

Point Review Cards

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- Upper characters are traditional / complex.
- Lower characters are simplified.
- The Roman numeral on the channel card is its order in the cycle of qi. (Note that GV precedes CV)
- The little number in the upper left corner of the card reflects the point order in the cycle of qi.

Categories: Ø means there is no standard category designation for the point

手太陰肺經

Shǒu Tàì Yīn Fèi Jīng

1. *Arm Greater-Yin* ***Lung*** *Channel*

entry-exit: *Lr-14* → **Lu-1** → **Lu-7** → *Ll-4*

mu: **Lu-1**

shu: **BL-13**

	<u>Lung</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Metal	LI (yang Metal)
<i>division:</i>	hand Tai-Yin	Sp (foot Tai-Yin)
<i>time:</i>	3–5 am	BL (3–5 pm)

中 府

Lu-1

中 府

001. **Zhōng Fǔ = Central Official**
Central Repository/Mansion

Categories: • **Lu Mu pt**
• **Entry pt:** *from Lr-14*
• Tai Yin Junction pt

Location: • on the upper chest,
6 cun lateral to the midline,
1.6 cun below the clavicle (Lu-2),
level with the 1st ICS (palpated next to sternum)

雲門

Lu-2

云 门

002. **Yún Mén = Cloud Gate**

Categories: • alt. entry pt

Location: • in the **delto-pectoral triangle**,
6 cun lateral to the midline,
immediately inferior to the clavicle
(medial to the coracoid process)

天 府

Lu-3

天 府

003. **Tiān Fǔ = Celestial Official**
Celestial Repository/Mansion

Categories: • **Celestial Window**

Location: • on the upper arm,
3 cun inferior to the axillary fold,
on the radial side of the biceps,
jct of the biceps and the anterior deltoid

俠 白

Lu-4

俠 白

004. **Xiá Bái = Protecting White
Guarding Metal**

Categories: Ø

Location: • on the upper arm,
4 cun inferior to the axillary fold
(1 cun distal to Lu-3)
~ level with the deltoid insertion
~ halfway between the axillary & cubital folds

尺澤

Lu-5

尺泽

005. **Chǐ Zé = Marsh at the Cubit**

Categories: • **He/Sea:** Water = Dispersion pt

Location: • at the **cubital fold**, in the depression
on the radial side of the biceps tendon

孔 最

Lu-6

孔 最

006. **Kǒng Zuì = Enormous Hole**

Categories: • Xi/cleft pt

Location: • palmer forearm,
5 cun distal to the cubital crease
(at the distal end of the brachioradialis)

列 缺

Lu-7

列 缺

007. **Liè Quē = Sequence Jog**

Categories: • **Exit pt:** to LI-4
• **Luo/connecting pt**
• **Ruler:** back of the head, neck
• **Master:** Ren Mai

Location: • edge of the radius/styloid process,
1.5 cun proximal to the wrist fold (Lu-9)

經 渠

Lu-8

经 渠

008. **Jīng Qú = Rivers/Channels & Canals**

Categories: • **Jing/River:** Metal = Phase pt

Location: • palmer forearm,
1 cun proximal to the wrist fold
on the anterior surface styloid process

太 淵

Lu-9

太 淵

009. **Tài Yuān = Very/Great Deep Abyss**

Categories: • **Shu/Stream:** Earth = Tonification pt
• **Yuan/source pt**
• **Influential pt:** Vessels/pulse

Location: • at the radial end of the **wrist** fold,
ulnar side of the abductor pollicis,
radial side of the radial artery

魚 際

Lu-10

鱼 际

010. **Yú Jì = Edge of the Fish**

Categories: • **Ying/Spring:** Fire pt = Control pt

Location: • thenar eminence,
midpoint of the 1st metacarpal
(at the skin change / jct of the red & white skin)

少 商

Lu-11

少 商

011. **Shǎo Shāng = Lesser Metal Note**

Categories: • **Jing/Well:** Wood pt
• (2nd) **Ghost pt**

Location: • the **nail point**
on the radial side of the **thumb**

手陽明大腸經

Shǒu Yáng Míng Dà Cháng Jīng

II. *Arm Bright-Yang* ***Large Intestine Channel***

entry-exit: *Lu-7* → **LI-4** → **LI-20** → *ST-1*

mu: **ST-25** *shu:* **BL-25** *xia-he:* **ST-37**

	<u>Large Intestine</u>	<u>paired channels</u>
<i>phase:</i>	yang Metal	Lu (yin Metal)
<i>division:</i>	hand Yang-Ming	ST (foot Yang-Ming)
<i>time:</i>	5–7 am	Kd (5–7 pm)

商 陽

LI-1

商 阳

012. **Shāng Yáng = Yang Metal** (Note)

Categories: • **Jing/Well:** Metal = Phase pt

Location: • the **radial nail pt**, on the **fore-finger**

二 間

LI-2

二 間

013. Èr Jiān = 2nd Space (Point)

Categories: • **Ying/Spring:** Water = Dispersion pt

Location: • on the radial side of the forefinger,
distal to the base of
the proximal phalanx

三 間

LI-3

三 間

014. **Sān Jiān = 3rd Space (Point)**

Categories: • **Shu/Stream:** Wood pt

Location: • on the radial side of the hand,
proximal to the head of the
2nd metacarpal

合 谷

LI-4

合 谷

015. **Hé Gǔ = EnClosed Valley (Valley Unites)**

Categories: • **Entry pt:** *from Lu-7*
• **Yuan**/source pt
• **Ruler:** face & mouth
• **9N** (9 Needles to Rescue Yang)

Cx: • *pregnancy*

Location: • dorsal hand,
just anterior to the midpoint
of the 2nd metacarpal

陽 谿

LI-5

阳 溪

016. **Yáng Xī = Yang Stream-bed**

Categories: • **Jing/River:** Fire pt = Control pt

Location: • at the wrist,
in the anatomical **snuffbox**
(between the extensor pollicis longus & brevis tendons)

偏 歷

LI-6

偏 历

017. **Piān Lì = Slanting Line**

Categories: • **Luo**/connecting pt

Location: • dorsal, radial forearm,
3 cun proximal to the wrist/LI-5,
(on the line connecting LI-5 & LI-11)

溫溜

LI-7

溫溜

018. **Wēn Liù = Warm Flow/Current**
(compare: Kd-7 Fu Liu = Returning Flow)

Categories: • **Xi**/cleft pt

Location: • dorsal, radial forearm,
5 cun proximal to the wrist/LI-5,
(on the line connecting LI-5 & LI-11)

下 廉

LI-8

下 廉

019. **Xià Lián = Lower Ridge**

Categories: • analog to ST-39 (SI xia-he pt)

Location: • dorsal, radial forearm,
8 cun proximal to the wrist/LI-5,
(4 cun distal to LI-11)

上 廉

LI-9

上 廉

020. **Shàng Lián = Upper Ridge**

Categories: • analog to ST-37 (LI xia-he pt)

Location: • dorsal, radial forearm,
9 cun proximal to the wrist/LI-5,
(3 cun distal to LI-11)

手 三 里

LI-10

手 三 里

021. **Shǒu Wǔ Lǐ = Arm Three Li**
(see ST-36 = Zú Sān Lǐ = Leg 3 Li)

Categories: • analog to ST-36 (ST xia-he pt)

Location: • dorsal, radial forearm,
10 cun proximal to the wrist/LI-5,
(2 cun distal to LI-11)

曲池

LI-11

曲池

022. **Qū Chí = Pond at the Crook**

Categories: • **He/Sea:** Earth = Tonification pt
• (12th) **Ghost pt**

Location: • at the elbow, (with arm bent 90°),
midway between the
lateral epicondyle & the cubital crease

肘 髎

LI-12

肘 髎

023. **Zhǒu Liáo = Elbow Bone-Edge**

Categories: Ø

Location: • upper arm, ~ 1 cun proximal
to the lateral epicondyle, anterior to
the edge of the supracondylar ridge
(1 cun supra-lateral to LI-11)

手 五 里

LI-13

手 五 里

024. **Shǒu Wǔ Lǐ = Arm Five Li**

Categories: Ø

Location: • upper arm, (on the line connecting LI-5 & LI-11)
3 cun proximal to LI-11
(between the brachioradialis & triceps)

臂 臑

LI-14

臂 臑

025. **Bì Nào = Arm & Deltoid**

Categories: Ø

Location: • upper arm, (on the line connecting LI-5 & LI-11)
 ~ **1 inch proximal** to
 the **deltoid insertion**

肩 髃

LI-15

肩 髃

026. **Jiān Yú = Shoulder Bone**

Categories: • pt of Yang Qiao Mai

Location: • lateral aspect of the shoulder,
inferior to the acromion,
at the anterior end of the bone

巨 骨

LI-16

巨 骨

027. **Jù Gǔ = Huge Bone**

Categories: • pt of Yang Qiao Mai

Location: • on top of the shoulder,
in the 'V' formed by the jct of
the scapular spine and the clavicle

天 鼎

LI-17

天 鼎

028. **Tiān Dǐng = Celestial Caldron**

Categories: Ø

Location: • side of the neck,
 ~1 cun inferior to LI-18,
 posterior to the SCM

扶突

LI-18

扶突

029. **Fú Tū = Aid the (laryngeal) Prominence**

Categories: • **Celestial Window**

Location: • side of the neck,
level with the laryngeal prominence,
between the two bellies of the SCM

禾 膠

LI-19

禾 膠

030. **Hé Liáo = Grain (sized) Bone Hole**

Categories: Ø

Location: • on the upper lip, inferior to
the lateral edge of the nostril hole

迎 香

LI-20

迎 香

031. **Yíng Xiāng = Welcome Fragrance**

Categories: • **Exit pt:** to ST-1

Location: • in the naso-labial groove,
level with the midpoint of the ala nasi

足陽明胃經

Zú Yáng Míng Wèi Jīng

III. *Leg Yang-Ming **Stomach** Channel*

entry-exit: *LI-20* → **ST-1** → **ST-42** → *Sp-1*

mu: **CV-12** *shu:* **BL-21** *xia-he:* **ST-36**

	<u>Stomach</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Soil/Earth	Sp (yin Earth)
<i>division:</i>	foot Yang-Ming	LI (hand Yang-Ming)
<i>time:</i>	7–9 am	Pc (7–9 pm)

承 泣

ST-1

承 泣

032. **Chéng Qì = Hold or Carry Tears
For Tearing**

Categories: • **Entry:** *from LI-20 (via BL-1)*
• pt of Yang Qiao Mai

Location: • between the eyeball and the
midpoint of the infra-orbital ridge
(the pupil line)

四 白

ST-2

四 白

033. **Sì Bái = Four Whites** (for exophthalmia)

Categories: Ø

Location: • on the face,
at the **infra-orbital foramen**
(may or may not be on the pupil line)

巨 髖

ST-3

巨 髖

034. **Jù Liáo = Huge Bone-Hole**
(compare: GB-29 Ju Liao = Squatting Bone-hole)

Categories: • pt of Yang Qiao Mai

Location: • on the face, along the **pupil line**,
(the line connecting ST-1 & ST-4)
below the maxilla,
(level with the lower border of the ala nasi)

地 倉

ST-4

地 倉

035. **Dì Cāng = Earth's Storehouse/Warehouse**
Terrestrial Silo/Granary

Categories: • pt of Yang Qiao Mai

Location: • on the face, just lateral to, and
level with the **corner of the mouth**
(should, still be on the pupil line)

大 迎

ST-5

大 迎

036. **Dà Yíng = Big Welcome/Greeting (Smile)**

Categories: Ø

Location: • on the **mandible**,
at the **anterior edge of the masseter**
(next to the facial artery)

頰 車

ST-6

頰 車

037. **Jiá Chē = Jaw Cart / Cheek Wheels**

Categories: • (7th) Ghost pt

Location: • on the mandible,
at the **high point of the masseter**
(~1 finger anterior & superior to the angle of the jaw)

下 關

ST-7

下 关

038. **Xià Guān = Below the Hinge**
(compare: GB-3 Shang Guan = Above the Hinge)

Categories: Ø

Location: • on the face, in the **mandibular notch**,
immediately inferior to the zygomatic

頭 維

ST-8

头 维

039. **Tóu Wéi = Head Corner**
Corners of the Forehead

Categories: • major landmark
• pt of Yang Wei Mai

Location: • on the scalp, at the widow's peak,
0.5 cun **within the hairline**,
4.5 cun lateral to the midline

人 迎

ST-9

人 迎

040. **Rén Yíng = Person's Prognosis**
People Welcome

Categories: • **Sea of Qi** (w/ BL-10 & CV-17)
• **Celestial Window**

Location: • on the throat,
level with the **laryngeal prominence**,
anterior to the SCM (next to carotid)

水 突

ST-10

水 突

041. **Shuǐ Tū = Watery Prominence**
(the prominence that ‘moves when swallowing’)

Categories: Ø

Location: • on the throat,
along the anterior edge of the SCM,
midway between ST-9 & ST-11
(level with the cricoid cartilage)

氣 舍

ST-11

气 舍

042. **Qì Shè = Qi Abode/Cottage**
Qi Residence/Dwelling

Categories: Ø

Location: • on the throat, immediately **superior to the sternal head of the clavicle**,
between the 2 heads of the SCM

缺 盆

ST-12

缺 盆

043. **Quē Pén = Empty Basin** (supra-clavicular fossa)

Categories: • **major Jct pt:** (LI-SI-TB-GB)

Location: • the **center of the**
supraclavicular fossa,
4 cun lateral to midline

氣 戸

ST-13

气 戸

044. **Qì Hù = Qì Door**
Breath Doorway

Categories: Ø

Location: • on the chest, **inferior to the clavicle**,
4 cun lateral to midline
(i.e. mid-clavicular line)

庫 房

ST-14

庫 房

045. **Kù Fáng = StoreHouse/StoreRoom**
Storage Depot

Categories: Ø

Location: • on the chest, **1st intercostal space**
4 cun lateral to midline
(i.e. mid-clavicular line)

屋 翳

ST-15

屋 翳

046. **Wū Yì = House Screen (the Roof)**

Categories: Ø

Location: • on the chest, **2nd intercostal space**
4 cun lateral to midline
(i.e. mid-clavicular line)

膺窗

ST-16

膺窗

047. **Yīng Chuāng = Chest/Breast Window**
Ventilate the Chest

Categories: Ø

Location: • on the chest, **3rd intercostal space**
4 cun lateral to midline
(i.e. mid-clavicular line)

乳 中

ST-17

乳 中

048. **Rǔ Zhōng = Breast Center**
(the Center of the Breast)

Categories: Landmark Only Pt

Location: • on the chest, **4th intercostal space**
4 cun lateral to midline
(mid-clavicular line) (i.e. **the nipple**)

乳 根

ST-18

乳 根

049. **Rǔ Gēn = Breast Root/Base**
(the Root of the Breast)

Categories: • **Great Luo:** of ST (see Sp-21)

Location: • on the chest, **5th intercostal space**
4 cun lateral to midline
(i.e. mid-clavicular line)

不 容

ST-19

不 容

050. **Bù Róng = Not Contained / Can't Hold**

Categories: Ø

Location: • on the upper abdomen,
6 cun superior to the umbilical plane,
2 cun lateral to midline

承 滿

ST-20

承 滿

051. **Chéng Mǎn = For Fullness** (sense of pressure)
(see also Kd-14, Si Man)

Categories: Ø

Location: • on the upper abdomen,
5 cun superior to the umbilical plane,
2 cun lateral to midline

梁 門

ST-21

梁 門

052. **Liáng Mén = CrossBeam/Bridge Gate**
(Fu Liang Gate) (see also ST-34 Liang Qiu)

Categories: Ø

Location: • on the upper abdomen,
4 cun superior to the umbilical plane,
2 cun lateral to midline

關門

ST-22

关 门

053. **Guān Mén = Close the Gate / Closed Gate**
(literally Gateway Gate)

Categories: Ø

Location: • on the upper abdomen,
3 cun superior to the umbilical plane,
2 cun lateral to midline

太 乙

ST-23

太 乙

054. **Tài Yǐ = The Great One**
(Tai-Yi is the name of the god at/of the center of the universe)

Categories: Ø

Location: • on the upper abdomen,
2 cun superior to the umbilical plane,
2 cun lateral to midline

滑 肉 門

ST-24

滑 肉 門

055. **Huá Ròu Mén = Slippery Flesh Gate**
Smooth Muscle Gate

Categories: Ø

Location: • on the upper abdomen,
1 cun superior to the umbilical plane,
2 cun lateral to midline

天 樞

ST-25

天 樞

056. **Tiān Shū = Celestial Pivot**
(the name of the star in the Big Dipper, around which it pivots)

Categories: • **LI mu pt**

Location: • on the abdomen,
level with the center of the **umbilicus**,
2 cun lateral to midline (mid rectus)

外陵

ST-26

外陵

057. **Wài Líng = Outside the Mound**
Outer/External Mound, Lateral to the Mound
(see also GB-36 Wai Qiu = Outer/Lateral Hill)

Categories: Ø

Location: • on the lower abdomen,
1 cun inferior to the umbilical plane,
2 cun lateral to midline

大 巨

ST-27

大 巨

058. **Dà Jù = Big Huge / Big & Enlarged**
Great Enlargement

Categories: Ø

Location: • on the lower abdomen,
2 cun inferior to the umbilical plane,
2 cun lateral to midline

水 道

ST-28

水 道

059. **Shuǐ Dào = WaterWay (Path of Water)**

Categories: Ø

Location: • on the lower abdomen,
3 cun inferior to the umbilical plane,
2 cun lateral to midline

歸來

ST-29

归來

060. **Guī Lái = Come-Back / Return**
(literally Return-Come)

Categories: Ø

Location: • on the lower abdomen,
4 cun inferior to the umbilical plane,
2 cun lateral to midline

氣 衝

ST-30

气 冲

061. **Qì Chōng = Qi Thoroughfare**
Qi Surge/Pulse

Categories: • **Sea of Nourishment pt** (w/ ST-36)
• pt of Chong Mai

Location: • on the lower abdomen,
5 cun inferior to the umbilical plane,
2 cun lateral to midline
(level with the superior border of the pubic bone,
just lateral to the pubic tubercle)

髀 關

ST-31

髀 关

062. **Bì Guān = Thigh/Hip Gateway**

Categories: Ø

- Location:* • on the anterior thigh, ~ one hand width below the ASIS, ~ level with the pubis, between the sartorius & rectus femoris
- Alt Loc:* • a little lower, at the level of the perineum.

伏 兔

ST-32

伏 兔

063. **Fú Tù = Crouching Rabbit/Hare**

Categories: Ø

Location: • on the anterior thigh,
6 cun superior to the supra-lateral
corner of the patella
(on the lateral edge of the rectus femoris)

陰市

ST-33

阴市

064. **Yīn Shì = Yin Marketplace**
(see also GB-31 Feng Shi)

Categories: Ø

Location: • on the anterior thigh,
3 cun above the supra-lateral
corner of the patella
(on the lateral edge of the rectus femoris)

梁 丘

ST-34

梁 丘

065. **Liáng Qiū = CrossBeam/Bridge Hill**
(see ST-21)

Categories: • **Xi/Cleft pt**

Location: • on the anterior thigh,
2 cun above the supra-lateral
corner of the patella
(on the lateral edge of the rectus femoris)

犢 鼻

ST-35

犢 鼻

066. **Dú Bǐ = Calf Nose**
(aka Wai Xi Yan = Outer/Lateral Eye of the Knee)

Categories: Ø

Location: • at the knee, in the large depression
inferior to the patella, and
lateral to the patellar ligament

足 三 里

ST-36

足 三 里

067. **Zú Sān Lǐ = Foot Three Units**
(see LI-10 Shou San Li)

Categories: • **He/Sea:** Earth = Phase pt
• **Lower Uniting pt:** for the ST
• **Ruler:** of the Abdomen
• **9N** (9 Needles to Rescue Yang)
• **Sea of Nourishment pt** (w/ ST-30)

Location: • **3 cun inferior** to ST-35,
• **one finger-width lateral** to the tibia
(in the tibialis anterior m.)

上 巨 虛

ST-37

上 巨 虛

068. **Shàng Jù Xū = Upper, Huge Depletion**
(analog: LI-9 Shang Lian)

Categories: • **Lower Uniting pt:** for the **LI**
• **Sea of Blood pt** (w/ ST-39 & BL-11)

Location: • on the anterior leg,
6 cun inferior to ST-35,
one finger width lateral to the tibia
(in the tibialis anterior m.)

條 口

ST-38

条 口

069. **Tiáo Kǒu** = Thin Mouth / **Narrow Opening**

Categories: Ø

Location: • on the anterior leg,
8 cun inferior to ST-35,
one finger-width lateral to the tibia
(in the tibialis anterior m.)

下 巨 虛

ST-39

下 巨 虛

070. **Xià Jù Xū = Lower, Huge Depletion**
(analog: LI-8 Xia Lian)

Categories: • **Lower Uniting pt:** for the **SI**
• **Sea of Blood pt** (w/ ST-37 & BL-11)

Location: • on the anterior leg,
9 cun inferior to ST-35,
one finger-width lateral to the tibia
(in the tibialis anterior m.)

豐隆

ST-40

丰隆

071. **Fēng Lóng = Plentiful & Abundant**

Categories: • **Luo**/Connecting pt

Location: • on the anterior leg,
8 cun inferior to ST-35
two finger-widths lateral to the tibia
(on the lateral edge of the tibialis anterior)

解 谿

ST-41

解 溪

072. **Jiě Xī = Relieve/Free the Stream-bed
Separating Streams**

Categories: • **Jing/River:** Fire = Tonification pt

Location: • **mid-point of the anterior ankle,**
on the medial side of the extensor digitorum t.
(between that and ext. hallucis longus tendon)
on the line connecting the high points
of the malleoli

衝陽

ST-42

冲陽

073. **Chōng Yáng = Yang Thoroughfare**
Surging/Pulsing Yang

Categories: • **Yuan**/Source pt
• **Exit pt:** *to Sp-1*

Location: • at the high point of the dorsum of the foot
usu. between the 1st & 2nd cuneiforms,
medial to the ext. digitorum tendon.
(alongside the dorsalis pedis artery)
(~ midway between ST-41 & ST-43)

陷 谷

ST-43

陷 谷

074. **Xiàn Gǔ = Sink/Fall into the Valley**
(Soggy-Boggy Valley)

Categories: • **Shu/Stream:** Wood pt = Control pt

Location: • **between the 2nd & 3rd metatarsals,**
~ midway between their heads & bases

内 庭

ST-44

内 庭

075. **Nèi Tíng = Inner Courtyard**
Inside the Courtyard

Categories: • **Ying/Spring:** Water pt

Location: • **between the 2nd & 3rd toes,**
midway between the web margin and
the knuckle prominences

厲 兌

ST-45

厉 兑

076. **Lì Duì = Hardship/Severity Alleviated**

Categories: • **Jing/Well:** Metal = Dispersion pt

Location: • the **lateral nail pt** on the **2nd toe**

足太陰脾經

Zú Tàì Yīn Pí Jīng

IV. *Leg Tai-Yin **Spleen** Channel*

entry-exit: *ST-42* → **Sp-1** → **Sp-21** → *Ht-1*

mu: **Lr-13**

shu: **BL-20**

	<u>Spleen</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Soil/Earth	ST (yang Earth)
<i>division:</i>	foot Tai-Yin	Lu (hand Tai-Yin)
<i>time:</i>	9–11 am	TB (9–11 pm)

隱 白

Sp-1

隱 白

077. **Yīn Bái = Hidden/Concealed White**

Categories: • **Entry pt:** *from ST-42*
• **Jing/Well:** Wood pt = Control pt
• (3rd) **Ghost pt**

Location: • the **medial nail point** on the **big toe**

大 都

Sp-2

大 都

078. **Dà Dū = Big City**

Categories: • **Ying/Spring:** Fire = Tonification pt

Location: • on the medial side of the big toe,
just **distal to the base** of
the proximal phalanx

太 白

Sp-3

太 白

079. **Tài Bái = Very/Great White**

Categories: • **Shu/Stream:** Earth = Phase pt
• **Yuan/Source** pt

Location: • on the medial aspect of the foot,
just **proximal to the head** of
the **1st metatarsal**

公 孫

Sp-4

公 孫

080. **Gōng Sūn = Dukes's Heir**

Categories: • **Luo**/Connecting pt
• **Master pt:** Chong mai

Location: • on the medial aspect of the foot,
just **distal to the base** of
the **1st metatarsal**

商 丘

Sp-5

商 丘

081. **Shāng Qiū = Metal-note Hill**

Categories: • **Jing/River:** Metal = Dispersion pt

Location: • at the ankle, in the depression at the
anterior-inferior corner of
the **medial malleolus**.
(anterior/superior to the posterior tibialis tendon)
(midway between the prominences of the medial
malleolus and the navicular)

三 陰 交

Sp-6

三 阴 交

082. **Sān Yīn Jiāo = Three Yin Junction**
(compare: TB-8 San Yang Luo = 3 Yang Connect)

Categories: • **Group Luo:** 3 leg yin
• 9N (9 Needles to Rescue Yang)

Cx: • *pregnancy*

Location: • on the leg,
3 cun superior to the prominence of
the medial malleolus

漏 谷

Sp-7

漏 谷

083. **Lòu Gǔ = Leaky Valley**

Categories: Ø

Location: • on the leg,
6 cun superior to the medial malleolus,
in the groove between the tibia & gastroc.

地 機

Sp-8

地 机

084. **Dì Jī = Terrestrial Machine**
Earth Mechanism

Categories: • **Xi**/Cleft pt

Location: • on the leg,
5 cun inferior to the popliteal crease,
in the groove between the tibia & gastroc.
(1/3 down) (3 cun below Sp-9)

陰陵泉

Sp-9

阴陵泉

085. **Yīn Líng Quán = Yin Mound Spring**

Categories: •**He/Sea**: Water pt

Location: • on the leg,
2 cun inferior to the popliteal crease,
between the tibia & the gastrocnemius.
(middle of the curvature of the medial condyle of the tibia)

血海

Sp-10

血海

086. **Xuè Hǎi = Sea of Blood**

Categories: Ø

Location: • on the thigh, (in the vastus medialis)
2 cun superior and slightly medial to
the medio-superior corner of the patella

箕門

Sp-11

箕 門

087. **Jī Mén = Winnowing Basket Gate**

Categories: Ø

Location: • ~ mid thigh, **8 cun superior** to the
(superior border of the) patella,
(6 cun above Sp-10)
(at the superior end of the vastus medialis,
where the sartorius and rectus femoris cross)

衝門

Sp-12

冲 门

088. **Chōng Mén = Pulse/Pulsing Gate**
Thoroughfare Gate

Categories: • (pt of Yin Wei Mai)

Location: • in the inguinal groove, level with the superior edge of the pubis (CV-2),
3.5 cun lateral to the midline,
just lateral to the femoral artery
(ST-30 is just medial to the artery)

府 舍

Sp-13

府 舍

089. **Fǔ Shè = Official's Abode**
Bowel Abode

Categories: • pt of Yin Wei Mai

Location: • in the inguinal groove,
0.7 cun above the pubic crest,
4 cun lateral to the midline

腹 結

Sp-14

腹 结

090. **Fù Jié = Abdominal Knot**

Categories: Ø

Location: • on the lower abdomen,
1.3 cun inferior to the umbilicus,
4 cun lateral to the midline

大 横

Sp-15

大 横

091. **Dà Hèng = Big Horizontal**

Categories: • pt of Yin Wei Mai

Location: • on the abdomen,
level with the umbilicus,
4 cun lateral to the midline

腹 哀

Sp-16

腹 哀

092. **Fù Āi = Abdominal Woes**

Categories: • pt of Yin Wei Mai

Location: • on the upper abdomen,
3 cun superior to the umbilicus,
4 cun lateral to the midline

食 寶

Sp-17

食 寔

093. **Shí Dòu = Food Burrow/Feeding Hole**

Categories: Ø

Location: • on the lateral chest, in the **5th IC space**,
6 cun lateral to the midline
(2 cun anterior to the mid-axillary line)

天 谿

Sp-18

天 溪

094. **Tiān Xī = Celestial Stream-bed**

Categories: Ø

Location: • on the lateral chest, in the **4th IC space**,
6 cun lateral to the midline
(2 cun anterior to the mid-axillary line)

胸 鄉

Sp-19

胸 乡

095. **Xiōng Xiāng = Chest Countryside**

Categories: Ø

Location: • on the lateral chest, in the **3rd IC space**,
6 cun lateral to the midline
(2 cun anterior to the mid-axillary line)

周 榮

Sp-20

周 榮

096. **Zhōu Róng = Universal Nourishment**

Categories: Ø

Location: • on the lateral chest, in the **2nd IC space**,
6 cun lateral to the midline
(2 cun anterior to the mid-axillary line)

大 包

Sp-21

大 包

097

Categories.

Location:

手少陰心經

Shǒu Shǎo Yīn Xīn Jīng

v. *Arm Shao-Yin* **Heart** Channel

entry-exit: *Sp-21* → **Ht-1** → **Ht-9** → *SI-1*

mu: **CV-14** *shu*: **BL-15**

	<u>Heart</u>	<u><i>paired channels</i></u>
<i>phase</i> :	yin Imperial Fire (yin jun huo)	SI (yang I. Fire)
<i>division</i> :	hand Shao-Yin	Kd (foot Shao-Yin)
<i>time</i> :	11 am – 1 pm	GB (11 pm – 1 am)

極 泉

Ht-1

极 泉

098. **Jí Quán = Summit Spring**
Spring at the Summit

Categories: • **Entry pt:** *from Sp-21*

Location: • center (deepest part) of the **axilla**
next to the axillary artery

青 靈

Ht-2

青 灵

099. **Qīng Líng = Azure (Blue-Green) Spirit**
(ling are rain spirits, qing is the Wood color)

Categories: Ø

Location: • on the upper arm, in the brachial groove
(medial/ulnar side of the biceps)
3 cun proximal to Ht-3
(the cubital crease/medial epicondyle)

少 海

Ht-3

少 海

100. **Shǎo Hǎi = Lesser (Yin) Sea**
(the sea pt on the arm-shao-yin channel)

Categories: • **He/Sea:** Water pt = Control pt

Location: • at the ulnar end of the **cubital crease**
when the arm is fully flexed,
or midway between the medial epicondyle
and the cubital crease when flexed 90°

靈 道

Ht-4

灵 道

101. **Líng Dào = (Yin) Spirit Pathway**
(compare: GV-11 Shen Dao = (Yang) Spirit Pathway)

Categories: • **Jing/River:** Metal pt

Location: • palmar forearm,
1.5 cun proximal to the wrist
(in the groove on the radial side of
the flexor carpi ulnaris)

通 里

Ht-5

通 里

102. **Tōng Lǐ = Open/Unblock the Interior**
(compare: CV-11 Jian Li = Build/Fortify the Interior)

Categories: • **Luo**/connecting pt

Location: • palmar forearm,
1.0 cun proximal to the wrist
(on the radial side of the flexor carpi ulnaris)

陰 隙

Ht-6

陰 隙

103. **Yīn Xī = (Shao) Yīn Cleft**
(the cleft pt on the arm-shao-yin channel)

Categories: • **Xi**/cleft pt

Location: • palmar forearm,
0.5 cun proximal to the wrist
(on the radial side of the flexor carpi ulnaris)

神門

Ht-7

神 门

104. **Shén Mén = Spirit Gate**

Categories: • **Shu/Stream:** Earth = Dispersion pt
• **Yuan**/source pt

Location: • palmar forearm,
ulnar end of the **wrist fold**,
proximal to the pisiform, and
radial to flexor carpi ulnaris

少 府

Ht-8

少 府

105. **Shǎo Fǔ = Lesser (Yin) Official**

Categories: • **Ying/Spring:** Fire = Phase pt

Location: • on the **palm**, **between** the shafts of the **4th & 5th metacarpals**, **proximal** to their heads

少 衝

Ht-9

少 冲

106. **Shǎo Chōng = Lesser-Yin Thoroughfare**
Little Finger Thoroughfare
(compare: Pc-9 Zhong Chong = Middle Finger Thoroughfare)

Categories: • **Jing/Well:** Wood = Tonification pt
• **Exit pt:** to *SI-1*

Location: • the **nail point**, on the
radial side of the **little finger**

手太陽小腸經

Shǒu Tàì Yáng Xiǎo Cháng Jīng

vi. *Arm Greater-Yang* ***Small Intestine*** Channel

entry-exit: *Ht-9* → **SI-1** → **SI-18/19** → *BL-1*

mu: **CV-4** *shu:* **BL-27** *xia-he:* **ST-39**

	<u><i>Small Intestine</i></u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Imperial Fire (yang jun huo)	Ht (yin I. Fire)
<i>division:</i>	hand Tai-Yang	BL (foot Tai-Yang)
<i>time:</i>	1–3 pm	Lr (1–3 am)

少澤

SI-1

少澤

107. **Shǎo Zé = Lesser Marsh**
Little finger Marsh

Categories: • **Jing/Well:** Metal pt
• Entry pt: *from Ht-9*

Location: • the **ulnar nail pt** on the **little finger**

前 谷

SI-2

前 谷

108. **Qián Gǔ = Distal Valley**

Categories: • **Ying/Spring:** Water pt = Control pt

Location: • on the ulnar side of the little finger,
distal to the base of the phalanx

後 谿

SI-3

后 溪

109. **Hòu Xī = Proximal Stream-bed**

Categories: • **Shu/Stream:** Wood = Tonification pt
• Master: Du Mai/GV
• alt. Ruler: back of head & neck

Location: • on the ulnar side of the hand, proximal
to the head of the 5th metacarpal

腕 骨

SI-4

腕 骨

110. **Wàn Gǔ = Wrist Bone**

Categories: • **Yuan**/source pt

Location: • ulnar side of the hand,
between the base of the 5th metacarpal
and the triquetral bone

陽 谷

SI-5

阳 谷

111. **Yáng Gǔ = Yang Valley**

Categories: • **Jing/River:** Fire = Phase pt

Location: • on the side of the wrist, between the triquetral bone and the ulna

養 老

SI-6

养 老

112. **Yǎng Lǎo = Nourish the Elderly**

Categories: • **Xi**/cleft pt

Location: • on the radial side of the ulna,
just proximal to the styloid process

支 正

SI-7

支 正

113. **Zhī Zhèng = Proper Branch**
(Correct the Limb)

Categories: • **Luo**/connecting pt

Location: • in the groove between
the flexor compartment and the ulna,
5 cun proximal to the wrist

小 海

SI-8

小 海

114. **Xiǎo Hǎi = Small Sea**

Categories: • **He/Sea:** Earth = Dispersion pt

Location: • at the elbow, midway between the olecranon and the **medial** epicondyle

肩 貞

SI-9

肩 貞

115. **Jiān Zhēn = Shoulder Correct**

Categories: Ø

Location: • 1 cun superior to the end of the posterior
axillary fold (edge of the teres m.)

臚 俞

SI-10

臚 俞

116. **Nào Shū = Upper Arm/Deltoid Pt**

Categories: • pt of Yang Wei Mai
• pt of Yang Qiao Mai

Location: • inferior to the lateral end of the scapular spine, on the line projected upward from the axillary fold (~ a hand width above SI-9)

天 宗

SI-11

天 宗

117. **Tiān Zōng = Celestial Gathering**

Categories: Ø

Location: • the **middle** of the **infraspinous fossa**
(level is ~midway betw SI-9 & 10,
it is also midway between the SI-9/10 line
and the vertebral border of the scapula)

乗 風

SI-12

乗 風

118. **Bǐng Fēng = Catch/Hold/Grasp the Wind**

Categories: • Jet pt: LI, TB, GB

Location: • the **center** of the **supraspinous fossa**,
directly superior to SI-11

曲 垣

SI-13

曲 垣

119. **Qū Yuán = Crooked/Curving Wall**

Categories: Ø

Location: • on the scapula, in the depression
at the **medial end** of
the **supraspinous fossa**

肩 外 俞

SI-14

肩 外 俞

120. **Jiān Wài Shū = Shoulder's Outer Shu**

Categories: Ø

Location: • upper back, **level with T1**,
3 cun lateral to the midline
(at the medial border of the scapula)

肩 中 俞

SI-15

肩 中 俞

121. **Jiān Zhōng Shū = Mid-Shoulder Shu/Pt**

Categories: Ø

Location: • upper back, **level with C7**,
2 cun lateral to the midline

天 窗

SI-16

天 窗

122. **Tiān Chuāng = Celestial Vent**

Categories: • **Celestial Window**

Location: • level with the **laryngeal prominence**,
posterior to the SCM

天 容

SI-17

天 容

123. **Tiān Róng = Look Skyward**

Categories: • **Celestial Window**

Location: • throat, **anterior to the SCM**,
level with the **angle of the mandible**

顴 髎

SI-18

顴 髎

124. **Quán Liáo = Cheek Bone Edge**

Categories: • alt. Exit pt: *to BL-1*

Location: • on the cheek, below the outer canthus,
inferior to the maxilla,
at the anterior edge of the masseter

聽 宮

SI-19

听 宮

125. **Tīng Gōng = Hearing/Auditory Palace**

Categories: • official **Exit pt:** *to BL-1*
• Jct pt: TB & GB

Location: • in front of the ear,
anterior to the midpoint of the tragus

足太陽膀胱經

Zú Tài Yáng Pāng Guāng Jīng

(BJ = Beijing

SH = Shanghai

JC = Jim Cleaver)

VII. *Leg Greater-Yang* **Bladder** Channel

entry-exit: *SI-18* → **BL-1** → **BL-67** → *Kd-0* → *Kd-1*

mu: **CV-3** shu: **BL-28** xia-he: **BL-54**

	Bladder	<i>paired channels</i>
<i>phase:</i>	yang Water	Kd (yin Water)
<i>division:</i>	foot Tai-Yang	SI (hand Tai-Yang)
<i>time:</i>	3–5 pm	Lu (3–5 am)

晴 明

BL-1

晴 明

126. **Jīng Míng = Eyes Bright** (Brighten the Eyes)

Categories: • **Entry pt:** *from SI-18/19*
• pt of Yin & Yang Qiao Mai

Location: • at the medial corner of the eye,
in the depression
just above the **inner canthus**

攢竹

BL-2

攢竹

127. **Zǎn Zhú = Nodes of Bamboo**
Bamboo Nodes

Categories: Ø

Location: • on the forehead, in the depression at the
medial end of the eyebrow,
(directly superior to BL-1)

眉 衝

BL-3

眉 冲

128. **Méi Chōng = Eyebrow Thoroughfare**

Categories: Ø

Location: • on the top of the head,
0.75 cun lateral to the midline,
0.5 cun behind the anterior hairline

曲 差

BL-4

曲 差

129. **Qū Chā = Bend & Diverge**
Qū Chāi = Bend & Send (off)

Categories: ∅

Location: • on the top of the head,
1.5 cun lateral to the midline,
0.5 cun behind the anterior hairline

五 處

BL-5

五 处

130. **Wǔ Chù = Fifth Place**

Categories: Ø

Location: • on the top of the head,
1.5 cun lateral to the midline,
1.0 cun behind the anterior hairline

承 光

BL-6

承 光

131. **Chéng Guāng = Receive Light**
Guardian of Light (Eyesight)

Categories: Ø

Location: • on the top of the head,
1.5 cun lateral to the midline,
2.5 cun behind the anterior hairline

通 天

BL-7

通 天

132. **Tōng Tiān = Unblock Heaven**
(Open the Nose)

Categories: Ø

Location: • on the top of the head,
1.5 cun lateral to the midline,
4.0 cun behind the anterior hairline

絡 卻

BL-8

络 却

133. **Luò Què = Connecting Backwards**
(lit. Network & Step Back)

Categories: Ø

Location: • on the back of the head,
1.5 cun lateral to the midline,
5.5 cun behind the anterior hairline,
or 6.5 cun above the posterior hairline

玉 枕

BL-9

玉 枕

134. **Yù Zhěn = Jade Pillow**

Categories: Ø

Location: • on the back of the head,
1.3 cun lateral to the midline,
2.5 cun above the posterior hairline,
level with the EOP

天 柱

BL-10

天 柱

135. **Tiān Zhù = Celestial Pillar**

Categories: • **Celestial Window**
• **Sea of Qi pt** (w/ ST-9 & CV-17)

Location: • on the back of the neck,
0.5 cun above the posterior hairline,
in the trapezius,
1.3 cun lateral to the midline

大 杼

BL-11

大 杼

136. **Dà Zhù = Big Reed** (Big Shuttle)
aka **Bèi Shū = Back Shu** (pts) (see also Kd-27)

Categories: • **Influential pt:** for Bones
• **Sea of Blood pt** (w/ ST-37 & ST-39)

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-1**

風門

BL-12

风 门

137. **Fēng Mén = Wind Gate**

Categories: Ø

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-2**

肺 膈

BL-13

肺 膈

138. **Fèi Shū = Lung (Associated) Point**

Categories: • **Lu Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-3**

厥陰腧

BL-14

厥陰腧

139. **Jué-Yīn Shū = Faint-Yin Point**

Categories: • Jue-Yin/**Pc Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-4**

心 膺

BL-15

心 膺

140. **Xīn Shū = Heart (Associated) Point**

Categories: • **Ht Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-5**

督 脬

BL-16

督 脬

141. **Dū Shū = Governing Vessel Point**

Categories: • **GV Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-6**

膈 膈

BL-17

膈 膈

142. **Gé Shū = Diaphragm Point**

Categories: • **Diaphragm Back Shu pt**
• **Influential pt:** for Blood

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-7**

肝 膈

BL-18

肝 膈

143. **Gān Shū = Liver (Associated) Point**

Categories: • **Lr Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-9**

膽 脬

BL-19

胆 脬

144. **Dǎn Shū = Gall Bladder Point**

Categories: • **GB Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-10**

脾 腧

BL-20

脾 腧

145. **Pí Shū = Spleen Point**

Categories: • **Sp Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-11**

胃 脘

BL-21

胃 脘

146. **Wèi Shū = Stomach Point**

Categories: • **ST Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-12**

三焦 脬

BL-22

三焦 脬

147. **Sān Jiāo Shū = Triple Burner Point**

Categories: • **TB Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **L-1**

腎 膵

BL-23

腎 膵

148. **Shèn Shū = Kidney Point**

Categories: • **Kd Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **L-2**

氣海腧

BL-24

气海腧

149. **Qì Hǎi Shū = Sea of Qi Point**

Categories: • **CV-6 Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **L-3**

大腸腧

BL-25

大 肠 腧

150. **Dà Cháng Shū = Large Intestine Point**

Categories: • **LI Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **L-4**

關元腧

BL-26

关元腧

151. **Guān Yuán Shū = Original Gateway Pt**
Gateway to the Source Pt

Categories: • **CV-4 Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **L-5**

小 腸 腧

BL-27

小 肠 腧

152. **Xiǎo Cháng Shū = Small Intestine Point**

Categories: • **SI Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the **S-1** spinous process

膀胱脬

BL-28

膀胱脬

153. **Páng Guāng Shū** = Urinary **Bladder Pt**

Categories: • **BL Back Shu pt**

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the **S-2** spinous process

中 膂 脬

BL-29

中 膂 脬

154. **Zhōng Lǚ Shū = Mid Spine Pt**

Categories: • Back Shu pt (lumbo-sacral)

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **S-3**

白環脲

BL-30

白环脲

155. **Bái Huán Shū = White Circle Point**
(Ano-Rectal Shu)

Categories: • Back Shu pt (ano-rectal)

Location: • on the back, **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of **S-4**

上 膠

BL-31

上 膠

156. **Shàng Liáo = Upper Bone-Hole**
(S-1 foramen)

Categories: • *Ba Liao (one of the 8 bone-holes)*

Location: • on the sacrum,
at the **1st sacral foramen**
(~ 0.5–.75 cun lateral to the midline)

次 膠

BL-32

次 膠

157. **Cì Liáo = Second or Next Bone-Hole**
(S-2 foramen)

Categories: • *Ba Liao (one of the 8 bone-holes)*

Location: • on the sacrum,
at the **2nd sacral foramen**
(~ 0.5–.75 cun lateral to the midline)

中 髹

BL-33

中 髹

158. **Zhōng Liáo = Middle Bone-Hole**
(S-3 foramen)

Categories: • *Ba Liao (one of the 8 bone-holes)*

Location: • on the sacrum,
at the **3rd sacral foramen**
(~ 0.5–.75 cun lateral to the midline)

下 髌

BL-34

下 髌

159. **Xià Liáo = Lower Bone-Hole**
(S-4 foramen)

Categories: • *Ba Liao (one of the 8 bone-holes)*

Location: • on the sacrum,
at the **4th sacral foramen**
(~ 0.5–.75 cun lateral to the midline)

會 陽

BL-35

会 阳

160. **Huì Yáng = Meeting of Yang**
Yang Convergence

Categories: ∅

Location: • on the buttocks,
level with the tip of the coccyx
(~ 0.5–.75 cun lateral to the midline)

附 分

BL-41/36/12a
BJ SH JC

附 分

161. **Fù Fēn = Appended Part
Supplementary Branch**

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-2**

魄 戶

BL-42/37/13a
BJ SH JC

魄 戶

162. **Pò Hù = Lung Spirit's Door**

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-3**

膏 育 脬

BL-43/38/14a
BJ SH JC

膏 育 脬

163. **Gāo Huāng Shū = Fatty Membrane Pt**

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-4**

神 堂

BL-44/39/15a
BJ SH JC

神 堂

164. **Shén Táng = Heart Spirit's Hall**

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-5**

憶 禧

BL-45/40/16a
BJ SH JC

憶 禧

165. **Yī Xī = Oh! My!**
(Exclamation, Outcry, oooo-eeee)

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-6**

隔 關

BL-46/41/17a
BJ SH JC

隔 关

166. **Gé Guān = Diaphragm Gateway**

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-7**

魂門

BL-47/42/18a
BJ SH JC

魂 门

167. **Hún Mén = Liver-Spirit's Gate**
Ethereal Soul Gate

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-9**

陽 綱

BL-48/43/19a
BJ SH JC

阳 纲

^{168.} **Yáng Gāng = Yang Key/Leader**
Guideline/Parameter/Principle

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-10**

意 舍

BL-49/44/20a
BJ SH JC

意 舍

169. **Yì Shè = Spleen-Spirit's Abode**

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-11**

胃 倉

BL-50/45/21a
BJ SH JC

胃 倉

170. **Wèi Cāng = Stomach Storehouse**

Categories: Ø

Location: • on the back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **T-12**

育門

BL-51/46/22a
BJ SH JC

育 門

171. **Huāng Mén = Membrane Gate**
Central Tendon/Peritoneum/Umbilicus (see Kd-16 Huang Shu)

Categories: Ø

Location: • on the low back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **L-1**

志 室

BL-52/47/23a

BJ SH JC

志 室

172. **Zhì Shī = Kidney Spirit's Chamber**
Will Chamber

Categories: Ø

Location: • on the low back, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **L-2**

胞 育

BL-53/48/28a
BJ SH JC

胞 育

173. **Bào Huāng = Wrapping Membranes**
Placenta/Uterus/Bladder/Adnexa Membranes

Categories: Ø

Location: • on the buttocks, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **S-2**
(level with the inferior margin of the PSIS)

秩 邊

BL-54/49/30a
BJ SH JC

秩 边

174. **Zhì Biān** = **Orderly Edge**/Border/Margin

Categories: ∅

Location: • on the buttocks, **3 cun lateral** to the midline,
level with the space inferior to
the spinous process of **S-4**
(level with the sacral hiatus)

承 扶

BL-36/50
BJ SH

承 扶

175. **Chéng Fú = Hold/Carry & Support
For Support**

Categories: Ø

Location: • on the back of the thigh,
at the **midpoint** of the **gluteal fold**,
(below the ischium & between hamstrings)

殷門

BL-37/51
BJ SH

殷 門

176. **Yīn Mén = Abundance Gate**

Categories: Ø

Location: • in the middle of the posterior thigh
6 cun below the gluteal fold
(8 cun above the popl. crease)

浮 隙

BL-38/52
BJ SH

浮 卻

177. **Fú Xī = Floating Cleft**

Categories: ∅

Location: • on the back of the thigh, just above the knee
in the cleft along the medial border of
the biceps femoris tendon,
1 cun superior to the popliteal crease

委 陽

BL-39/53

BJ SH

委 阳

178 **Wěi Yáng** = (knee)**Bend Yang** (lateral end)

Categories: • **lower uniting pt:** TB

Location: • on the back of the knee, at
the **lateral end of the popliteal crease**
(medial to the biceps femoris tendon)

委 中

BL-40/54
BJ SH

委 中

179. **Wěi Zhōng = (Knee)Bend Center**

Categories: • **He/Sea:** Earth pt = Control pt
• **Lower uniting pt:** BL
• **Ruler:** for the Back (of the torso)

Location: • on the back of the knee, at
the **midpoint of the popliteal crease**

合陽

BL-55

合陽

180. **Hé Yáng = (Re)Union Yang**

Categories: Ø

Location: • on the back of the leg, between
the two bellies of the gastrocnemius,
2 cun inferior to the popliteal crease

承 筋

BL-56

承 筋

181. **Chéng Jīn = For Sinews**

Categories: Ø

Location: • on the back of the leg, between
the two bellies of the gastrocnemius,
5 cun inferior to the popliteal crease

承 山

BL-57

承 山

182. **Chéng Shān = For Mountains**
For Gluts/Muscles / piles/hemorrhoids

Categories: Ø

Location: • on the back of the leg, between
the two bellies of the gastrocnemius,
8 cun inferior to the popliteal crease

飛揚

BL-58

飞扬

183. **Fēi Yáng = Rise and Fly**
Take Flight

Categories: • **Luo**/Connecting pt

Location: • on the back of the leg, in the soleus,
inferior to the lateral head
of the gastrocnemius,
(9 cun below BL-53, 7 cun superior to BL-60)

跌陽

BL-59

跌陽

184. **Fū Yáng = Tarsal Yang** (i.e. lateral)

Categories: • **Xi/cleft pt** for Yang Qiao Mai

Location: • on the back of the leg,
anterior to the achilles tendon,
3 cun superior to the lateral malleolus
(3 cun superior to BL-60)

昆 侖

BL-60

昆 仑

185. **Kūn Lún = Mt. Kun Lun**

Categories: • **Jing/River:** Fire pt

Cx: • *pregnancy*

Location: • at the ankle, in the large depression between the lateral malleolus and the achilles tendon, level with the high point of the malleolus

僕 参

BL-61

仆 参

186. **Pú Cān = Servant/Prostrate Homage**
Pú Shēn = Servant's ginseng [Root] (see next pt's name)

Categories: • pt of Yang Qiao Mai

Location: • on the lateral side of the heel,
2 cun inferior to BL-60
(2/3 down, at the skin change)

申 脈

BL-62

申 脉

187. **Shēn Mài = Extending Vessel**
9th Hour (i.e. BL) Vessel

Categories: • **Master pt:** Yang Qiao Mai (also 1st pt)
• (5th) **Ghost pt**

Location: • on the lateral side of the foot,
inferior to the malleolus
(inferior to the peroneal tendon)

金門

BL-63

金 门

188. **Jīn Mén = Metal Gate / Golden Gate**

Categories: • **Xi**/Cleft pt for BL
• pt of Yang Wei Mai (1st pt)

Location: • on the lateral side of the foot,
inferior to the cuboid bone

京 骨

BL-64

京 骨

189. **Jīng Gǔ = Capitol Bone**

Categories: • **Yuan**/Source pt

Location: • on the lateral edge of the foot,
(at, or near the skin change)
just **posterior** (i.e. proximal) to the
tuberosity of the 5th metatarsal

alt. Loc: • distal to the tuberosity (*not inferior to it*)

束 骨

BL-65

束 骨

190. **Shù Gǔ = Strap Bone**

Categories: • **Shu/Stream:** Wood = Dispersion pt

Location: • on the lateral edge of the foot,
just **proximal to the MP knuckle**

通 谷 足

BL-66

通 谷 足

191. **Tōng Gǔ (Zú) = Open Valley** (on the foot)
see Kd-20 Tong Gu Fu (on the abd)

Categories: • **Ying/Spring:** Water = Phase pt

Location: • on the lateral side of the little toe,
just **distal to the MP knuckle**

至 陰

BL-67

至 陰

192. **Zhì Yīn = Reach the Yin**
Arrive at Yin

Categories: • **Jing/Well:** Metal = Tonification pt
• **Exit pt:** to Kd-0 to Kd-1

Location: • the **lateral nail point** on the **little toe**

足少陰腎經

Zú Shǎo Yīn Shèn Jīng

VIII. *Leg Shao-Yin **Kidney** Channel*

entry-exit: BL-67 → **Kd-1** → **Kd-22** → *Pc-1*

mu: **GB-25** *shu:* **BL-23**

	<u>Kidney</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Water	BL (yang Water)
<i>division:</i>	foot Shao-Yin	Ht (hand Shao-Yin)
<i>time:</i>	5–7 pm	LI (5–7 am)

湧 泉

Kd-1

涌 泉

193 **Yǒng Quán = Gushing/Bubbling Spring**

Categories: • **Entry pt:** *from BL-67*
• **Jing/Well:** Wood = Dispersion pt
• **9N** (9 Needles to Rescue Yang)

Location: • on the bottom of the foot,
on the centerline medial to lateral;
in the depression
where the ball and the arch meet

然 谷

Kd-2

然 谷

194. **Rán Gǔ = Blazing Valley**
Rán Gǔ = Blazing/Burning Bones

Categories: • **Ying/Spring:** Fire pt
• pt of Yang Qiao Mai (1st pt)

Location: • on the medial aspect of the foot,
inferior to the tuberosity of the navicular

太 谿

Kd-3

太 溪

195. **Tài Xī = Stream-bed**

Categories:

- **Shu/Stream:** Earth pt = Control pt
- **Yuan/Source** pt
- **9N** (9 Needles to Rescue Yang)

Location:

- in the space between the medial malleolus and the anterior edge of the achilles.
(level with the malleolar prominence,
and posterior to the posterior tibial artery)

大 鐘

Kd-4

大 钟

196. **Dà Zhōng = Big Bell or Goblet**

Categories: • **Luo**/Connecting pt

Location: • in the angle formed by
the superior edge of the calcaneum &
the anterior edge of the achilles.
(slightly posterior & ~0.5 cun inferior to Kd-3)

水 泉

Kd-5

水 泉

197. **Shuǐ Quán = Water Spring**
Spring Water

Categories: • **Xi**/Cleft pt for Kd

Location: • in a depression on the medial calcaneum,
~**1 cun directly inferior** to Kd-3
(anterior and ~0.5 cun inferior to Kd-4)

照 海

Kd-6

照 海

198. **Zhào Hǎi = Shining/Illuminated Sea**

Categories: • **Master pt:** Yin Qiao Mai

Location: • on the inside of the foot,
inferior to the sustentaculum tali
~1 cun below the medial malleolus
alt loc. } • in a depression just inferior to the medial malleolus

復溜

Kd-7

复溜

199 **Fù Liū = Restore Flow**
Returning Current
(compare: LI-7 Wen Liū = Warm Flow/Current)

Categories: • **Jing/River:** Metal = Tonification pt

Location: • **2 cun superior** to the prominence of
the medial malleolus (Kd-3),
on the **anterior edge of the achilles**

交 信

Kd-8

交 信

200. **Jiāo Xìn = Promised Junction**
Faithful Cycle

Categories: • **Xi/cleft pt** for Yin Qiao Mai

Location: • **2 cun superior** to the prominence of
the medial malleolus (Kd-3),
on the **posterior edge of the tibia**

築賓

Kd-9

筑宾

201. **Zhù Bīn = Build for a Guest**
House a Guest

Categories: • **Xi/cleft pt** for Yin Wei Mai (also 1st pt)

Location: • in the soleus, **5 cun superior** to
the medial malleolus (Kd-3)
(just inferior to the medial head of the gastrocnemius)

陰 谷

Kd-10

陰 谷

202. **Yīn Gǔ = Yin Valley**

Categories: • **He/Sea:** Water = Phase pt

Location: • on the posterior-medial aspect of the knee,
between the tendons of the
semi-membranosus & semi-tendinosus

橫 骨

Kd-11

橫 骨

203. **Héng Gǔ = Horizontal Bone**

Categories: • pt of Chong Mai

Location: • immediately superior to the pubic crest
0.5 – 1 cun lateral to the midline
(5 cun below the umbilicus)
(level with CV-2)

大 赫

Kd-12

大 赫

204. **Dà Hè = Big Red**

Categories: • pt of Chong Mai

Location: • **1 cun superior** to the pubic crest,
0.5 – 1 cun lateral to the midline
(4 cun below the umbilicus)
(level with CV-3)

氣 穴

Kd-13

气 穴

205. **Qì Xué = Qi Cave – Vital Energy Point**

Categories: • pt of Chong Mai

Location: • **2 cun superior** to the pubic crest,
0.5 – 1 cun lateral to the midline
(3 cun below the umbilicus)
(level with CV-4)

四 滿

Kd-14

四 滿

206. **Sì Mǎn = Fourway** (all around) **Fullness**

Categories: • pt of Chong Mai

Location: • **3 cun superior** to the pubic crest,
0.5 – 1 cun lateral to the midline
(2 cun below the umbilicus)
(level with CV-5)

中 注

Kd-15

中 注

207. **Zhōng Zhù = Central Flow**

Categories: • pt of Chong Mai

Location: • **4 cun superior** to the pubic crest,
0.5 – 1 cun lateral to the midline
(1 cun below the umbilicus)
(level with CV-7)

育 俞

Kd-16

育 俞

208. **Huāng Shū = Membrane Shu**
Umbilical Shu

Categories: • pt of Chong Mai

Location: • level with the center of the umbilicus,
0.5 – 1 cun lateral to the midline
(just lateral to the perimeter of the umbilicus)
(level with CV-8)

商 曲

Kd-17

商 曲

209. **Shāng Qū = Metal(Note) Bend**

Categories: • pt of Chong Mai

Location: • **2 cun superior** to the umbilicus,
0.5 – 1 cun lateral to the midline
(level with CV-10)

石 關

Kd-18

石 关

210. **Shí Guān = Stone Gateway**
Fertility Gateway

Categories: • pt of Chong Mai

Location: • **3 cun superior** to the umbilicus,
0.5 – 1 cun lateral to the midline
(level with CV-11)

陰 都

Kd-19

陰 都

211. **Yīn Dū = Yin City / Yin Metropolis**

Categories: • pt of Chong Mai

Location: • **4 cun superior** to the umbilicus,
0.5 – 1 cun lateral to the midline
(level with CV-12)

通 谷 腹

Kd-20

通 谷 腹

212. **Tōng Gǔ (Fù) = Open Valley (on abd)**
see BL-66 Tong Gu Zu (on the foot)

Categories: • pt of Chong Mai

Location: • **5 cun superior** to the umbilicus,
0.75 cun lateral to the midline
(level with CV-13)

幽門

Kd-21

幽 門

213. **Yōu Mén = Secluded Gate**
Secret Gate (pylorus)

Categories: • pt of Chong Mai

Location: • **6 cun superior** to the umbilicus,
0.5 – 1 cun lateral to the midline
(level with CV-14)

步 廊

Kd-22

步 廊

214. **Bù Láng = Step onto the Chest**

Categories: • **Exit:** *to Pc-1*

Location: • in the **5th intercostal space**,
2 cun lateral to the midline
(level with CV-16)

神 封

Kd-23

神 封

215. **Shén Fēng = Spirit Enclosed**
Encase/Enclose the Spirit

Categories: Ø

Location: • in the **4th intercostal space**,
2 cun lateral to the midline
(level with CV-17)

靈 墟

Kd-24

灵 墟

216. **Líng Xū = Spirit Wasteland**
Spirit in Ruins

Categories: Ø

Location: • in the **3rd intercostal space**,
2 cun lateral to the midline
(level with CV-18)

神 藏

Kd-25

神 藏

217. **Shén Cáng = Spirit Storehouse**
Spirit Concealed

Categories: • second Ht mu pt

Location: • in the **2nd intercostal space**,
2 cun lateral to the midline
(level with CV-19)

彳 中

Kd-26

彳 中

218. **Yù Zhōng = Unfetter the Center (Chest)**

Categories: Ø

Location: • in the **1st intercostal space**,
2 cun lateral to the midline
(level with CV-20)

俞 府

Kd-27

俞 府

219. **Shū Fǔ = Shu-Pt Official**
Shu-Pt Mansion

Categories: ∅

Location: • immediately **inferior to the clavicle**,
in the depression slightly lateral to the sternal head
2 cun lateral to the midline
(~ level with CV-21)

手厥陰心包經

Shǒu Jué Yīn Xīn Bāo Jīng

IX. *Arm Jue-Yin* **Pericardium** *Channel*

entry-exit: *Kd-22* → **Pc-1** → **Pc-8** → *TB-1*

mu: **CV-17**

shu: **BL-14**

	<u>Pericardium</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Ministerial Fire (yin xiang huo)	TB (yang M. Fire)
<i>division:</i>	hand Jue-Yin	Lr (foot Jue-Yin)
<i>time:</i>	7–9 pm	ST (7–9 am)

天 池

Pc-1

天 池

220. **Tiān Chí = Celestial Pond/Pool/Moat**

Categories: • **Entry pt:** *from Kd-22*
• **Celestial Window**

Location: • on the chest,
1 cun supra-lateral to the areola
(~5 cun lateral to the midline)
at the level of the 4th ICS

天 泉

Pc-2

天 泉

221. **Tiān Quán = Celestial Spring**

Categories: • alt. Celestial Window

Location: • on the upper arm,
2 cun below the axillary fold,
between the two bellies of the biceps

曲 澤

Pc-3

曲 泽

222. **Qū Zé = Marsh at the Crook**

Categories: • **He/sea:** Water pt = Control pt

Location: • at the **cubital fold**,
on the ulnar side of the biceps tendon

隙 門

Pc-4

隙 門

223. **Xī Mén = Cleft Gate**

Categories: • Xi/cleft pt

Location: • palmar forearm,
5 cun proximal to the wrist,
on the ulnar side of the flexor carpi radialis tendon

間 使

Pc-5

間 使

224. **Jiān Shī = Send/Go Between**

Categories: • **Jing/River:** Metal pt
• Group Luo (Lu, Pc, Ht)

Location: • palmar forearm,
3 cun proximal to the wrist,
on the ulnar side of the flexor carpi radialis tendon

內 關

Pc-6

內 关

225. **Nèi Guān = Inner Gateway**
(compare: TB-5 Wai Guan = Outer Gateway)

Categories: • **Luo**/connecting pt
• **Ruler:** Chest & Diaphragm
• **Master pt:** Yin Wei Mai

Location: • palmar forearm,
2 cun proximal to the wrist,
on the ulnar side of the flexor carpi radialis tendon

大陵

Pc-7

大陵

226. **Dà Líng = Big Mound**

Categories: • **Shu/Stream:** Earth = Dispersion pt
• **Yuan/source pt**
• (4th) **Ghost pt**

Location: • palmar forearm,
at the center of the **wrist fold**,
on the ulnar side of the flexor carpi radialis tendon

勞 宮

Pc-8

勞 宮

227. **Láo Gōng = Laborer's Palace**

Categories: • **Ying/Spring:** Fire = Phase pt
• **Exit pt:** to TB-1
• **9N** (9 Needles to Rescue Yang)
• (9th) **Ghost pt**

Location: • on the **palm**, between the 2nd & 3rd metacarpals, proximal to their heads

中 衝

Pc-9

中 冲

228. **Zhōng Chōng = Middle Thoroughfare**
Middle Finger Thoroughfare
(compare: Ht-9 Shao Chong = Little Finger Thoroughfare)

Categories: • **Jing/Well:** Wood = Tonification pt

Location: • the **nail point** on the radial side of the
middle finger

Alt Loc } • *at the center of the tip of the middle finger*

手少陽三焦經

Shǒu Shǎo Yáng Sān Jiāo Jīng

x. *Arm Lesser-Yang* ***Triple Burner*** *Channel*

entry-exit: *Pc-8* → **TB-1** → **TB-23** → *GB-1*

mu: **CV-5** *shu:* **BL-22** *xia-he:* **BL-53/39**

	<u><i>Triple Burner</i></u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Ministerial Fire (yang xiang huo)	Pc (yin M. Fire)
<i>division:</i>	hand Shao-Yang	GB (foot Shao-Yang)
<i>time:</i>	9–11 pm	Sp (9–11 am)

關 衝

TB-1

关 冲

229. **Guān Chōng = Gateway Thoroughfare**

Categories: • **Entry pt:** *from Pc-8*
• **Jing/Well:** Metal pt

Location: • the **ulnar nail pt** on the **ring finger**

液 門

TB-2

液 門

230. **Yè Mén = (Yin) Fluid(s) Gate**

Categories: • **Ying/Spring:** Water pt = Control pt

Location: • dorsal hand, between the 4th & 5th fingers,
0.5 cun proximal to the web margin
(distal to the MP joints)

中 渚

TB-3

中 渚

231. **Zhōng Zhǔ = Middle Isle/Islet**

Categories: • **Shu/Stream:** Wood = Tonification pt

Location: • dorsal hand, proximal to the knuckles
between the 4th & 5th metacarpals,
proximal to their heads

陽 池

TB-4

阳 池

232. **Yáng Chí = Yang Pond/Pool/Moat**

Categories: • **Yuan**/source pt

Location: • dorsal **wrist**,
between the extensor digitorum and
extensor digiti minimi tendons

外 關

TB-5

外 关

233. **Wài Guān = Outer Gateway**
(compare: Pc-6 Nei Guan = Inner Gateway)

Categories: • **Luo**/connecting pt
• **Master Pt:** Yang Wei Mai

Location: • dorsal arm, betw the radius & ulna,
2 cun proximal to the wrist, side
on the radial of the ext. digitorum

支 溝

TB-6

支 沟

234. **Zhī Gōu = Branch in the Groove**

Categories: • **Jing/River:** Fire = Phase pt

Location: • dorsal arm, betw the radius & ulna,
3 cun proximal to the wrist,
on the radial side of the ext. digitorum

會 宗

TB-7

会 宗

235. **Huì Zōng = Gathering of Ancestors**

Categories: • **Xi**/cleft pt

Location: • dorsal arm, betw the radius & ulna,
3 cun proximal to the wrist,
radial side of the ulna (proximal to SI-6)

三陽絡

TB-8

三阳络

236. **Sān Yáng Luò = 3 Yang Connect**
(compare: Sp-6 San Yin Jiao = 3 Yin Crossing)

Categories: • **Group Luo** (LI, TB, SI)

Location: • dorsal forearm,
between the radius & ulna,
4 cun proximal to the wrist

四 瀆

TB-9

四 渎

237. **Sì Dú = Four Rivers (Four Annoyances)**

Categories: Ø

Location: • dorsal arm, between the radius & ulna,
5 cun distal to TB-10

天 井

TB-10

天 井

238. **Tiān Jǐng = Celestial Well**

Categories: • **He/Sea:** Earth = Dispersion pt

Location: • in the olecranon fossa,
1 cun proximal to the olecranon tip

清 冷 淵

TB-11

清 冷 淵

239. **Qīng Lěng Yuān = Clear, Cold, Abyss**
(deep source of water)

Categories: Ø

Location: • in the olecranon fossa,
2 cun proximal to the olecranon tip

消 樂

TB-12

消 冻

240. **Xiāo Luò = Disperse the River/Channel**

Categories: ∅

Location: • on the posterior upper arm,
midway betw TB-11 & TB-13
(level with the high point of the bulge
of the lateral head of the triceps)

會 嚳

TB-13

會 嚳

241. **Nào Hùi = Upper-Arm Meeting**

Categories: Ø

Location: • posterior arm, between the
lateral and long heads of the triceps,
at the edge of the posterior deltoid

肩 髌

TB-14

肩 髌

242. **Jiān Liáo = Shoulder Bone-hole**

Categories: Ø

Location: • lateral shoulder,
inferior to the **acromion**,
posterior end of the bone
(the posterior depression when the arm is abducted)

天 膠

TB-15

天 膠

243. **Tiān Liáo = Celestial Bone Hole**

Categories: • pt of Yang Wei Mai

Location: • at the **superior angle of the scapula**,
midway betw SI-13 & GB-21

天 牖

TB-16

天 牖

244. **Tiān Yǒu = Celestial Window**

Categories: • **Celestial Window**

Location: • on the **posterior edge** of the SCM,
level with the **angle of the mandible**

翳風

TB-17

翳 风

245. **Yì Fēng = Screen the Wind**

Categories: • Jct pt: TB & GB

Location: • lift the **earlobe**, betw the ramus of the mandible and the mastoid process

瘕 脈

TB-18

瘕 脉

246. **Chì Mài = Spasm Vein/Vessel**

Categories: Ø

Location: • behind the ear, **1/3** of the arc distance
between lobe and apex (TB-17 & TB-20)

顱息

TB-19

顱息

247. **Lú Xī = Skull Resting / Skull Breathing**

Categories: Ø

Location: • behind the ear, **2/3** of the arc distance
between lobe and apex (TB-17 & TB-20)

角 孫

TB-20

角 孫

248. **Jiǎo Sūn = Horns of a Child**

Categories: • Jct pt: TB & GB

Location: • on the side of the head, immediately
superior to the apex of the ear

耳門

TB-21

耳 門

249. Ěr Mén = Ear Gate

Categories: Ø

Location: • anterior to the ear,
level with the **supra-tragic notch**

和 膠

TB-22

和 膠

250. **Hé Liáo = Harmony Hole**

Categories: Ø

Location: • at the pre-auricular hairline,
level with the superior attachment
of the ear

絲竹空

TB-23

丝竹空

251. **Sī Zhú Kōng = Silk Bamboo Hollow**

Categories: • **Exit pt:** to GB-1

Location: • at the lateral end of the eyebrow
(on the edge of the fronto-zygomatic bone)

足少陽膽經

Zú Shǎo Yáng Dǎn Jīng

XI. *Leg Lesser-Yang Gall Bladder Channel*

entry-exit: TB-23 → **GB-1** → **GB-41** → *Lr-1*

mu: **GB-24** *shu:* **BL-19** *xia-he:* **GB-34**

	<u>Gall Bladder</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Wood	Lr (yin Wood)
<i>division:</i>	foot Shao-Yang	TB (hand Shao-Yang)
<i>time:</i>	11 pm – 1 am	Ht (11 am–1 pm)

瞳子膠

GB-1

瞳子膠

252. **Tóng-Zǐ Liáo = Pupil Bone-Hole**

Categories: • **Entry pt:** *from TB-23*

Location: • at the temple, **level with & lateral to**
the **outer canthus** of the eye.
(edge of the frontal extension of the zygomatic)

聽 會

GB-2

听 会

253. **Tīng Huì = Auditory Confluence**

Categories: Ø

Location: • anterior to the ear, **level with
the bottom of the infra-tragic notch**

上 關

GB-3

上 关

254. **Shàng Guān = Above the Hinge/Joint**
(see ST-7 Xia Guan)

Categories: Ø

Location: • on the side of the face,
above the zygomatic arch,
superior to the mandibular notch (ST-7)

頷 厭

GB-4

頷 厭

255. **Hàn Yàn** = Chin Fed-Up / **Jaw Shut/Set**
Temporal Fullness

Categories: Ø

Location: • side of the head, within the temporal hairline,
1/4 of the distance from ST-8 to GB-7
(midway betw ST-8 and GB-5)

懸 顱

GB-5

悬 颅

256. **Xuán Lú = Hanging Head**
Swaying Skull (dizziness)

Categories: Ø

Location: • side of the head, within the temporal hairline,
1/2 of the distance from ST-8 to GB-7

懸 釐

GB-6

懸 厘

257. **Xuán Lí = Hanging a Little** (bit lower)
(than GB-5)

Categories: Ø

Location: • side of the head, within the temporal hairline,
3/4 of the distance from ST-8 to GB-7
(midway betw GB-5 and GB-7)

曲 鬢

GB-7

曲 鬢

258. **Qū Bìn = Crook/Curve of the
Temporal Hairline**

Categories: Ø

Location: • side of the head, within the temporal hairline,
on the pre-auricular vertical line,
level with the apex of the ear.
(~ 1 cun anterior to TB-20)

率 谷

GB-8

率 谷

259. **Shuài Gǔ = Commander of the Valley**

Categories: Ø

Location: • on the side of the head, above the ear
1.5 cun superior to (1/2 an ear height)
the apex of the ear.
(~ 1.5 cun superior to TB-20)

天 衝

GB-9

天 冲

260. **Tiān Chōng = Celestial Thoroughfare**
Tiān Chōng = Celestial Surge/Pulse

Categories: • *probable additional Celestial Window pt*

Location: • on the side of the head, above the ear
0.5 cun posterior to GB-8

浮 白

GB-10

浮 白

261. **Fú Bái = Floating White**

Categories: Ø

Location: • on the side of the head, behind the ear
1/3 of the arc distance from GB-9 to GB-12

頭 竅 陰

GB-11

头 窍 阴

262. **Tóu Qiào Yīn = Head: Yin Portals**
(see GB 44 Zu Qiao Yin)

Categories: Ø

Location: • on the side of the head, behind the ear
2/3 of the arc distance from GB-9 to GB-12

完 骨

GB-12

完 骨

263. **Wán Gǔ = End of the Bone**
(compare SI-4 Wán Gu)

Categories: Ø

Location: • on the side of the head, behind the ear
at the **tip of the mastoid process**,
in the SCM.

本 神

GB-13

本 神

264. **Běn Shén = Root of the Spirit**
Root the Spirit

Categories: • pt of Yang Wei Mai

Location: • 0.5 cun within the anterior hairline,
1/3 of the distance from ST-8 to GV-24
[extend a line up from the outer canthus]

陽 白

GB-14

阳 白

265. **Yáng Bái = Yang & White**
Clear the Yang

Categories: • pt of Yang Wei Mai

Location: • on the forehead,
1 cun superior to the eyebrow,
on the pupil line.

頭臨泣

GB-15

头临泣

266. **Tóu Lín Qì = Head: Overlook Tears**
(see GB-41 Zu Lin Qi)

Categories: • pt of Yang Wei Mai

Location: • on the top of the head, 2.25 cun lat. to GV,
(extend a line up from the pupil & GB-14
1/2 the distance betw ST-8 and GV-24)
0.5 cun within the anterior hairline.

目 窗

GB-16

目 窗

267. **Mù Chuāng = Eye Window**

Categories: • pt of Yang Wei Mai

Location: • on the top of the head, 2.25 cun lat. to GV,
new: **1.5 cun within** the anterior hairline,
or 1.0 cun behind GB-15.
old: **2.0 cun within** the anterior hairline,
or 1.5 cun behind GB-15. (level w/ GV-22)

正營

GB-17

正營

268. **Zhèng Yíng = Upright & Nourishing**
Correct the Ying

Categories: • pt of Yang Wei Mai

Location: • on the top of the head, 2.25 cun lat. to GV,
new: **2.5 cun within** the anterior hairline,
or 1.0 cun behind GB-16. (level w/ BL-6)
old: **3.5 cun within** the anterior hairline,
or 1.5 cun behind GB-16. (level w/ GV-21)

承 靈

GB-18

承 灵

269. **Chéng Líng = For Spirit**

Categories: • pt of Yang Wei Mai

Location: • on the top of the head, 2.25 cun lat. to GV,
new: **4.0 cun within** the anterior hairline,
or 1.5 cun behind GB-17. (level w/ BL-7)
old: **5.0 cun within** the anterior hairline,
or 1.5 cun behind GB-17. (level w/ GV-20)

腦 空

GB-19

脑 空

270. **Nǎo Kōng = Brain Hollow**

Categories: • pt of Yang Wei Mai

Location: • on the back of the head, 2.25 cun lat. to GV,
in the depression **~level with the EOP,**
superior to GB-20. (level w/ GV-17)

風 池

GB-20

风 池

271. **Fēng Chí = Wind Pool/Pond**

Categories: • pt of Yang Wei Mai
• pt of Yang Qiao Mai

Location: • immediately **inferior to the occiput**,
in the large depression betw the SCM
and the trapezius muscles. (level w/ GV-16)

肩 井

GB-21

肩 井

272. **Jiān Jīng = Shoulder Well**

Categories: • pt of Yang Wei Mai

Cx: • *pregnancy*

Location: • on the crest of the trapezius, midway betw
C7 and the acromial end of the clavicle

variation: as above, but use the lateral edge of the acromion

淵 腋

GB-22

淵 腋

273. **Yuān Yè = Abyss** of the **Axilla**
Armpit Abyss (Bottom of the Axilla)

Categories: ∅

Location: • inferior to the armpit,
on the mid-axillary line,
in the **4th or 5th intercostal space**

輓 筋

GB-23

輓 筋

274. **Zhé Jīn = Rut Sinews** (sinews in the rut)
Intercostals

Categories: Ø

Location: • inferior to the armpit,
1 cun anterior & inferior to GB-22,
in the 4th or 5th interspace.

日 月

GB-24

日 月

275. **Rì Yuè = Sun & Moon**

Categories: • **Mu pt:** GB

Location: • on the lower chest, in the
7th intercostal space, as close to the mid-clavicular line as possible.

京門

GB-25

京 门

276. **Jīng Mén = Capitol Gate**

Categories: • **Mu** pt: Kd

Location: • on the back,
at, or inferior to the **tip of the 12th rib**
(~ 3.5 cun lateral to the midline)

帶 脈

GB-26

帶 脉

277. **Dài Mài = Belt Vessel**
Girdling Vessel

Categories: • pt of Dai Mai

Location: • on the side, inferior to
the **tip of the 11th rib** (Lr-13)
on the **trans-umbilical plane**

五 樞

GB-27

五 樞

278. **Wǔ Shū = Five Pivots, Fifth Axis**

Categories: • pt of Dai Mai

Location: • on the lower abdomen,
just **medial to the ASIS**.
(superior/medial to the inguinal ligament)
(~ 3 cun below the umbilical plane, level w/ CV-4)

維 道

GB-28

维 道

279. **Wéi Dào = Linking Path**

Categories: • pt of Dai Mai

Location: • on the lower abdomen,
0.5 cun inferior and slightly medial to **GB-27**,
(level with the inferior border of the ASIS)

居 髹

GB-29

居 髹

280. **Jū Liáo = Squatting Crease**
(compare ST-3 Ju Liao)

Categories: • pt of Yang Qiao Mai

Location: • at the lateral hip,
in the TFL (tensor fascia lata muscle),
midway betw the ASIS and the
greater trochanter

環 跳

GB-30

环 跳

281. **Huán Tiào = Jump/Leap Circle/Ring**
(Gluteal hollow Circle)

Categories: • **9N** (9 Needles to Rescue Yang)

Location: • in the gluteal hollow,
1/3 of the distance from the greater
trochanter to the sacral hiatus

風 市

GB-31

风 市

282. **Fēng Shì = Wind Market**

(see also ST-33 Yin Shi)

Categories: Ø

Location: • on the lateral thigh,
new: **10 cun superior** to the popliteal crease,
on the **posterior** edge of the ITT.
old: 7 cun superior to the popliteal crease,
on the **anterior** edge of the ITT.

中 瀆

GB-32

中 渎

283. **Zhōng Dú = Middle River**
(compare Lr-6 Zhong Du)

Categories: Ø

Location: • on the lateral thigh,
new: **7 cun superior** to the popliteal crease,
on the **posterior** edge of the ITT
old: 5 cun superior to the popliteal crease,
on the **anterior** edge of the ITT

膝陽關

GB-33

膝陽關

284. **Xī Yáng Guān = Knee Yang Gateway**
(see also Lr-7 Xi Guan)

Categories: Ø

Location: • *when the knee is bent 90°:* posterior to the lateral condyle of the femur, in the large depression betw the biceps femoris tendon and the IT band.

陽 陵 泉

GB-34

阳 陵 泉

285. **Yáng Líng Quán = Yang Mound Spring**
(see also Sp-9 Yin Ling Quan)

Categories: • **He/Sea:** Earth pt
• **Lower Uniting pt:** GB
• **Influential pt:** for Sinews (connective tissue)

Location: • anterior and inferior to
the **head of the fibula**
(on the anterior edge of the peroneus longus)

陽 交

GB-35

阳 交

286. **Yáng Jiāo = Yang Junction**

Categories: • **Xi/Cleft pt** for Yang Wei Mai
• pt of Yang Wei Mai

Location: • on the lateral leg,
7 cun superior to the lateral malleolus,
posterior to the fibula
(level w/ ST-39 & BL-58)

外 丘

GB-36

外 丘

287. **Wài Qiū = Outer/Lateral Hill**
(compare: ST-26 = Wai Ling = Outside the Tomb/Mound)

Categories: • **Xi/Cleft pt:** for GB

Location: • on the lateral leg,
7 cun superior to the lateral malleolus,
anterior to the fibula

光 明

GB-37

光 明

288. **Guāng Míng = Bright Light**

Categories: • **Luo**/Connecting pt

Location: • on the lateral leg,
5 cun superior to the lateral malleolus,
anterior to the fibula

陽 輔

GB-38

阳 辅

289. **Yáng Fǔ = Yang (Lateral) Assistant**

(contrast: BL-59 Fú¹ Yang = Tarsal Yang/Lateral)

Categories: • **Jing/River:** Fire = Dispersion pt

Location: • on the lateral leg,
4 cun superior to the lateral malleolus,
anterior to the fibula (1/4 of the distance)

懸 鐘

GB-39

悬 钟

290. **Xuán Zhōng = Hanging Bell**
Jué Gǔ = Disappearing Bone

Categories: • **Group Luo:** 3 leg Yang
• **Influential pt:** for Marrow

Location: • on the lateral leg,
3 cun superior to the lateral malleolus,
anterior or posterior to the fibula.
(post. is betw. the fibula & the peroneal tendons,
anterior to BL-59)

丘墟

GB-40

丘墟

291. **Qiū Xū = Hill Ruins**

Categories: • **Yuan**/Source pt

Location: • at the ankle, in the large depression,
anterior and inferior to the lateral
malleolus (the sinus tarsii),
lateral to the extensor digitorum tendon

足 臨 泣

GB-41

足 临 泣

292. **Zú Lín Qì = Foot: Overlook Tears**
(see GB-15 Tou Lin Qi)

Categories: • **Shu/Stream:** Wood = Phase pt
• **Exit pt:** to Lr-1
• **Master pt:** for Dai Mai

Location: • on the foot,
betw the 4th and 5th metatarsals,
distal to their bases, but **proximal** to the
extensor digiti-minimi tendon

地 五 會

GB-42

地 五 會

293. **Dì Wǔ Huì = Earth Five Converge**

Categories: ∅

Location: • on the foot,
 betw the 4th and 5th metatarsals,
 proximal to their heads, but **distal**
 to the extensor digiti-minimi tendon

俠 谿

GB-43

俠 溪

294. **Xiá Xī = Gallant/Heroic Stream-bed**
Jiā Xī = Pinched (Narrow) Stream-bed

Categories: • **Ying/Spring:** Water = Tonification pt

Location: • **between the 4th and 5th toes,**
proximal to the web margin, but
distal to the MP joint.

足 竅 陰

GB-44

足 竈 陰

295. **Zú Qiào Yīn = Foot: Yin Portals**
(see GB-11 Tou Qiao Yin)

Categories: • **Jing/Well:** Metal pt = Control pt

Location: • the **lateral nail point** on the **4th toe**

足厥陰肝經

Zú Jué Yīn Gān Jīng

XII.

Leg Jue-Yin

Liver

Channel

entry-exit:

GB-41 → Lr-1 → Lr-14 → Lu-1

mu: Lr-14

shu: BL-18

	<u>Liver</u>	<u>paired channels</u>
phase:	yin Wood	GB (yang Wood)
division:	foot Jue-Yin	Pc (hand Jue-Yin)
time:	1–3 am	SI (1–3 pm)

大 敦

Lr-1

大 敦

296. **Dà Dūn = Big & Important**
(Big & Thick)

Categories: • **Entry pt:** *from* GB-41
• **Jing/Well:** Wood = Phase pt

Location: • The **lateral nail point** on the **big toe**
alt. Loc: • between the nail and the knuckle

行 間

Lr-2

行 間

297. **Xíng Jiān = Move/Step Between**

Categories: • **Ying/Spring:** Fire = Dispersion pt

Location: • **between the 1st & 2nd toes**
(midway between the web margin and
the prominence of the knuckle)

太 衝

Lr-3

太 冲

298. **Tài Chōng = Great Thoroughfare**
Great Surge/Pulse

Categories: • **Shu/Stream:** Earth pt
• **Yuan/Source** pt

Location: • **between the 1st & 2nd metatarsals,**
~ midway between their heads & bases

中 封

Lr-4

中 封

299. **Zhōng Fēng = Sealed in the Middle**

Categories: • **Jing/River:** Metal pt = Control pt

Location: • at the ankle,
medial to the tibialis anterior tendon
(level with the high point of the medial malleolus)

蠡 溝

Lr-5

蠡 沟

300. **Lǐ Gōu = Woodworm Groove**
Gourd Groove

Categories: • **Luo**/Connecting pt

Location: • on the leg, **5 cun proximal** to
the medial malleolus, in a small groove
in the middle of the shaft of the tibia

中 都

Lr-6

中 都

301. **Zhōng Dū = Central City**

Categories: • **Xi**/Cleft pt

Location: • on the leg, **7 cun proximal** to the medial malleolus, in a small depression in the middle of the shaft of the tibia

膝 關

Lr-7

膝 关

302. **Xī Guān = Knee Gateway**
(see also GB-33 Xi Yang Guan)

Categories: Ø

Location: • on the leg, just below the knee,
inferior to the medial condyle of the tibia
1 cun posterior to Sp-9,
in the medial head of the gastroc.

曲 泉

Lr-8

曲 泉

303. **Qū Quán = Crook Spring**
Spring at the Bend (of the knee)

Categories: • **He/Sea:** Water = Tonification pt

Location: • on the medial aspect of the knee, at the end of the crease formed when the leg is fully flexed. (betw the tendons of the sartorius/gracilis and semimembranosus) (anterior to Kd-10)

陰 包

Lr-9

阴 包

304. **Yīn Bāo = Yin Wrapping**

Categories: Ø

Location: • on the thigh, **4 cun proximal** to
the medial epicondyle of the femur

足 五 里

Lr-10

足 五 里

305. **Zú Wǔ Lǐ = Leg/Foot Five Li**
(see LI-13 Shou Wu Li)

Categories: Ø

Location: • on the thigh, in the femoral triangle,
3 cun inferior to the tubercle
of the pubis (ST-30)
on the anterior edge of the adductor longus

陰 廉

Lr-11

陰 廉

306. **Yīn Lián = Yin Triangle**

Categories: Ø

Location: • on the thigh, in the femoral triangle,
2 cun inferior to the tubercle
of the pubis (ST-30)
on the anterior edge of the adductor longus

急 脈

Lr-12

急 脉

307. **Jí Mài = Urgent Pulse/Vessel**

Categories: Ø

Location: • in the groin, **2.5 cun lateral** to the midline,
just lateral & inferior to
the pubic tubercle (ST-30)
(inferior to the inguinal ligament, and
medial to the femoral artery)

章門

Lr-13

章 门

308. **Zhāng Mén = Section/Barricade Gate**
Short Cycle Gate

Categories: • **Influential pt:** for the Zang (organs)
• **Spleen Mu pt**
• pt of Dai Mai

Location: • on the side, at, or just inferior to
the **tip of the 11th rib**
(~ the mid-axillary line,
usually slightly above the umbilical plane)

期門

Lr-14

期 門

309. **Qī Mén = Gate at Cycle's End**
Long Cycle Gate / Hope Gate

Categories: • **Exit pt:** to *Lu-l*
• **Liver Mu pt**
• pt of Yin Wei Mai

Location: • on the chest, mid clavicular line,
in the **6th intercostal space**
(~ level w/ the tip of the xiphoid process or CV-14)

督 脈

Dū Mài

paired vessels

structural: Ren mai = Conception vessel (CV)

functional: Yang Qiao mai = yang Heel/motility vessel

luo pt: **GV-1**

master pt: **SI-3**

coupled pt: **BL-62**

長 強

GV-1

长 强

310. **Cháng Qiáng = Long & Strong**

Categories: • **Luo pt**

Location: • posterior midline, midway between
the **tip of the coccyx** and the anus

腰 俞

GV-2

腰 俞

311. **Yāo Shū = Lumbar Shu**

Categories: Ø

Location: • posterior midline,
at the **sacral hiatus** ~S4

腰陽關

GV-3

腰陽關

312. **Yāo Yáng Guān = Lumbar Yang Gateway**

Categories: ∅

Location: • inferior to the spinous process of **L4**

命門

GV-4

命門

313. **Mìng Mén = Life Gate**
Destiny/Fate Gate

Categories: Ø

Location: • inferior to the spinous process of **L2**

懸 樞

GV-5

悬 枢

314. **Xuán Shū = Hanging Pivot/Axis**

Categories: Ø

Location: • inferior to the spinous process of **L₁**

脊 中

GV-6

脊 中

315. **Jǐ Zhōng = Spine Center**
(compare CV-3 Zhong Ji)

Categories: ∅

Location: • inferior to the spinous process of **T₁₁**

中 樞

GV-7

中 樞

316. **Zhōng Shū = Central Pivot/Axis**

Categories: ∅

Location: • inferior to the spinous process of **T₁₀**

筋 縮

GV-8

筋 縮

317. **Jīn Suō = Sinew's Contract/Shrink**

Categories: ∅

Location: • inferior to the spinous process of **T₉**

至陽

GV-9

至陽

318. **Zhì Yáng = Reach the Yang**
Arrive at Yang

Categories: Ø

Location: • inferior to the spinous process of **T7**

靈 台

GV-10

灵 台

319. **Líng Tái = (Yin) Spirit Tower**

Categories: Ø

Location: • inferior to the spinous process of **T₆**

神 道

GV-11

神 道

320. **Shén Dào = (Yang) Spirit Pathway**

Categories: Ø

Location: • inferior to the spinous process of **T5**

身 柱

GV-12

身 柱

321. **Shēn Zhù = Body Pillar**

Categories: Ø

Location: • inferior to the spinous process of **T₃**

陶 道

GV-13

陶 道

322. **Táo Đào = Kiln Pathway**

Categories: Ø

Location: • inferior to the spinous process of **T₁**

大 椎

GV-14

大 椎

323. **Dà Zhuī = Big Vertebra**

Categories: • **Jct pt:** (all yang channels)

Location: • inferior to the spinous process of **C7**

啞 門

GV-15

哑 门

324. **Yǎ Mén = Mute Gate**

Categories: • **9N** (9 Needles to Rescue Yang)
• pt of Yang Wei Mai

Location: • posterior midline,
0.5 cun superior to the posterior hairline,
(immediately above the **C₂** spinous process)
(0.5 cun inferior to GV-16)

風 府

GV-16

风 府

325. **Fēng Fǔ = Wind Official/Repository/Mansion**

Categories: • **Celestial Window pt**
• **Sea of Marrow pt** (w/ GV-20)
• **(6th) Ghost pt**
• pt of Yang Wei Mai

Location: • posterior midline,
1 cun superior to the posterior hairline,
immediately inferior to the occiput

腦 戶

GV-17

腦 戶

326. **Nǎo Hù = Brain Door**
(Doorway to the Brain)

Categories: Ø

Location: • the back of the head, posterior midline,
2.5 cun superior to the posterior hairline,
immediately above the EOP

強 間

GV-18

强 间

327. **Qiáng Jiān = Strong-Firm Space**
(posterior fontanel)

Categories: Ø

Location: • the back of the head, posterior midline,
4 cun superior to the posterior hairline
(1.5 cun above GV-17)

後 頂

GV-19

后 顶

328. **Hòu Dǐng = Behind the Vertex**
Posterior Vertex

Categories: Ø

Location: • the back of the head, posterior midline,
5.5 cun superior to the posterior hairline
(1.5 cun superior to GV-18)
(1.5 cun inferior to GV-20)

百 會

GV-20

百 会

329. **Bǎi Huì = 100 Meet/Converge**

Categories: • major **Jct pt:** (BL, TB, GB, Lr)
• **Sea of Marrow pt** (w/ GV-16)

Location: • the top of the head, mid sagittal line,
5 cun behind the anterior hairline
(7 cun superior to the posterior hairline)
(1.5 cun superior to GV-19)

前 頂

GV-21

前 頂

330. **Qián Dīng = Before the Vertex**
Anterior Vertex

Categories: Ø

Location: • the top of the head, mid sagittal line,
3.5 cun behind the anterior hairline
(1.5 cun anterior to GV-20)

會 函

GV-22

會 函

331. **Xin Hui = Skull Convergence**
Skull-Bones Meet (anterior fontanel)

Categories: Ø

Location: • the top of the head, mid sagittal line,
2 cun behind the anterior hairline
(1.5 cun anterior to GV-21)

上 星

GV-23

上 星

332. **Shàng Xīng = Upper Star**

Categories: • (10th) **Ghost pt**

Location: • the top of the head, mid sagittal line,
1.0 cun behind the anterior hairline
(1 cun anterior to GV-22)

神 庭

GV-24

神 庭

333. **Shén Tíng = Spirit Courtyard**

Categories: Ø

Location: • the top of the head, mid sagittal line,
0.5 cun behind the anterior hairline
(0.5 cun anterior to GV-23)

素 膠

GV-25

素 膠

334. **Sù Liáo = Plain(white) Bone-Hole**

Categories: Ø

Location: • at the center of the **tip of the nose**

人中

GV-26

水沟

335. **Rén Zhōng = Human Center**
Shuǐ Gōu = Water Trough

Categories: • (1st) **Ghost pt**

Location: • in the **philtrum**, 1/3 of the distance
betw the base of the nose and the upper lip

兌 端

GV-27

兌 端

336. **Duì Duān = Mouth End**

Categories: Ø

Location: • in the philtrum, at the
junction with the upper lip
(jct of the red & white skin)

齧 交

GV-28

齧 交

337. **Yín Jiāo = Gum Junction**
(compare CV-7 Yīn Jiāo)

Categories: • last point

Location: • on the **upper gum**,
inferior to the attachment of the frenum

任 脈

Rén Mài

XIV. ***Conception / Controlling Vessel***

paired vessels

structural: Du mai = Governing vessel (GV)

functional: Yin Qiao mai = yin Heel/motility vessel

luo pt: **CV-15** *alt. luo:* CV-1

master pt: **Lu-7**

coupled pt: **Kd-6**

會 陰

CV-1

会 阴

338. **Huì Yīn = Convergence of Yin**

Categories: • (11th) **Ghost pt**
• pt of Chong Mai

Location: • the **center of the perineum**
(midway between the genitals and the anus)

曲 骨

CV-2

曲 骨

339. **Qū Gǔ = Bent/Curved/Crooked Bone**

Categories: Ø

Location: • lower abdomen, anterior midline,
5 cun inferior to the umbilicus,
immediately superior to
the pubic symphysis

中 極

CV-3

中 極

340. **Zhōng Jí = Central Pole**
(compare GV-6 Ji Zhong)

Categories: • **Bladder Mu pt**

Location: • lower abdomen, anterior midline,
4 cun inferior to the umbilicus

關 原

CV-4

关 原

341. **Guān Yuán = Original Gateway**
Gateway to the Source

Categories: • **Small Intestine Mu pt**

Location: • lower abdomen, anterior midline,
3 cun inferior to the umbilicus
(level with the ASIS)

石門

CV-5

石 門

342. **Shí Mén = Stone Gate**

Categories: • **Triple Burner/Lower Jiao Mu pt**

Location: • lower abdomen, anterior midline,
2 cun inferior to the umbilicus

氣海

CV-6

气海

343. **Qì Hǎi = Sea of Qi**

Categories: Ø

Location: • lower abdomen, anterior midline,
1.5 cun inferior to the umbilicus

陰 交

CV-7

阴 交

344. **Yīn Jiāo = Yin Junction**
(compare: GV-28 Yin Jiao = Gum Jct)

Categories: • pt of Chong Mai

Location: • lower abdomen, anterior midline,
1 cun inferior to the umbilicus

神 阙

CV-8

神 阙

345. **Shén Què = Imperial Watchtower**
Spirit Portal
(see also CV-14 Ju Que = Huge Archway/Watchtower)

Categories: Ø

Location: • the center of the umbilicus

水分

CV-9

水分

346. **Shuǐ Fēn = Water Divide**
Dividing Waters

Categories: Ø

Location: • upper abdomen, anterior midline,
1 cun superior to the umbilicus

下 腕

CV-10

下 腕

347. **Xià Wǎn = Lower Epigastrium**

Categories: Ø

Location: • upper abdomen, anterior midline,
2 cun superior to the umbilicus

建里

CV-11

建里

^{348.} **Jiàn Lǐ = Build the Interior**

Categories: Ø

Location: • upper abdomen, anterior midline,
3 cun superior to the umbilicus

中 腕

CV-12

中 腕

349. **Zhōng Wǎn = Middle Epigastrium**

Categories:

- **Stomach/Middle Jiao Mu pt**
- **Influential pt:** for **Fu** organs
- **9N** (9 Needles to Rescue Yang)

Location:

- **4 cun superior** to the umbilicus
(midway between the umbilicus and the
xipho-sternal jct)

上 脘

CV-13

上 脘

350. **Shàng Wǎn = Upper Epigastrium**

Categories: Ø

Location: • upper abdomen, anterior midline,
5 cun superior to the umbilicus

巨 阙

CV-14

巨 阙

351. **Jù Què = Giant Watchtower**
Huge Archway
(see also CV-8 Shen Que = Spirit Watchtower)

Categories: • **Heart Mu pt**

Location: • upper abdomen, anterior midline,
6 cun superior to the umbilicus

鳩尾

CV-15

鳩尾

352. **Jiū Wěi = Dove's Tail**

Categories: • **Luo pt**

Location: • upper abdomen, anterior midline,
7 cun superior to the umbilicus

中庭

CV-16

中庭

353. **Zhōng Tíng = Central Courtyard**

Categories: Ø

Location: • **at the xipho-sternal junction**
(level with the **5th ICS**)

膾 中

CV-17

膾 中

354. **Dàn Zhōng = Center of the Chest**
aka Tán Zhōng & Shān Zhōng

Categories: • **Pericardium/Upper Jiao Mu pt**
• **Influential pt:** Qi
• **Sea of Qi pt** (w/ ST-9 & BL-10)

Location: • anterior midline of the sternum,
level with the **4th ICS**
(~ level with the nipples)

玉 堂

CV-18

玉 堂

355. **Yù Táng = Jade Hall**

Categories: Ø

Location: • anterior midline of the sternum,
level with the **3rd ICS**

紫 宮

CV-19

紫 宮

356. **Zǐ Gōng = Purple Palace**

Categories: Ø

Location: • anterior midline of the sternum,
level with the **2nd ICS**

華 蓋

CV-20

華 蓋

357. **Huá Gài = Flowery/Flowerlike Canopy**

Categories: Ø

Location: • anterior midline of the manubrium,
level with the **1st ICS**

璇璣

CV-21

璇玑

358. **Xuán Jī = Bowl of the Dipper**

Categories: Ø

Location: • on the manubrium, anterior midline,
midway between CV-20 & 22
(~ level with Kd-27)

天 突

CV-22

天 突

359. **Tiān Tū = Celestial Prominence**

Categories: • **Celestial Window**
• pt of Yin Wei Mai

Location: • anterior midline of the throat,
superior to the **sternal notch**

廉 泉

CV-23

廉 泉

360. **Lián Quán = Ridge Spring / Spring at the Ridge**
Pure Spring / Pure = Kd saliva

Categories: • pt of Yin Wei Mai (last pt)

Location: • anterior midline of the throat,
immediately superior to the **hyoid bone**

承 漿

CV-24

承 漿

361. **Chéng Jiāng = Catch Saliva / For Drooling**

Categories: • (8th) **Ghost pt**

Location: • anterior midline of the chin,
in the **mento-labial groove**

陽 蹻 脈

Yáng Qiāo Mài

阳 蹻 脉

Master pt: BL-62

Coupled pt: SI-3

Xi/cleft pt: BL-59

of Pts: 13 pts

BL-62	BL-61	BL-59	GB-29
SI-10	LI-15	LI-16	
ST-9	ST-4	ST-3	
ST-1	BL-1		GB-20

陰 蹻 脈

Yīn Qiāo Mài

阴 蹻 脉

Master pt: Kd-6

Coupled pt: Lu-7

Xi/cleft pt: Kd-8

of Pts: 6 pts

Kd-2

Kd-6

Kd-8

ST-12

ST-9

BL-1

陽 維 脈

Yáng Wéi Mài

阳 维 脉

Master pt: TB-5

Coupled pt: GB-41

Xi/cleft pt: GB-35

of Pts: 16 pts

BL-63	GB-35	GB-29	SI-10
TB-13	LI-14	TB-15	GB-21
GB-20	GB-19	GB-18	GB-17
GB-16	GB-15	GB-14	GB-13

陰 維 脈

Yīn Wéi Mài

阴 维 脉

Master pt: Pc-6

Coupled pt: Sp-4

Xi/cleft pt: Kd-9

of Pts: 7 or 8 pts

Kd-9	(Sp-12)	Sp-13	Sp-15
Sp-16	Lr-14	CV-22	CV-23

督 脈

Dū Mài

督 脉

Master pt: SI-3

Coupled pt: BL-62

Luo pt: GV-1

of Pts: 28 pts (+ connection to BL-12)

任 脈

Rèn Mài

任 脉

Master pt: Lu-7

Coupled pt: Kd-6

Luo pt: CV-15 (CV-1)

of Pts: 24 pts (then circles the mouth and ends at ST-1)

帶 脈

Dài Mài

带 脉

Master pt: GB-41

Coupled pt: TB-5

Xi/cleft pt: none

of Pts: 4 pts

Lr-13

GB-26

GB-27

GB-28

沖 脈

Chōng Mài

冲 脉

Master pt: Sp-4

Coupled pt: Pc-6

Xi/cleft pt: none

of Pts: 14 pts

CV-1	ST-30	Kd-11	Kd-12
Kd-13	Kd-14	Kd-15	CV-7
Kd-16	Kd-17	Kd-18	Kd-19
Kd-20	Kd-21		

經 外 穴

Jīng Wài Xué

Channel Outside Points = Extra Pts

- This list has been synthesized from over 20 sources in order to establish a definitive standard set of extra points.
- The EX-number is the author's enumeration of the points (1-86)
- Bold-faced point names designate the more important points.

Abbreviations:

- W.H.O. = the World Health Organization (has standardized 48 pts)
- NCCAOM = National Certification Commission for Acupuncture and Oriental Medicine (The NCCAOM exam includes 34 extra points)
- ACT = Acupuncture A Comprehensive Text by O'Connor & Bensky Eastland Press, 1981 (is the standard reference, includes 380 extra pts)

四 神 聰

EX-1

(W.H.O. #1

NCCAOM #39)

四 神 聰

Sì Shén Cōng = Four (Pts for) Mental Clarity

Indications: • calm spirit:
headache (esp vertex), dizziness,
seizures, mania, hydrocephalus

Location: • 4 pts on top of the head
1 cun fore, aft, left & right of GV-20

當 陽

EX-2

(W.H.O. #2

NCCAOM #9)

当 阳

Dāng Yáng = Manage Yang

Indications: • whole body overheated
(w/ swollen neck = frog epidemic)
dizziness, hypertension;
eye problems, dim vision,
nasal congestion, common cold or flu

Location: • 0.5 cun posterior to GB-15

印 堂

EX-3

(W.H.O. #3

NCCAOM #50)

印 堂

Yin Táng = Seal Hall, Hall of Seals

Indications: • calm spirit – headache, dizziness/vertigo,
insomnia; convulsions, vomiting;
nasal problems, eye problems;
hypertension, eclampsia

Location: • on the GV, between the eyebrows
at the midpoint (of the glabella)

魚 腰

EX-4

(W.H.O. #4

NCCAOM #51)

魚 腰

Yú Yāo = Fish's Waist

Indications: • eye problems,
supraorbital pain,
facial paralysis

Location: • the midpoint of each eyebrow,
on the pupil line

太 陽

EX-5

(W.H.O. #5 NCCAOM #40)

太 阳

Tài Yáng = Great Yang

Indications: • headaches (esp. unilateral),
eye problems, trigeminal neuralgia,
facial paralysis, toothache

Location: • on the temple
1 cun posterior to the midpoint of
a line connecting TB-23 & GB-1

耳 尖

EX-6

(W.H.O. #6

NCCAOM #13)

耳 尖

Ěr Jiān = Ear Apex

Indications: • high fever, migraines, high BP
furuncles, conjunctivitis,
pannus and other opacities of the eye

Location: • at the apex of the ear

球 後

EX-7

(W.H.O. #7

NCCAOM #32)

球 后

Qiú Hòu = Behind the (Eye) Ball

Indications: • eye, vision and optic nerve problems
myopia, glaucoma, retinitis pigmentosa,
opacity of the vitreous body,
esotropia (convergent squint)

Location: • between the eyeball and the
infraorbital ridge, midway between the
outer canthus & ST-1

鼻 通

EX-8

(W.H.O. #8

NCCAOM #6)

鼻 通

Bí Tōng = Nose Open or Unblock the Nose
aka Shàng Yíng Xiāng = Upper LI-20

Indications: • all nasal problems

Location: • on the face, at the
superior end of the naso-labial groove

内 迎 香

EX-9

(W.H.O. #9

NCCAOM #27)

内 迎 香

Nèi Yíng Xiāng = Inner LI-20

Indications: • heat stroke, syncope, conjunctivitis

Location: • inside the nose,
at the junction of the alar cartilage
and the nasal concha

聚 泉

EX-10

(W.H.O. #10

NCCAOM #22)

聚 泉

Jù Quán = Gather or Assemble at the Spring

Indications: • paralysis of the tongue,
diabetes, amblygeusia,
asthma

Location: • at the midpoint of
the surface of the tongue

海 泉

EX-11

(W.H.O. #11 NCCAOM #14)

海 泉

Hǎi Quán = Sea of Saliva

aka Guǐ Fēng = Ghost/Demon Enclosed

Indications: • on the underside of the tongue
where the frenulum attaches
(betw Jin-jin & Yu-ye)

Location: • ghost pt. indications: psychosis
hiccups, glossitis,
xiao-ke/diabetes symptoms

金 津 玉 液

EX-12

(W.H.O. #12 & 13 NCCAOM #21)

金 津 玉 液

Jīn-jīn = Gold Liquid

Yù-yè = Jade Fluid

Indications: • dry mouth, extreme thirst (xiao-ke)
tongue & speech problems
(stomatitis, glossitis, tonsillitis; aphasia)

Location: • 2 pts under the tongue
at the midpoint of each sublingual vein
(Jin-jin is on the left, Yu-ye is on the right)

夾 承 漿

EX-13

(NCCAOM #18)

夾 承 漿

Jiā Chéng Jiāng = Pinching CV-24

Indications: • excessive salivation/drooling;
trigeminal neuralgia, facial tics,
spasms or paralysis

Location: • on the chin, at the mental foramen,
~1.5 cun to either side of CV-24

牽 正

EX-14

(ACT: N-HN-20 NCCAOM #29)

牽 正

Qiān Zhèng = Pull Correct or Pull Aright

Indications: • facial paralysis
parotitis
mouth ulcers

Location: • on the side of the face, 0.5 to 1 cun
anterior to the attachment of the earlobe.
(in the masseter midway between ST-6 & 7)

醫 龍

EX-15

(ACT: N-HN-15)

医 葺

Yī Lóng = Treat Deafness

Indications: • deafness, tinnitus, deaf mutism

Location: • behind the ear,
0.5 cun superior to TB-17

翳 明

EX-16

(W.H.O. #14

NCCAOM #49)

翳 明

Yi Míng = Screen Brightness (Eye Screens)

Indications: • eye problems (esp. screens =
cataracts film, opacity, nebulae)
tinnitus, vertigo, insomnia, headache;
mental disorders

Location: • behind the ear,
1 cun posterior to TB-17
(midway between TB-17 & An Mian)

安 眠

EX-17

(NCCAOM #1)

安 眠

Ān Mián = Peaceful Sleep

Indications: • insomnia; palpitations,
hysteria, mental illness;
headache, vertigo

Location: • behind the ear,
midway between TB-17 & GB-20
(posterior edge of mastoid, sl. above GB-12)

上 廉 泉

EX-18

(ACT: M-HN-21 NCCAOM #34)

上 廉 泉

Shàng Lián Quán = Upper CV-23

Indications: • hypo, or hyper salivation,
impaired or slurred speech,
mutism (paralysis of hypoglossal nerve);
inflammations of the throat or tongue
(tonsillitis, pharyngitis, stomatitis)

Location: • under the chin, on the midline,
midway between the hyoid & the chin,
0.5 cun superior to CV-23

扁桃

EX-19

(ACT: M-HN-26)

扁桃

Biễn Tảo = Flat Peach (Tonsils)

Indications: • tonsillitis, pharyngitis, laryngitis

Location: • on the neck, in the depression
lateral to the hyoid bone
& anterior to the carotid artery

頸 臂

EX-20

(ACT: M-HN-41)

颈 臂

Jīng Bì = Neck & Arm

Indications: • paralysis or parasthesis of the arm
thoracic outlet syndrome

Location: • in the supraclavicular fossa,
1 cun superior to the clavicle, at the
posterior edge of the SCM (in the scalenes)
(inferior to LI-17 & medial to ST-12)

(頸) 百 勞

EX-21

(W.H.O. #15

NCCAOM #4 & 20)

(頸) 百 勞

(Jǐng) Bǎi Lǎo / (Neck) Bai Lao =
100 Taxations / Complete Fatigue

Indications: • scrofula (cervical TB),
neck pain & stiffness,
cough (whooping cough);
postpartum aching

Location: • on the back of the neck
1 cun inferior to the posterior hairline &
1 cun lateral to the midline

血 壓 點

EX-22

(ACT: N-BW-2)

血 压 点

Xuè Yā Diǎn = Blood Pressure Spot/Point

Indications: • high or low blood pressure
hypo, or hypertension

Location: • on the back of the neck
2 cun lateral to the spinous process of C₆
[slightly superior to SI-15]

定 喘

EX-23

(W.H.O. #17 NCCAOM #11)

定 喘

Dìng Chuǎn = Stabilize Dyspnea

Indications: • all types of dyspnea
asthmatic breathing, cough;
stiff neck; urticaria

Location: • **0.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of C₇
(jia-ji pt)

喘息

EX-24

(ACT: M-BW-1)

喘息

Chuẩn Xī = Labored Breathing / Dyspnea Relief

Indications: • all types of dyspnea
asthmatic breathing, cough;
stiff neck; urticaria

Location: • **1 cun lateral** to the midline,
level with the space inferior to
the spinous process of C₇

外 定 喘

EX-25

(ACT: N-BW-5)

外 定 喘

Wài Dìng Chuǎn = Outer Dìng Chuan

Indications: • cough, asthma,
chronic bronchitis

Location: • **1.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of C₇

結核穴

EX-26

(ACT: N-BW-6)

結核穴

Jié Hé (Xué) = Knots & Kernels (Point)

Indications: • cervical lumps & nodules,
tuberculosis (all types)

Location: • **3.5 cun lateral** to the midline,
level with the space inferior to
the spinous process of C₇
(1.5 cun lateral to SI-15; or slightly medial to TB-15)

夾脊

EX-27

(W.H.O. #18)

NCCAOM #17)

夾脊

(Huá-Tuó) **Jiā-Jǐ** = (Hua Tuo's)
Pinch the Spine / Para-Spinal Pts

Indications: • disorders of the spine & nerves;
pain/disease at corresponding level of the body
symptom patterns related to zang or fu organ at
same vert. level (actions similar to back shu pts)

Location: • 17 bilateral pts – from T1 to L5
on either side of the spine,
~0.75 cun lateral to the midline

無 名

EX-28

(ACT: M-BW-5, aka Er Zhui Xia)

无 名

Wú Míng = Without Name
aka Èr Zhuī Xià = Below 2nd Vertebra

Indications: • mental diseases,
mania, psychosis; seizures;
malaria

Location: • on the posterior midline,
in the space inferior to
the spinous process of T₂

肩 痛 點

EX-29

(ACT: N-BW-9)

肩 痛 点

Jiān Tòng Diǎn = Shoulder Pain Spot

Indications: • problems of the shoulder joint &
surrounding soft tissues,
paralysis of the upper limb

Location: • on the upper back,
at the midpoint of the lateral edge
of the scapula (in the latissimus/teres)

胰 俞

胃脘下俞 or 胃管下俞

EX-30

(W.H.O. #19

NCCAOM #44)

胰 腧

Yí Shū = Pancreas Shu/Point

aka Wèi Wǎn Xià Shū = Lower Epigastrium Shu (W.H.O.)

aka Wèi Guǎn Xià Shū = Lower Stomach Pipe/Duct/Valve Shu

Indications: • xiao-ke (diabetes)
dry throat, stomach disorders;
intercostal neuralgia

Location: • 1.5 cun lateral to the midline,
level with the space inferior to
the spinous process of T₈

痞 根

EX-31

(W.H.O. 20 NCCAOM #28)

痞 根

Pǐ Gēn = Abdominal Swelling/Lump Root

Indications: • enlarged liver or spleen (hepato/splenomegaly)
stomach, low back or hernia pain;
kidney prolapse;
gastritis, enteritis, diarrhea or constipation

Location: • on the lower back,
3.5 cun lateral to the space inferior to
the spinous process of L₁

精 宮

EX-32

(GM p.475)

精 宮

Jīng Gōng = Essence Palace / Palace of Essence

Indications: • tonifies Kidneys,
especially Kidney essence (jing)

Location: • on the lower back, 3.5 cun lateral to the
space inferior to the spinous process of L₂
0.5 cun lateral to BL-23a (Zhi Shi, BL-47/52)

下 志 室

EX-33

(Li Ding p. 412)

下 志 室

Xià Zhì Shì = Below or Lower Zhi Shi
(Will Chamber (BL-23a/47/52))

Indications: • strengthens Kidney yang
impotence, seminal incontinence,
lumbar ache

Location: • on the lower back,
3 cun lateral to the midline &
1 cun inferior to Zhi Shi (~L₃)

腰 宜

EX-34

(W.H.O. #21)

腰 宜

Yāo Yí = Lumbar Suitable/Proper for

Indications: • soft tissue injury to the low back;
GYN problems

Location: • on or above the iliac crest,
3 cun lateral to the space inferior to
the spinous process of L₄

腰 眼

EX-35

(W.H.O. #22

NCCAOM #48)

腰 眼

Yāo Yǎn = Lumbar Eye-sockets

Eyes of the Waist / Lumbar Eyes

Indications: • acute or chronic low back pain;
kidney prolapse; orchitis; diabetes
GYN problems (esp. dysmenorrhea)

Location: • dimples in the lumbar/iliac crest area,
the depressions are 3 to 4 cun lateral to
the midline, level with a lumbar spinous
process ranging from L₃ to L₅

下 極 俞

EX-36

(W.H.O. #23)

下 极 俞

Xià Jí Shū = Lower Pole=Spine Shu/Point
aka Shí Wǔ Zhuī = 15th vertebra

Indications: • lumbago; abdominal pain,
diarrhea; urgent, frequent urination,
dysuria; hernia pain

Location: • on the posterior midline (GV),
below the spinous process of L₃
(between GV-3 &GV-4)

十七椎下

EX-37

(W.H.O. #24

NCCAOM #36)

十七椎下

Shí-Qī Zhuī-Xià = Under the 17th Vertebra

Indications: • lumbar &/or sacral pain; anal diseases
paraplegia due to trauma, sciatica;
sequela of childhood paralysis;
dysmenorrhea, uterine bleeding
malposition of the fetus (moxa)

Location: • on the posterior midline (GV),
below the spinous process of L₅
(at the lumbo-sacral jct)

腰 奇

EX-38

(W.H.O. #25)

腰 奇

Yāo Qí = Lumbar Strange

Indications: • seizures (epilepsy),
depressive or manic insanity
constipation

Location: • on the posterior midline (GV)
below the second sacral tubercle (S₂)

提 胃

EX-39

(ACT: N-CA-10)

提 胃

Tí Wèi = Lift or Raise the Stomach

Indications: • stomach prolapse
(sinking, dragging sensation in the abdomen)
indigestion

Location: • on the upper abdomen,
4 cun superior to the umbilicus &
4 cun lateral to the midline (CV-12)

胃 上

EX-40

(ACT: N-CA-18)

胃 上

Wèi Shàng (Xué) = Stomach Up or
Ascend the Stomach (Point)

Indications: • stomach prolapse
(sinking, dragging sensation in the abdomen)
abdominal distention

Location: • on the upper abdomen,
2 cun superior to the umbilicus &
4 cun lateral to the midline (CV-10)
(2 cun lateral to ST-23, 1 cun below Sp-16)

三角灸

EX-41

(ACT: M-CA-23 NCCAOM #33)

三角灸

Sān Jiǎo Jiǔ = Three Horns/Angles of Moxa
Moxa Triangle

Indications: • shan qi (hernia)
ben tun (running piglet qi)
chronic enteritis, colic,
abd pain, stomach spasm

Location: • CV-8 is the apex of an equilateral triangle
The sides and base of the triangle
are each one mouth width in length.
• The 2 base pts are also known as Qí Páng 臍旁

臍 旁

EX-41a

(FCA: M-CA-18a NCCAOM #31)

脐 旁

Qí Páng = Beside the Navel

Indications:

- shan qi (hernia)
- ben tun (running piglet qi)
- chronic enteritis, colic,
- abd pain, stomach spasm

Location:

- CV-8 is the apex of an equilateral triangle
The sides and base of the triangle
are each one mouth width in length.
- The 2 base pts are also known as Qí Páng

止瀉

EX-42

(ACT: N-CA-3)

止瀉

Zhǐ Xiè = Stop Diarrhea

Indications: • diarrhea, enteritis;
intestinal ascariasis;
enuresis or urinary retention

Location: • on the midline of the lower abdomen,
2.5 cun inferior to the umbilicus
(midway between the navel & pubic symphysis
or midway between CV-4 & CV-5)

提 托

EX-43

(NCCAOM #41)

提 托

Tí Tuō (Xué) = Lift & Support (Point)

Indications: • prolapsed uterus; hernia;
lower abdominal pain

Location: • on the lower abdomen,
3 cun inferior to the umbilicus and
4 cun lateral to the midline
(i.e. 4 cun lateral to CV-4)

維 胞

EX-44

(ACT: M-CA-16)

维 胞

Wéi Bāo = Uphold Uterus

Indications: • prolapsed uterus; hernia;
intestinal dysfunction

Location: • on the lower abdomen,
level with the ASIS,
just medial to GB-27

子 宫

EX-45

(W.H.O. #16

NCCAOM #54)

子 宫

Zǐ Gōng = Child's Palace (Uterus & Adnexa)

Indications: • infertility, irregular menses, dysmenorrhea
prolapsed uterus; eclampsia,
cystitis, orchitis; appendicitis,
pelveo-peritonitis, pyelonephritis

Location: • on the lower abdomen,
1 cun superior to the pubic crest and
3 cun lateral to the midline
(i.e. 3 cun lateral to CV-3)

肩 内 陵

EX-46

(ACT: M-UE-48 NCCAOM #19)

肩 内 陵

Jiān Nèi Líng = Shoulder Inner Mound

Indications: • problems of the shoulder joint
& surrounding soft tissues.
(+ indications as for LI-15)

Location: • in the anterior deltoid
midway between the anterior axillary
fold and LI-15

肩 前

EX-47

(NCCAOM #19)

肩 前

Jiān Qián = Front of the Shoulder

Indications: • problems of the shoulder joint
& surrounding soft tissues.
(+ indications as for LI-15)

Location: • *same as Jian Nei Ling* (#45)
• 1 cun superior to the anterior axillary fold
• 1.5 cun superior to the ant. axillary fold

肩 後

EX-48

(Low: AR-8)

肩 后

Jiān Hòu = Back of the Shoulder

Indications: • problems of the shoulder joint
& surrounding soft tissues.

Location: • on the posterior shoulder,
1.5 cun superior to
the posterior axillary fold
(1/2 cun above SI-9)

臈 上

EX-49

(ACT: N-UE-14)

臈 上

Nào Shàng = Above/Upper (Bi) Nao (LI-14)

Indications: • upper arm & shoulder pain,
problems of abduction,
paralysis of the upper limb

Location: • on the lateral aspect of the upper arm,
in the center of the deltoid, above LI-14
midway between the acromion & the
insertion of the deltoid on the humerus

肘 尖

EX-50

(W.H.O. #26

NCCAOM #53)

肘 尖

Zhǒu Jiān = Elbow Apex / Tip of the Elbow

Indications: • scrofula, abscess,
general inflammation,
inflammation of the cecum

Location: • at the tip of the olecranon
(flex the elbow)

臂 中

EX-51

(ACT: M-UE-30 NCCAOM #7)

臂 中

Bì Zhōng = Middle of the ForeArm

Indications: • pain in the forearm,
carpal tunnel syndrome;
upper limb paralysis; hysteria

Location: • middle of the anterior forearm
on the Pericardium channel
6 cun up or down

二 白

EX-52

(W.H.O. #27

NCCAOM #12)

二 白

Èr Bái = 2 Whites

Indications: • hemorrhoids, anal prolapse
neuralgia of the forearm

Location: • 2 pts on the anterior forearm,
4 cun proximal to the wrist fold

中 泉

EX-53

(W.H.O. #28)

中 泉

Zhōng Quán = Middle Spring

Indications: • problems of the wrist & surrounding soft tissue, esp. extension;
spasms or numbness of the forearm
asthma, bronchitis; stomach pain/spasm,
enterocele; corneal opacities; stroke

Location: • on the dorsum of the wrist
in the big depression between LI-5 & TB-4

腰痛

EX-54

(W.H.O. #29

NCCAOM #47)

腰痛

Yāo Tòng (Diǎn) = Lumbar Pain (Points)

Indications:

- #1 - pain due to trauma to the head, low back or limbs
- #2 - pain due to trauma to the chest or limbs
- #3 - pain due to trauma to the low back or limbs

Location: 3 pts on the dorsum of the hand between metacarpal bases

- #1 - betw the bases of the 2nd & 3rd metacarpals
- #2 - betw the bases of the 3rd & 4th metacarpals
- #3 - betw the bases of the 4th & 5th metacarpals

虎口

EX-55

(IDCA p.80)

虎口

Hǔ Kǒu = Tiger's Mouth

Indications: • fever, tonsillitis, headache, toothache,
vertigo, insomnia, night sweats;
shoulder pain

Location: • on the dorsum of the hand, in the web
betw the thumb & forefinger, at the
midpoint of a line connecting the MP joints
(locate with the thumb extended)

落 枕

EX-56

(W.H.O. #30 NCCAOM #25 & 43)

落 枕

Luò Zhěn = Fall (off) Pillow / Crick in the Neck
aka **Wài Láo Gōng = Outer Pc-8**

Indications: • torticollis, stiff neck, migraine
arm & shoulder pain, numbness, sore throat
pain or swelling of the fingers;
childhood indigestion, epigastric pain, diarrhea

Location: • on the dorsum of the hand,
between the 2nd & 3rd metacarpals,
just proximal to their heads.

上 八 邪

EX-57

(ACT: N-UE-50)

上 八 邪

Shàng Bā Xié = Upper Eight Evils

Indications: • numbness, pain, stiffness, inflammation
of the fingers & finger joints,
inflammation of the hand & forearm, snakebite;
headache, stiff neck, sore throat, toothache

Location: • 4 pts on the dorsum of each hand
between the metacarpals,
just proximal to their heads
(includes TB-3, Luo Zhen & LI-3)

八 邪

EX-58

(W.H.O. #31

NCCAOM #5)

八 邪

Bā Xié = Eight Evils

aka Bā Diǎn = 8 Spots/Points

Indications: • numbness, pain, stiffness, inflammation
of the fingers & finger joints
inflammation of the hand & forearm, snakebite;
headache, stiff neck, sore throat, toothache

Location: • 4 pts on each hand - with the hand in a fist
these points are between the knuckles,
just distal to the MP joints
(includes TB-2 & #54 Hu Kou)

五 虎

EX-59

(ACT: M-UE-45)

五 虎

Wǔ Hǔ = Five Tigers

Indications: • inability to bend or straighten
the fingers;
neck pain; sciatic pain

Location: • 5 pts on each hand, in small depressions
at the center of each PIP joint.
(this includes Da & Xiao Gu Kong & Zhong Kui)

大 骨 空

EX-60

(W.H.O. #32

NCCAOM #8)

大 骨 空

Dà Gǔ Kōng = Big Bone Hollow

Indications: • eye diseases: cataracts, film over eyes,
excess tearing, itching, or pain.
vomiting and diarrhea

Location: • on the dorsal aspect of the thumb,
at the center of the interphalangeal joint

中 魁

EX-61

(W.H.O. #33

NCCAOM #52)

中 魁

Zhōng Kuí = Middle Eminence (Knuckle)

Indications: • severe vomiting, hiccups, belching,
esophageal spasm; nausea,
loss of appetite/anorexia; toothache,
nosebleed (moxa)

Location: • on the dorsal aspect of the middle finger,
in the middle of the middle knuckle (PIP)

小 骨 空

EX-62

(W.H.O. #34

NCCAOM #45)

小 骨 空

Xiǎo Gǔ Kōng = Little Bone Hollow

Indications: • eye diseases: cataracts, film over eyes,
excess tearing, itching, or pain.
sore throat, arthritis of the fingers

Location: • on the dorsal aspect of the little finger,
at the center of the PIP joint.

牙 痛

EX-63

(ACT: N-UE-1)

牙 痛

Yá Tòng = Tooth Pain

Indications: • toothache,
TMJ pain

Location: • on the palm,
between the 3rd & 4th MP joints,
~1 cun proximal to the web margin

四 縫

EX-64

(W.H.O. #35

NCCAOM #38)

四 縫

Sì Fèng = Four Fissures / Cracks (Creases)

Indications: • infant indigestion or loss of appetite,
childhood malnutrition syndrome (gan);
intestinal parasites (esp. roundworm)
pertussis (whooping cough)

Location: • the transverse creases on the palmar
surface of each finger (excluding the thumb)
usu. the PIP joint creases

十 宣

EX-65

(W.H.O. #36

NCCAOM #37)

十 宣

Shí Xuān = Ten Drains

Indications: • loss of consciousness, shock, stroke
heat exhaustion, high fever,
convulsions/seizures or hysteria
numbness of the fingertips;
hypertension; sore throat

Location: • 10 points (5 points per hand)
at the center of the tip of each finger

環 中

EX-66

(ACT: M-BW-34 NCCAOM #16)

环 中

Huán Zhōng = Circle Center (Center of the Circle)

Indications: • leg pain, sciatica, piriformis spasm
low back pain

Location: • on the buttocks,
2/3 of the distance between the greater
trochanter and the sacral hiatus
(midway betw Huan Tiao GB-30 & GV-2)

坐 骨

EX-67

(ACT: M-BW-17)

坐 骨

Zuò Gǔ = Sit Bone (Ischium)

Indications: • sciatica, lower limb paralysis,
post polio sequela,
problems involving hamstrings

Location: • on the buttocks, at the lateral edge of
the ischial tuberosity.
(1 cun inferior to the midpoint of a line connecting
the greater trochanter and the [tip of the] coccyx)

邁 步

EX-68

(ACT: N-LE-23 p.268)

迈 步

Mài Bù = Stride & Step

Walking (Enable to Walk)

Indications: • paralysis of the lower limb
wei/atrophy patterns
post polio sequella

Location: • on the anterior thigh,
lateral edge of rectus femoris,
3 cun inferior to ST-31

百 蟲 窩

EX-69

(W.H.O. #37

NCCAOM #3)

百 虫 窝

Bãi Chóng Wō = 100 Insects Nest

Indications: • pruritis, urticaria, eczema

Location: • on the anterior thigh,
in the vastus medialis,
1 cun superior to SP-10

髌骨

EX-70

(W.H.O. #37

NCCAOM #23)

髌骨

Kuān Gǔ = Hip Bone (Femur)

Indications: • arthritis of the knee
paralysis of the lower limb
problems involving the quadriceps

Location: • 2 points on the thigh,
slightly superior to the knee/patella,
1.5 cun medial and lateral to ST-34

鶴頂

EX-71

(W.H.O. #39

NCCAOM #15)

鶴頂

Hè Dǐng = Crane's Crown

Indications: • problems of the knee joint
or surrounding soft tissues
weakness of the knees &/or legs

Location: • at the midpoint of the superior border
of the patella (when the knee is flexed)
alt location } • the center of the patella (moxa only)

内 膝 眼

EX-72

(W.H.O. #40 (& 41) NCCAOM #46)

内 膝 眼

(Nèi) Xī Yǎn = (Inner/Medial) Knee Eye
Eyes of the Knee

Indications: • problems of the knee
& surrounding soft tissues.

Location: • at the knee, in the depression on
the medial side of the patellar ligament
(opposite ST-35 which is the lateral eye)

膝 翼

EX-73

(Dr So: XL-1a)

膝 翼

Xī Yì = Knee Wings (Wings of the Knee)

Indications: • knee pain, esp. focused at
the medial &/or lateral aspects.

Location: • 2 points - one on either side of the knee.
In the joint space betw the femur & the tibia,
at the anterior **or** posterior edge of the
medial & lateral collateral ligaments.

闌尾

EX-74

(W.H.O. #42

NCCAOM #24)

闌尾

Lán Wěi (Xué) = Appendix (Point)

Indications: • Dx & Tx of acute or chronic
appendicitis; indigestion;
lower limb paralysis, foot drop

Location: • below the knee,
1 to 2 cun inferior to ST-36
(1 cun above ST-37)
(some sources say this is a Right side only pt)

膽 囊

EX-75

(W.H.O. #43

NCCAOM #10)

胆 囊

Dẫn Náng (Xué/Diǎn) = Gall Bladder (Point)

Indications: • Dx & Tx of gall bladder & bile duct disorders, pain following GB surgery
leg paralysis

Location: • below the head of the fibula,
1 to 2 cun inferior to GB-34

(some sources say this is a Right side only pt)

陵 下

EX-76

(ACT: N-LE-17)

陵 下

Líng Xià = Below the Mound (head of fibula)

Indications: • cholecystitis
biliary ascariasis
deafness

Location: • 2 cun inferior to GB-34

陵 後

EX-77

(ACT: M-LE-24)

陵 后

Líng Hòu = Behind the Mound (head of fibula)

Indications: • sciatica,
knee problems,
lower limb paralysis

Location: • below the knee
posterior and inferior to
the head of the fibula.

陵 後 下

EX-78

(ACT: M-LE-25)

陵 后 下

Líng Hòu Xià = Below or Lower Líng Hòu

Indications: • peroneal nerve pain,
sciatica, lower limb paralysis
arthritic knee

Location: • 0.5 cun below Líng Hòu

腦 清

EX-79

(ACT: N-LE-4)

腦 清

Nǎo Qīng = Brain Clear / Clear the Brain

Indications: • lassitude, vertigo, amnesia
mental retardation (from encephalitis)
drop foot (due to infantile paralysis/polio)

Location: • on the anterior lower leg,
1.5 cun superior to ST-41
lateral to the tibialis anterior

内 踝 尖

EX-80

(W.H.O. #44

NCCAOM #26)

内 踝 尖

Nèi Huái Jiān = Inner Anklebone Tip

Indications: • gastroc spasm,
 tonsillitis, toothache
 lochiorrhea

Location: • at the tip (prominence)
 of the medial malleolus

外 踝 尖

EX-81

(W.H.O. #45

NCCAOM #42)

外 踝 尖

Wài Huái Jiān = Outer Anklebone Tip

Indications: • beriberi, spasm of the peroneals,
paralysis of the toes, paraplegia,
severe headache, toothache, sore throat,
sublingual veins engorged in infants

Location: • at the tip (prominence)
of the lateral malleolus

上 八 風

EX-82

(W.H.O. #46)

上 八 風

Shàng Bā Fēng = Upper 8 Winds

Indications: • same as Ba Feng
numbness &/or inflammation of the foot
or toes, snakebite, peripheral neuritis;
headache, toothache, stomach pain

Location: • 4 points on the dorsum of each foot,
between the metatarsals,
proximal to the MP joints
(includes Lr-3, ST-43 & GB-42)

八 風

EX-83

(W.H.O. #46

NCCAOM #2)

八 風

Bā Fēng = 8 Winds

Indications: • numbness &/or inflammation of the foot or toes
snakebite, peripheral neuritis;
headache, toothache, stomach pain;
irregular menses; malaria

Location: • 4 points on each foot, between the toes,
0.5 cun proximal to the web margin
(includes Lr-2, ST-44 & GB-43)

氣端

EX-84

(W.H.O. #47

NCCAOM #30)

气端

Qì Duān = Qi to Extremity / Extremities
(analogous to Shi Xuan = Ten Drains)

Indications: • syncope, apoplectic coma,
beriberi, inflam. of the foot,
numbness or paralysis of the toes

Location: • 5 points on each foot
at the center of the end of each toe

獨陰

EX-85

(W.H.O. #48)

独 阴

Dú Yīn = Lone/Sole/Solitary Yin

Indications: • sudden, severe heart pain, angina
severe hiccups; abdominal pain, vomiting
abnormal menses, dysmenorrhea,
morning sickness
retention of placenta, expel dead fetus

Location: • on the underside of the 2nd toe,
at the mid-point of the DIP joint crease

里 内 庭

EX-86
(ACT: M-LE-1)

里 内 庭

Lǐ Nèi Tíng = Inside Inner Courtyard
(Inside ST-44)

Indications: • food retention
seizures, infant/childhood convulsions;
pain in the toes or ball of the foot

Location: • on the ball of the foot
between the 2nd & 3rd toes,
(underside of ST-44)

失眠

EX-87

(ACT: M-LE-5)

失眠

Shī Mián = Lost Sleep, Losing Sleep

Indications: • insomnia
pain of the heel or sole

Location: • on the bottom of the foot
at the center of the heel

Extra Points

(ACT: coding on the back of this card)

Body Region Abbreviations used for Extra Pts

HN = Head & Neck

BS = Back & Sacrum

BW = Back & Waist

CA = Chest & Abdomen

UE = Upper Extremity

LE = Lower Extremity

背 腧 穴

Bèi Shū Xué

Back Shu Points

(Organ) Associated Points

Lu	BL-13	LI	BL-25
Pc	BL-14	TB	BL-22
Ht	BL-15	SI	BL-27
Sp	BL-20	ST	BL-21
Lr	BL-18	GB	BL-19
Kd	BL-23	BL	BL-28

募 穴

Mù Xué

(Front) Mu Points

Collecting/Alarm Points

Lu	Lu-1	LI	ST-25
Pc	CV-17	TB	CV-5
Ht	CV-14	SI	CV-4
Sp	Lr-13	ST	CV-12
Lr	Lr-14	GB	GB-24
Kd	GB-25	BL	CV-3

絡 穴

Luò Xué

Luo/Network Points

Luo/Connecting Points

Lu	Lu-7	LI	LI-6
Pc	Pc-6	TB	TB-5
Ht	Ht-5	SI	SI-7
Ren	CV-15	Du	GV-1
Sp	Sp-4	ST	ST-40
Lr	Lr-5	GB	GB-37
Kd	Kd-4	BL	BL-58

原 穴

Yuán Xué

Yuan/Source Points

Lu	Lu-9	LI	LI-4
Pc	Pc-7	TB	TB-4
Ht	Ht-7	SI	SI-4
Sp	Sp-3	ST	ST-42
Lr	Lr-3	GB	GB-40
Kd	Kd-3	BL	BL-64

入 出 穴

Rù Chū Xué

Entry & Exit Points

Lu:	Lu-1→ <i>Lu</i> -7	→	LI:	<i>LI</i> -4 → LI-20
Pc:	Pc-1→ <i>Pc</i> -8	→	TB:	TB-1→TB-23
Ht:	Ht-1→Ht-9	→	SI:	SI-1 → SI-18/19
Sp:	Sp-1→Sp-21	→	ST:	ST-1 → <i>ST</i> -42
Lr:	Lr-1 → Lr-14	→	GB:	GB-1→ <i>GB</i> -41
Kd:	Kd-1→ <i>Kd</i> -22	→	BL:	BL-1 → BL-67

隙 穴

Xì Xué

Xi/Cleft Points

Lu	Lu-6	LI	LI-7
Pc	Pc-4	TB	TB-7
Ht	Ht-6	SI	SI-6
Sp	Sp-8	ST	ST-34
Lr	Lr-6	GB	GB-36
Kd	Kd-5	BL	BL-63
Yin Q.	Kd-8	Yang Q.	BL-59
Yin W.	Kd-9	Yang W.	GB-35

總 穴

Zǒng Xué

Ruler Points

(General, Commander, Dominant, Summary Pts)

Lu-7 / SI-3	back of head & neck
LI-4	face & mouth
BL-54	back
ST-36	front/abdomen
Pc-6	chest & diaphragm
GB-34	sides/lateral torso
Sp-6	pelvic cavity

下合穴

Xià Hé Xué

Lower-Uniting Points

		<u>Analog Pt</u>
LI	ST-37	LI-9
TB	BL-53/39	
SI	ST-39	LI-8
ST	ST-36	LI-10
GB	GB-34	
BL	BL-54/40	

八 會 穴

Bā Huì Xué

Eight Meeting Pts
8 Influential Points

Lr-13	zang
CV-12	fu
CV-17	qi
BL-17	xue/blood
Lu-9	mai/vessels & pulse
BL-11	gu/bones
GB-39	sui/marrow
GB-34	jin/sinews

四 絡 穴

Group Luo Points

大 絡 穴

Great Luo Points

Pc-5	3 arm yin
TB-8	3 arm yang
GB-39	3 leg yang
Sp-6	3 leg yin
Sp-21	great luo of Sp
ST-18	great luo of ST

回陽九針

Huí Yáng Jiǔ Zhēn

Nine Needles to Rescue Yang

Pc-8
LI-4
CV-12
GV-15

Kd-1 & Kd-3
Sp-6
ST-36
GB-30

八 交 會 穴

Bā Jiāo-Huì Xué

8 Intersection-Meeting Pts
Eight Master / Confluent Pts

TB-5	Yang Wei mai
SI-3	Du mai
Pc-6	Yin Wei mai
Lu-7	Ren mai
Kd-6	Yin Qiao mai
Sp-4	Chong mai
BL-62	Yang Qiao mai
GB-41	Dai mai

天 牖 穴

Tiān Yǒu Xué

Celestial Window Points

aka Windows of/to the Sky

Lu-3	Tian Fu
Pc-1 / Pc-2	Tian Chi / Tian Quan
LI-18	Fu Tu
SI-16	Tian Chuang
SI-17	Tian Rong
TB-16	Tian You
CV-22	Tian Tu
GV-16	Feng Fu
ST-9	Ren Ying
BL-10	Tian Zhu
GB-9	Tian Chong

四海穴

Sì Hǎi Xué

Four Seas Points

Nourishmt	ST-30 & 36
Blood	ST-37, 39, & BL-11
Qi	CV-17, ST-9, BL-10
Marrow	GV-16 & 20

井 穴

Jǐng Xué

Jing/Well Points

Lu	Lu-11	LI	LI-1
Pc	Pc-9	TB	TB-1
Ht	Ht-9	SI	SI-1
Sp	Sp-1	ST	ST-45
Lr	Lr-1	GB	GB-44
Kd	Kd-1	BL	BL-67

鬼 穴

Guǐ Xué

*Sun Si-miao's
13 Ghost Points*

GV-26	Gui Gong	Ghost Palace
Lu-11	Gui Xin	Ghost Letter
Sp-1	Gui Lei	Ghost Fortress
Pc-7	Gui Xin	Ghost Heart
BL-62	Gui Lu	Ghost Road
GV-16	Gui Zhen	Ghost Pillow
ST-6	Gui Chuang	Ghost Bed
CV-24	Gui Shi	Ghost Market
Pc-8	Gui Ku	Ghost Cave
GV-23	Gui Tang	Ghost Hall
CV-1	Gui Cang	Ghost Storeroom
LI-11	Gui Chen	Ghost Vassal
Hai Quan	Gui Feng	Ghost Enclosure

熒 穴

Yíng Xué

Ying/Spring/Brook Points

Lu	Lu-10	LI	LI-2
Pc	Pc-8	TB	TB-2
Ht	Ht-8	SI	SI-2
Sp	Sp-2	ST	ST-44
Lr	Lr-2	GB	GB-43
Kd	Kd-2	BL	BL-66

經 穴

Jīng Xué

Jing/River Points

Lu	Lu-8	LI	LI-5
Pc	Pc-5	TB	TB-6
Ht	Ht-4	SI	SI-5
Sp	Sp-5	ST	ST-41
Lr	Lr-4	GB	GB-38
Kd	Kd-7	BL	BL-60

俞 穴

Shū Xué

Shu/Stream Points

Lu	Lu-9	LI	LI-3
Pc	Pc-7	TB	TB-3
Ht	Ht-7	SI	SI-3
Sp	Sp-3	ST	ST-43
Lr	Lr-3	GB	GB-41*
Kd	Kd-3	BL	BL-65

合 穴

Hé Xué

He/Sea/Uniting Points

Lu	Lu-5	LI	LI-11
Pc	Pc-3	TB	TB-10
Ht	Ht-3	SI	SI-8
Sp	Sp-9	ST	ST-36
Lr	Lr-8	GB	GB-34
Kd	Kd-10	BL	BL-54

*What are the Five Transport Points
for the **Liver**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Wood	Fire	Earth	Metal	Water
Lr-1	Lr-2	Lr-3	Lr-4	Lr-8
phase	child		g'parent	mother
<i>Phase pt</i>	<i>Disp. pt</i>		<i>Control pt</i>	<i>Tonif. pt</i>

*What are the Five Transport Points
for the **Gall Bladder**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Metal	Water	Wood	Fire	Earth
GB-44	GB-43	GB-41*	GB-38	GB-34
g'parent	mother	phase	child	
<i>Control pt</i>	<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>	

*What are the Five Transport Points
for the **Heart**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Wood	Fire	Earth	Metal	Water
Ht-9	Ht-8	Ht-7	Ht-4	Ht-3
mother	phase	child		g'parent
<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>		<i>Control pt</i>

*What are the Five Transport Points
for the **Small Intestine**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Metal	Water	Wood	Fire	Earth
SI-1	SI-2	SI-3	SI-5	SI-8
	g'parent	mother	phase	child
	<i>Control pt</i>	<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>

*What are the Five Transport Points
for the **Pericardium**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Wood	Fire	Earth	Metal	Water
Pc-9	Pc-8	Pc-7	Pc-5	Pc-3
mother	phase	child		g'parent
<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>		<i>Control pt</i>

*What are the Five Transport Points
for the **Triple Burner**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Metal	Water	Wood	Fire	Earth
TB-1	TB-2	TB-3	TB-6	TB-10
	g'parent	mother	phase	child
	<i>Control pt</i>	<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>

*What are the Five Transport Points
for the **Spleen**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Wood	Fire	Earth	Metal	Water
Sp-1	Sp-2	Sp-3	Sp-5	Sp-9
g'parent	mother	phase	child	
<i>Control pt</i>	<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>	

*What are the Five Transport Points
for the **Stomach**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Metal	Water	Wood	Fire	Earth
ST-45	ST-44	ST-43	ST-41	ST-36
child		g'parent	mother	phase
<i>Disp. pt</i>		<i>Control pt</i>	<i>Tonif. pt.</i>	<i>Phase pt</i>

*What are the Five Transport Points
for the **Lung**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Wood	Fire	Earth	Metal	Water
Lu-11	Lu-10	Lu-9	Lu-8	Lu-5
	g'parent	mother	phase	child
	<i>Control pt</i>	<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>

*What are the Five Transport Points
for the **Large Intestine**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Metal	Water	Wood	Fire	Earth
LI-1	LI-2	LI-3	LI-5	LI-11
phase	child		g'parent	mother
<i>Phase pt</i>	<i>Disp. pt</i>		<i>Control pt</i>	<i>Tonif. pt</i>

*What are the Five Transport Points
for the **Kidney**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Wood	Fire	Earth	Metal	Water
Kd-1	Kd-2	Kd-3	Kd-7	Kd-10
child		g'parent	mother	phase
<i>Disp. pt</i>		<i>Control pt</i>	<i>Tonif. pt</i>	<i>Phase pt</i>

*What are the Five Transport Points
for the **Bladder**?*



What are the Tonification & Dispersion Points?

What are the Phase & Control Points?

<u>JW</u>	<u>Y/S</u>	<u>S/S</u>	<u>J/R</u>	<u>H/S</u>
Metal	Water	Wood	Fire	Earth
BL-67	BL-66	BL-65	BL-60	BL-54
mother	phase	child		g'parent
<i>Tonif. pt</i>	<i>Phase pt</i>	<i>Disp. pt</i>		<i>Control pt</i>

*What is the four needle protocol
for a **Large Intestine Xu** condition?*

*What is the four needle protocol
for a **Large Intestine Shi** condition?*

<u>Dx</u>				
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	LI-11	ST-36	LI-5	SI-5
	earth pt	earth pt	fire pt	fire pt
shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	LI-2	BL-66	LI-5	SI-5
	water pt	water pt	fire pt	fire pt

*What is the four needle protocol
for a **Lung Xu** condition?*

*What is the four needle protocol
for a **Lung Shi** condition?*

<u>Dx</u>				
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	Lu-9	Sp-3	Lu-10	Ht-8
	earth pt	earth pt	fire pt	fire pt
shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	Lu-5	Kd-10	Lu-10	Ht-8
	water pt	water pt	fire pt	fire pt

*What is the four needle protocol
for a **Stomach Xu** condition?*

*What is the four needle protocol
for a **Stomach Shi** condition?*

<u>Dx</u>					
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>	
	ST-41	SI-5	ST-43	GB-41	
	fire pt	fire pt	wood pt	wood pt	

shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>	
	ST-45	LI-1	ST-43	GB-41	
	metal pt	metal pt	wood pt	wood pt	

*What is the four needle protocol
for a **Spleen Xu** condition?*

*What is the four needle protocol
for a **Spleen Shi** condition?*

<u>Dx</u>				
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	Sp-2	Ht-8	Sp-1	Lr-1
	fire pt	fire pt	wood pt	wood pt
shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	Sp-5	Lu-8	Sp-1	Lr-1
	metal pt	metal pt	wood pt	wood pt

*What is the four needle protocol
for a **Small Intestine Xu** condition?*

*What is the four needle protocol
for a **Small Intestine Shi** condition?*

<u>Dx</u>				
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	SI-3 wood pt	GB-41 wood pt	SI-2 water pt	BL-66 water pt

shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	SI-8 earth pt	ST-36 earth pt	SI-2 water pt	BL-66 water pt

*What is the four needle protocol
for a **Heart Xu** condition?*

*What is the four needle protocol
for a **Heart Shi** condition?*

<u>Dx</u>				
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	Ht-9	Lr-1	Ht-3	Kd-10
	wood pt	wood pt	water pt	water pt

shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	Ht-7	Sp-3	Ht-3	Kd-10
	earth pt	earth pt	water pt	water pt

*What is the four needle protocol
for a **Triple Burner Xu** condition?*

*What is the four needle protocol
for a **Triple Burner Shi** condition?*

<u>Dx</u>					
	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>	
xu }	TB-3	GB-41	TB-2	BL-66	
	wood pt	wood pt	water pt	water pt	

	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>	
shi }	TB-10	ST-36	TB-2	BL-66	
	earth pt	earth pt	water pt	water pt	

*What is the four needle protocol
for a **Pericardium Xu** condition?*

*What is the four needle protocol
for a **Pericardium Shi** condition?*

<u>Dx</u>				
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	Pc-9	Lr-1	Pc-3	Kd-10
	wood pt	wood pt	water pt	water pt

shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	Pc-7	Sp-3	Pc-3	Kd-10
	earth pt	earth pt	water pt	water pt

*What is the four needle protocol
for a **Gall Bladder Xu** condition?*

*What is the four needle protocol
for a **Gall Bladder Shi** condition?*

Dx

xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	GB-43	BL-66	GB-44	LI-1
	water pt	water pt	metal pt	metal pt

shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	GB-38	SI-5	GB-44	LI-1
	water pt	water pt	metal pt	metal pt

*What is the four needle protocol
for a **Liver Xu** condition?*

*What is the four needle protocol
for a **Liver Shi** condition?*

<u>Dx</u>				
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
	Lr-8	Kd-10	Lr-4	Lu-8
	water pt	water pt	metal pt	metal pt
shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
	Lr-2	Ht-8	Lr-4	Lu-8
	fire pt	fire pt	metal pt	metal pt

*What is the four needle protocol
for a **Bladder Xu** condition?*

*What is the four needle protocol
for a **Bladder Shi** condition?*

<u>Dx</u>					
xu }	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>	
	BL-67	LI-1	BL-54	ST-36	
	metal pt	metal pt	earth pt	earth pt	

shi }	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>	
	BL-65	GB-41	BL-54	ST-36	
	wood pt	wood pt	earth pt	earth pt	

*What is the four needle protocol
for a **Kidney Xu** condition?*

*What is the four needle protocol
for a **Kidney Shi** condition?*

Dx

	<i>Tonify:</i>	<i>Tonify:</i>	<i>Drain:</i>	<i>Drain:</i>
xu }	Kd-7	Lu-8	Kd-3	Sp-3
	metal pt	metal pt	earth pt	earth pt

	<i>Drain:</i>	<i>Drain:</i>	<i>Tonify:</i>	<i>Tonify:</i>
shi }	Kd-1	Lr-1	Kd-3	Sp-3
	wood pt	wood pt	earth pt	earth pt

手 太 陽 小 腸 經

Shǒu Tàì Yáng Xiǎo Cháng Jīng

vi. *Arm Greater-Yang* ***Small Intestine*** *Channel*

entry-exit: *Ht-9* → **SI-1** → **SI-18/19** → *BL-1*

mu: **CV-4** *shu:* **BL-27** *xia-he:* **ST-39**

	<u><i>Small Intestine</i></u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Imperial Fire (yang jun huo)	Ht (yin I. Fire)
<i>division:</i>	hand Tai-Yang	BL (foot Tai-Yang)
<i>clock: (8th hr.)</i>	1–3 pm	Lr (1–3 am)

手少陰心經

Shǒu Shǎo Yīn Xīn Jīng

v. *Arm Lesser-Yin* **Heart** Channel

entry-exit: *Sp-21* → **Ht-1** → **Ht-9** → *SI-1*

mu: **CV-14**

shu: **BL-15**

	<u>Heart</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Imperial Fire (yin jun huo)	SI (yang I. Fire)
<i>division:</i>	hand Shao-Yin	Kd (foot Shao-Yin)
<i>clock: (7th hr.)</i>	11 am – 1 pm	GB (11 pm – 1 am)

手 少 陽 三 焦 經

Shǒu Shǎo Yáng Sān Jiāo Jīng

x. *Arm Lesser-Yang* ***Triple Burner*** *Channel*

entry-exit: *Pc-8* → **TB-1** → **TB-23** → *GB-1*

mu: **CV-5** *shu:* **BL-22** *xia-he:* **BL-53/39**

	<u><i>Triple Burner</i></u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Ministerial Fire (yang xiang huo)	Pc (yin M. Fire)
<i>division:</i>	hand Shao-Yang	GB (foot Shao-Yang)
<i>clock: (12th hr.)</i>	9–11 pm	Sp (9–11 am)

手厥陰心包經

Shǒu Jué Yīn Xīn Bāo Jīng

IX. *Arm Faintest-Yin* **Pericardium** *Channel*

entry-exit: *Kd-22* → **Pc-1** → **Pc-8** → *TB-1*

mu: **CV-17**

shu: **BL-14**

	<u>Pericardium</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Ministerial Fire (yin xiang huo)	TB (yang M. Fire)
<i>division:</i>	hand Jue-Yin	Lr (foot Jue-Yin)
<i>clock: (11th hr.)</i>	7–9 pm	ST (7–9 am)

手 陽 明 大 腸 經

Shǒu Yáng Míng Dà Cháng Jīng

II. *Arm Brightest-Yang* ***Large Intestine*** Channel

entry-exit: *Lu-7* → **LI-4** → **LI-20** → *ST-1*

mu: **ST-25** *shu:* **BL-25** *xia-he:* **ST-37**

	<u><i>Large Intestine</i></u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Metal	Lu (yin Metal)
<i>division:</i>	hand Yang-Ming	ST (foot Yang-Ming)
<i>clock: (4th hr.)</i>	5–7 am	Kd (5–7 pm)

手太陰肺經

Shǒu Tàì Yīn Fèi Jīng

1. *Arm Greater-Yin* ***Lung*** *Channel*

entry-exit: *Lr-14* → **Lu-1** → **Lu-7** → *Ll-4*

mu: **Lu-1**

shu: **BL-13**

	<u>Lung</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Metal	LI (yang Metal)
<i>division:</i>	hand Tai-Yin	Sp (foot Tai-Yin)
<i>clock: (3rd hr.)</i>	3–5 am	BL (3–5 pm)

足 太 陽 旁 胱 經

Zú Tài Yáng Pāng Guāng Jīng

(BJ = Beijing SH = Shanghai JC = Jim Cleaver)

vii. *Leg Greater-Yang **Bladder** Channel*

entry-exit: *SI-18* → **BL-1** → **BL-67** → *Kd-0* → *Kd-1*

mu: **CV-3** *shu:* **BL-28** *xia-he:* **BL-54**

	Bladder	<i>paired channels</i>
<i>phase:</i>	yang Water	Kd (yin Water)
<i>division:</i>	foot Tai-Yang	SI (hand Tai-Yang)
<i>clock: (9th hr.)</i>	3–5 pm	Lu (3–5 am)

足 少 陰 腎 經

Zú Shǎo Yīn Shèn Jīng

VIII. *Leg Lesser-Yin **Kidney** Channel*

entry-exit: *BL-67* → **Kd-1** → **Kd-22** → *Pc-1*

mu: **GB-25** *shu:* **BL-23**

	<u>Kidney</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Water	BL (yang Water)
<i>division:</i>	foot Shao-Yin	Ht (hand Shao-Yin)
<i>clock: (10th hr.)</i>	5–7 pm	LI (5–7 am)

足 陽 明 胃 經

Zú Yáng Míng Wèi Jīng

III. *Leg Brightest-Yang* ***Stomach*** *Channel*

entry-exit: *LI-20* → **ST-1** → **ST-42** → *Sp-1*

mu: **CV-12** *shu:* **BL-21** *xia-he:* **ST-36**

	Stomach	<i>paired channels</i>
<i>phase:</i>	yang Soil/Earth	Sp (yin Earth)
<i>division:</i>	foot Yang-Ming	LI (hand Yang-Ming)
<i>clock: (5th hr.)</i>	7–9 am	Pc (7–9 pm)

足 太 陰 脾 經

Zú Tàì Yīn Pí Jīng

IV. *Leg Greater-Yin **Spleen** Channel*

entry-exit: *ST-42* → **Sp-1** → **Sp-21** → *Ht-1*

mu: **Lr-13** *shu:* **BL-20**

	<u>Spleen</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Soil/Earth	ST (yang Earth)
<i>division:</i>	foot Tai-Yin	Lu (hand Tai-Yin)
<i>clock: (6th hr.)</i>	9–11 am	TB (9–11 pm)

足少陽膽經

Zú Shǎo Yáng Dǎn Jīng

XI. *Leg Lesser-Yang Gall Bladder Channel*

entry-exit: TB-23 → **GB-1** → **GB-41** → *Lr-1*

mu: **GB-24** *shu:* **BL-19** *xia-he:* **GB-34**

	<u>Gall Bladder</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yang Wood	Lr (yin Wood)
<i>division:</i>	foot Shao-Yang	TB (hand Shao-Yang)
<i>clock: (1st hr.)</i>	11 pm – 1 am	Ht (11 am–1 pm)

足厥陰肝經

Zú Jué Yīn Gān Jīng

XII. *Leg Faintest-Yin* **Liver** *Channel*

entry-exit: *GB-41* → **Lr-1** → **Lr-14** → *Lu-1*

mu: **Lr-14** *shu:* **BL-18**

	<u>Liver</u>	<u><i>paired channels</i></u>
<i>phase:</i>	yin Wood	GB (yang Wood)
<i>division:</i>	foot Jue-Yin	Pc (hand Jue-Yin)
<i>clock: (2nd hr.)</i>	1–3 am	SI (1–3 pm)

督 脈

Dū Mài

XIII. ***Governing / Supervisorial Vessel***

paired vessels

structural: Ren mai = Conception vessel (CV)

functional: Yang Qiao mai = yang Heel/motility vessel

luo pt: **GV-1**

master pt: **SI-3**

coupled pt: **BL-62**

任 脈

Rén Mài

XIV. ***Conception / Controlling Vessel***

paired vessels

structural: Du mai = Governing vessel (GV)

functional: Yin Qiao mai = yin Heel/motility vessel

luo pt: **CV-15** *alt. luo:* CV-1

master pt: **Lu-7**

coupled pt: **Kd-6**