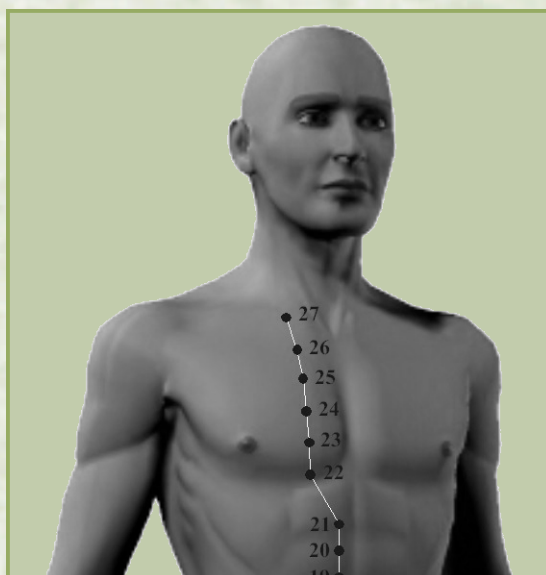


Atlas Of Acupuncture Points

Point Locations



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| 35 | Conception Vessel |
| 37 | Governing Vessel |

Meridian Abbreviations

There have been many abbreviations used to identify the acupuncture meridians, most are listed below. The bold abbreviations are the ones used in this text.

LU = Lung meridian

LI, CO = Large Intestine meridian

ST = Stomach meridian

SP = Spleen meridian

HT, HE = Heart meridian

SI = Small Intestine meridian

BL, UB = Bladder meridian

KI = Kidney meridian

P, PC, HC = Pericardium, Heart Constrictor meridian

TW, TH, SJ = Triple Warmer, Tri-Heater, Triple Burner, San Jiao meridian

GB = Gallbladder meridian

LV, LI, LIV = Liver meridian

CV, VC, Ren = Conception Vessel meridian

GV, VG, Du = Governing Vessel meridian

Some older text use LI for Liver and CO for Large Intestine.

Cardinal Points: Points specific for area or condition.

Face & head - LI4

Neck - LU7

Chest & digestion - P6

Respiratory system - LU5

Shoulder - ST38 also ST37

Scapula - SI11

Arm - LI11

Hand - TW5

Ear - TW5

Skin - GV20, LU9, LU11

Upper abdomen - ST36, CV12

Lower abdomen - SP6, CV6

Master energetical - ST36

Increase energy - CV6, ST36

General excess (energy) - GV14

Low back, sacrum & leg - BL54

Upper back, leg & foot - BL60

Nervous system - LV3

Neurological confusion - KI27

Sympathetic NS - GV20

Parasympathetic NS - ST36, SP6

All cerebral disorders - GB20

Memory, mental, cerebral - GV20

Unconsciousness - GV26

Endocrine system - CV5

Lymphatics - LV2

Yang organs - CV12

Yin organs - LV13

Muscles & tendons - GB34

Bones - BL11

Bone marrow - GB39

Blood & blood chemistries - BL17

Blood sugars (diabetes) - SP10

Blood vessels - LU9

Master associated point - KI27

Master luo point - SP21

Obesity - GV26

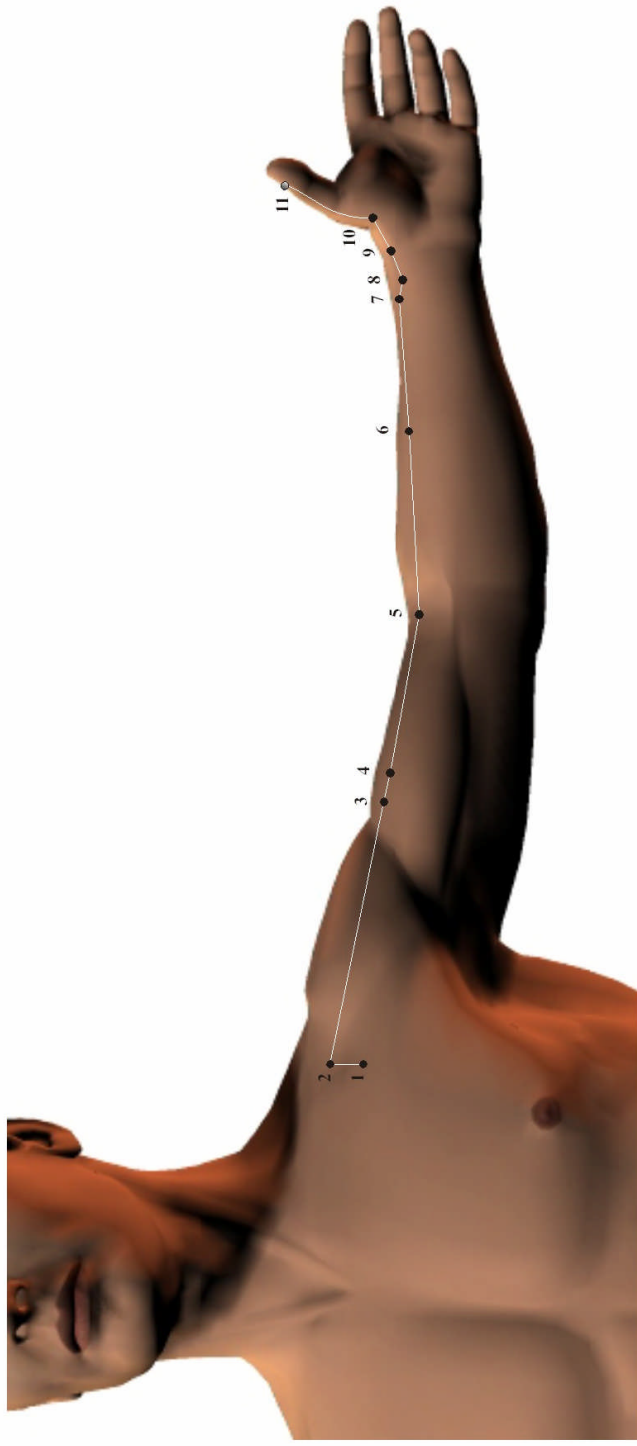
Anxiety with palpitations - HT7

Whole body weakness pain - SP21

Center of respiration - CV17

Malpositioned fetus - BL67

Tsun or **cun** is the measurement of one “body inch” used locate acupuncture points. Measurement is always taken from the patient’s hand. The width of the thumb is 1 cun, width of two fingers is 1.5 cun, four fingers is 3 cun. Proportional measurements: Mid-line of spine to medial border of scapula 3 cun. Lower end of sternum to umbilicus 8 cun. Umbilicus to upper border of symphysis pubis 8 cun.



Lung Meridian (LU)

Lung Meridian (LU) The Hand Greater Yin (Tai Yin) of the Lung has 11 points

The lung channel of the Hand Taiyin originates from the lateral aspect of the chest near the arm pit. It then travels along the anterior-medial aspect of the upper arm, passing the cubital region and arrives at the radial side of the wrist containing the radial artery for pulse palpation. Passing the thenar eminence, it travels along the radial border of the palm ending at the medial side of the tip of the thumb.

Lung Meridian (LU)

Lung Meridian (LU) The Hand Greater Yin (Tai Yin) of the Lung has 11 points

| Command Points | | Lung - Metal Element | |
|----------------|---------------------|------------------------|---------|
| Water | LU5 Sedation Pt | Correspondences | |
| Metal | LU8 Horary Pt | Color | White |
| Earth | LU9 Tonification Pt | Flavor | Pungent |
| Fire | LU10 | Sense | Nose |
| Wood | LU11 | Emotion | Sadness |
| Luo | LU7 | Tissue | Skin |
| Xi-Cleft | LU6 | Climate | Dryness |
| Source | LU9 | Sounds | Crying |
| | | Odor | Rotting |
| | | Season | Autumn |
| | | Direction | West |

Cardinal Points

| | |
|------|------------------------------------|
| LU5 | Respiratory System |
| LU7 | Neck |
| LU9 | Skin, Blood Vessels, Throat, Pulse |
| LU11 | Skin |

Point Locations:

LU1 Zhongfu - 6 cun lateral to anterior midline level with the 1st intercostal space, 1 cun below LU2. Caution: needle oblique to avoid lungs.

LU2 Yunmen - 6 cun lateral to the anterior midline below the clavicle in the depression medial to the coracoid process. Caution: needle oblique to avoid lungs.

LU3 Tianfu - 3 cun inferior to the anterior axillary fold on radial side of biceps brachii muscle.

LU4 Xiabai - 4 cun inferior to the anterior axillary fold, 1 cun inferior to LU3 on radial side of biceps brachii muscle.

LU5 Chize - On the cubital crease, in the depression lateral to biceps brachii tendon.

LU6 Kongzui - 7 cun above the transverse crease of the wrist.

LU7 Lieque - 1.5 cun above the transverse crease of the wrist, superior to the styloid process of the radius.

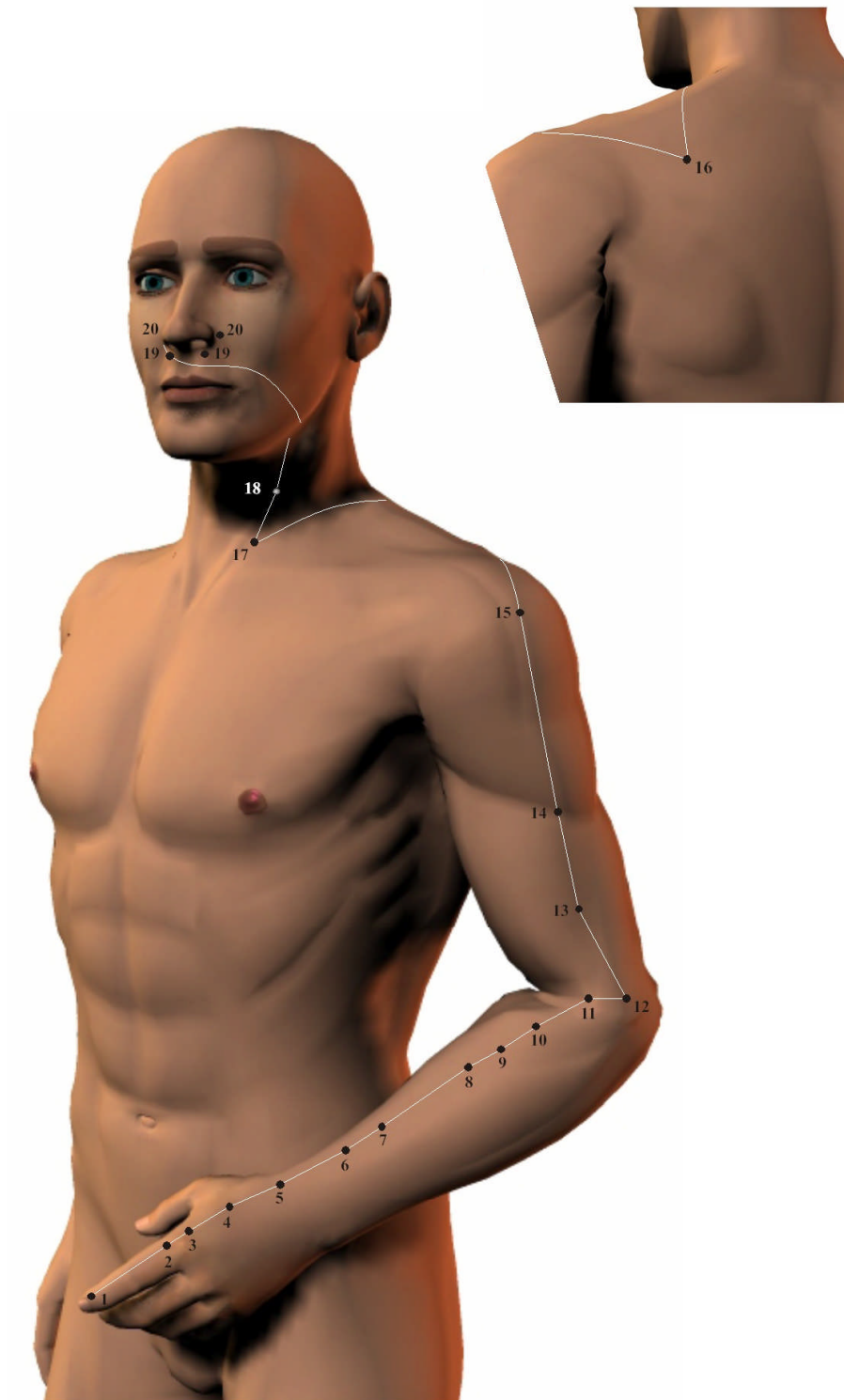
LU8 Jingqu - 1 cun above the transverse crease of the wrist in the hollow on the lateral side of the radial artery.

LU9 Taiyuan - On transverse crease of the wrist on the lateral side of the radial artery.

LU10 Yuji - On the palmar side of the hand, at the midpoint of 1st metacarpal bone, at the junction of the red and white skin.

LU11 Shaoshang - 0.1 cun posterior to the nail on the radial side of the nail.

Large Intestine Meridian (LI)



Large Intestine (LI)

The Hand Bright Yang (Yang Ming) of the Large Intestine 20 points

The large intestine channel of the Hand-Yangming starts from the tip of the index finger. Running upward along the radial aspect of the index finger, it passes through the inter-space of the first and second metacarpal bones, and ascends along the lateral anterior aspect of the upper arm to the highest point of the shoulder. It then travels along the anterior border of the acromion, then descends to the supraclavicular fossa. From the supraclavicular fossa it travels upward to the neck and to the cheek, then it curves around the upper lip and exits at the corner of the mouth, where it crosses the opposite large intestine channel of the Hand-Yangming at the philtrum. It ends at the side of the nose, where it connects with the stomach channel of the Foot-Yangming.

| Command Points | | Large Intestine - Metal Element | |
|----------------|----------------------|---------------------------------|---------|
| Earth | LI11 Tonification Pt | Correspondences | |
| Fire | LI5 | Color | White |
| Wood | LI3 | Flavor | Pungent |
| Water | LI2 Sedation Pt | Sense | Nose |
| Metal | LI1 Horary Pt | Emotion | Sadness |
| Luo | LI6 | Tissue | Skin |
| Xi-Cleft | LI7 | Climate | Dryness |
| Source | LI4 | Sounds | Crying |
| | | Odor | Rotting |
| | | Season | Autumn |
| | | Direction | West |

Cardinal Points

LI4 Mental Function, Sensory Organs, Hand, Face, Head and Ear.
LI11 Fever, Arm and Skin.

Point Locations:

LI1 Shangyang - 0.1 cun posterior to the corner of the nail on the radial side of the index finger.

LI2 Erjian - On the radial side of the index finger distal to the 2nd metacarpal-phalangeal joint in a depression at the junction of the red & white skin.

LI3 Sanjian - On the radial side of the index finger proximal to the head of the 2nd metacarpal bone.

LI4 Hegu - On the dorsum of the hand, between the 1st and 2nd metacarpal bones.

LI5 Yangxi - On the radial side of the wrist between the extensor pollicis longus & brevis tendons in a depression formed when the thumb is tilted upward (anatomical snuffbox)

LI6 Pianli - 3 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.

LI7 Wenliu - 5 cun above the transverse crease of the wrist (LI5) on the radial side of the forearm.

LI8 Xialian - 4 cun below LI11 on the radial side of the forearm on the line connecting LI5 and LI11

LI9 Shanglian - 3 cun below LI11 on the radial side of the forearm on the line connecting LI5 and LI11

LI10 Shousanli - 2 cun below LI11 on the radial side of the forearm on the line connecting LI5 and LI11

LI11 Quchi - With a bent elbow, the point lies in the depression at the lateral end of the transverse cubital crease, midway between LU5 and the lateral epicondyle of the humerus.

LI12 Zhouliao - With the elbow flexed, on the radial side of the upper arm 1 cun above and lateral to LI11 on the lateral/posterior border of the humerus.

LI13 Shouwuli - 3 cun above LI11 on the line connecting LI11 and LI15 line. Avoid injuring artery when needling!

LI14 Binao - 4 cun above LI13 at the inferior border of the deltoid, on the line connecting LI11 and LI15.

LI15 Jianyu - Anterior and inferior to the acromion, on the upper portion of the deltoid muscle, in a depression formed when the arm is in full abduction.

LI16 Jugu - Slightly posterior to the shoulder, in the depression between the acromion process and the scapular spine.

LI17 Tianding - On the lateral side of the neck, 1 cun below LI18 on the posterior border of the SCM muscle.

LI18 Futu - On the lateral side of the neck, level with the tip of the Adam's Apple between the sternal head and the clavicular head of the SCM

LI19 Kouheliao - Directly below the lateral margin of the nostril 0.5 cun lateral to GV26.

LI20 Yingxiang - In the nasolabial sulcus, level with the midpoint of the lateral border of the ala nasi.

Stomach Meridian (ST)

The Foot Bright Yang (Yang Ming) of the Stomach 45 points

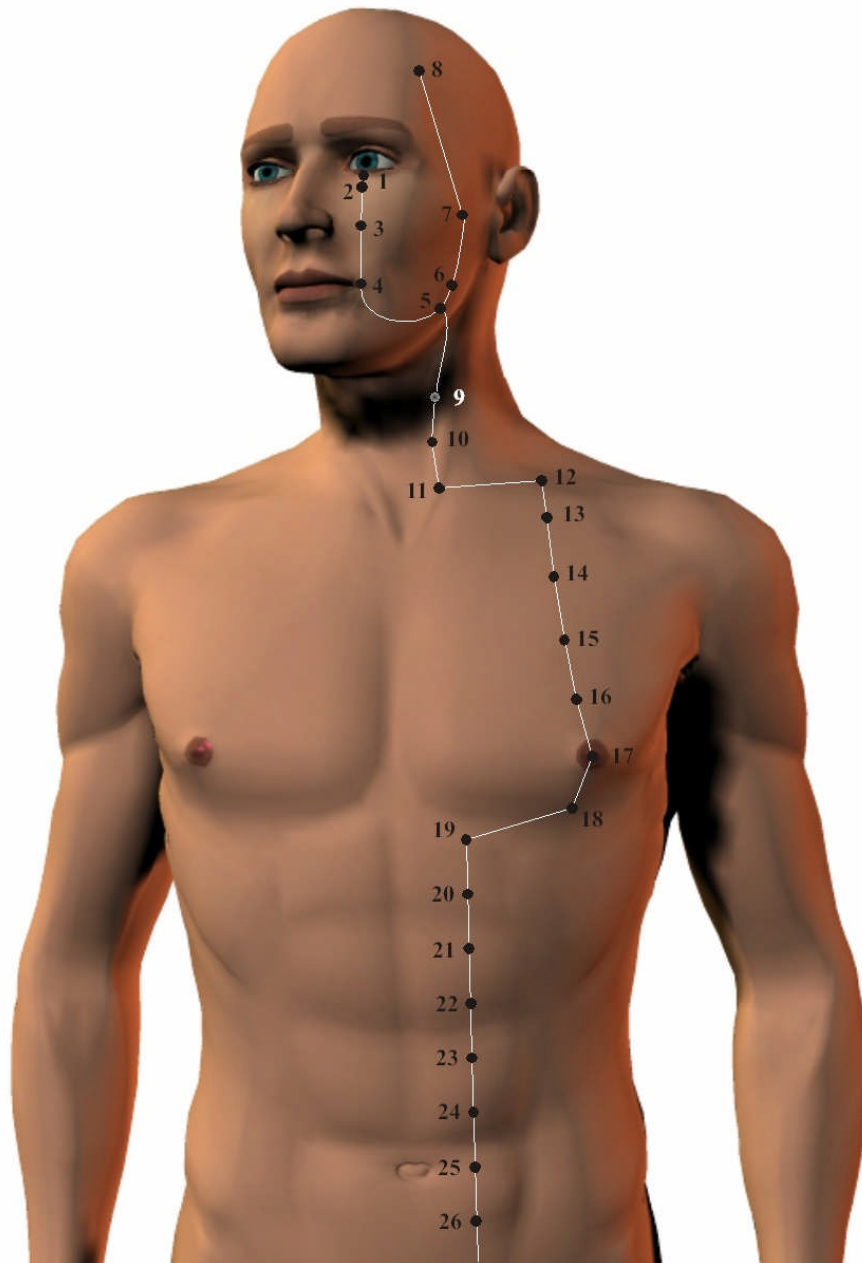
The stomach channel of the Foot-Yangming starts directly below the pupil between the eyeball and the infraorbital ridge. Running downward along the lateral side of the nose, to the lateral corner of the mouth. Curving posterior to the anterior angle of the mandible. Then it travels to the posterior aspect of the mandible ascending in front of the ear and following the anterior hairline, it reaches the forehead. It then runs along the throat and enters the supraclavicular fossa. The straight line of the channels separates the supraclavicular fossa and runs downward along the middle mammillary line. It travels to the side of the umbilicus and descends to the inguinal groove. Running downward it travels along the anterior aspect of the thigh and reaches the knee. From there it continues further down along the anterior border of the lateral aspect of the tibia to the dorsum of the foot and reaches the lateral side of the tip of the second toe.

| Command Points | | Stomach - Earth Element | |
|-----------------------|----------------------|--------------------------------|----------|
| Earth | ST36 Horary | Correspondences | |
| Fire | ST41 Tonification Pt | Color | Yellow |
| Wood | ST43 | Flavor | Sweet |
| Water | ST44 | Sense | Mouth |
| Metal | ST45 Sedation Pt | Emotion | Worry |
| Luo | ST40 | Tissue | Muscles |
| Xi-Cleft | ST34 | Climate | Humidity |
| Source | ST42 | Sounds | Singing |
| | | Odor | Fragrant |
| | | Season | Autumn |
| | | Direction | Center |

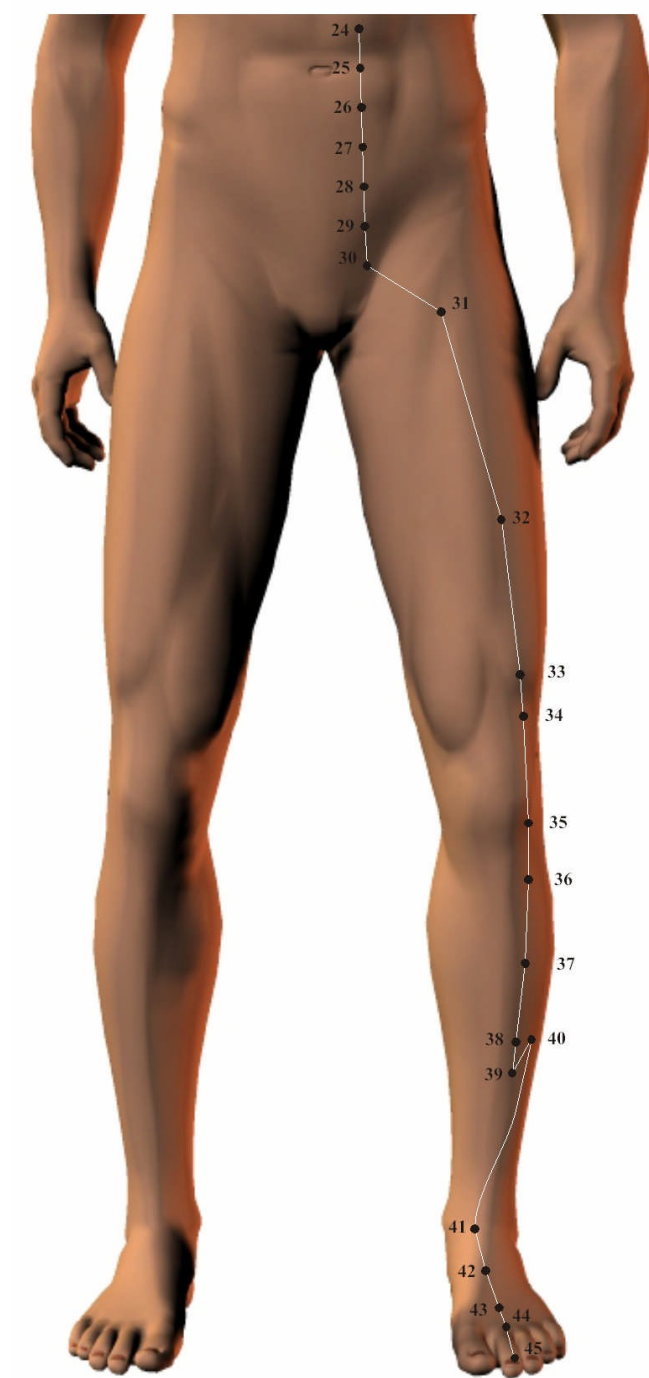
Cardinal Points

ST36 Upper Abdomen, Parasympathetic Nervous System, Increase Energy, Master Energetical
ST38 Shoulder

Stomach Meridian (ST)



Stomach Meridian (ST)



Stomach Meridian (ST)

The Foot Bright Yang (Yang Ming) of the Stomach 45 points

Point Locations:

ST1 Chengqi - Directly below the pupil between the eyeball and the infraorbital ridge.

ST2 Sibai - Directly below the pupil in a depression at the infraorbital foramen.

ST3 Juliao - Directly below the pupil in a depression level with the lower border of the ala nasi.

ST4 Dicang - Directly below the pupil lateral to the corner of the mouth.

ST5 Daying - Anterior to the angle of the mandible on the anterior border of the masseter muscle in a groove like depression when the cheek is bulged.

ST6 Jiache - One finger width anterior and superior to the lower angle of the mandible, at the prominence of masseter muscle.

ST7 Xiaguan - Anterior to the ear, with mouth closed, in the depression at the lower border of the zygomatic arch, anterior to the condyloid process of the mandible.

ST8 Touwei - At the corner of the forehead, 0.5 cun within the hairline at the corner of the forehead, 4.5 cun lateral to the midline at GV24.

ST9 Renying - Level with the tip of the Adam's Apple on the anterior border of the SCM. Avoid puncturing common carotid artery.

ST10 Shuitu - Midway between ST9 and ST11 at the anterior border of the SCM.

ST11 Qishe - At the superior border of the medial end of the clavicle between the sternal head and the clavicular head of the SCM.

ST12 Quepen - In the midpoint of the supraclavicular fossa 4 cun lateral to the midline.

ST13 Qihu - In the infraclavicular fossa, 4 cun lateral to the midline, below ST12.

ST14 Kufang - 4 cun lateral to the midline in the 1st intercostal space.

ST15 Wuyi - 4 cun lateral to the midline in the 2nd intercostal space.

ST16 Yingchuang - 4 cun lateral to the midline in the 3rd intercostal space.

ST17 Ruzhong - 4 cun lateral to the midline in the 4th intercostal space in the center of the nipple.
Contraindicated to needle and moxabustion! Landmark Only! Do Not Treat!

ST18 Rugen - 4 cun lateral to the midline in the 5th intercostal space.

ST19 Burong - 2 cun lateral to the midline lateral to CV14, 6 cun above the umbilicus.

ST20 Chengman - 2 cun lateral to the midline lateral to CV13, 5 cun above the umbilicus.

ST21 Liangmen - 2 cun lateral to the midline lateral to CV12, 4 cun above the umbilicus.

ST22 Guanmen - 2 cun lateral to the midline lateral to CV11, 3 cun above the umbilicus.

ST23 Taiyi - 2 cun lateral to the midline lateral to CV10, 2 cun above the umbilicus.

ST24 Huaroumen - 2 cun lateral to the midline lateral to CV9, 1 cun above the umbilicus.

ST25 Tianshu - 2 cun lateral to the midline lateral to CV8 at the level of the umbilicus.

ST26 Wailing - 2 cun lateral to the midline lateral to CV7, 1 cun below the umbilicus.

ST27 Daju - 2 cun lateral to the midline lateral to CV5, 2 cun below the umbilicus.

ST28 Shuidao - 2 cun lateral to the midline lateral to CV4, 3 cun below the umbilicus.

ST29 Guilai - 2 cun lateral to the midline lateral to CV3, 4 cun below the umbilicus.

ST30 Qichong - 2 cun lateral to the midline lateral to CV2, level with symphysis pubis.

ST31 Biguan - With the thigh flexed, in the depression lateral to the sartorius muscle, directly inferior to the anterior superior iliac spine (ASIS).

ST32 Futu - 6 cun above the superior lateral border of the patella on line connecting the ASIS.

ST33 Yinshi - 3 cun above the superior lateral border of the patella on line connecting the ASIS found with knee flexed.

ST34 Liangqiu - 2 cun above the superior lateral border of the patella on line connecting the ASIS found with knee flexed.

ST35 Dubi - Below the patella in a depression lateral to the patella ligament found with knee flexed.

ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.

ST37 Shangjuxu - 3 cun below ST36 one finger width lateral from the anterior crest of the tibia.

ST38 Tiaokou - 5 cun below ST36 one finger width lateral from the anterior crest of the tibia.

ST39 Xiajuxu - 1 cun below ST38 one finger width lateral from the anterior crest of the tibia.

ST40 Fenglung - 8 cun superior to the tip of the external malleolus, one finger width lateral to ST38.

ST41 Jiexi - On the dorsum of the foot at the midpoint of the transverse crease of the ankle joint, approximately level with the tip of the external malleolus in a depression between the extensor digitorum longus and hallucis longus tendons.

ST42 Chongyang - On the dorsum of the foot, 1.5 cun inferior to ST41, in the depression between the second and third metatarsals and cuneiform bone. Avoid the dorsal artery when needling.

ST43 Xiangu - In a depression distal to the junction of the 2nd and 3rd metatarsal bones.

ST44 Neiting - At the proximal end of the web between the 2nd and 3rd toes in the depression distal and lateral to the 2nd metatarsodigital joint.

ST45 Lidui - 0.1 cun posterior to the corner of nail on the lateral side of the 2nd toe.

Spleen Meridian (SP)

The Foot Greater Yin (Tai Yin) of the Spleen 21 points

The spleen of the Foot-Taiyin starts from the medial aspect of the tip of the big toe. It travels along the medial aspect of the foot at the junction between the red and white skin, ascends anteriorly to the medial malleolus up to the medial aspect of the leg. Passing through the anterior medial aspect of the thigh, it enters the inguinal region traveling along the anterior of the abdomen. It then curves lateral to the midline to the intercostal space up to the 2nd intercostal space. Then turns inferior to midway between the axilla and the free end of the eleventh rib.

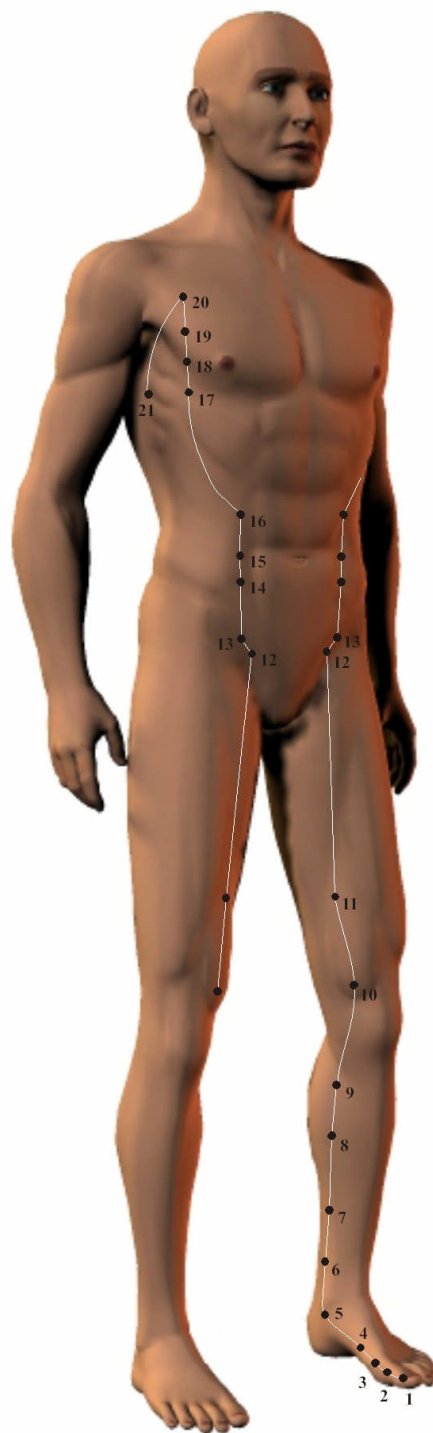
Command Points

| | |
|----------|---------------------|
| Water | SP9 |
| Metal | SP5 Sedation Pt |
| Earth | SP3 Horary Pt |
| Fire | SP2 Tonification Pt |
| Wood | SP1 |
| Luo | SP4 |
| Xi-Cleft | SP8 |
| Source | SP3 |

Spleen - Earth Element

Correspondences

| | |
|-----------|----------|
| Color | Yellow |
| Flavor | Sweet |
| Sense | Mouth |
| Emotion | Worry |
| Tissue | Muscles |
| Climate | Humidity |
| Sounds | Singing |
| Odor | Fragrant |
| Season | Autumn |
| Direction | Center |



Spleen Meridian (SP)

Cardinal Points

SP6 Lower Abdomen, Sexual Organs, Skin and Parasympathetic Nervous System
SP10 Blood Sugars (diabetes)
SP21 Master Luo point, Whole Body Weakness and Pain

Point Locations:

SP1 YinBai - 0.1 cun posterior to the corner of the nail, on the medial side of the great toe.

SP2 Dadu - On medial side of the great toe, distal and inferior to the 1st metatarsophalangeal joint in a depression at the juncture of the red and white skin.

SP3 Taibai - Proximal and inferior to the head of the 1st metatarsal bone in a depression at the junction of the red and white skin.

SP4 Gongsun - In a depression distal and inferior to the 1st metatarsal bone at the junction of the red and white skin.

SP5 Shangqiu - In a depression distal and inferior to the medial malleolus, midway between the tuberosity of the navicular bone and the tip of the medial malleolus.

SP6 Sanyinjiao - 3 cun directly above the tip of the medial malleolus on the posterior border of the tibia.
Contraindicated to needle during pregnancy.

SP7 Lougu - 6 cun from the tip of the medial malleolus on line connecting tip of medial malleolus and SP9 on the posterior border of the tibia (3 cun above SP6)

SP8 Diji - 3 cun below SP9 on line connecting SP9 and medial malleolus.

SP9 Yinlingquan - On the lower border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and gastrocnemius muscle.

SP10 Xuehai - With the knee in flexion, 2 cun superior to the superior border of the patella, on the bulge of the medial portion of the quadriceps femoris muscle.

SP11 Jimen - 6 cun above SP10 on the line connecting SP12 and SP10.

SP12 Chongmen - 3.5 cun lateral to the midline at CV2, in the inguinal region, on the lateral side of the femoral artery. Avoid femoral artery when needling!

SP13 Fushe - 0.7 cun laterosuperior to SP12 and 4 cun lateral to the anterior midline.

SP14 Fujie - 1.3 cun below SP15 and 4 cun lateral to the anterior midline, on lateral side of rectus abdominis muscle.

SP15 Daheng - 4 cun lateral to the center of the umbilicus, lateral to rectus abdominis muscle.

SP16 Fuai - 3 cun above SP15 and 4 cun lateral to the anterior midline at CV11.

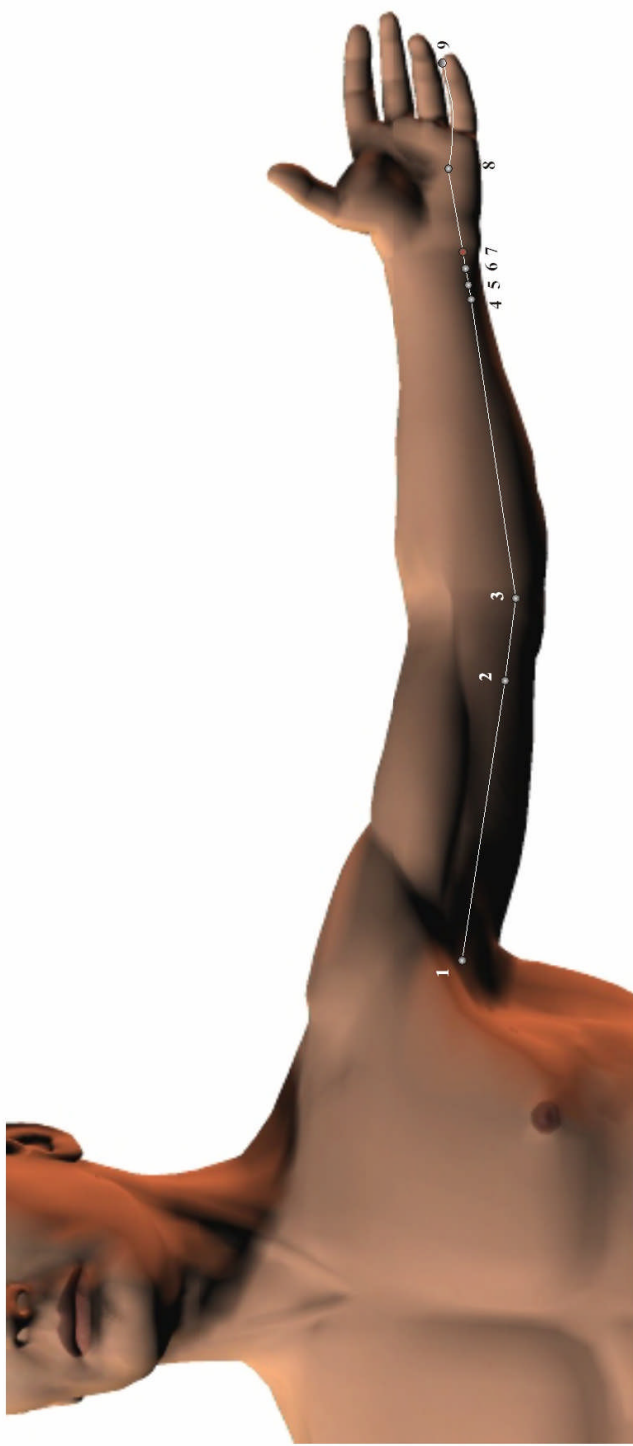
SP17 Shidou - 6 cun lateral to the anterior midline in the 5th intercostal space.

SP18 Tianxi - 6 cun lateral to the anterior midline in the 4th intercostal space.

SP19 Xiongxiang - 6 cun lateral to the anterior midline in the 3rd intercostal space.

SP20 Zhourong - 6 cun lateral to the anterior midline in the 2nd intercostal space.

SP21 Dabao - On the midaxillary line, 6 cun inferior to the anterior axillary crease. Midway between the axilla and the free end of the eleventh rib.



Heart Meridian (HT, HE)

The Hand Lesser Yin (Shao Yin) of the Heart 9 points

The heart channel of the Hand-Shaoyin starts in the center of axilla. From there it goes along the posterior border of the medial aspect of the upper arm. Passing through the cubital region, it descends to the pisiform region proximal to the palm and enters the palm. Then it ends at the medial aspect of the tip of the little finger.

Heart Meridian (HT, HE)

The Hand Lesser Yin (Shao Yin) of the Heart 9 points

| Command Points | | Heart - Fire Element | |
|----------------|---------------------|------------------------|----------|
| Water | HT3 | Correspondences | |
| Metal | HT4 | Color | Red |
| Earth | HT7 Sedation Pt | Flavor | Bitter |
| Fire | HT8 Horary Pt | Sense | Tongue |
| Wood | HT9 Tonification Pt | Emotion | Joy |
| Luo | HT5 | Tissue | Pulse |
| Xi-Cleft | HT6 | Climate | Heat |
| Source | HT7 | Sounds | Laughing |
| | | Odor | Scorched |
| | | Season | Summer |
| | | Direction | South |

Cardinal Points

HT7 Emotions and Anxiety with Palpitations

Point Locations:

HT1 Jiquan - Center of axilla on the medial side of the axillary artery. Avoid axillary artery!

HT2 Qingling - With elbow flexed, the point is found 3 cun above the medial end of the transverse cubital crease in the groove medial to the biceps brachii.

HT3 Shaohai - With elbow flexed, at the medial end of the transverse cubital crease.

HT4 Lingdao - With the palm facing up, the point is found 1.5 cun above the transverse crease of the wrist at HT7.

HT5 Tongli - 1 cun above HT7 on a line connecting HT3 and HT7.

HT6 Yinxi - 0.5 cun above HT7 on a line connecting HT3 and HT7.

HT7 Shenmen - On the ulnar end of the transverse crease of the wrist, in the small depression between the pisiform and ulna bones.

HT8 Shaofu - With a fist made, where the little finger falls between the 4th and 5th metacarpal bones.

HT9 Shaochong - 0.1 cun posterior to the corner of the nail on the radial side of the little finger.

Small Intestine Meridian (SI)

The Hand Greater Yang (Tai Yang) of the Small Intestine 19 points

The small intestine channel of the Hand-Taiyang starts at the ulnar aspect of the tip of the little finger, and travels along the ulnar border of the hand dorsum upward to the posterior border of the lateral aspect of the upper arm. It passes through the cubital region curving around the scapular region. Then turning downward to the supraclavicular fossa and ascends to the neck. Travels up to the cheek going through the outer canthus of the eye, and ends anterior to the tragus of the ear.

Cardinal Points

SI11 Scapula and Shoulder

Small Intestine Meridian (SI)

Command Points

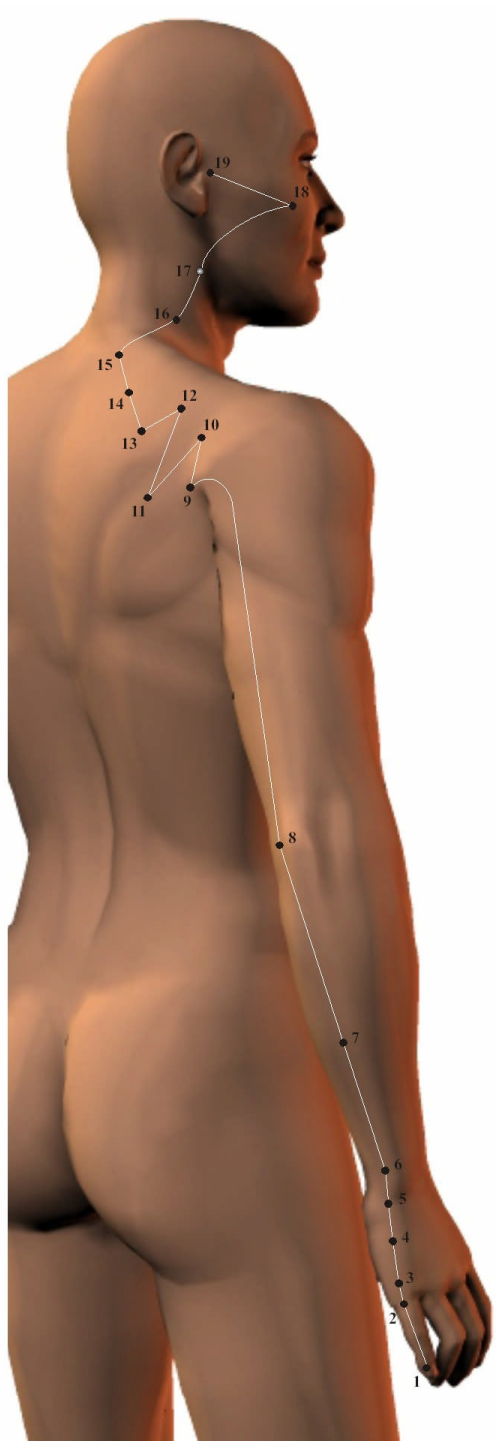
| | |
|----------|---------------------|
| Earth | SI8 Sedation Pt |
| Fire | SI5 Horary Pt |
| Wood | SI3 Tonification Pt |
| Water | SI2 |
| Metal | SI1 |
| Luo | SI7 |
| Xi-Cleft | SI6 |
| Source | SI4 |

Small Intestine

Fire Element

Correspondences

| | |
|-----------|----------|
| Color | Red |
| Flavor | Bitter |
| Sense | Tongue |
| Emotion | Joy |
| Tissue | Pulse |
| Climate | Heat |
| Sounds | Laughing |
| Odor | Scorched |
| Season | Summer |
| Direction | South |



Small Intestine Meridian (SI)

The Hand Greater Yang (Tai Yang) of the Small Intestine 19 points

Point Locations:

SI1 Shaoze - 0.1 cun posterior to the corner of the nail on the ulnar side of the little finger.

SI2 Qianggu - With a loose fist made the point is found on the ulnar side of the fifth digit, in the depression distal to the metacarpophalangeal joint, at the junction of the red and white skin.

SI3 Houxi - With a loose fist made, in the depression proximal to the head of the fifth metacarpal bone, at the junction of the red and white skin.

SI4 Wangu - On the ulnar edge of the palm, in the depression between the fifth metacarpal bone and the hamate and pisiform bones.

SI5 Yanggu - Near the ulnar end of the transverse wrist crease on the dorsal side of the hand in a depression between the styloid process of the ulna and the triquetral bone.

SI6 Yanglao - On the dorsal side of the wrist, in the bony cleft on the radial side of the styloid process of the ulna.

SI7 Zhizheng - 5 cun above SI5 on a line connecting SI5 and SI8, between the anterior border of the ulna and flexor carpi ulnaris muscle.

SI8 Xiaohai - With elbow flexed, in a depression between the olecranon process of the ulna and the medial epicondyle of the humerus.

SI9 Jianzhen - With arm abducted, 1 cun above the posterior end of the axillary fold, posterior and inferior to the shoulder joint.

SI10 Naoshu - With arm abducted, directly above SI9 in a depression inferior to scapular spine.

SI11 Tianzong - In the depression of the infrascapular fossa, one-third the distance between the lower border of the scapular spine and the inferior angle of the scapula, approximately level with T4 spinous process.

SI12 Bingfeng - Above SI11 in the center of the suprascapular fossa, in a depression when arm is lifted.

SI13 Quyaun - On the medial extremity of the suprascapular fossa, about midway between SI10 and the spinous process of T2.

SI14 Jianwaishu - 3 cun lateral to the lower border of the spinous process of T1 (GV13).

SI15 Jianzhongzhu - 2 cun lateral from the posterior midline below the spinous process of C7 (GV14).

SI16 Tianchuang - On lateral neck posterior to SCM, posterior and superior to LI18 level with the adams apple.

SI17 Tianrong - Posterior to the angle of the mandible in a depression on the anterior border of the SCM.

SI18 Quanliao - Directly below the outer canthus of the eye in a depression on the lower border of the zygoma. Contraindicated to moxabustion!

SI19 Tinggong - Anterior to the tragus and posterior to the condyloid process of the mandible in a depression formed when mouth is opened.

Bladder Meridian (BL, UB)

The Foot Greater Yang (Tai Yang) of the Bladder 67 points

The urinary bladder channel of the Foot-Taiyang originates from the inner canthus of the eye. Passing through the forehead, it flows up to the vertex. It bifurcates above the posterior hairline into two lines. One line runs from the posterior aspect of the neck downward along the medial border of the scapula (3 cun lateral to the back mid-line). Passing through the gluteal region. Another line runs straight downward (1.5 cun lateral to the mid-line of the back) to the lumbar region. From there it descends along the posterior aspect of the thigh to the popliteal fossa. Descending to the posterior aspect of the gastrocnemius muscle and further to the posterior inferior aspect of the lateral malleolus. Ending at lateral posterior side of the tip of the little toe.

| Command Points | | Bladder - Water Element | |
|----------------|----------------------|-------------------------|------------|
| | | Correspondences | |
| Earth | BL54 | Color | Blue/Black |
| Fire | BL60 | Flavor | Salty |
| Wood | BL65 Sedation Pt | Sense | Ears |
| Water | BL66 Horary Pt | Emotion | Fear |
| Metal | BL67 Tonification Pt | Tissue | Bones |
| Luo | BL58 | Climate | Cold |
| Xi-Cleft | BL63 | Sounds | Groaning |
| Source | BL64 | Odor | Putrid |
| | | Season | Winter |
| | | Direction | North |

Cardinal Points

| | |
|------|-----------------------------|
| BL11 | Bones |
| BL17 | Blood and Blood Chemistries |
| BL54 | Low Back, Sacrum and Leg |
| BL60 | Upper Back, Leg and Foot |
| BL67 | Malpositioned Fetus |

Point Locations:

BL1 Jingming - 0.1 cun superior to the inner canthus of the eye in a depression.

BL2 Zanzhu - In the supraorbital notch at the medial end of the eyebrow.

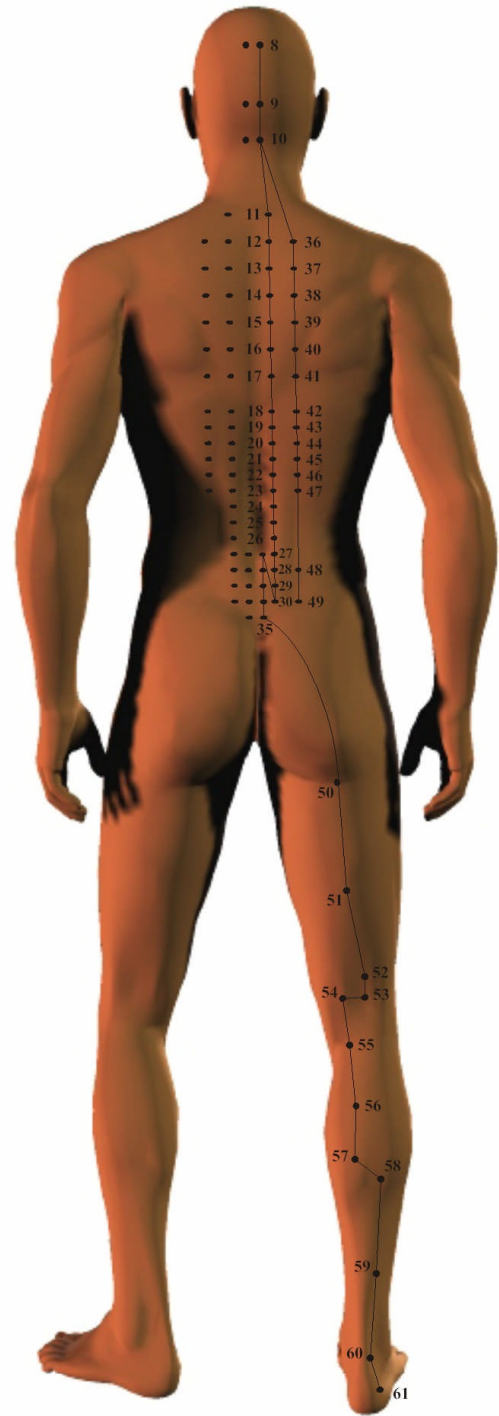
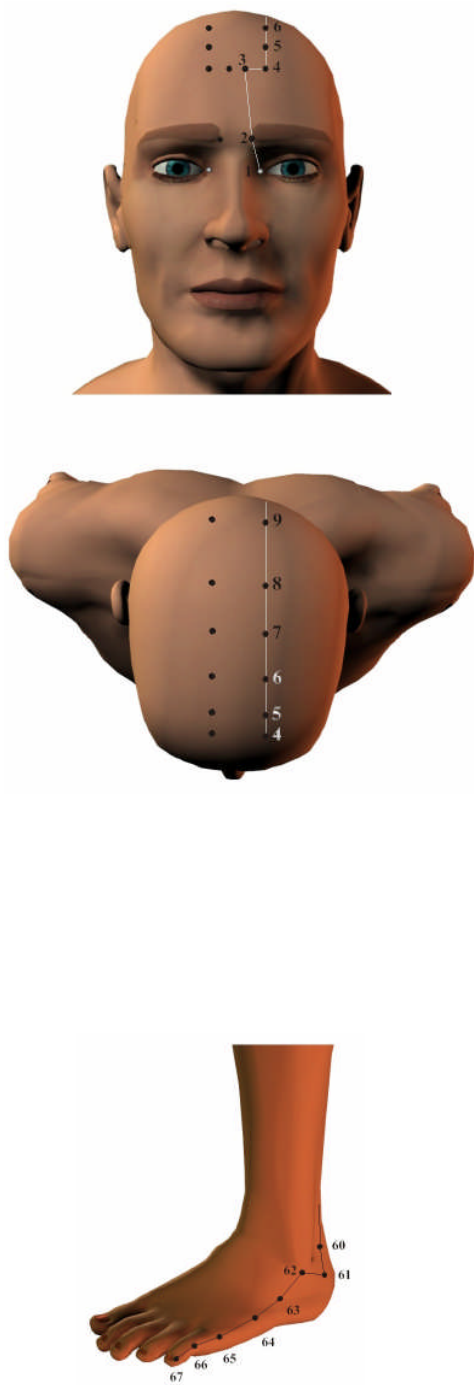
BL3 Meichong - 0.5 cun within the anterior hairline directly above BL2 and 0.5 cun lateral to GV24.

BL4 Quchai - 1.5 cun lateral to GV24 and 0.5 cun within the anterior hairline.

BL5 Wuchu - 0.5 cun above BL4 or 1 cun above the anterior hairline and 1.5 cun lateral to GV23.

BL6 Chengguang - 1.5 cun posterior to BL5 and 2.5 cun above the anterior hairline, 1.5 cun lateral to the midline.

Bladder Meridian (BL)



Point Locations:

BL7 Tongtian - 1.5 cun posterior to BL6 and 4 cun above the anterior hairline, 1.5 lateral to the midline.

BL8 Luoque - 1.5 cun posterior to BL7, 1.5 cun lateral to the midline.

BL9 Yuzhen - 1.3 cun lateral to GV17, on the lateral side of the superior border of the external occipital protuberance.

BL10 Tianzhu - 1.3 cun lateral to GV15 and 0.5 cun above the posterior hairline, in a depression on the lateral aspect of the trapezius muscle.

BL11 Dazhu - 1.5 cun lateral to GV13 level with the spinous process of T1. (from the midline to the medial border of the scapula is considered 3 cun)

BL12 Fengmen - 1.5 cun lateral to midline level with the spinous process of T2.

BL13 Feishu - 1.5 cun lateral to GV12 level with the spinous process of T3.

BL14 Jueyinshu - 1.5 cun lateral to midline level with the spinous process of T4.

BL15 Xinshu - 1.5 cun lateral to GV11 level with the spinous process of T5.

BL16 Dushu - 1.5 cun lateral to GV10 level with the spinous process of T6.

BL17 Geshu - 1.5 cun lateral to GV9 level with the spinous process of T7.

BL18 Gan Shu - 1.5 cun lateral to GV8 level with the spinous process of T9.

BL19 Danshu - 1.5 cun lateral to GV7 level with the spinous process of T10.

BL20 Pishu - 1.5 cun lateral to GV6 level with the spinous process of T11.

BL21 Weishu - 1.5 cun lateral to midline level with the spinous process of T12.

BL22 Sanjiaoshu - 1.5 cun lateral to GV5 level with the spinous process of L1.

BL23 Shenshu - 1.5 cun lateral to GV4 level with the spinous process of L2.

BL24 Qihaishu - 1.5 cun lateral to midline level with the spinous process of L3.

BL25 Dachangshu - 1.5 cun lateral to GV3 level with the spinous process of L4.

BL26 Guanyuanshu - 1.5 cun lateral to midline level with the spinous process of L5.

BL27 Xiaochangshu - 1.5 cun lateral to midline level with the first posterior sacral foramen.

BL28 Pangguangshu - 1.5 cun lateral to midline level with the second posterior sacral foramen.

BL29 Zhonglushu - 1.5 cun lateral to midline level with the third posterior sacral foramen.

BL30 Baihuanshu - 1.5 cun lateral to midline level with the fourth posterior sacral foramen.

BL31 Shangliao - In the first posterior sacral foramen.

BL32 Ciliao - In the second posterior sacral foramen.

BL33 Zhongliao - In the third posterior sacral foramen.

BL34 Xialiao - In the fourth posterior sacral foramen.

BL35 Huiyang - 0.5 cun lateral to either side of the tip of the coccyx.

BL36 Fufen (AKA BL41) - 3 cun lateral to the midline level with the spinous process of T2 on the spinal border of the scapula.

BL37 Pohu (AKA BL42) - 3 cun lateral to GV12 level with the spinous process of T3 on the spinal border of the scapula.

BL38 Gaohuanshu (AKA BL43) - 3 cun lateral to midline level with the spinous process of T4

BL39 Shentang (AKA BL44) - 3 cun lateral to GV11 level with the spinous process of T5

BL40 Yixi (AKA BL45) - 3 cun lateral to GV10 level with the spinous process of T6

BL41 Geguan (AKA BL46) - 3 cun lateral to GV9 level with the spinous process of T7

BL42 Hunmen (AKA BL47) - 3 cun lateral to GV8 level with the spinous process of T9

BL43 Yanggang (AKA BL48) - 3 cun lateral to GV7 level with the spinous process of T10

BL44 Yishe (AKA BL49) - 3 cun lateral to GV6 level with the spinous process of T11

BL45 Weicang (AKA BL50) - 3 cun lateral to midline level with the spinous process of T12

BL46 Huangmen (AKA BL51) - 3 cun lateral to GV5 level with the spinous process of L1

BL47 Zhishi (AKA BL52) - 3 cun lateral to GV4 level with the spinous process of L2

BL48 Baohuang (AKA BL53) - 3 cun lateral to the midline, at the level of the second sacral foramen.

BL49 Zhibian (AKA BL54) - 3 cun lateral to the midline, at the level of the fourth sacral foramen.

BL50 Chengfu (AKA BL36) - On the posterior side of the thigh at the midpoint of the inferior gluteal crease.

BL51 Yinmen (AKA BL37) - On the posterior thigh, 6 cun inferior to BL50, on a line joining BL50 and BL54.

BL52 Fuxi (AKA BL38) - With the knee in slight flexion, in the popliteal fossa, 1 cun superior to BL53 and on the medial side of biceps femoris tendon

BL53 Weiyang (AKA BL39) - Lateral to BL54 at the popliteal crease and medially to the biceps femoris tendon.

BL54 Weizhong (AKA BL40) - Midpoint of the transverse crease of the popliteal fossa between the biceps femoris and semitendinosus tendons.

BL55 Heyang - 2 cun directly below BL54 between the medial and lateral heads of the gastrocnemius muscle on line connecting BL54 and BL57.

BL56 Chengjin - On the posterior leg, 5 cun inferior to BL54, in the center of the gastrocnemius muscle, along the line connecting BL54 and BL57.

BL57 Chengshan - In a depression below the gastrocnemius muscle, 8 cun inferior to BL54.

BL58 Feiyang - 7 cun above BL60 on the posterior border of the fibula about 1 cun lateral and inferior to BL57.

BL59 Fuyang - 3 cun directly above BL60.

BL60 Kunlun - In a depression between the tip of the lateral malleolus and the Achilles tendon. Contraindicated to needle during pregnancy.

BL61 Pucan - Posterior and inferior to the lateral malleolus, directly below BL60, in a depression on the lateral calcaneus.

BL62 Shenmai - In a depression directly below the lateral malleolus.

BL63 Jinmen - Anterior and inferior to BL62, in the depression posterior to the fifth metatarsal bone.

BL64 Jinggu - Below the tuberosity of the 5th metatarsal bone at the junction of the red and white skin.

BL65 Shugu - Posterior to the head of the 5th metatarsal bone at the junction of the red and white skin.

BL66 Zutonggu - In a depression anterior to the 5th metatarsophalangeal joint.

BL67 Zhiyin - 0.1 cun posterior to the corner of the nail on the lateral side of the small toe. Contraindicated to needle during pregnancy.

Kidney Meridian (KI)

The Foot Lesser Yin (Shao Yin) of the Kidney 27 points

The kidney channel of the Foot-Shaoyin starts from the interior aspect of the little toe (On the sole of the foot, depending on the text.), and runs through a depression in the lower aspect of the tuberosity of the navicular bone. It travels behind the medial malleolus and encircles the malleolus. Ascending along the medial side of the leg, it passes the medial side of the popliteal fossa and goes further upward along the posterior-medial aspect of the thigh. Traveling to the superior border of the symphysis pubis forming a straight line 0.5 cun from the midline. It ascends diverging at the diaphragm, ending in a depression on lower border of clavicle 2 cun from the midline.

Point Locations:

KI1 Yongquan - On the sole of the foot, in a depression when the foot is in plantar flexion at the junction of the anterior 1/3 and posterior 2/3 of line connecting base of 2nd and 3rd toes and the heel.

KI2 Rangu - Anterior and Inferior to the medial malleolus in a depression on the lower border of the tuberosity of the navicular bone.

KI3 Taixi - In depression midway between the tip of the medial malleolus and the attachment of the Achilles tendon, level with the tip of the medial malleolus.

KI4 Dazhong - Posterior and inferior to the medial malleolus in a depression anterior to the medial attachment of the Achilles tendon.

KI5 Shuiquan - 1 cun directly below KI3 in a depression anterior and superior to the medial tuberosity of the calcaneus.

KI6 Zhaohai - In a depression 1 cun below the tip of the medial malleolus.

KI7 Fuli - 2 cun above KI3 on the anterior border of the Achilles tendon.

KI8 Jiaoxin - 0.5 cun anterior to KI7, 2 cun above KI3, posterior to the medial border of the tibia.

KI9 Zhubin - 5 cun above KI3 on the line drawn from KI3 to KI10 at the lower border of the gastrocnemius muscle.

KI10 Yingu - At the medial side of the popliteal fossa when the knee is flexed, between the tendons of semitendinosus and semimembranosus muscles level with BL54.

Kidney Meridian (KI)

Command Points

| | |
|----------|---------------------|
| Water | KI10 Horary Pt |
| Metal | KI7 Tonification Pt |
| Earth | KI3 |
| Fire | KI2 |
| Wood | KI1 Sedation Pt |
| Luo | KI4 |
| Xi-Cleft | KI5 |
| Source | KI3 |

Kidney

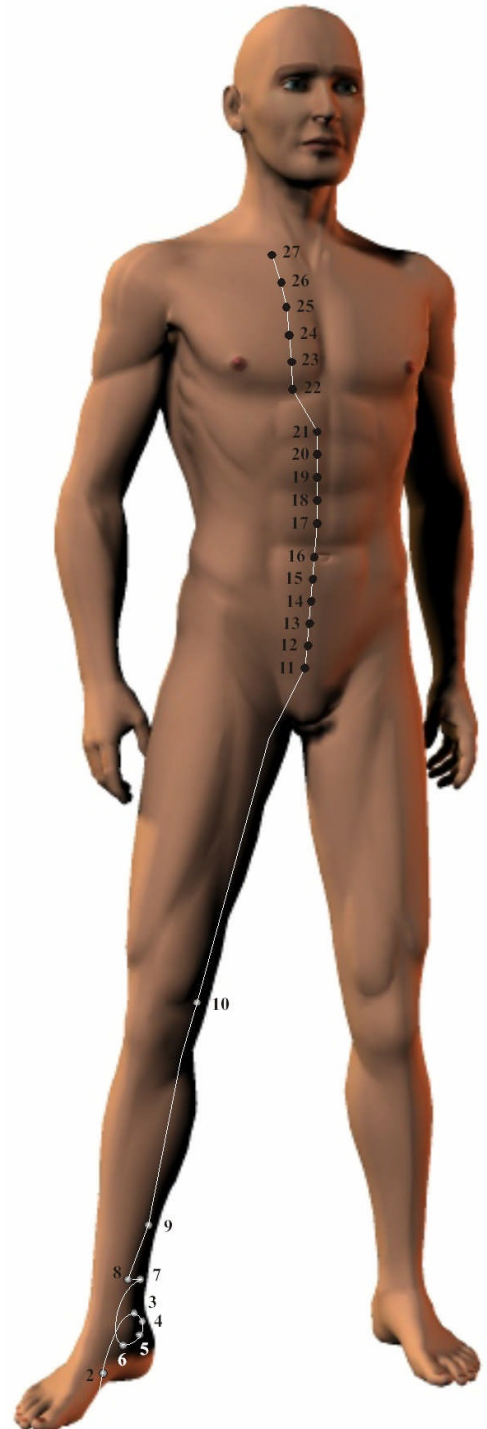
Water Element

Correspondences

| | |
|-----------|------------|
| Color | Blue/Black |
| Flavor | Salty |
| Sense | Ears |
| Emotion | Fear |
| Tissue | Bones |
| Climate | Cold |
| Sounds | Groaning |
| Odor | Putrid |
| Season | Winter |
| Direction | North |

Cardinal Points

KI27 Neurological Confusion, Master Associated Pt.



Point Locations:

KI11 Henggu - At the superior border of the symphysis pubis, 5 cun below CV8, 0.5 cun lateral to CV2. (CV8 is at the center of the umbilicus)

KI12 Dahe - 4 cun below CV8, 0.5 cun lateral to CV3.

KI13 Qixue - 3 cun below CV8, 0.5 cun lateral to CV4.

KI14 Siman - 2 cun below CV8, 0.5 cun lateral to CV5.

KI15 Zhongzhu - 1 cun below CV8, 0.5 cun lateral to CV7.

KI16 Huanshu - 0.5 cun lateral to CV8 at the umbilicus.

KI17 Shangqu - 2 cun above CV8, 0.5 cun lateral to CV10.

KI18 Shiguan - 3 cun above CV8, 0.5 cun lateral to CV11.

KI19 Yindu - 4 cun above CV8, 0.5 cun lateral to CV12.

KI20 Futonggu - 5 cun above CV8, 0.5 cun lateral to CV13.

KI21 Youmen - 6 cun above CV8, 0.5 cun lateral to CV14. Avoid liver when needling!

KI22 Bulang - In 5th intercostal space 2 cun lateral to CV16. Avoid heart when needling!

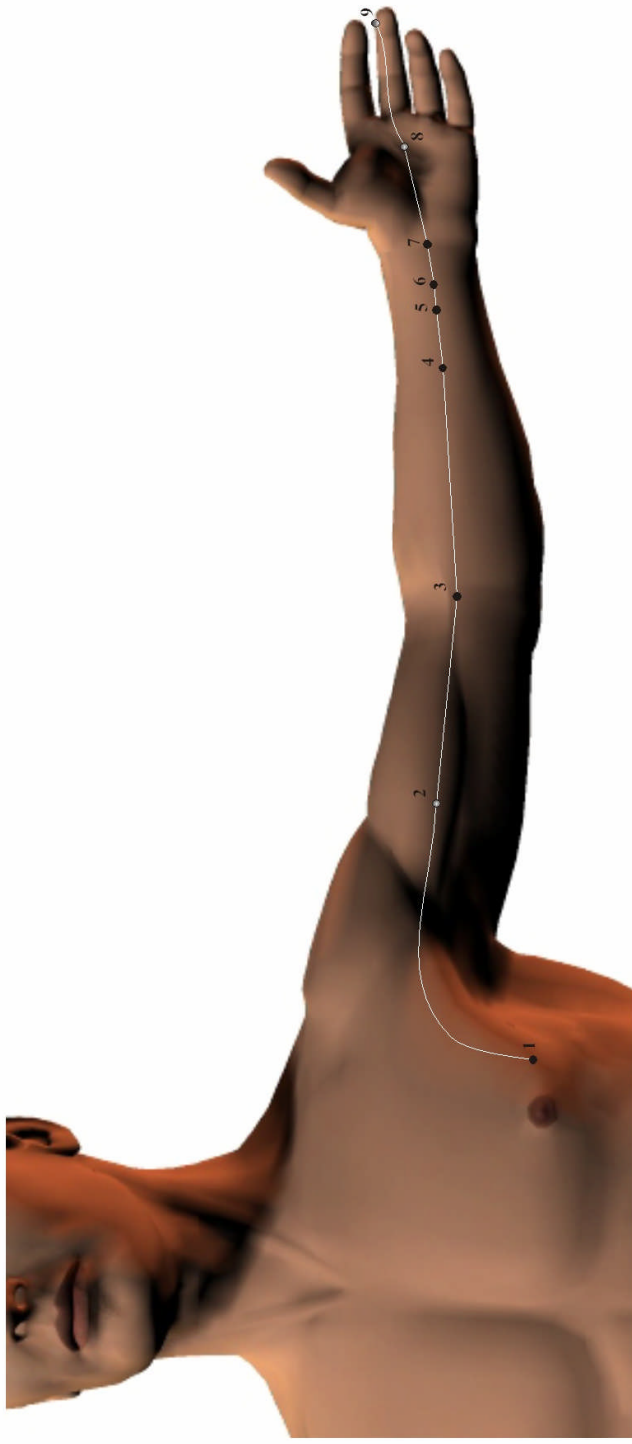
KI23 Shenfeng - In 4th intercostal space 2 cun lateral to CV17. Avoid heart when needling!

KI24 Lingxu - In 3rd intercostal space 2 cun lateral to CV18. Avoid heart when needling!

KI25 Shencang - In 2nd intercostal space 2 cun lateral to CV19. Avoid heart when needling!

KI26 Yuzhong - In 1st intercostal space 2 cun lateral to CV20.

KI27 Shufu - In depression on lower border of clavicle, 2 cun lateral to the midline.



Pericardium Meridian (P, PC)

The Hand Terminal Yin (Jue Yin) of the Pericardium 9 points

The pericardium channel of the Hand-Jueyin originates in the chest lateral to the nipple. It then ascends to the axillary fossa and runs along the medial aspect of the upper arm, passing through the cubital fossa. It goes further downward to the forearm between the tendons of the m. palmaris longus and m. flexor carpi radialis. It enters the palm and passes along the middle finger to its tip.

Pericardium Meridian (P, PC)

The Hand Terminal Yin (Jue Yin) of the Pericardium 9 points

| Command Points | | Pericardium - Fire Element | |
|----------------|--------------------|----------------------------|----------|
| Water | P3 | Correspondences | |
| Metal | P5 | Color | Red |
| Earth | P7 Sedation Pt | Flavor | Bitter |
| Fire | P8 Horary Pt | Sense | Tongue |
| Wood | P9 Tonification Pt | Emotion | Joy |
| Luo | P6 | Tissue | Pulse |
| Xi-Cleft | P4 | Climate | Heat |
| Source | P7 | Sounds | Laughing |
| | | Odor | Scorched |
| | | Season | Summer |
| | | Direction | South |

Cardinal Points

P6 Chest and Digestion

Point Locations:

P1 Tianchi - 5 cun lateral to the anterior midline or 1 cun lateral to the nipple in the fourth intercostal space. Deep needle not advised.

P2 Tianquan - 2 cun below the anterior axillary fold between the 2 heads of the biceps brachii.

P3 Quze - On the transverse cubital crease, at the ulnar side of the biceps brachii tendon.

P4 Ximen - 5 cun above the transverse crease of the wrist P7, between the palmaris longus and flexor carpi radialis tendons, on the line connecting P3 and P7.

P5 Jianshi - 3 cun above the transverse crease of the wrist P7, between palmaris longus and flexor carpi radialis tendons, on the line connecting P3 and P7.

P6 Neiguan - 2 cun above the transverse crease of the wrist P7, between palmaris longus and flexor carpi radialis tendons, on the line connecting P3 and P7.

P7 Daling - In the middle of the transverse crease of the wrist between palmaris longus and flexor carpi radialis tendons.

P8 Laogong - On the transverse crease of the palm just below where the tip of the middle finger rest when a fist is made. Between the 2nd and 3rd metacarpal bones.

P9 Zhongchong - In the center of the tip of the middle finger. For graphing measurement, 0.1 cun posterior lateral to the corner of the nail.

Triple Warmer (San Jiao) Meridian (TW, TB, SJ)

The Hand Lesser Yang (Shao Yang) of the San Jiao 23 points

The sanjiao channel of the Hand-Shaoyang originates from the tip of the ring finger. It travels upward between the fourth and fifth metacarpal bones and along the dorsal side of the wrist and the lateral side of the forearm between the radius and ulna, it passes through the olecranon. Then it runs along the lateral aspect of the upper arm and reaches the shoulder region. Crossing over the shoulder, it enters the supraclavicular fossa. It then ascends to the neck, running along the posterior border of the ear. It crosses from the superior aspect of the ear to the corner of the forehead. Then it turns downward to the cheek and terminates in the depression at the lateral end of the eyebrow.

**Triple Warmer
(San Jiao) Meridian
(TW, TB, SJ)**

Command Points

| | |
|----------|---------------------|
| Earth | TW10 Sedation Pt |
| Fire | TW6 Horary Pt |
| Wood | TW3 Tonification Pt |
| Water | TW2 |
| Metal | TW1 |
| Luo | TW5 |
| Xi-Cleft | TW7 |
| Source | TW4 |

Triple Warmer

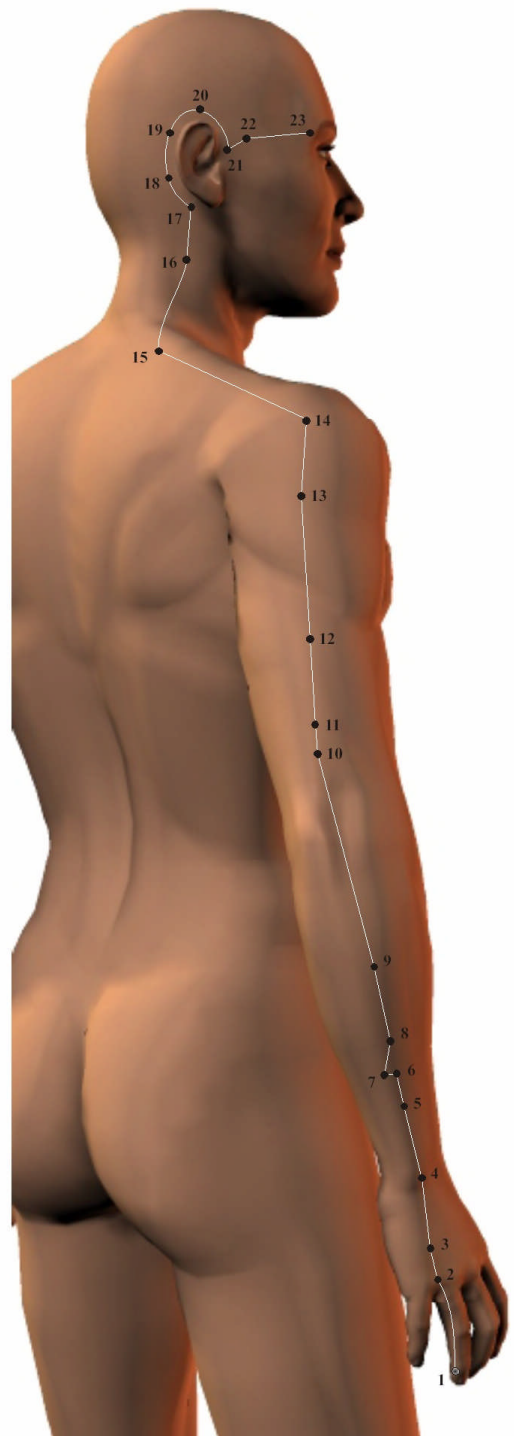
Fire Element

Correspondences

| | |
|-----------|----------|
| Color | Red |
| Flavor | Bitter |
| Sense | Tongue |
| Emotion | Joy |
| Tissue | Pulse |
| Climate | Heat |
| Sounds | Laughing |
| Odor | Scorched |
| Season | Summer |
| Direction | South |

Cardinal Points

TW5 Hand, Arm, Neck
and Ear



Triple Warmer (San Jiao) Meridian (TW, TB, SJ)

The Hand Lesser Yang (Shao Yang) of the San Jiao 23 points

Point Locations:

TW1 Guanchong - 0.1 cun posterior to the corner of the nail on the ulnar side of the fourth digit.

TW2 Yemen - 0.5 cun proximal to the margin of the web between the fourth and fifth digit.

TW3 Zhongzhu - With fist clenched, on the dorsum of the hand between the fourth and fifth metacarpal bones in a depression proximal to the fourth metacarpophalangeal joint.

TW4 Yangchi - On the transverse crease of the dorsum of the wrist between the tendons of muscles extensor digitorum and extensor digiti minimi.

TW5 Waiguan - On the dorsum of the forearm, 2 cun above TW4 between the radius and the ulna.

TW6 Zhigou - On the dorsum of the forearm, 3 cun above the TW4 between the radius and the ulna.

TW7 Huizong - One finger width lateral to TW6 on the radial side of the ulna.

TW8 Sanyangluo - On the dorsum of the forearm 4 cun above TW4 between the radius and the ulna.

TW9 Sidu - On the dorsum of the forearm, 5 cun below the olecranon between the radius and the ulna.

TW10 Tianjing - 1 cun superior to the olecranon in a depression formed with the elbow flexed.

TW11 Qinglengyuan - With the elbow flexed, 1 cun above TW10.

TW12 Xiaoluo - 5 cun superior to the olecranon on a line midway between TW10 and TW14.

TW13 Naohui - 3 cun below TW14 on the posterior border of the deltoid muscle, on the line joining the olecranon and TW14.

TW14 Jianliao - In the depression posterior and inferior to the acromion process, about 1 cun posterior to LI15.

TW15 Tianliao - Midway between GB21 and SI13 on the superior angle of the scapula.

TW16 Tianyou - Posterior and inferior to the mastoid process, on the posterior border of the SCM muscle and level with BL10.

TW17 Yifeng - Posterior to the lobule of the ear in a depression between the mandible and the mastoid process.

TW18 Qimai - In the center of the mastoid process at the junction of the middle and lower third of the curve formed by TW17 and TW20, posterior to the helix.

TW19 Luxi - Posterior to the ear at the junction of the upper and middle third of the curve formed by TW17 and TW20, posterior to the helix.

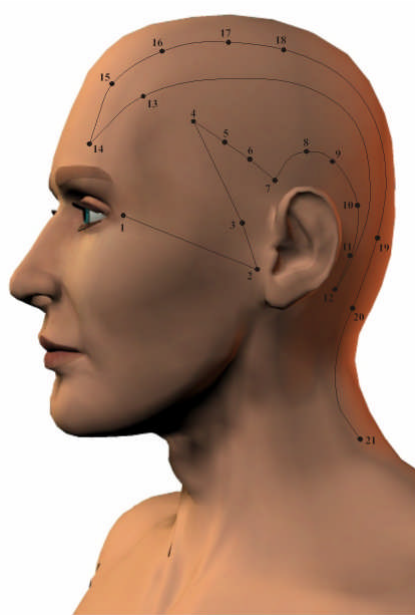
TW20 Jiaosun - Directly above the ear apex just above the hairline.

TW21 Ermen - With the mouth open, in the depression anterior to the supratragic notch and posterior to the mandibular condyloid process.

TW22 Erheliao - Anterior and superior to TW21, level with the root of the auricle on the posterior border of the hairline of the temple where the superficial temporal artery passes. Avoid artery when needling!

TW23 Sizhukong - In the depression at the lateral end of the eyebrow.

Gallbladder Meridian (GB)



Command Points

| | |
|----------|----------------------|
| Earth | GB34 |
| Fire | GB38 Sedation Pt |
| Wood | GB41 Horary Pt |
| Water | GB43 Tonification Pt |
| Metal | GB44 |
| Luo | GB37 |
| Xi-Cleft | GB36 |
| Source | GB40 |

Gallbladder

Wood Element

Correspondences

| | |
|-----------|----------|
| Color | Green |
| Flavor | Sour |
| Sense | Eyes |
| Emotion | Anger |
| Tissue | Tendons |
| Climate | Wind |
| Sounds | Shouting |
| Odor | Rancid |
| Season | Spring |
| Direction | East |

