

**The Great Law of Bu-Xie.** This is the law of tonification (Bu) and of sedation (Xie). In the Yellow Emperor's Classic of Internal Medicine the correct method of treatment is described as follows: "Supply energy where there is deficiency and sedate energy when there is an excess." Thus when there is an excess underlying a condition, it must be calmed or sedated; where a deficiency is the underlying factor, stimulation should be employed in any treatment given. The Traditional Chinese Law of treatment by opposites is called the Great Law of Bu-Xie; it is fundamental to all Traditional Chinese Medicine applications; the correct application of this law is essential in order to achieve efficacy of treatment.

**Tonification (Bu).** Bu is any action which augments or has a stimulating effect. Bu is used to supply Qi when the meridians have been adversely affected by a lack of Qi. In this technique the needles are usually left in place and not disturbed until it is time for their removal. Bu is used for the treatment of all conditions, excepting those listed below under the treatment by Xie.

**Sedation (Xie).** Xie represents any therapeutic action which has a dispersing, calming or sedating effect; these actions are used to balance the Qi when an excess has been caused by internal or external perverse energies. In Xie type of treatment needles are usually gently manipulated in order to elicit a sensation called Te-Qi, a sensation of soreness, heaviness or a tingling which radiates from the point being needled, and often follows the path of the meridian which the point is on. Sometimes a small electrical current is passed through the needles to enhance the sedating effects. Xie is used for: Acute disorders, severe pain, anesthesia in surgery, to control pain in or facilitate childbirth, and for resuscitation in fainting, etc.

**Transporting Points.** Also known by the names of "Command Points" or "Element Points" the Transporting Points lie between the fingers and elbows or between the toes and knees, on the twelve major meridians articulated in TCM. There are five transporting points on each channel. (indicated on the 5-Element Chart) The energy contained in the transporting points is much more dynamic than in other meridian points - this explains the powerful clinical utility of these points in the treatment of disease. The Five Element points begin at the finger and toe tips. Each set of points begins with the names of Wood or Metal and continues up the arm or leg until all five elements are represented.

**Luo (Connecting) Points.** Each of the 12 channels has a Luo point that links the interior-exterior related pairs of yin and yang channels in order. The Luo points establish a system for qi and blood to be circulated throughout the entire body to nourish all tissues and the Zang-Fu organs.

**Horary Cycle .**This cycle is known as the Horary cycle. As the Qi makes its way through the meridians, each meridian in turn, with its associated organ, has a two-hour period during which it is at maximum energy. The Horary Effect is recognizable by measurable increases of Qi within an organ system and meridian during its time of maximum energy.

### **Xi-Cleft (Accumulating) Points**

The Xi-Cleft-Accumulating points are somewhat like wide shallow spots in a river where the Qi slows and collects. Needling Xi points therefore accesses more Qi and is more effective at clearing a channel than most points. Xi-Cleft points are indicated generally for acute problems and pain, with the Xi Cleft points on the Yin channels having the added ability to treat blood disorders.

### **Yuan (Source) Points**

There is one Yuan-Source point on each organ channel. This point will release Source Qi in the system when needed. Each of the 12 primary channels has a Yuan source point close to the wrists or the ankles where the source Qi is described as surfacing and lingering. In clinical practice, they are important in treating disharmony of the internal Zang-Fu organs, and are often combined with the Luo (Connecting) point of the interior-exterior related channel.

### **Alarm (Front-Mu) Points**

Alarm points are located on the abdomen and chest, they are in close to their related Zang-Fu organ, and may be tender or sensitive if there is disharmony in the underlying organ. Visual examination, obtaining certain reactions when pressing the point or spontaneous sensation at the point are all significant diagnostic information. This is why Mu is also translated as Alarm.

<b>LU</b> LU1	<b>PC</b> CV17	<b>HT</b> CV14	<b>LV</b> LV14	<b>GB</b> GB24	<b>SP</b> LV13
<b>ST</b> CV12	<b>TW</b> CV5	<b>KI</b> GB25	<b>LI</b> ST25	<b>SI</b> CV4	<b>BL</b> CV3

### **Associated (Back-Shu) Points**

There are 12 Back Shu points on the Bladder channel that correspond to each of the 12 Zang-Fu organs. They are each named for an organ or body part and have the same diagnostic relationship with those parts as the Alarm points have with the organs.

<b>LU</b> BL13	<b>PC</b> BL14	<b>HT</b> BL15	<b>LV</b> BL18	<b>GB</b> BL19	<b>SP</b> BL20
<b>ST</b> BL21	<b>TW</b> BL22	<b>KI</b> BL23	<b>LI</b> BL25	<b>SI</b> BL27	<b>BL</b> BL28

### **Tsing (Jing-Well) Points**

Where the Qi of the Channel emerges and begins moving towards the trunk of the body, located on the tips of the fingers and toes. Points at the entry or exit of each meridian found on the finger or toe tops just lateral to the cuticles. These are miracle points, if you have no idea how to treat simply stimulate these points to flush the qi through all the meridians and resist the entire system. Clears Heat & Stagnation from the opposite end of the channel & Calms the Spirit (Shen).

<b>LU</b> 11	<b>PC</b> 9	<b>HT</b> 9	<b>LV</b> 1	<b>GB</b> 44	<b>SP</b> 1
<b>ST</b> 45	<b>TW</b> 1	<b>KI</b> 1	<b>LI</b> 1	<b>SI</b> 1	<b>BL</b> 67

## Acupuncture Point Locations [www.AcupunctureProducts.com](http://www.AcupunctureProducts.com)

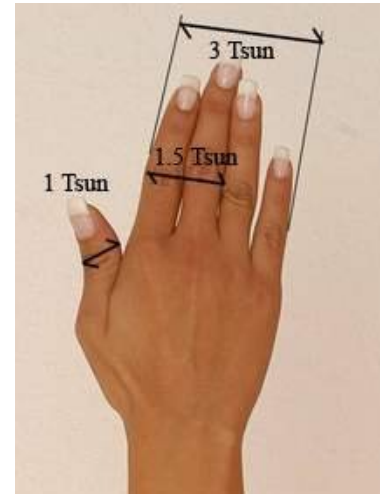
### Tsun or Cun measurements:

**Thumb measurement:** The width of the interphalangeal joint of the patient's thumb is taken as 1 cun.

**Two Finger measurement:** The width of the index and middle finger is taken as 1.5 cun

**Four Finger measurement:** When the four fingers (index, middle, ring and little fingers) keep closely together, their width on the level of the proximal interphalangeal crease of the middle finger is taken as 3 cun.

**Measurements need to be taken from the patient's hand!**



### Large Intestine (LI) The Hand Bright Yang (Yang Ming) of the Large Intestine 20 Pts

**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 LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

**LI9 Shanglian:** 3 cun below LI 11 on the radial side of the forearm on the line connecting LI5 and LI11

**LI10 Shousanli:** 2 cun below LI 11 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 LI 18 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 GV 26.

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

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

**LU1 Zhongfu:** 6 cun lateral to anterior midline level with the 1st intercostal space, 1 cun below LU 2.

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. 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 palmer 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.

### **Stomach Meridian (ST) The Foot Bright Yang (Yang Ming) of the Stomach 45 points**

**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 Jiache:** 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!

**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.

### **Heart Meridian (HT, HE) The Hand Lesser Yin (Shao Yin) of the Heart 9 points**

**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 HT 7 on a line connecting HT3 and HT7.

**HT6 Yinxi:** 0.5 cun above HT 7 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.

## **Spleen Meridian (SP) The Foot Greater Yin (Tai Yin) of the Spleen 21 points**

**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 Shangqui:** 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 SP 9 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 buldge 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 SP 15 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.

## **Small Intestine Meridian (SI) The Hand Greater Yang (Tai Yang) of the Small Intestine 19 points**

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

**SI2 Qiangu:** With a loose fist made the point is found on the ulner 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 SI 5 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 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 (GV 13).

**SI15 Jianzhongzhu:** 2 cun lateral from the posterior midline below the spinous process of C7 (GV 14).

**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 eyes 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.

### **Pericardium Meridian (P, PC) The Hand Terminal Yin (Jue Yin) of the Pericardium 9 points**

**PC1 Tianchi:** 5 cun lateral to the anterior midline or 1 cun lateral to the nipple in the fourth intercostal space. Deep needle not advised.

**PC2 Tianquan:** 2 cun below the anterior axillary fold between the 2 heads of the biceps brachii.

**PC3 Quze:** On the transverse cubital crease, at the ulnar side of the biceps brachii tendon.

**PC4 Ximen:** 5 cun above the transverse crease of the wrist PC7, between the palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

**PC5 Jianshi:** 3 cun above the transverse crease of the wrist PC 7, between palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

**PC6 Neiguan:** 2 cun above the transverse crease of the wrist PC7, between palmaris longus and flexor carpi radialis tendons, on the line connecting PC3 and PC7.

**PC7 Daling:** In the middle of the transverse crease of the wrist between palmaris longus and flexor carpi radialis tendons.

**PC8 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.

**PC9 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.

### **Bladder Meridian (BL, UB) The Foot Greater Yang (Tai Yang) of the Bladder 67 points**

**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.

**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 GV 17, 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 Ganshu:** 1.5 cun lateral to GV 8 level with the spinous process of T9.

**BL19 Danshu:** 1.5 cun lateral to GV 7 level with the spinous process of T10.

**BL20 Pishu:** 1.5 cun lateral to GV 6 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 GV 5 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 BL 62, 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**

**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.

**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.

### **Triple Warmer Meridian (TW, SJ) The Hand Lesser Yang (Shao Yang) of the San Jiao 23 points**

**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.

### **Gall Bladder Meridian (GB) The Foot Lesser Yang (Shao Yang) of the Gall bladder 44 points**

**GB1 Tongziliao:** 0.5 cun lateral to the outer canthus of the eye in a depression on the lateral side of the orbit.

**GB2 Tinghui:** Anterior to the intertragic notch at the posterior border of the condyloid process of the mandible with the mouth open.

**GB3 Shangguan:** Anterior to the ear, in the depression directly above ST7 on the upper border of the zygomatic arch.

**GB4 Hanyan:** Within the hairline at the junction of the upper 1/4 and lower 3/4 distance between ST8 and GB7.

**GB5 Xuanlu:** Within the hairline midway between ST8 and GB7.

**GB6 Xuanli:** Within the hairline at the junction of the lower 1/4 and upper 3/4 distance between ST8 and GB7.

**GB7 Qubin:** Within the hairline, anterior and superior to the auricle, about 1 cun anterior to TW20.

**GB8 Shuaigu:** Superior to the apex of the auricle, 1.5 cun within the hairline.

**GB9 Tianchong:** 0.5 cun posterior to GB8, 2 cun within the hairline directly above the posterior border of the auricle.

**GB10 Fubai:** Posterior and superior to the mastoid process at the junction of the middle 1/3 and upper 1/3 of the curve between GB9 and GB12.

**GB11 Touqiaoyin:** Posterior and superior to the mastoid process at the junction of the middle 1/3 and lower 1/3 of the curve between GB9 and GB12 .

**GB12 Wangu:** In the depression posterior and inferior to the mastoid process.

**GB13 Benshen:** 0.5 cun within the hairline on the forehead, 3 cun lateral to GV4. Midway between ST8 and BL4.

**GB14 Yangbai:** On the forehead directly above the pupil, 1 cun above the midpoint of the eyebrow.

**GB15 Toulinqi:** Directly above GB14, within the hairline, midway between GV24 and ST8.

**GB16 Muchuang:** 1.5 cun posterior to GB15, 2 cun above the hairline and 2.25 cun lateral to GV22.

**GB17 Zhengying:** 1.5 cun posterior to GB16, 3.5 cun above the hairline and 2.25 cun lateral to GV21.

**GB18 Chengling:** 1.5 cun posterior to GB17, 5 cun above the hairline and 2.25 cun lateral to GV20.

**GB19 Naokong:** At the upper border of the external occipital protuberance, 2.5 cun lateral and level to GV 17. directly above GB20.

**GB20 Fengchi:** In the depression created between the origins of the Sternocleidomastoid and Trapezius muscles, at the junction of the occipital and nuchal regions. Lateral and level with GV16.

**GB21 Jianjing:** Midway between the spinous process of C7 (GV14) and the acromion process at the highest point of the trapezius muscle.

**GB22 Yuanye:** With the arm raised, 3 cun below the axilla on the midline in the 4th intercostal space, below HT1.

**GB23 Zhejin:** 1 cun anterior to GB 22 in the 4th intercostal space, level with the nipple.

**GB24 Riyue:** Directly below the nipple in the 7th intercostal space, inferior to LV14.

**GB25 Jingmen:** On the lateral side of the abdomen, at the lower border of the free end of the 12th rib.

**GB26 Daimai:** Directly below LV 13 at the free end of the 11th rib level with the umbilicus (CV8)

**GB27 Wushu:** On the lateral side of the abdomen, anterior to the ASIS, 3 cun below the level of umbilicus, lateral to CV4.

**GB28 Weidao:** Anterior and inferior to the ASIS, 0.5 cun anterior and inferior to GB27.

**GB29 Juliao** In a depression at the midpoint between the ASIS and the greater trochanter of the femur.

**GB30 Huantiao:** At the junction of the lateral 1/3 and medial 2/3 of the distance between the greater trochanter and the hiatus of the sacrum (GV2)

**GB31 Fengshi:** 7 cun above the transverse popliteal crease on the lateral midline of thigh, where the tip of the middle finger touches when the patient is standing and hands are at their sides.

**GB32 Zhongdu:** At the lateral side of the thigh 5 cun above the transverse popliteal crease between vastus lateralis and biceps femoris muscles, 2 cun below GB31.

**GB33 Xiyangguan:** On the lateral side of the thigh 3 cun above the transverse popliteal crease in a depression superior and posterior to the lateral condyle of the femur, between the femur and the tendon of biceps femoris.

**GB34 Yanglingquan:** In a depression anterior and inferior to the head of the fibula.

**GB35 Yangjiao:** 7 cun above the tip of the lateral malleolus on the posterior border of the fibula.

**GB36 Waiqui:** 7 cun above the tip of the lateral malleolus on the anterior border of the fibula.

**GB37 Guangming:** 5 cun above the tip of the lateral malleolus on the anterior border of the fibula.

**GB38 Yangfu:** 4 cun above and slightly anterior to the tip of the lateral malleolus on the anterior border of the fibula.

**GB39 Xuanzhong:** 3 cun above the tip of the lateral malleolus in a depression between the posterior border of the fibula and the tendons of peroneus longus and brevis muscles.

**GB40 Qiuxu:** Anterior and inferior to the lateral malleolus in a depression on the lateral side of the extensor digitorum longus tendon.

**GB41 Zulinqi:** On the dorsum of the foot, in the depression between the fourth and fifth metatarsal bones.

**GB42 Diwuhui:** Posterior to the 4th metatarsophalangeal joint between the fourth and fifth metatarsal bones, on the medial side of the tendon of extensor digiti minimi.

**GB43 Xiaksi:** On the dorsum of the foot between the fourth and fifth metatarsals 0.5 cun proximal to the margin of the web at the junction of the red and white skin.

**GB44 Zuqiaoyin:** 0.1 cun posterior to the corner of the nail on the lateral side of the fourth toe.

### **Liver Meridian (LV) The Foot Terminal Yin (Jue Yin) of the Liver 14 points**

**LV1 Dadun:** On the lateral side of the great toe, 0.1 cun from the corner of the nail.

**LV2 Xingjian:** On dorsum of the foot between the 1st and 2nd toes, proximal to the margin of the web at the junction of the red and white skin.

**LV3 Taichong:** On dorsum of the foot in a depression distal to the junction of the 1st and 2nd metatarsal bones.

**LV4 Zhongfeng:** 1 cun anterior to the medial malleolus, midway between SP5 and ST41, in a depression on the medial side of the tendon of tibialis anterior.

**LV5 Ligou:** 5 cun above the tip of the medial malleolus on the medial side of the tibia.

**LV6 Zhongdu:** 7 cun above the tip of the medial malleolus and posterior to the medial tibia.

**LV7 Xiguan:** 1 cun posterior to SP9, posterior and inferior to the medial condyle of the tibia in the upper portion of the medial head of the gastrocnemius muscle. In the depression of the medial border of the tibia.

**LV8 Ququan:** When the knee is flexed, the point is found above the medial end of the transverse popliteal crease, posterior to the medial epicondyle of the tibia in a depression on the anterior border of the insertions of the semimembranous and semitendoneous muscles.

**LV9 Yinbao:** 4 cun above the medial epicondyle of the femur, between vastus medialis and sartorius muscles.

**LV10 Zuwuli:** 3 cun below ST30 at the proximal end of the thigh on the lateral border of adductor longus muscle.

**LV11 Yinlian:** 2 cun below ST30, 2 cun from the midline at the proximal end of the thigh and on the lateral border of adductor longus muscle.

**LV12 Jimai:** 2.5 cun lateral and inferior to the superior border of the pubic symphysis. In the inguinal groove lateral and inferior to ST30.

**LV13 Zhangmen:** On the lateral side of the abdomen below the free end of the 11th rib.

**LV14 Qimen:** Directly below the nipple, 4 cun lateral to the midline in the 6th intercostal groove.

### **Conception Vessel Meridian (CV, Ren) The Directing Channel has 28 points**

- CV1 Huiyin:** On the midline between the anus and the scrotum in males. Between the anus and the posterior labial commissure in females.
- CV2 Qugu:** On top of the notch in the center of the superior border of the pubic symphysis.
- CV3 Zhongji:** 1 cun above CV2, on the midline, 4 cun inferior to the umbilicus.
- CV4 Guanyuan:** on the midline, 3 cun inferior to the umbilicus.
- CV5 Shimen:** On the midline, 2 cun inferior to the umbilicus.
- CV6 Qihai:** On the midline, 1.5 cun inferior to the umbilicus.
- CV7 Yinjiao:** On the midline, 1 cun inferior to the umbilicus.
- CV8 Shenque:** In the center of the umbilicus
- CV9 Shuifen:** On the midline, 1 cun superior to the umbilicus.
- CV10 Xiawan:** On the midline, 2 cun superior to the umbilicus.
- CV11 Jianliao:** On the midline, 3 cun superior to the umbilicus.
- CV12 Zhongwan:** On the midline, 4 cun superior to the umbilicus.
- CV13 Shangwan:** On the midline, 5 cun superior to the umbilicus.
- CV14 Juque:** On the midline, 6 cun superior to the umbilicus.
- CV15 Jiuwei:** On the midline, 7 cun superior to the umbilicus and inferior to the xiphoid process.
- CV16 Zhongting:** On the midline level with the 5th intercostal space at the sternocostal angle.
- CV 17 Shanzhong:** On the midline level with the 4th intercostal space midway between the nipples.
- CV18 Yutang:** On the midline level with the 3rd intercostal space.
- CV19 Zigong:** On the midline level with the 2nd intercostal space.
- CV20 Huagai:** On the midline level with the 1st intercostal space.
- CV21 Xuanji:** On the manubrium midline, 1 cun below CV22
- CV22 Tiantu:** 0.5 cun superior to the suprasternal notch, in the center of the depression.
- CV23 Lianquan:** On the midline, in the depression superior to the hyoid bone.
- CV24 Chengjiang:** In the depression in the center of the mentolabial groove, below the middle of the lower lip.

### **Governing Vessel Meridian (GV, Du) The Governing Channel has 28 points**

- GV1 Changqiang:** Midway between the tip of the coccyx bone and the anus with patient lying prone.
- GV2 Yaoshu:** In the sacral hiatus.
- GV3 Yaoyangguan:** Below the spinous process of L4
- GV4 Mingmen:** Below the spinous process of L2
- GV5 Xuanshu:** Below the spinous process of L1
- GV6 Jizhong:** Below the spinous process of T11
- GV7 Zhongshu:** Below the spinous process of T10
- GV8 Jinsuo:** Below the spinous process of T9
- GV9 Zhiyang:** Below the spinous process of T7
- GV10 Lingtai:** Below the spinous process of T6
- GV11 Shendao:** Below the spinous process of T5
- GV12 Shenzhu:** Below the spinous process of T3
- GV13 Taodao:** Below the spinous process of T1
- GV14 Dazhui:** Below the spinous process of C7

**GV15 Yamen:** 0.5 cun above the midpoint of the posterior hairline in a depression below the spinous process of C1

**GV16 Fengfu:** 1 cun directly above the midpoint of the posterior hairline directly below the external occipital protuberance. In the depression between the trapezius muscles of both sides.

**GV17 Naohu:** Midway between GV16 and GV18, 1.5 cun above GV16

**GV18 Qiangjian:** Midway between GV16 and GV20, 1.5 cun above GV17

**GV19 Houding:** 5.5 cun above the midpoint of the posterior hairline. Midway between GV18 and GV20, 1.5 cun above GV18

**GV20 Baihui:** 7 cun above the midpoint of the posterior hairline, 5 cun above midpoint of anterior hairline, midway on a line connecting the apex of both ears.

**GV21 Qianding:** 1.5 cun anterior to GV20. Midway between GV20 and GV22.

**GV22 Xinhui:** 2 cun posterior to the anterior hairline, 3 cun anterior to GV20

**GV23 Shangxing:** 1 cun posterior to the anterior hairline, 0.5 cun posterior to GV24

**GV24 Shenting:** 0.5 cun above the midpoint of the anterior hairline.

**GV25 Suliao:** On tip of nose

**GV26 Renzhong:** At junction of the upper and middle third of philtrum.

**GV27 Duiduan:** At junction of upper lip and philtrum.

**GV28 Yinjiao:** At junction of gum and frenulum of upper lip.