b> | <b>Lumbar Pain (Points)</b>                                                               |
| EX-35 | 腰眼           | <b>Yāo Yǎn</b>         | <b>Lumbar Eye-sockets</b> (Eyes of the Waist)<br>yan = eyes or eye socket; see Xi Yan #72 |
| EX-34 | 腰宜           | <b>Yāo Yí</b>          | <b>Lumbar Suitable/Proper for</b>                                                         |
| EX-15 | 醫聾           | <b>Yī Lóng</b>         | <b>Treat Deafness</b>                                                                     |
| EX-16 | 翳明           | <b>Yì Míng</b>         | <b>Screen Brightness</b> (Eye Screens)                                                    |
| EX-30 | 胰腧           | <b>Yí Shū</b>          | <b>Pancreas Shu/Point</b>                                                                 |
|       | 胃脘下俞         | aka Wèi Wǎn Xià Shū    | Lower Epigastrium Shu (pylorus/duodenum/pancreas associated pt)                           |
|       | 胃管下俞         | aka Wèi Guǎn Xià Shū   | Lower Stomach Pipe/Duct/Valve Shu                                                         |
| EX-3  | 印堂           | <b>Yìn Táng</b>        | <b>Seal Hall, Hall of Seals</b> (the glabella) (upper Dan Tian)                           |
|       | 天目           | aka Tiān Mù            | Celestial/Heavenly Eye (3rd Eye)                                                          |
| EX-4  | 魚腰           | <b>Yú Yāo</b>          | <b>Fish's Waist</b>                                                                       |
| EX-42 | 止瀉           | <b>Zhǐ Xiè</b>         | <b>Stop Diarrhea</b>                                                                      |
| EX-61 | 中魁           | <b>Zhōng Kuí</b>       | <b>Middle Eminence (Knuckle)</b>                                                          |
| EX-53 | 中泉           | <b>Zhōng Quán</b>      | <b>Middle Spring</b>                                                                      |
| EX-50 | 肘尖           | <b>Zhǒu Jiān</b>       | <b>Elbow Apex / Tip of the Elbow</b>                                                      |
| EX-45 | 子宮           | <b>Zǐ Gōng</b>         | <b>Child's Palace (Uterus) &amp; adnexa</b>                                               |
| EX-67 | 坐骨           | <b>Zuò Gǔ</b>          | <b>Sit Bone</b> (Ischium)                                                                 |

**經外穴 *Jīng Wài Xué* – Extra Points III – Alphabetical by First Word of Translation**

| 穴 Pt. | 文 Characters | 拼音 Pīn-Yīn                          | Jim's Translations (with some brief explanatory notes)                                                     |
|-------|--------------|-------------------------------------|------------------------------------------------------------------------------------------------------------|
| EX-41 | 三角灸<br>疝氣臍旁  | Sān Jiǎo Jiǔ<br>aka Shàn-Qì Qí-Páng | <b>3 Horns of Moxa = Moxa Triangle</b><br>Painful Swelling Umbilical Beside = Hernias Around the Umbilicus |
| EX-21 | 頸百勞          | Bǎi Láo / (Jǐng) Bǎi Láo            | <b>100 Taxations / Complete Fatigue</b> on the Neck                                                        |
| EX-31 | 痞根           | Pǐ Gēn                              | <b>Abdominal Swelling/Lump Root</b>                                                                        |
| EX-49 | 臑上<br>肩中     | Nào Shàng<br>aka Jiān Zhōng         | <b>Above/Upper (Bi) Nao (LI-14)</b><br>Shoulder Center, or Mid Shoulder i.e. Deltoid                       |
| EX-74 | 闌尾穴          | Lán Wěi (Xué)                       | <b>Appendix (Point)</b> (lit. end of the tail)                                                             |
| EX-48 | 肩後           | Jiān Hòu                            | <b>Back of the Shoulder</b>                                                                                |
| EX-7  | 球後           | Qiú Hòu                             | <b>Behind the (Eye) Ball</b>                                                                               |
| EX-77 | 陵後           | Líng Hòu                            | <b>Behind the Mound</b> (Posterior GB-34)                                                                  |
| EX-33 | 下志室          | Xià Zhì Shì                         | <b>Below or Lower Zhi Shi</b> (Will Chamber (BL-23a/47/52))                                                |
| EX-76 | 陵下           | Líng Xià                            | <b>Below the Mound</b> (Inferior/Lower GB-34)                                                              |
| EX-78 | 陵後下          | Líng Hòu Xià                        | <b>Below, or Lower Ling Hou</b> (see #74 & 75)                                                             |
| EX-60 | 大骨空          | Dà Gǔ Kōng                          | <b>Big Bone Hollow</b>                                                                                     |
| EX-22 | 血壓點          | Xuè Yā Diǎn                         | <b>Blood Pressure Spot/Point</b>                                                                           |
| EX-79 | 腦清           | Nǎo Qīng                            | <b>Brain Clear / Clear the Brain</b>                                                                       |
| EX-45 | 子宮           | Zǐ Gōng                             | <b>Child's Palace (Uterus) &amp; adnexa</b>                                                                |
| EX-66 | 環中           | Huán Zhōng                          | <b>Circle Center (Center of the Circle)</b>                                                                |
| EX-71 | 鶴頂           | Hè Dǐng                             | <b>Crane's Crown / Vertex</b>                                                                              |
| EX-6  | 耳尖           | Ěr Jiān                             | <b>Ear Apex</b>                                                                                            |
| EX-58 | 八邪           | Bā Xié<br>aka Bā Diǎn               | <b>Eight Evils</b><br>8 Spots/Points                                                                       |
| EX-83 | 八風           | Bā Fēng                             | <b>Eight Winds</b>                                                                                         |
| EX-50 | 肘尖           | Zhǒu Jiān                           | <b>Elbow Apex / Tip of the Elbow</b>                                                                       |
| EX-32 | 精宮           | Jīng Gōng                           | <b>Essence Palace or Palace of Essence</b>                                                                 |
| EX-84 | 氣端           | Qì Duān                             | <b>Extremity of Qi</b>                                                                                     |
| EX-56 | 落枕<br>外勞宮    | Luò Zhěn<br>aka Wài Láo Gōng        | <b>Fall (off) Pillow / Crick in the Neck</b><br>Outer Labor Palace (Pc-8)                                  |
| EX-4  | 魚腰           | Yú Yāo                              | <b>Fish's Waist</b>                                                                                        |
| EX-59 | 五虎           | Wǔ Hǔ                               | <b>Five Tigers</b>                                                                                         |
| EX-19 | 扁桃           | Biǎn Tǎo                            | <b>Flat Peach</b> (Tonsils)                                                                                |
| EX-1  | 四神聰          | Sì Shén Cōng                        | <b>Four (Pts for) Mental Clarity</b>                                                                       |
| EX-64 | 四縫           | Sì Fèng                             | <b>Four Fissures / Cracks (Creases)</b>                                                                    |
| EX-47 | 肩前           | Jiān Qián                           | <b>Front of the Shoulder</b>                                                                               |
| EX-75 | 膽囊穴          | Dǎn Náng (Xué/Diǎn)                 | <b>Gall Bladder (Point/Spot)</b>                                                                           |
| EX-10 | 聚泉           | Jù Quán                             | <b>Gather, Converge, or Assemble at the Spring</b>                                                         |
| EX-12 | 金津玉液         | Jīn-jīn, Yù-yè                      | <b>Gold Liquids &amp; Jade Fluids</b>                                                                      |
| EX-5  | 太陽           | Tài Yáng                            | <b>Great/Very Yang</b> (Abundant Yang)                                                                     |
| EX-70 | 髕骨           | Kuān Gǔ                             | <b>Hip Bone (Femur)</b>                                                                                    |
| EX-27 | 華他夾脊         | Huá-Tuó Jiā-Jǐ                      | Hua Tuo's Pinch the Spine / Para-Spinal Pts                                                                |
| EX-69 | 百蟲窩          | Bǎi Chóng Wō                        | <b>Hundred Insects Nest</b>                                                                                |
| EX-80 | 內踝尖          | Nèi Huái Jiān                       | <b>Inner Anklebone/Malleolus Tip</b>                                                                       |
| EX-9  | 內迎香          | Nèi Yíng Xiāng                      | <b>Inner LI-20</b>                                                                                         |
| EX-72 | 內膝眼          | Nèi Xī Yǎn                          | <b>Inner/Medial Knee Eye</b> (Eyes of the Knee)<br>(yan = eyes or eye socket; see Yao Yan EX-35)           |

**經外穴 *Jīng Wài Xué* – Extra Points III – Alphabetical by First Word of Translation**

| 穴 Pt. | 文 Characters       | 拼音 Pīn-Yīn                                            | Jim's Translations (with some brief explanatory notes)                                                                            |
|-------|--------------------|-------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| EX-86 | 里內庭                | Lǐ Nèi Tíng                                           | <b>Inside Inner Courtyard</b> (Inside ST-44)                                                                                      |
| EX-72 | 內膝眼                | Xī Yǎn / (Nèi) Xī Yǎn                                 | <b>Knee Eyes</b> / Eyes of the Knee (Inner Eye of the Knee)<br>(yan = eyes or eye socket; see Yao Yan EX-35)                      |
| EX-73 | 膝翼                 | Xī Yì                                                 | <b>Knee Wings</b> (Wings of the Knee)                                                                                             |
| EX-26 | 結核穴                | Jié Hé (Xué)                                          | <b>Knots &amp; Kernels (Point)</b>                                                                                                |
| EX-24 | 喘息                 | Chuǎn Xī                                              | <b>Labored Respiration/Breathing<br/>Dyspnea Relief</b> (xī = respiration, also means to rest, hence relief)                      |
| EX-43 | 提托穴                | Tí Tuō (Xué)                                          | <b>Lift &amp; Support (Point)</b>                                                                                                 |
| EX-39 | 提胃                 | Tí Wèi                                                | <b>Lift or Raise the Stomach</b>                                                                                                  |
| EX-62 | 小骨空                | Xiǎo Gǔ Kōng                                          | <b>Little Bone Hollow</b>                                                                                                         |
| EX-85 | 獨陰                 | Dú Yīn                                                | <b>Lone/Sole/Solitary Yin</b>                                                                                                     |
| EX-87 | 失眠                 | Shī Mián                                              | <b>Lost/Losing/Loss of Sleep</b>                                                                                                  |
| EX-36 | 下極俞<br>十五椎         | Xià Jí Shū<br>aka Shí Wǔ Zhuī                         | <b>Lower Pole=Spine Shu/Point</b><br>The 15th Vertebra (i.e. below L3) see EX-37                                                  |
| EX-35 | 腰眼                 | Yāo Yǎn                                               | <b>Lumbar Eye-sockets</b> (Eyes of the Waist)<br>yan = eyes or eye socket; see Xi Yan #72                                         |
| EX-54 | 腰痛                 | Yāo Tòng (Diǎn)                                       | <b>Lumbar Pain (Points)</b>                                                                                                       |
| EX-38 | 腰奇                 | Yāo Qí                                                | <b>Lumbar Strange/Astonishing</b>                                                                                                 |
| EX-34 | 腰宜                 | Yāo Yí                                                | <b>Lumbar Suitable/Proper for</b>                                                                                                 |
| EX-2  | 當陽                 | Dāng Yáng                                             | <b>Manage Yang</b>                                                                                                                |
| EX-61 | 中魁                 | Zhōng Kuí                                             | <b>Middle Eminence (Knuckle)</b>                                                                                                  |
| EX-51 | 臂中                 | Bì Zhōng                                              | <b>Middle of the ForeArm</b>                                                                                                      |
| EX-53 | 中泉                 | Zhōng Quán                                            | <b>Middle Spring</b>                                                                                                              |
| EX-20 | 頸臂                 | Jǐng Bì                                               | <b>Neck &amp; Arm</b>                                                                                                             |
| EX-21 | 頸百勞                | Jǐng Bǎi Láo                                          | <b>Neck Bai Lao = 100 Taxations / Complete Fatigue</b>                                                                            |
| EX-8  | 鼻通<br>上迎香          | Bí Tōng<br>Shàng Yíng Xiāng                           | <b>Nose Open or Unblock the Nose</b><br>Upper LI-20                                                                               |
| EX-81 | 外踝尖                | Wài Huái Jiān                                         | <b>Outer Anklebone/Malleolus Tip</b>                                                                                              |
| EX-25 | 外定喘                | Wài Dìng Chuǎn                                        | <b>Outer Ding Chuan</b>                                                                                                           |
| EX-30 | 胰膻<br>胃脘下俞<br>胃管下俞 | Yí Shū<br>aka Wèi Wǎn Xià Shū<br>aka Wèi Guǎn Xià Shū | <b>Pancreas Shu/Point</b><br>Lower Epigastrium Shu (pylorus/duodenum/pancreas associated pt)<br>Lower Stomach Pipe/Duct/Valve Shu |
| EX-17 | 安眠                 | Ān Mián                                               | <b>Peaceful/Calm/Tranquil/Quiet Sleep</b>                                                                                         |
| EX-27 | 華他夾脊               | Jiā-Jǐ                                                | <b>Pinch the Spine Pts / (Hua Tuo's) Para-Spinal Pts</b>                                                                          |
| EX-13 | 夾承漿<br>頰膠          | Jiā Chéng Jiāng<br>aka Kē/Ké Liáo                     | <b>Pinching CV-24</b> (Catch Saliva/Spittle, For Drooling)<br>Chin Bone-Holes                                                     |
| EX-14 | 牽正                 | Qiān Zhèng                                            | <b>Pull Correct or Pull Aright</b>                                                                                                |
| EX-16 | 翳明                 | Yì Míng                                               | <b>Screen Brightness</b> (Eye Screens)                                                                                            |
| EX-11 | 海泉<br>鬼封           | Hǎi Quán<br>Ghost pt name: Guǐ Fēng                   | <b>Sea of Saliva</b><br>Ghost/Demon Enclosed                                                                                      |
| EX-3  | 印堂<br>天目           | Yìn Táng<br>aka Tiān Mù                               | <b>Seal Hall, Hall of Seals</b> (the glabella) (upper Dan Tian)<br>Celestial/Heavenly Eye (3rd Eye)                               |
| EX-46 | 肩內陵                | Jiān Nèi Líng                                         | <b>Shoulder Inner Mound</b>                                                                                                       |
| EX-29 | 肩痛點                | Jiān Tòng Diǎn                                        | <b>Shoulder Pain Spot</b> (Sore Shoulder Point)                                                                                   |
| EX-67 | 坐骨                 | Zuò Gǔ                                                | <b>Sit Bone</b> (Ischium)                                                                                                         |
| EX-23 | 定喘                 | Dìng Chuǎn                                            | <b>Stabilize Dyspnea</b> (Gasping & Panting) (哮 xiào = wheeze)                                                                    |
| EX-40 | 胃上穴                | Wèi Shàng (Xué)                                       | <b>Stomach Up or Ascend the Stomach (Pt)</b>                                                                                      |

**經外穴 *Jīng Wài Xué* – Extra Points III – Alphabetical by First Word of Translation**

| 穴 Pt. | 文 Characters | 拼音 Pīn-Yīn                  | Jim's Translations (with some brief explanatory notes)                         |
|-------|--------------|-----------------------------|--------------------------------------------------------------------------------|
| EX-42 | 止瀉           | Zhǐ Xiè                     | <b>Stop Diarrhea</b>                                                           |
| EX-68 | 邁步           | Mài Bù                      | <b>Stride &amp; Step – Walking</b> (Enable to Walk)                            |
| EX-65 | 十宣           | Shí Xuān                    | <b>Ten Drains</b>                                                              |
| EX-55 | 虎口           | Hǔ Kǒu                      | <b>Tiger's Mouth</b>                                                           |
| EX-63 | 牙痛           | Yá Tòng                     | <b>Tooth Pain</b>                                                              |
| EX-15 | 醫聾           | Yī Lóng                     | <b>Treat Deafness</b>                                                          |
| EX-52 | 二白           | Èr Bái                      | <b>Two Whites</b>                                                              |
| EX-37 | 十七椎下         | Shí-Qī Zhuī-Xià             | <b>Under the 17th Vertebra</b> (10+7 Vertebra-Below i.e. L5)                   |
| EX-44 | 維胞           | Wéi Bāo                     | <b>Uphold Uterus</b>                                                           |
| EX-57 | 上八邪          | Shàng Bā Xié                | <b>Upper 8 Evils</b>                                                           |
| EX-82 | 上八風          | Shàng Bā Fēng               | <b>Upper 8 Winds</b>                                                           |
| EX-49 | 臑上<br>肩中     | Nào Shàng<br>aka Jiān Zhōng | <b>Upper (Bi) Nao (LI-14)</b><br>Shoulder Center, or Mid Shoulder i.e. Deltoid |
| EX-18 | 上廉泉          | Shàng Lián Quán             | <b>Upper CV-23</b> (Upper Pure Spring / Above Ridge Spring)                    |
| EX-28 | 無名<br>二椎下    | Wú Míng<br>aka Èr Zhuī Xià  | <b>Without Name</b> (Nameless, Un-named)<br>Below 2nd Vertebra                 |

## 鬼穴 *Guǐ Xué* – *Ghost Points*

鬼 *Guǐ*/ghost, could also be translated as demon, devil, or spirits; cunning, tricky, or stealthy

**Table I: Sun Si-miao's Thirteen 十三鬼穴 *Shí Sān Guǐ Xué***

| # 1–13 | Regular Point # | Regular Name | Ghost Char. | Ghost Name in PinYin | Translation                       |
|--------|-----------------|--------------|-------------|----------------------|-----------------------------------|
| 1.     | GV-26           | Rén Zhōng    | 鬼宮          | Guǐ Gōng             | Ghost Palace                      |
| 2.     | Lu-11           | Shǎo Shāng   | 鬼信          | Guǐ Xìn              | Ghost Letter                      |
| 3.     | Sp-1            | Yǐn Bái      | 鬼壘          | Guǐ Lěi              | Ghost Fortress                    |
| 4.     | Pc-7            | Dà Líng      | 鬼心          | Guǐ Xīn              | Ghost Heart                       |
| 5.     | BL-62           | Shēn Mài     | 鬼路          | Guǐ Lù               | Ghost Road/Highway                |
| 6.     | GV-16           | Fēng Fǔ      | 鬼枕          | Guǐ Zhěn             | Ghost Pillow                      |
| 7.     | ST-6            | Jiá Chē      | 鬼床          | Guǐ Chuáng           | Ghost Bed                         |
| 8.     | CV-24           | Chéng Jiāng  | 鬼市          | Guǐ Shì              | Ghost Market(place)               |
| 9.     | Pc-8            | Láo Gōng     | 鬼窟          | Guǐ Kū               | Ghost Cave                        |
| 10.    | GV-23           | Shàng Xīng   | 鬼堂          | Guǐ Táng             | Ghost Hall                        |
| 11.    | CV-1            | Huì Yīn      | 鬼藏          | Guǐ Cáng             | Ghost Storeroom                   |
| 12.    | LI-11           | Qū Chí       | 鬼臣          | Guǐ Chén             | Ghost Vassal/Servant              |
| 13.    | EX-11           | Hǎi Quán     | 鬼封          | Guǐ Fēng             | Ghost Enclosure<br>Enclosed Ghost |

**Table II: Other Points having an Alternate Name using *Guǐ*/ghost**

| Point # | Regular Name | Ghost Name | Ghost Name in PY | Translation                              |
|---------|--------------|------------|------------------|------------------------------------------|
| Lu-5    | Chǐ Zí       | 鬼受         | Guǐ Shòu         | Enduring Ghost,<br>Suffering from Ghosts |
| Lu-9    | Tài Yuān     | 鬼心         | Guǐ Xīn          | Ghost Heart                              |
| Lu-10   | Yú Jī        | 鬼心         | Guǐ Xīn          | Ghost Heart                              |
| Pc-5    | Jiān Shī     | 鬼路         | Guǐ Lù           | Ghost Road/Highway                       |
| LI-10   | Shǒu Sān Lǐ  | 鬼邪         | Guǐ Xié          | Ghost Evil                               |
| ST-36   | Zú Sān Lǐ    | 鬼邪         | Guǐ Xié          | Ghost Evil                               |
| ST-4    | Dì Cāng      | 鬼床         | Guǐ Chuáng       | Ghost Bed                                |
| GV-22   | Xīn Huì      | 鬼門         | Guǐ Mén          | Ghost Gate                               |

## 鬼穴 *Guǐ Xué* – *Ghost Points*

**Table III: Several Ghost Points have an Another Guǐ/Ghost Name**

| #   | Regular Pt # | Ghost Name Characters | Ghost Name in PinYin | Translation                         |
|-----|--------------|-----------------------|----------------------|-------------------------------------|
| 1.  | GV-26        | 鬼市                    | Guǐ Shì              | Ghost Market(place)                 |
| 1.  | GV-26        | 鬼客廳                   | Guǐ Kè Tīng          | Ghost Sitting Room,<br>Ghost Parlor |
| 3.  | SP-1         | 鬼眼                    | Guǐ Yǎn              | Ghost(ly) Eyes                      |
| 5.  | BL-62        | 鬼床                    | Guǐ Chuāng           | Ghost Bed                           |
| 6.  | GV-16        | 鬼穴                    | Guǐ Xué              | Ghost Hole/Cave/Point               |
| 6.  | GV-16        | 鬼林                    | Guǐ Lín              | Ghost Forest                        |
| 7.  | ST-6         | 鬼林                    | Guǐ Lín              | Ghost Forest                        |
| 9.  | PC-8         | 鬼路                    | Guǐ Lù               | Ghost Road                          |
| 12. | LI-11        | 鬼腿                    | Guǐ Tuǐ              | Ghost Thigh/Leg                     |

**Table IV: Several Ghost Names are Shared by More than One Point** (alphabetical order)

| Ghost Character | Ghost Name in PinYin | Translation         | Points                      |
|-----------------|----------------------|---------------------|-----------------------------|
| 鬼床              | Guǐ Chuāng           | Ghost Bed           | • ST-4<br>• ST-6            |
| 鬼林              | Guǐ Lín              | Ghost Forest        | • ST-6<br>• GV-16           |
| 鬼路              | Guǐ Lù               | Ghost Road          | • BL-62<br>• PC-5<br>• PC-8 |
| 鬼市              | Guǐ Shì              | Ghost Market(place) | • GV-26<br>• CV-24          |
| 鬼堂              | Guǐ Táng             | Ghost Hall          | • GV-23<br>• LU-5           |
| 鬼邪              | Guǐ Xié              | Ghost Evil          | • LI-10<br>• ST-36          |
| 鬼心              | Guǐ Xīn              | Ghost Heart         | • LU-9/10<br>• PC-7         |

## Other Books by Jim Cleaver

### *\* THE ACUPUNCTURE SERIES*

| <u>Vol.</u> | <u>Title/Subject</u>                     | <u># of Pages</u>    |
|-------------|------------------------------------------|----------------------|
| I.          | Acu-Point <b>Location</b> Handbook       | 244 pages            |
| II.         | Acu-Point <b>Actions</b> Handbook        | 364 pages            |
| III.        | Acu-Point <b>Combining Strategies</b>    | 165 pages            |
| IV.         | Acupuncture <b>Treatment Protocols</b>   | 194 pages            |
| V.          | Acu-Point <b>Name</b> Character Workbook | 189 pages            |
| VI.         | Acu-Point <b>Name</b> Reference Guide    | 95 pages (this book) |

### *\* Acupuncture Related Topics*

- **Zang-Fu**: Functions and **Patterns** 98 pages (Diagnostics)

### *\* Chinese Medical Classics - Translation Workbooks*

Translation workbooks provide the Chinese characters of the text in full form/traditional characters (vs. simplified characters), with pin-yin transliteration, including tone marks.  
The texts are arranged sentence by sentence, with space underneath to experiment with your own translation.

- Huang Di Nei Jing **Su Wen** 5 Volumes (~215 pages each)
- Huang Di Nei Jing **Ling Shu** 4 Volumes (~195 pages each)
- Su Wen **Vocabulary** (Top 1000 characters) 162 pages  
(all the characters that occur 5x or more)
- **Nan Jing** Translation Workbook 246 pages

### *\* Chinese Philosophical Classics - Translation Workbooks*

- **Zhou Yi / Yi Jing** Translation Workbook 333 pages
- **Dao De Jing / Lao Zi** Translation Workbook 222 pages
- **Zhuang Zi** Inner Chapters (1-7) 274 pages
- **Sun Zi** (Master Sun's Classic on Military Strategy) 150 pages



## **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.





# ***Complete Point Name Reference Guide***

## ***All 361 Primary Points***

- *Comprehensive Point Name Vocabulary*
- *Alphabetical by Pinyin (pinyin includes tone marks)*
- *Chinese Characters: Traditional & Simplified forms*
- *By Channel: Alphabetical and Cycle of Energy Order*
  - *Original Translations of Point Names*

## ***• Extra Point Names***

*Jim's 87 most common & important extra points  
includes the NCCAOM 54 & WHO 48  
by number, body region; alphabetical by pinyin; and by translation*

## ***• Ghost Point Names***

*The standard 13 plus additional points and variants*

