

# 145 SINGLE POINTS

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## Three Circuits

■ EARTH : LU – LI – ST – SP (Taiyin + Yangming)

■ HEAVEN : HT – SI – UB – KD (Shaoyin + Taiyang)

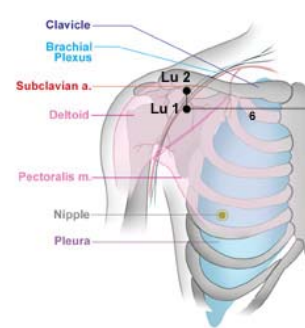
■ HUMAN : PC – SJ – GB – LV (Jueyin + Shaoyang)

## LU CHANNEL

*Important Points :*

LU1 / LU5 / LU6 / LU7 / LU9 / LU10 / LU11

## LU1 vs. UB13



Unit: cun

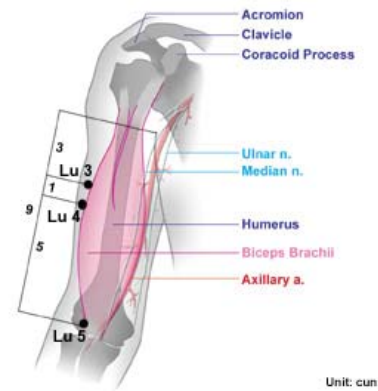
### General comparison between Front-Mu and Back-Shu

- Front-Mu : Collecting Evil Qi (Sedate)
- Back-Shu : Transmit Good Qi (Tonify)

### LU1 vs. UB13

- LU1 (FRONT-MU) : EXCESS = ZHE BEI MU
- UB13 (BACK-SHU) : DEFICIENCY = CHUAN BEI MU

## LU5 (Cubit Marsh)



### LU5 vs. ST40

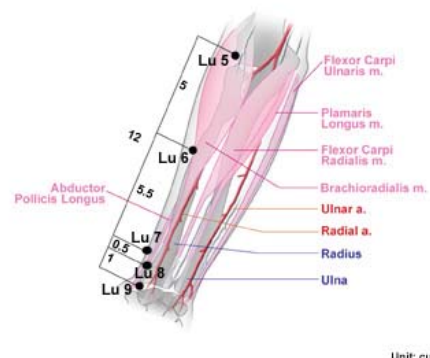
- LU5 : Phlegm in the LUNG
- ST40 : Phlegm in anywhere (even invisible phlegm)

### LU5 vs. LU10

- LU5 (Phlegm-Heat) : Ding Chuan Tang
- LU10 (Heat) : Ma Xing Shi Gan Tang

## LU6 (Collection Hole) = Xi-cleft

- LU6 + UB17 : Stop hemoptysis
- **Moxa** at LU6 : Treat hemorrhoid



# Xi-Cleft Points

| CHANNEL | XI-CLEFT |  |
|---------|----------|--|
| LU      | LU6      |  |
| LI      | LI7      |  |
| ST      | ST34     |  |
| SP      | SP8      |  |
| HT      | HT6      |  |
| SI      | SI6      |  |
| UB      | UB63     |  |
| KD      | KD5      |  |
| PC      | PC4      |  |
| SJ      | SJ7      |  |
| GB      | GB36     |  |
| LV      | LV6      |  |

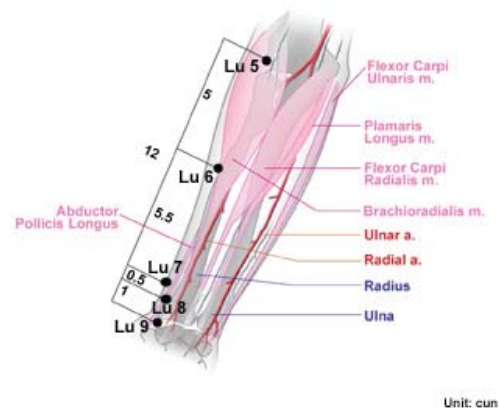
## LU7's Titles

### ■ LUO-CONNECTING & CONFLUENT Points

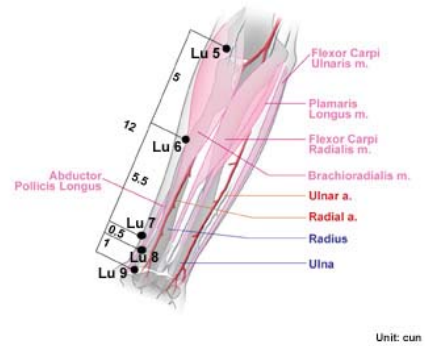
- LU7 : REN
- PC6 : YINWEI
- SP4 : CHONG
- SJ5 : YANGWEI

### ■ COMMAND POINT (for head & neck)

### ■ EXIT POINT

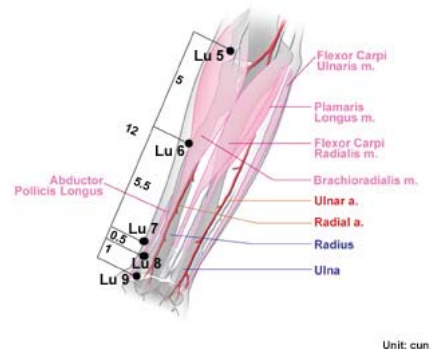


## LU7 (Broken Sequence)



- Disperse Wind-Cold: +LI4, UB12
- REN confluent point: +KD6
- Open water passages: for Yang edema
- Command pt (for neck & head): Ge Gen Tang
- Quiz: 8 extra vessel combinations?

## LU9 (Great Abyss)

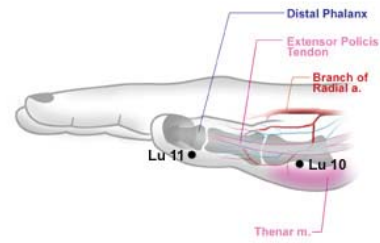


- Yuan-source of LU : Tonify LU
- Vessel influential point : Benefit HT
- Sheng Mai San : Target LU/HT

### LU7 vs. LU9

- LU7 : exterior, interior / excess, deficiency / water
- LU9 : interior / deficiency / phlegm

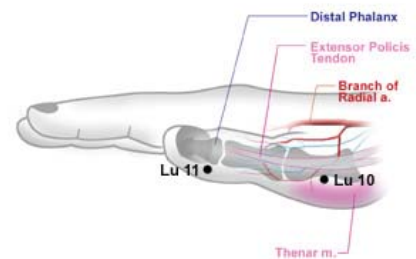
## LU10 (Fish Border)



- Ying-spring point: Clear LU heat
- Clear LU heat herb: **Huang Qin / Sang Bai Pi / Di Gu Pi**
- Quiz: Important Ying-spring points?



## LU11 (Lesser Metal)



- Bleeding : sore throat (**Yin Qiao San**)
- Ghost Faith (13 Ghost points) :  
Mental Problem; Manic disorder

# [ 13 Ghost Points ]

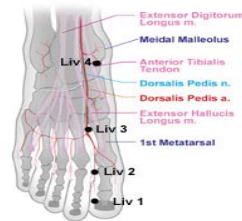
|           | Ghosts                      | Translation                      |                       |
|-----------|-----------------------------|----------------------------------|-----------------------|
| DU        | DU26<br>DU23<br>DU16<br>DU1 | Palace<br>Hall<br>Pillow<br>Liar | or RN1/Yumen (hidden) |
| JING-WELL | LU11<br>SP1                 | Faith<br>Fortress                |                       |
| PC        | PC8<br>PC7                  | Cave<br>Heart                    |                       |
| FACE      | ST6<br>Jinjin, Yeye<br>RN24 | Bed<br>Seal<br>City              | or KD1 or Haiquan     |
| ARM       | LI11                        | Leg                              |                       |
| LEG       | UB62                        | Road                             |                       |

## [ LI CHANNEL ]

*Important Points :*

LI4 / LI6 / LI10 / LI11 / LI15 / LI20

## LI4+LV3 = 4 Gate



- **LI4** : located at Yin to Yang transition
- **LV3** : located at Yang to Yin transition

## LI4 (Union Valley)



### ■ Disperse Exterior Wind

W-C and W-H : LI4, UB12, DU16, GB20 = Jing Jie + Fang Feng

○ W-C : LU7

○ W-H : LU10, LU11, LI11, SJ5

### ■ Treat Internal Wind

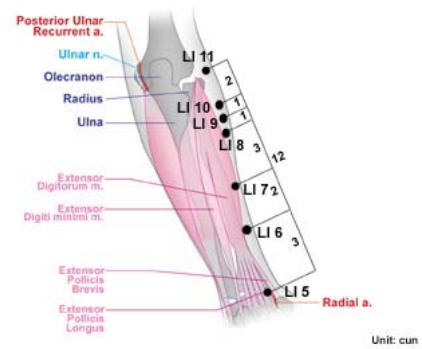
### ■ Stop Pain

### ■ Command Point of Face

### ■ Promote delivery during labor

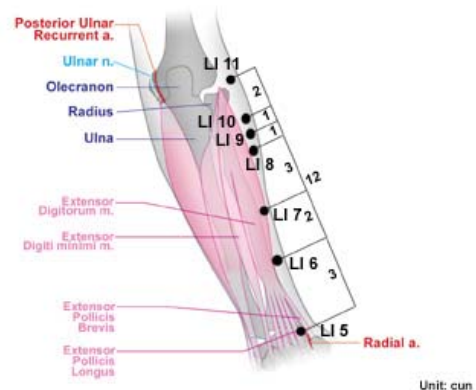


## LI6 (Slanting passage)



- Open the LU Water passage
- LU7 + LI6 : Yang edema
- **Quiz:** Yang edema vs. Yin edema?

## LI10 + ST36



- LI10 + ST36 = Arm 3 miles + Foot 3 miles
- powerful Qi and Blood tonic
- Both are Yangming (Big Qi and Blood)
- Both are located elbow/knee : tonify/balance

## LI11 (Crooked Pond)

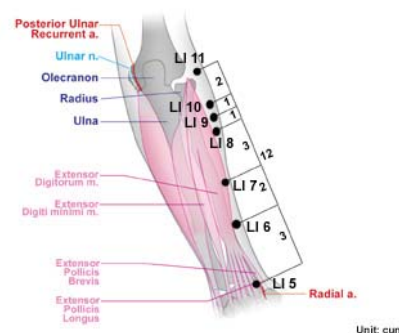
### ■ Clear Heat

- Organ Heat : LV, HT, ST, LU
- Various Heat : W-H, B-H, T-H, D-H

### ■ Possible Tongue and Pulse

- Tongue : Red + Yellow coating
- Pulse : rapid pulse

### ■ Quiz: Fire engine?



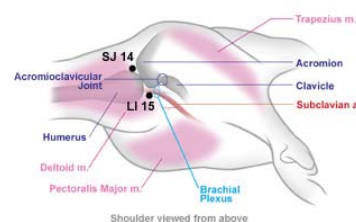
## LI15 (Shoulder Transporting Point)

### ■ Benefit sinews

### ■ Promote circulation of Qi in the channels

### ■ Stop pain

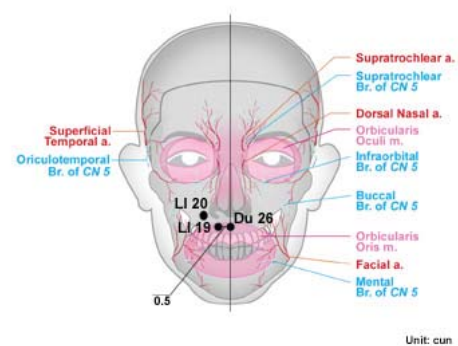
### ■ Expel Wind



# Window of Sky Points

| LOCATIONS | POINTS                              |  |
|-----------|-------------------------------------|--|
| SCM       | ST9<br>LI18<br>SI16<br>SI17<br>SJ16 |  |
| NECK      | RN22<br>UB10<br>DU16                |  |
| OFF NECK  | LU3<br>PC1                          |  |

## LI20 (Welcome Fragrance)



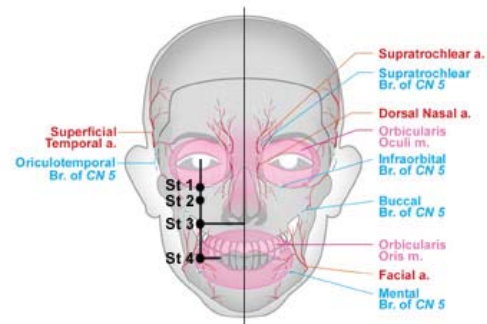
- LI20 + LU7 + LI4 = Open nasal Orifice
- Xin Yi Hua / Cang Er Zi / Bai Zhi / Xi Xin

## ST CHANNEL

*Important Points :*

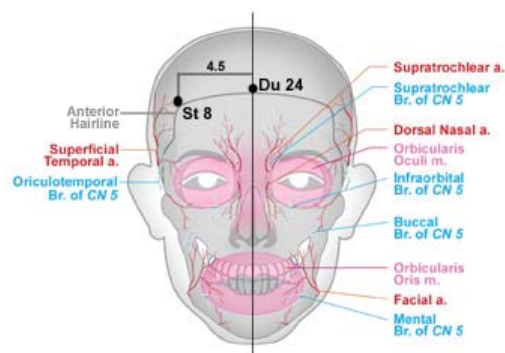
ST4 / ST6 / ST8 / ST18 / ST21 / ST25 / ST28 /  
ST29 / ST30 / ST34 / ST35 / ST36 / ST37 /  
ST38 / ST39 / ST40 / ST44 / ST45

## ST4 (Earth Granary)



- ST4 – ST6 : Thread 1-1.5 cun
- Facial paralysis, Bell's palsy : +LI4

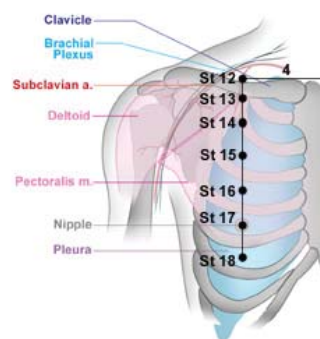
## ST8 (Head Support)



Unit: cun

- Major local point
- Dizziness due to Damp/Phlegm :  
Ban Xia Bai Zhu Tian Ma Tang
- Yangming headache
- Quiz: ST8 – DU24 line?

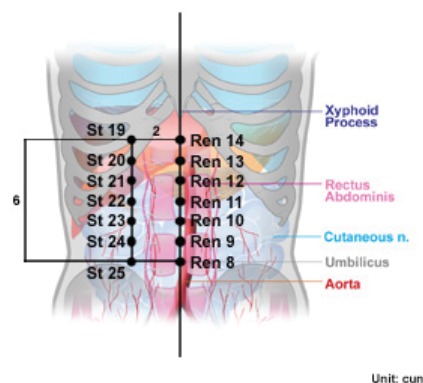
## ST18 (Breast Root)



Unit: cun

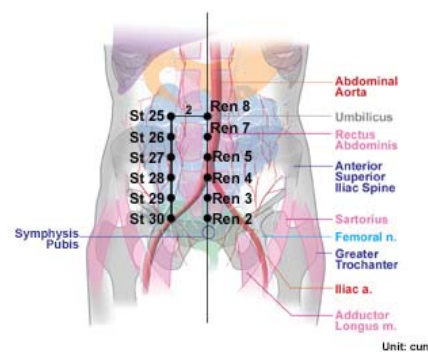
- Local point for breast problem  
: mastitis, pre-menstrual swelling, lump
- Nursing mother : regulate lactation
- ST18 + RN17 + SI1

## ST21 (Beam Door)



- Same level with RN12 : Support RN12
- ST prolapse local point (CAM)

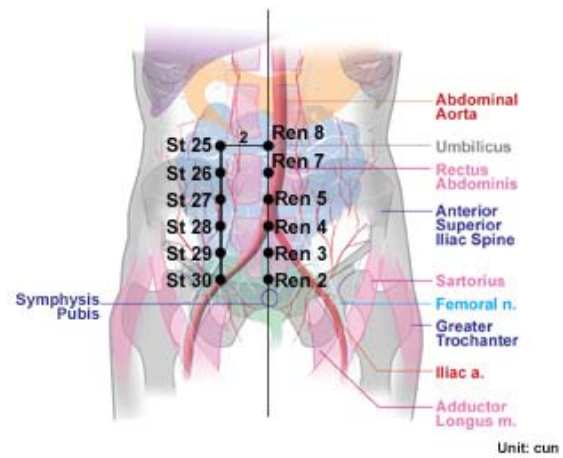
## ST25 (Heavenly Pillar)



- Acute/Chronic constipation: + SJ6, KD6, ST25, UB25
- Acute diarrhea : + ST36
- Basic point for diarrhea : ST36
  - Acute : + ST25
  - Chronic : + UB20

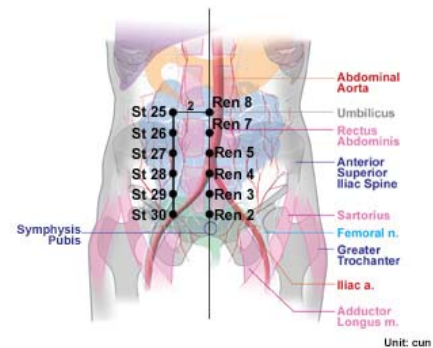
## ST27,28,29

- ST27 : QI
- ST28 : WATER
- ST29 : BLOOD

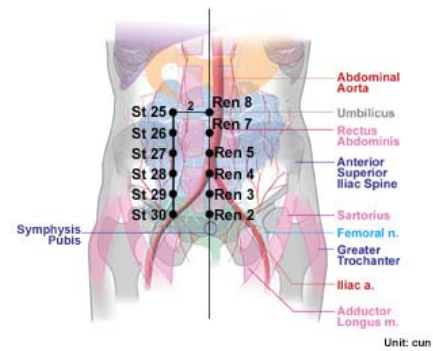


## ST28 (Water Passage)

- Open the water passage
- Water metabolism points :  
ST28, RN9, SJ4, UB22, UB39

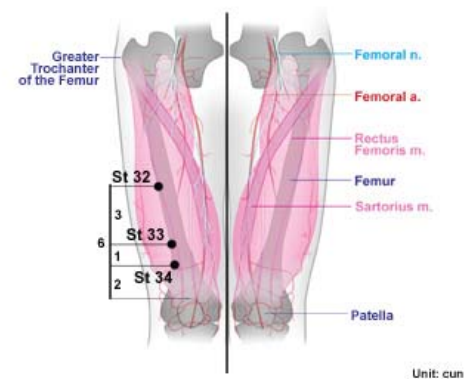


## ST29 (Returns)



- Excess case of gynecological disease (**blood stasis**)
- Remove Blood stasis & regulate menses
- Amenorrhea due to blood stasis
- ST29 (**Gui Lai**) = Dang **Gui**
- **Quiz:** Basic point of amenorrhea?

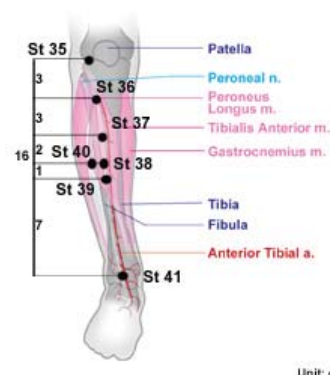
## ST34 (Beam Mound)



- Xi-cleft point : Stop **Pain**
- **Da Jian Zhong Tang** case



## ST36 (Foot 3 Miles)



- One of the most popular point
- A Major point to tonify Qi and Blood
- Regulate abdomen (command point)
- Any etiology: excess/deficiency, heat/cold

## ST36 combination

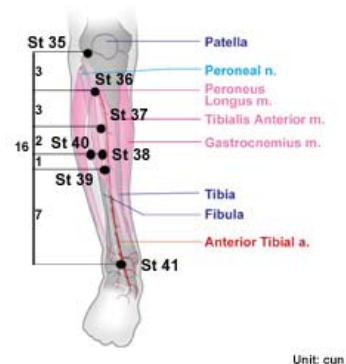


- ST36 + RN12 : Abdomen
- ST36 + RN12 + PC6 : Epigastrium
- ST36 + SP3 : Tonify Middle Jiao
- ST36 + LI10 : Boost up immune system
- ST36 + GB39 (moxa) : prevent stroke (internal-wind)
- ST36 + UB12 (moxa) : prevent cold (external-wind)

## [ 6 Command Points ]

| Points | Area                  |  |
|--------|-----------------------|--|
| ST36   | Abdomen               |  |
| UB40   | Lumbar, back          |  |
| LU7    | Head, nape            |  |
| LI4    | Face, mouth           |  |
| PC6    | Chest, lateral costal |  |
| DU26   | Resuscitation         |  |

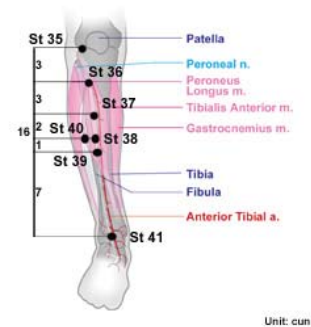
## [ LOWER HE-SEA ]



- ST37 : Regulate LI (Damp-heat, Heat)
- ST39 : Regulate SI (SI Qi pain, SI Qi tied)
- UB39 : Regulate SJ (water metabolism)

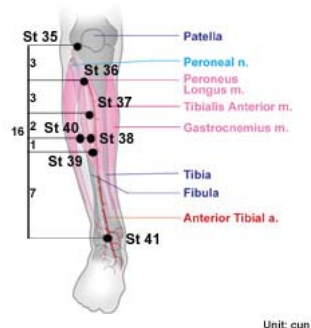
## ST38 (Narrow Opening)

- Empirical distal point for Shoulder pain



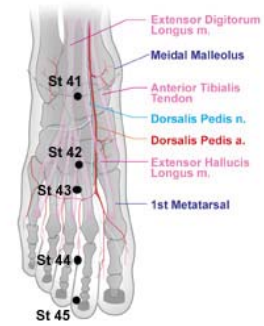
## ST40 (Abundant Bulge)

- Any phlegm : Visible / Invisible / Channel
- Herbs: Ban Xia / Yuan Zhi
- Formulas: Er Chen Tang / Wen Dan Tang
- Quiz: \_\_\_\_\_ antagonize Yuan Zhi.



## ST44 (Inner courtyard)

- ST HEAT (+LI11) : bleeding gum etc.
- Distal point (+LI4) : facial paralysis, trigeminal neuralgia, and Yangming headache
- Quiz: Inner-neiting?



## SP CHANNEL

*Important Points :*

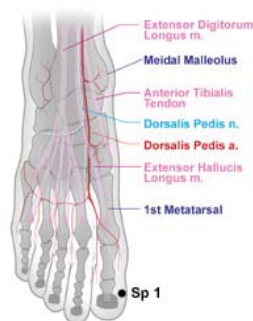
SP1 / SP3 / SP4 / SP5 / SP6 / SP8 /  
SP9 / SP10 / SP15 / SP21

## SP1 (Hidden White)

- **MOXA** SP1 : UTERINE BLEEDING

Gui Pi Tang (SP NOT HOLDING BLOOD) / Gu Jing Wan /  
Wen Jing Tang / Gui Zhi Fu Ling Wan

- **Quiz:** Jing-wells for moxa?



## SP3 (Greater White)

- Horary point : Earth on Earth

- ST36 + SP3 (Earth Horary Combi) = Tonify SP

Si Jun Zi Tang / Bu Zhong Yi Qi Tang / Li Zhong Wan, etc.



# Yuan-Source Points

| CHANNEL | YUAN |  |
|---------|------|--|
| LU      | LU9  |  |
| LI      | LI4  |  |
| ST      | ST42 |  |
| SP      | SP3  |  |
| HT      | HT7  |  |
| SI      | SI4  |  |
| UB      | UB64 |  |
| KD      | KD3  |  |
| PC      | PC7  |  |
| SJ      | SJ4  |  |
| GB      | GB40 |  |
| LV      | LV3  |  |

## SP4 (Ancestor and Descendant



- LUO-CONNECTING / CHONG Confluent
- REMOVE STAGNATIONS OF **BLOOD**, **COLD**, **FOOD**
- **Quiz:** SP3 and SP4 location?

## SP5 (Metal Mound)



- Local Point for Foot edema (with GB41)

## SP6 (3 YIN INTERSECTION)



Unit: cun



- NOURISH KD YIN
- SOOTHE LV QI STAGNATION
- REMOVE SP DAMP
- NOURISH YIN, CALM SHEN
- GENITAL AREA PROBLEM : MAN & WOMEN

## SP8 (Earth Pivot)

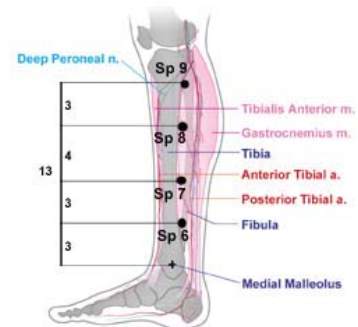
- Xi-cleft Point
- Stop pain : dysmenorrhea
- **Quiz:** Distance between Xi-cleft and He-sea of Foot Taiyin?



Unit: cun

## SP9 (Yin Mound Spring)

- **SP9 for DAMP** vs. **ST40 for PHLEGM**
- DAMP-HEAT / COLD-DAMP
- EDEMA, LIN SYNDROME

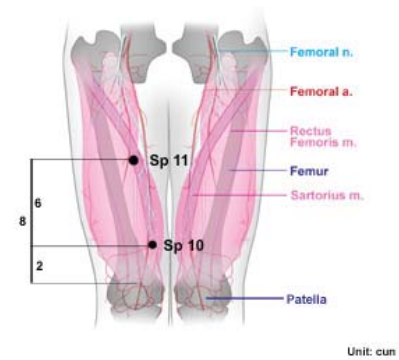


Unit: cun



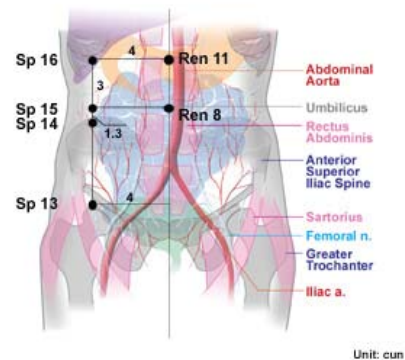


## SP10 (Sea of Blood)



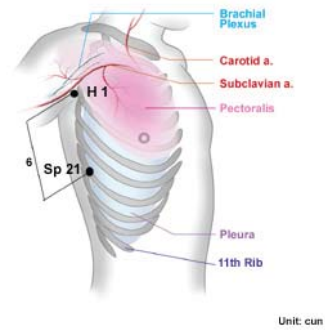
- COOL BLOOD + MOVE BLOOD (+UB17)  
= CHI SHAO, MU DAN PI
- SKIN PROBLEM : + LI11, UB40
- KEEP THE BLOOD IN THE VESSEL : Gui Pi Tang

## SP15 (Great Horizontal)



- Support ST25 : abdominal complaint
- LV overacting SP type of abdominal pain
- Quiz: SP16 location?

## SP21 (Great Embrace)



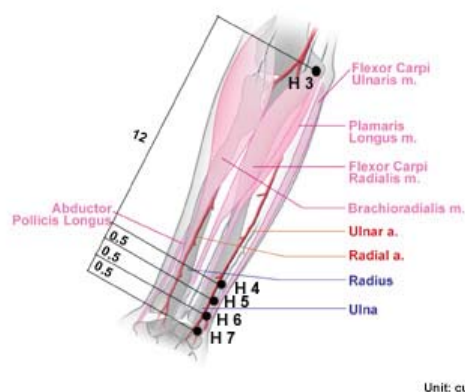
- Luo Point of MAJOR collateral channel  
: control all the minute Blood connecting channels
- Generalized pains : blood stasis, moving muscular pain
- Quiz: Needling on chest area?

## HT CHANNEL

*Important Points :*  
HT5 / HT6 / HT7 / HT8 / HT9

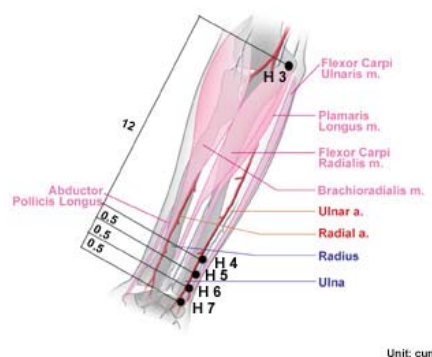
## HT 5,6,7,8,9

- HT5 : QI, (TONGUE)
- HT6 : YIN, (NIGHT SWEATING)
- HT7 : BLOOD, (CALM SHEN)
- HT8 : FIRE, (HEAT)
- HT9 : ORIFICE

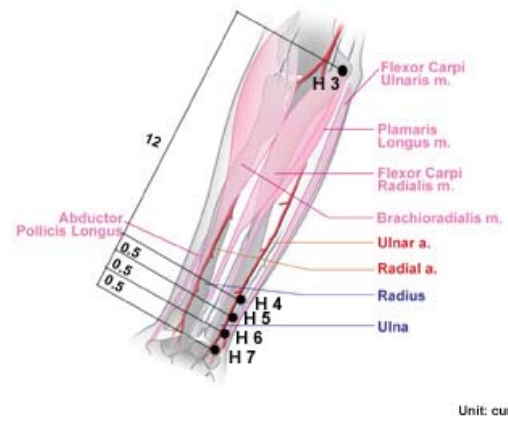


## HT5 (Connecting Village)

- Tonify HT Qi
- Aphasia (b/c HT Luo channel go to tongue)
- HT Heat transmit to SI  
(Mu Tong, Deng Xin Cao, Dan Zhu Ye = HT8, HT5, RN3)

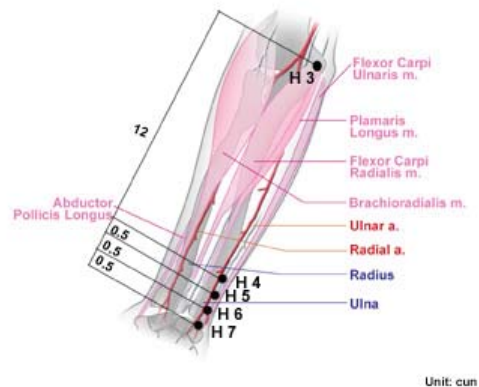


## HT6 (Yin Cleft)



- Nourish HT Yin
- Stop night sweating (+KD7)
- Quiz: HT4,5,6,7 are \_\_\_\_\_ side of tendon of m. flexor carpi ulnaris.

## HT7 (Spiritual Gate)



- Nourish HT Blood : Shen disturbance, palpitation
- Calm Shen basic point : +SP6, Anmian

## HT8 (Lesser Mansion)

■ Clear HT Heat : + LI11

■ Tongue: Red tip

■ Herb: Huang Lian



## HT9 (Lesser Surge)

■ Open the HT orifices

■ Phlegm misting HT

■ Phlegm-Fire harassing the Mind



# SI CHANNEL

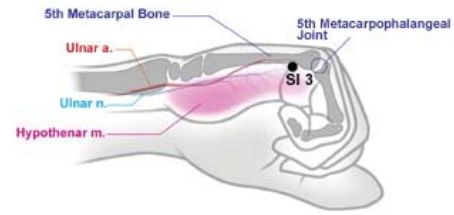
*Important Points :*  
SI1 / SI3 / SI6 / SI7 / SI19

## SI1 (Lesser Marsh)



- Pu Gong Ying (Dandelion)
- Empirical point : Promote lactation
- Breast abscess
- SI1 + RN17 + ST18
- Quiz: Jing-wells for needling?

## SI3 (Back Ravine)



- DU Confluent point = Opening = Master  
: Neck and Spine (+UB62)

- Quiz: Points and herbs for vertex headache?

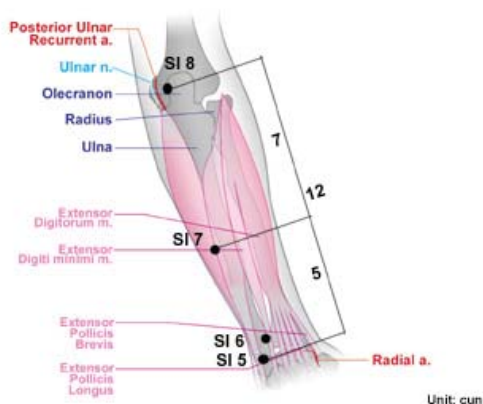


## 8 Extra Vessel combinations

| COMBO | 8 Extra   | CIRCUIT | ACTIONS |
|-------|-----------|---------|---------|
| LU7   | Ren       | Earth   |         |
| KD6   | Yin Qiao  | Heaven  |         |
| SI3   | Du        | Heaven  |         |
| UB62  | Yang Qiao | Heaven  |         |
| SP4   | Chong     | Earth   |         |
| PC6   | Yin Wei   | Human   |         |
| GB41  | Dai       | Human   |         |
| SJ5   | Yang Wei  | Human   |         |

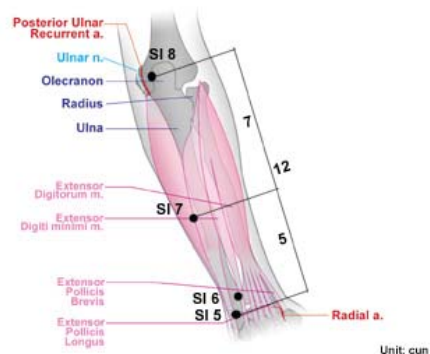
## SI6 (Nursing the Aged)

- Brighten the eyes
- Quiz: Location of SI6?



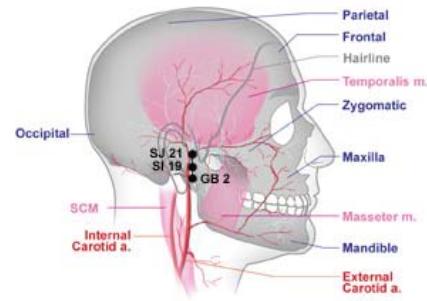
## SI7 (Branch to the Correct)

- Luo-Connecting point
- Difficulty in rotating the neck (with Luo Zhen)





## SI19 (Auditory Palace)



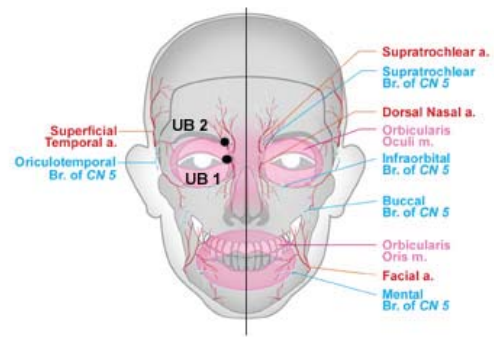
- GB, SJ, SI channel Crossing point
- Benefit the ears : tinnitus, deafness
- Quiz: Crossing points of GB, SJ, SI?

## UB CHANNEL

*Important Points :*

UB1 / UB10 / UB11 / UB12 / Inner Back-shu /  
Outer Back-shu / UB32 / UB39 / UB40 /  
UB57 / UB58 / UB60 / UB62 / UB67

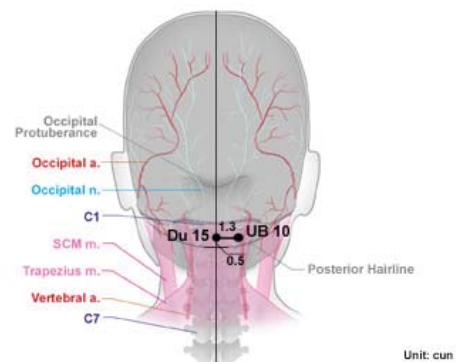
## UB1 (Bright Eyes)



■ Crossing point of Yang Qiao & Yin Qiao

|              |   |       |       |     |
|--------------|---|-------|-------|-----|
| ■ Insomnia   | : | +KD6  | -UB62 | UB1 |
| ■ Somnolence | : | +UB62 | -KD6  | UB1 |

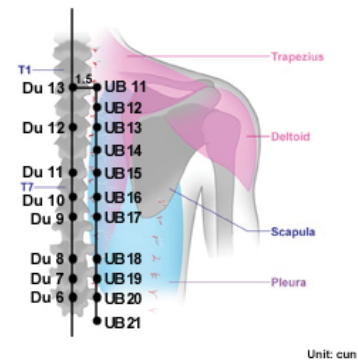
## UB10 (Celestial Pillar)



■ Local Point: Occipital headache

■ Clears the brain

## UB11 (Great Shuttle)

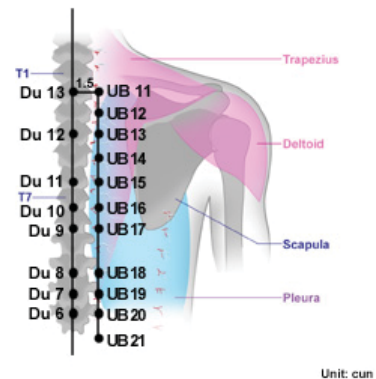


### ■ Bone influential point :

- Bone Bi syndrome
- promote bone formation in children
- prevent bone degeneration in the elderly
- treat bone deformities in chronic arthritis

### ■ Quiz: Crossing points of Taiyang channels?

## UB12 (Wind Gate)

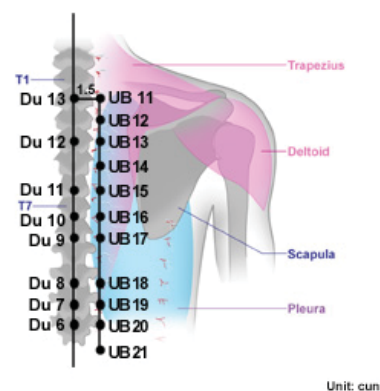


### ■ Release Exterior Wind : W-H, W-C

### ■ UB12 + LI4 : Release exterior wind

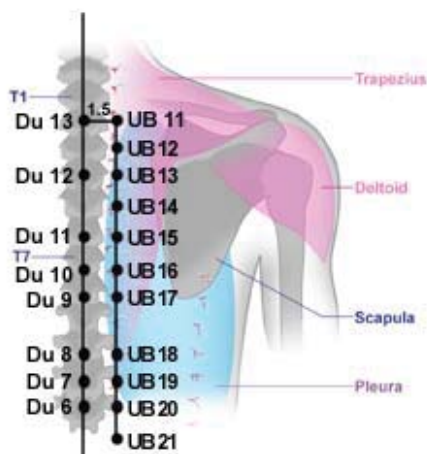
### ■ UB12 + ST36 (moxa) : prevent cold

## Back-Shu (Yin organs)

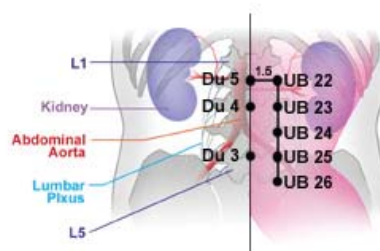


### ■ TONIFY YIN ORGANS

- UB13 : LUNG, (basic point for **cough/asthma**)
- UB15 : HEART, (basic point for **palpitation**)
- UB18 : LIVER, (basic point for **jaundice**)
- UB20 : SPLEEN, (basic point for **chronic diarrhea**)
- UB23 : KIDNEY, (basic point for **lower back pain**)

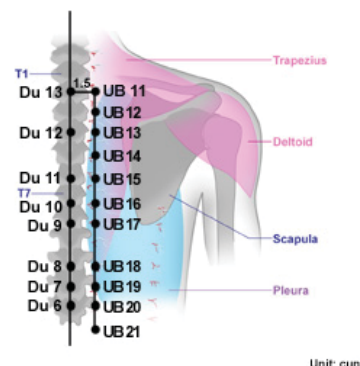


Unit: cun



Unit: cun

## Back-Shu (Yang organs)

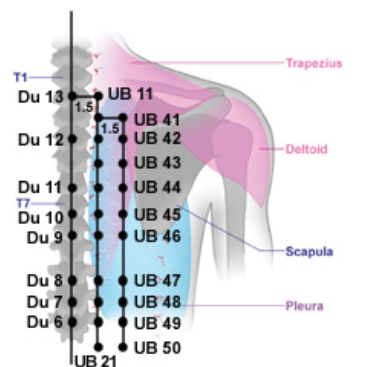


Unit: cun

### ■ REGULATE YANG ORGANS

- UB19 : GALL BLADDER, (jaundice)
- UB21 : STOMACH, (tonify ST)
- UB22 : SAN JIAO, (water metabolism)
- UB25 : LARGE INTESTINE, (constipation)
- UB28 : URINARY BLADDER, (Lin syndrome)

## OUTER-SHU

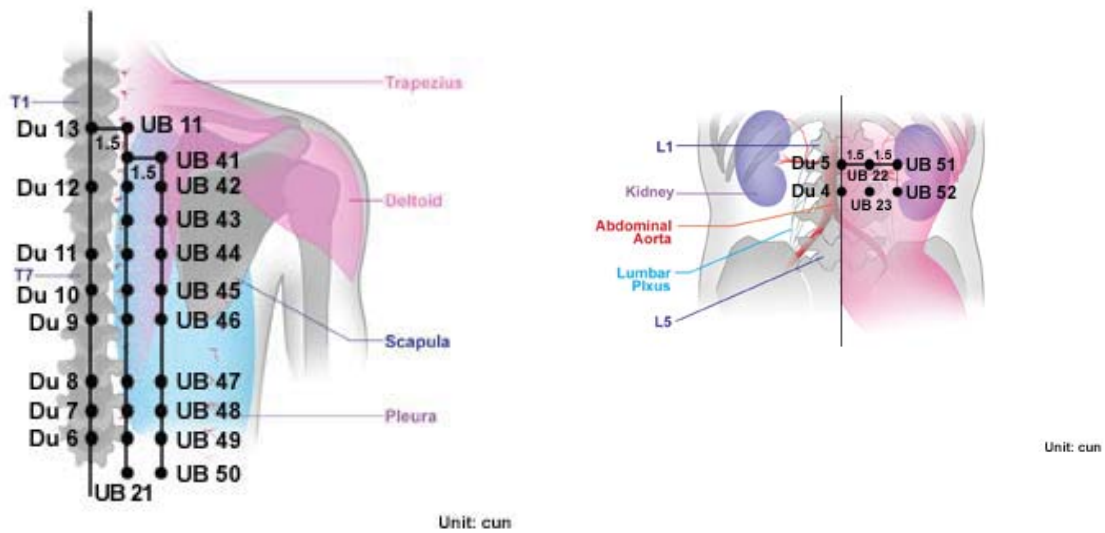


Unit: cun

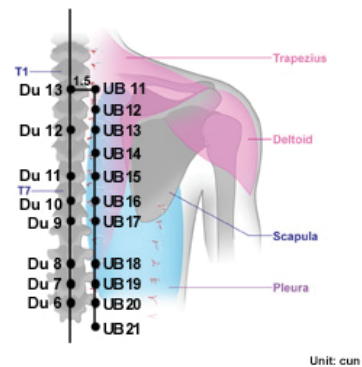
### ■ SPIRITUAL POINTS

- |               |                  |
|---------------|------------------|
| ○ UB42 : PO   | (Corporeal soul) |
| ○ UB44 : SHEN | (Mind)           |
| ○ UB47 : HUN  | (Ethereal Soul)  |
| ○ UB49 : Yi   | (Thought)        |
| ○ UB52 : ZHI  | (Will power)     |

### ■ Quiz: Outer-Shu points for physical aspects?

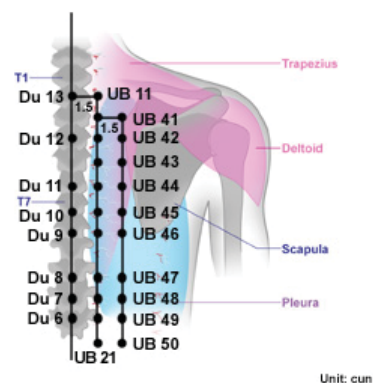


## UB17 (Diaphragm Shu)



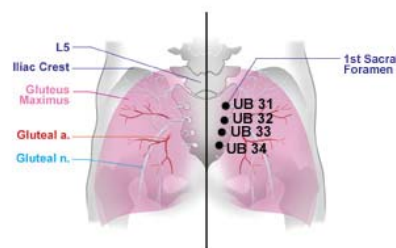
- Diaphragm Shu : Hiccup basic point
- Blood influential point : Regulate Blood

## UB43 (Vitals)



- Very chronic disease with great debility
- **Moxa** at UB43 : T.B.
- DU12+UB13+UB43 : Tonify Lung

## UB32 (Second Bone-hole)



- The most important out of 4 bone-holes
- Move blood stasis, regulate menstruation
- **Quiz:** Back-shu of \_\_\_\_ is same level with UB32.

# UB39 (Bend Yang)



- Lower He-sea point for SJ
- Regulate water metabolism : Edema

# Lower He-Sea Points

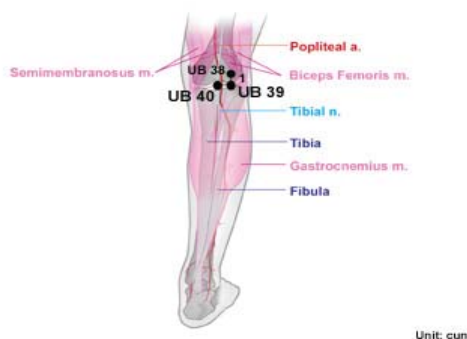
| Organ | Lower He-Sea |  |
|-------|--------------|--|
| LI    | ST37         |  |
| SI    | ST39         |  |
| SJ    | UB39         |  |



## UB40 (Bend Middle)

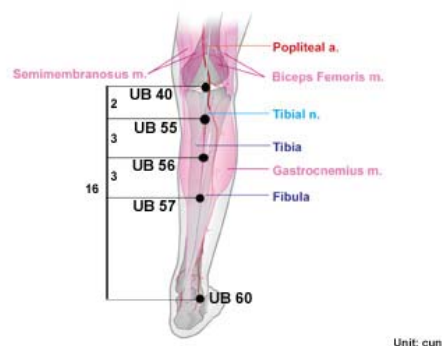
- Lower Back command point : +DU3, UB23
- Summer-heat
- Blood-heat (for skin) : +SP10, LI11

- Amount of Qi and Blood
  - Yangming: Abundant Qi & Xue
  - Taiyang, Jueyin: Xue > Qi
  - Shaoyang, Taiyin, Shaoyin: Qi > Xue

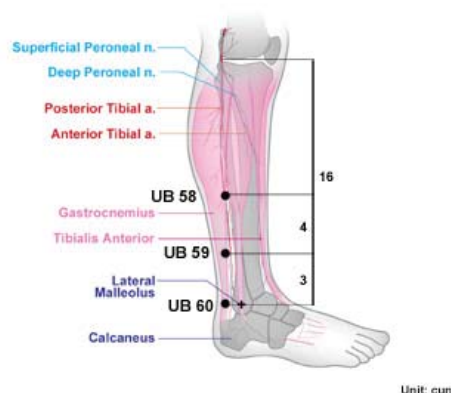


## UB57 (Mountain Support)

- Between the two heads of gastrocnemius muscle : **resemble anus**
- Empirical distal point for hemorrhoids

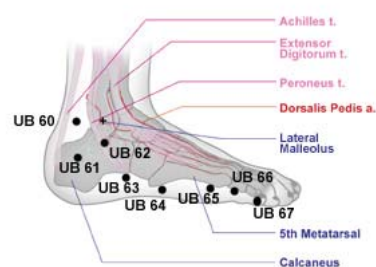


## UB58 (Taking Flight)



- Distal point : Lower backache, sciatica
- KD3 + UB58 = host-guest treatment
- Lower back pain + weakness of legs

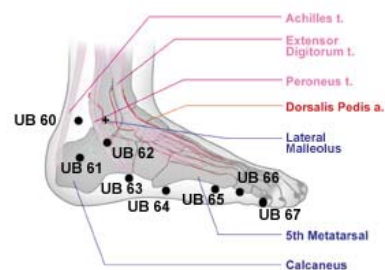
## UB60 (Kunlun Mountains)



- Head & Shoulder : Taiyang headache, shoulder, neck
- Backache
- Quiz: Jing-river (Fire) point of Foot Taiyang?



## UB62 (Extending Vessel)



■ Yang Qiao Confluent point

■ Outer leg tense

■ Spine, brain

■ Insomnia

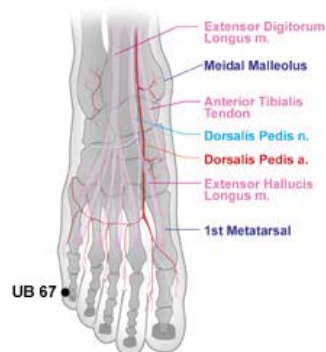
■ Daytime Epilepsy

: + SI3

: -UB62, +KD6

vs. KD6 (nighttime)

## UB67 (Reaching Yin)



■ Vertex headache

■ Breech baby (**moxa**) : for fetus malposition

■ Easy the labor (**needle**) : oxytocin hormone

(Clinic: Dang Gui 24, Chuan Xiong 16, Yi Mu Cao 12)

## KD CHANNEL

*Important Points :*

KD1 / KD2 / KD3 / KD6 / KD7 / KD9 / KD10 / KD25

## KD1 (Gushing Spring)



- **Excess** Above, **Deficiency** Below
- Restore consciousness
- **Quiz:** Origin of KD channel?

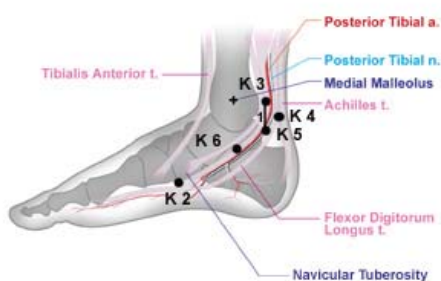
## KD2 (Blazing Valley)



Unit: cun

- Ying-spring point
- Clear Deficient-heat

## KD3 (Great Ravine)



Unit: cun

- Yuan-source point
- Tonify KD Qi, Yang, Yin, Essence
- Combination
  - **KD Yin:** KD3 + KD6 + RN4
  - **KD Yang:** KD3 + KD7 + DU4



## KD6 (Shining Sea)



- KD6 + UB62 : Insomnia or Somnolence
- KD6 + LU7 : nourish throat, KD not grasp LU
- KD6 + SJ6 : Constipation
- KD6 + SP6 : Nourish whole body Yin
- KD6 + HT6 : Nourish HT/KD Yin (Tian Wang Bu Xin Dan)

## KD6 vs. KD7



- KD6 (KD Yin) : Liu Wei Di Huang Wan (+RN4)
- KD7 (KD Yang) : Jin Gui Shen Qi Wan (+DU4)

## KD7 (Recover Flow)

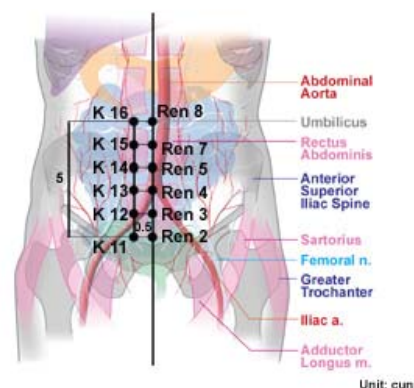


- Tonify KD Yang
- Regulate sweating
  - KD7+LI4 : spontaneous sweating
  - KD7+HT6 : night sweating
- Quiz: Xi-cleft points on KD channel?

## MOM & SON points

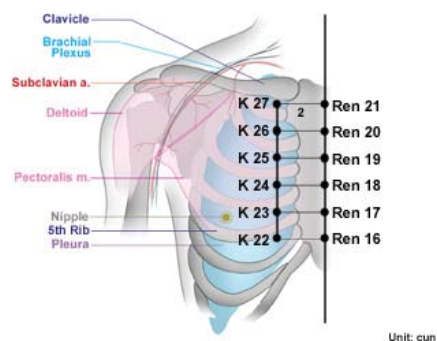
| CHANNEL | MOM | HORARY | SON |
|---------|-----|--------|-----|
| LU      |     | LU8    |     |
| LI      |     | LI1    |     |
| ST      |     | ST36   |     |
| SP      |     | SP3    |     |
| HT      |     | HT8    |     |
| SI      |     | SI5    |     |
| UB      |     | UB66   |     |
| KD      |     | KD10   |     |
| PC      |     | PC8    |     |
| SJ      |     | SJ6    |     |
| GB      |     | GB41   |     |
| LV      |     | LV1    |     |

## KD12,14



- KD12 (Great Manifestation)
- KD14 (Fourfold Fullness)
- Local points for men / women problem
  - KD12 : spermatorrhea (men)
  - KD14 : irregular menstruation (women, excess)

## KD25 (Spirit Storehouse)



- Asthma : KD not receiving Qi
- Calm Shen
  - KD23 : Mind Seal
  - KD24 : Spirit Burial-ground
  - KD25 : Spirit Storehouse
- Quiz: Apex of Heart?

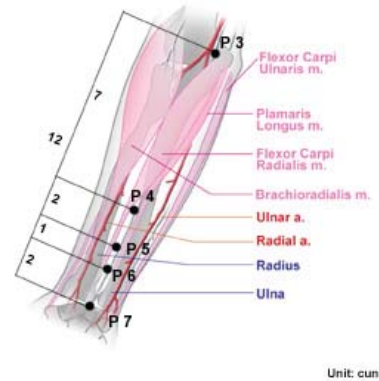


## PC CHANNEL

*Important Points :*

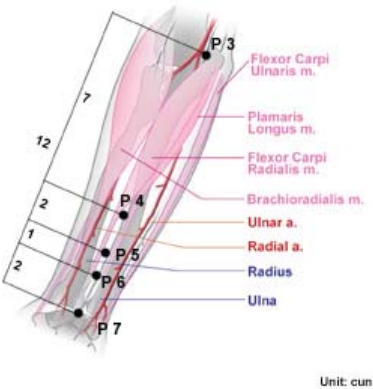
PC4 / PC5 / PC6 / PC7 / PC8 / PC9

## PC4 (Cleft Gate)



- Xi-cleft point (acute case) : Chest pain due to blood stasis, arrhythmia, palpitations
- Xi-cleft of PC and HT
  - PC4: Stop chest pain
  - HT6: Nourish HT Yin

PC5 (Intermediary Courier)

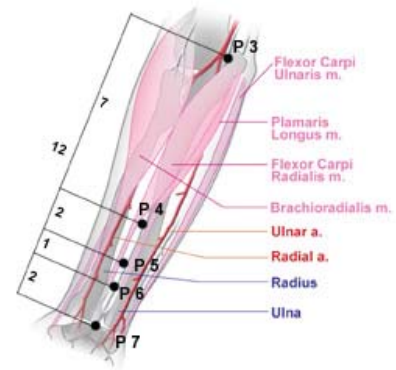


- Non-substantial Phlegm : Phlegm misting HT
- Empirical point for **Malaria** : Qing Hao, Cao Guo

Group Luo Points

| CHANNEL    | GROUP LUO   |  |
|------------|-------------|--|
| 3 Arm Yang | SJ8         |  |
| 3 Arm Yin  | PC5         |  |
| 3 Leg Yang | GB35 (GB39) |  |
| 3 Leg Yin  | SP6         |  |

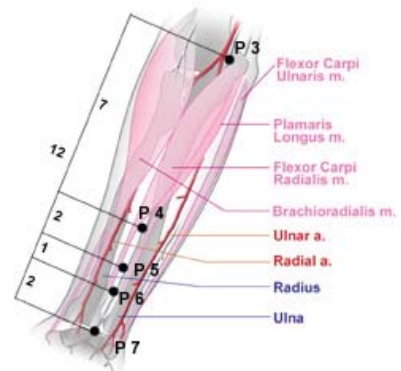
## PC6 (Inner Pass)



Unit: cun

- Where : Chest, Diaphragm, Epigastrium
- Open the chest
- Harmonize the Stomach
- Calm Shen

## PC7 (Great Mound)



Unit: cun

- Source point for HT channel (in “Spiritual Axis”)  
: Calm Shen (Harsher than HT7)
- Warm febrile disease : vs. HT7
- Quiz: Local point of Carpal Tunnel Syndrome?

# SJ CHANNEL

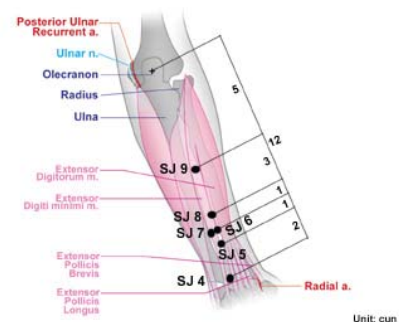
*Important Points :*  
SJ4 / SJ5 / SJ6

## SJ4 (Yang Pool)

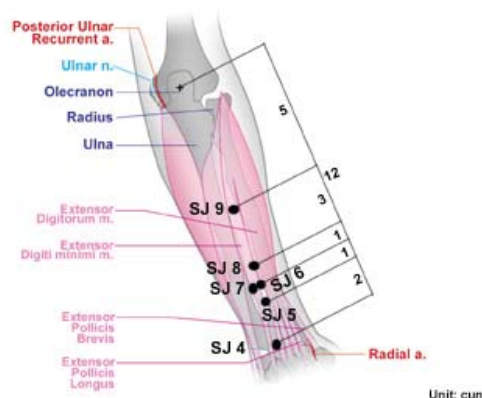
■ Yuan-source point

■ Water metabolism :

SJ4(yuan-source), UB22(back-shu), UB39(Lower he-sea)

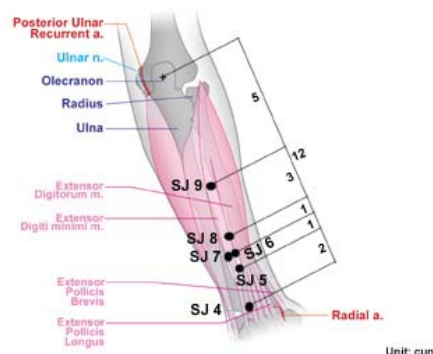


## SJ5 (Outer Pass)



- Disperse Wind-Heat
- Ear infection, tinnitus, deafness
- SJ5 + GB41 = **Chai Hu + Huang Qin**

## SJ6 (Branch Ditch)



- SJ6 + KD6 : CONSTIPATION
- SJ6 + GB34 : HYPOCHONDRIAC PAIN
- SJ6 + GB31 : HERPES ZOSTER
- Quiz: Definition of DUI-XUE?

## [ Exit Points (that are not same as the last points) ]

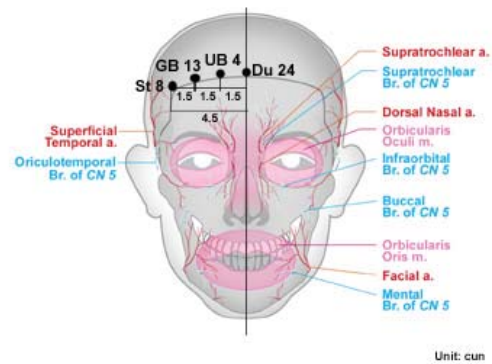
|    | EXIT<br>POINTS |  |
|----|----------------|--|
| LU | LU7            |  |
| ST | ST42           |  |
| KD | KD22           |  |
| PC | PC8            |  |
| SJ | SJ22           |  |
| GB | GB41           |  |

## [ GB CHANNEL ]

*Important Points :*

GB13 / GB20 / GB21 / GB24 / GB25 /  
GB26 / GB30 / GB31 / GB34 / GB35 /  
GB36 / GB37 / GB39 / GB40 / GB41

## GB13 (Root Spirit)



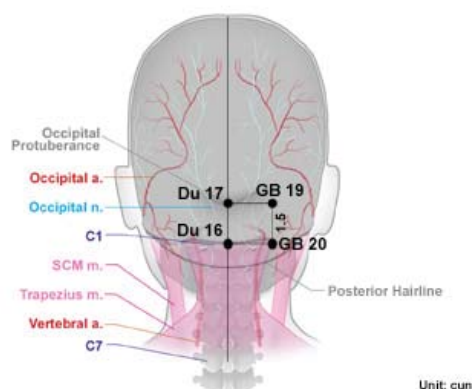
- Calm Shen : schizophrenia and split personality combined
- Quiz: Meeting area of 3 Hand Yang Muscle Meridian?

## Muscle Meridian Meeting Area

|                      | POINTS   | AREA            |  |
|----------------------|----------|-----------------|--|
| 3 Arm Yang Muscle M. | GB13     | Forehead        |  |
| 3 Arm Yin Muscle M.  | GB22     | Thoracic cavity |  |
| 3 Leg Yang Muscle M. | SI18,ST3 | Eyes            |  |
| 3 Leg Yin Muscle M.  | RN3      | Genital         |  |

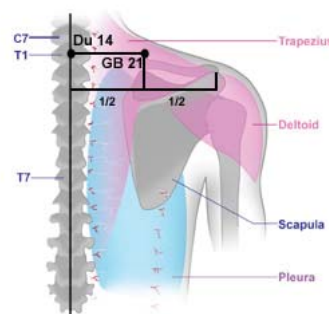
## GB20 (Wind Pond)

- **HERB:** Ju Hua (Yellow, White)
- **EXTERNAL WIND & INTERNAL WIND**
- **CLEAR HEAT**
- **EYE INFECTION :**  
Sang Ju Yin / Long Dan Xie Gan Tang



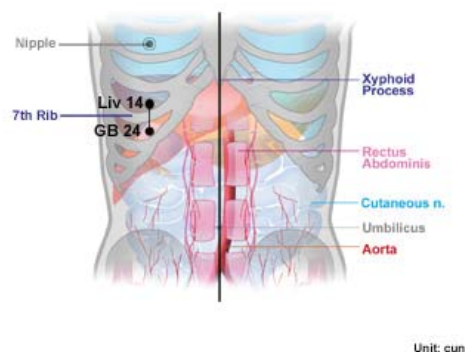
## GB21 (Shoulder Well)

- **Shoulder/Neck pain:** relax tendon/stiffness
- **Women:** breast abscess, promote lactation  
retention of placenta after childbirth
- **Quiz:** Contraindicated points for pregnancy?



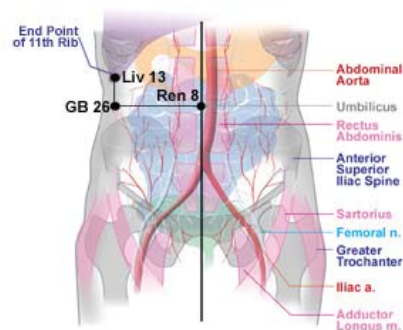


## GB24 (Sun and Moon)



- Front-Mu of GB : acute case
- DAMP-HEAT (Jaundice, gall stone) : + GB34, LI11

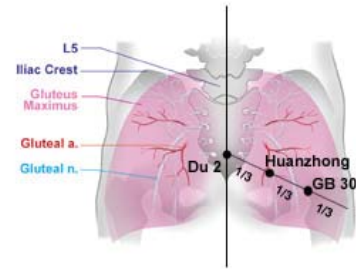
## GB26 (Girdling Vessel)



- One of the Dai Mai (Girdle Vessel)
- Gynecological point : leucorrhea etc.
- Quiz: GB26 is directly below \_\_\_\_.

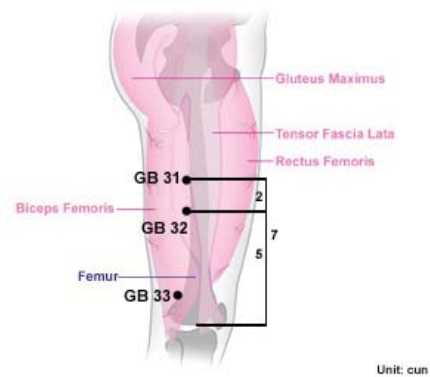


## GB30 (Jumping Round)



- Crossing point of GB and UB
- Sciatica

## GB31 (Wind Market)



- Skin diseases : urticaria, herpes zoster
- General skin problem : +LI11,SP10, UB40
- Herpes Zoster : +SJ6



## GB34 (Yang Mound Spring)

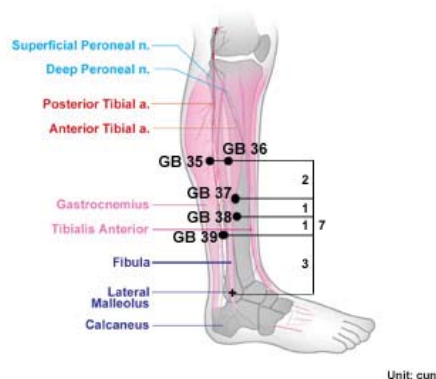
- Clear Damp-Heat
- Soothe the LV Qi
- Sinew influential Point



## Xi-Cleft of 8 Extra Vessels

|           | XI-CLEFT |  |
|-----------|----------|--|
| YIN QIAO  | KD8      |  |
| YIN WEI   | KD9      |  |
| YANG QIAO | UB59     |  |
| YANG WEI  | GB35     |  |

## GB37 (Bright Light)



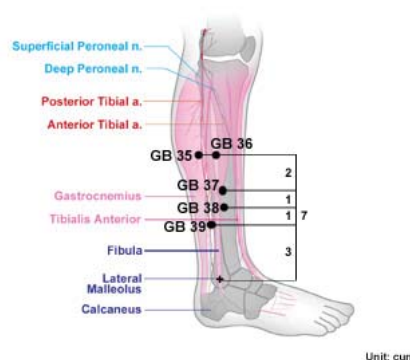
- Benefit eye : improve eyesight, eliminate “floaters”

### ■ MING

- Point: Guang **Ming** (GB37)
- Herb: **Shi Jue Ming**, **Jue Ming Zi**

- GB37 (**Gou Qi Zi**) vs. GB20 (**Ju Hua**)

## GB39 (Suspended Bell)



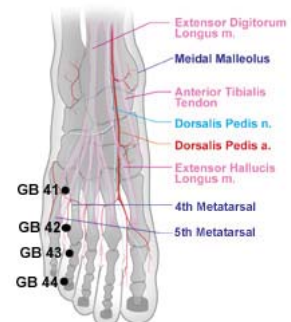
- Marrow influential point
- +UB11 : Bone Bi syndrome
- +ST36 (**moxa**) : Prevent Wind-stroke
- **Location**: Posterior (Needle) vs. Anterior (Moxa)

## GB40 (Mound Ruins)



- Strengthen the GB mental aspect :  
Lack of courage, difficult to make decisions

## GB41 (Foot Falling Tears)



- Dai-mai confluent point : vaginal discharge etc.
- Shaoyang headache = **Chai Hu, Chuan Xiong**
- Quiz: 6 exit points?



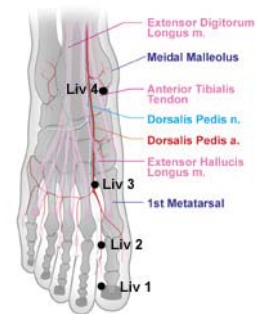
## LV CHANNEL

*Important Points :*

LV1 / LV2 / LV3 / LV5 / LV6 / LV8 / LV13 / LV14

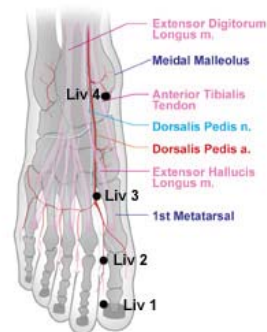
## LV1 (Large Pile)

- MOXA LV1 = Warm LV Channel
  - COLD IN THE LV CHANNEL
- : WU ZHU YU, XIAO HUI XIANG, WU YAO



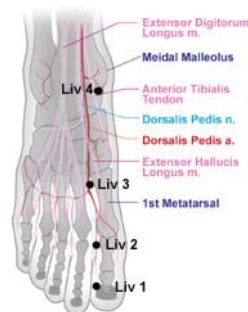
## LV2 (Moving Between)

- Clear LV Fire
- Long Dan Cao, Xia Ku Cao, Jue Ming Zi



## LV3 (Great Surge)

- Herb: Bai Shao (tonify > sedate)
- Yuan-source that Sedate & Tonify
- LV2 : Sedate only
- LV3 : Tonify + Sedate, stop spasm



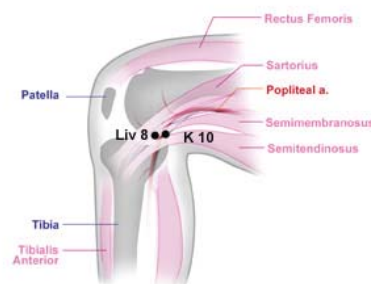
## LV5 (Woodworm Canal)

- Luo-connecting point
- LV luo channel flow to the genital area :  
priapism, itching, vaginal discharge
- Quiz: Innervation, Needling, Pathology?



## LV8 (Spring at the Bend)

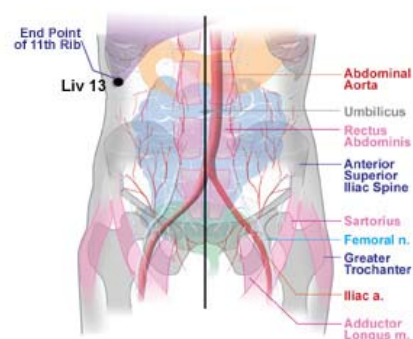
- Tonify and Sedate
- He-sea point : Tonify LV Blood
- Eliminate Damp





## LV13 (Camphorwood Gate)

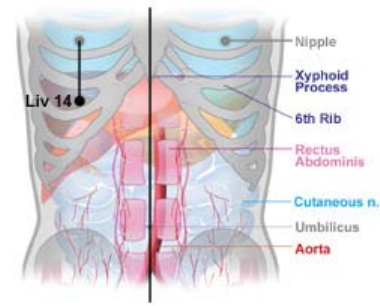
- **Nature:** Front-Mu of SP  
Influential of Zang  
Origin of Dai Mai
- Soothe the LV Qi
- Relieve Food retention
- Benefit the SP and ST
- **Quiz:** Needling technique?



## 8 Influential Points

| CHANNEL | INFLUENTIAL |  |
|---------|-------------|--|
| ZANG    | LV13        |  |
| FU      | RN12        |  |
| QI      | RN17        |  |
| BLOOD   | UB17        |  |
| SINEW   | GB34        |  |
| MARROW  | GB39        |  |
| BONES   | UB11        |  |
| VESSELS | LU9         |  |

## LV14 (Cycle Gate)



■ Hypochondriac pain : excess/deficiency

### ■ LV13 vs. LV14

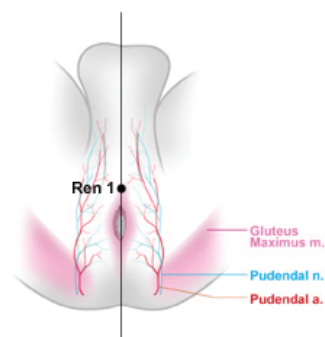
- LV13 : LV overact SP
- LV14 : LV overact ST

## REN CHANNEL

*Important Points :*

RN3 / RN4 / RN5 / RN6 / RN8 / RN9 /  
RN10 / RN12 / RN13 / RN14 / RN15 /  
RN17 / RN22 / RN23 / RN24

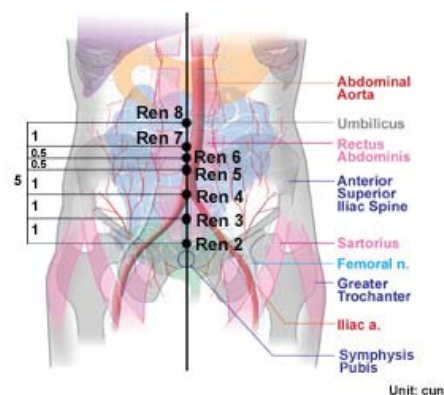
## RN1 (Meeting of Yin)



■ REN, DU, CHONG crossing point

■ Benefit Essence

## RN3 (Central Pole)



■ Front-Mu point of UB

■ Lin syndrome : +UB28, SP9

■ Clear Damp-Heat

■ Local stagnation : amenorrhea due to Blood stasis

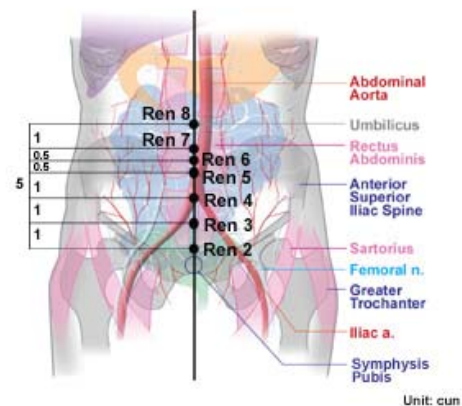
■ **Comparison:** RN3 vs. RN4

# Front Mu Points

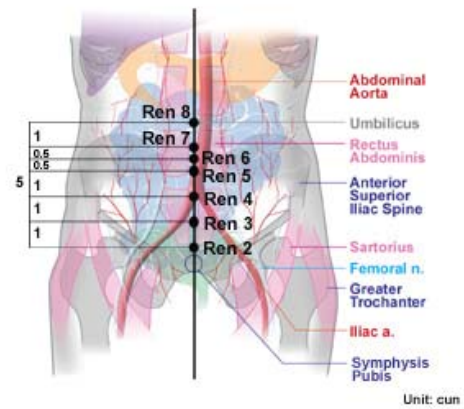
| CHANNEL | FRONT-MU |  |
|---------|----------|--|
| LU      | LU1      |  |
| LI      | ST25     |  |
| ST      | RN12     |  |
| SP      | LV13     |  |
| HT      | RN14     |  |
| SI      | RN4      |  |
| UB      | RN3      |  |
| KD      | GB25     |  |
| PC      | RN17     |  |
| SJ      | RN5      |  |
| GB      | GB24     |  |
| LV      | LV14     |  |

## RN4 (Origin Pass)

- **RN3 vs. RN4**
- RN3 : Sedate excess
- RN4 : Tonify deficiency
  
- **RN4 vs. DU4**
- RN4 : Tonify Yin, Tonify Yang (if moxa)
- DU4 : Tonify Yang only



## RN6 (Sea of Qi)

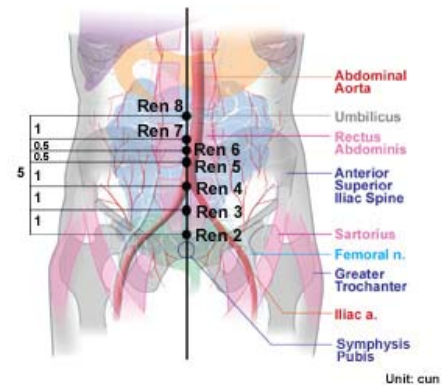


- Tonify Qi and Yang
- Raise Yang Qi : **Bu Zhong Yi Qi Tang**
- Regulate Qi : GI track

### ■ **RN6** (Sea of Qi) vs. **RN17** (Influential pt. of Qi)

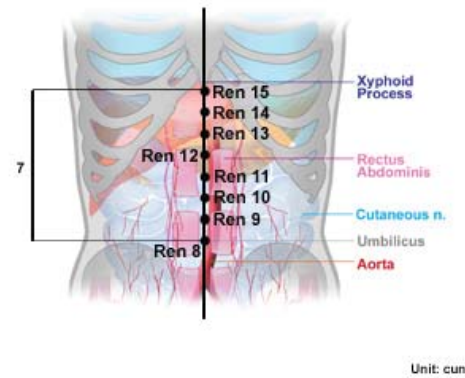
- RN6 : Move Qi (MJ, LJ), Tonify Qi (whole body)
- RN17 : Move Qi (UJ)

## RN8 (Spirit Gate)



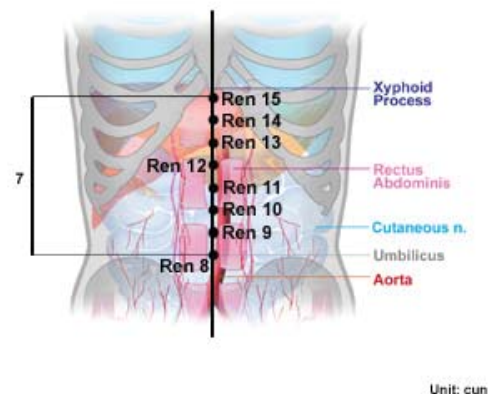
- Moxa only
- Rescue Yang : moxa with salt
- Strengthen Spleen
- **Quiz:** Contraindicated for needling?

## RN9 (Water Divide)



- Promote the transformation of fluids
- Controls the Water passages
- Indication : Damp, Edema, Tan-yin, ascites
- Quiz: Water metabolism points?

## RN10, 12, 13



- Anatomy of Stomach
  - Fundus : RN13 (Descend Qi)
  - Body : RN12 (Regulate Qi)
  - Pylorus : RN10 (Descend Qi)
- Quiz: RN12,13 are crossing of ST and \_\_\_\_.  
RN17 is crossing point of SJ and \_\_\_\_.

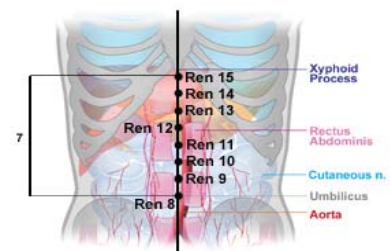
## RN12 (Central Venter)



- Front-Mu of Stomach
- Influential point of Fu
- **RN12 combination**
  - RN12 + ST36 = Abdominal problem
  - RN12 + ST36 + PC6 = Epigastric problem
- **Quiz:** Innervation?

## RN14 (Great Tower Gate)

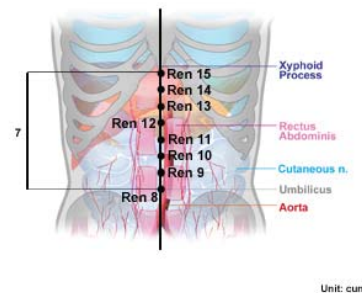
- Front-Mu point of Heart : Palpitation, mental symptoms



Unit: cun

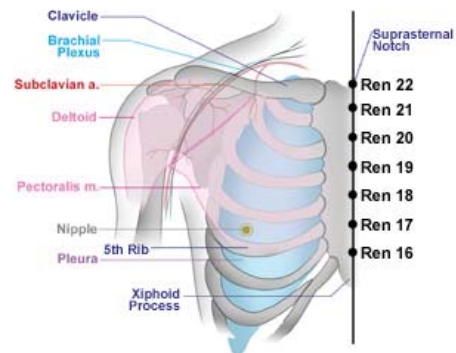
## RN15 (Turtledove Tail)

- Luo-connecting point of the REN : itching of the abdominal skin
- Calm the mind
- **Quiz:** Needling?



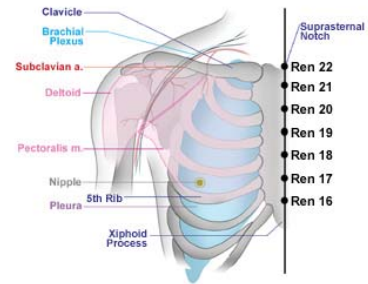
## RN17 (Chest Center)

- Front-Mu of PC
- Influential point of Qi
- Regulate Zong Qi : circulation, respiration
- Local point : chest, breast
- **Quiz:** RN17 line points?



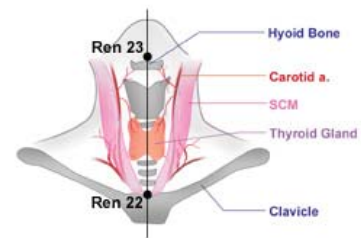


## RN22 (Celestial Chimney)



- Benefit the throat
- Soothe asthma
- Stop cough
- **Needling Technique:** 0.2 cun perpendicular, then 0.5-1 cun going down

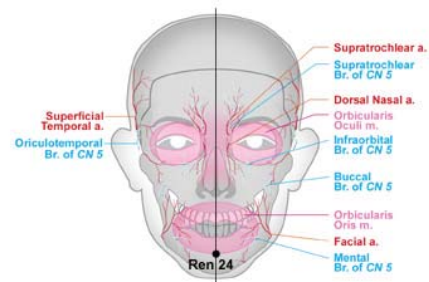
## RN23 (Ridge Spring)



- Local point for tongue : Aphasia, slurred speech
- RN23 + HT5

## RN24 (Sauce Receptacle)

- Local point for facial problem : paralysis

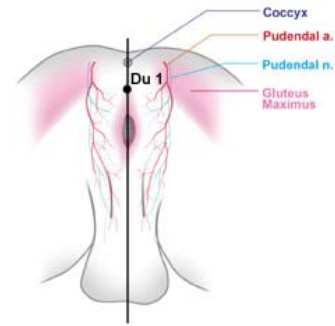


## DU CHANNEL

*Important Points :*

DU1 / DU3 / DU4 / DU9 / DU10 / DU12 /  
DU14 / DU15 / DU16 / DU20 / DU23 / DU26

## DU1 (Long Strong)



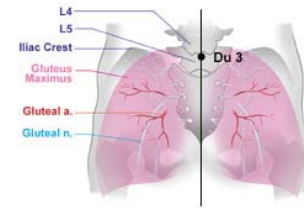
- Regulate DU channel
- Supporting point for Rectal prolapse :  
ST36 + RN6 + DU20 + DU1

**Quiz:** Luo connecting point of Ren and Du?

## Luo-Connecting Points

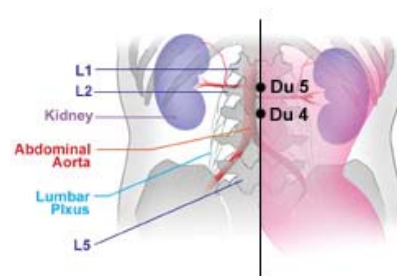
| CHANNEL  | LUO  |  |
|----------|------|--|
| LU       | LU7  |  |
| LI       | LI6  |  |
| ST       | ST40 |  |
| SP       | SP4  |  |
| HT       | HT5  |  |
| SI       | SI7  |  |
| UB       | UB58 |  |
| KD       | KD4  |  |
| PC       | PC6  |  |
| SJ       | SJ5  |  |
| GB       | GB37 |  |
| LV       | LV5  |  |
| RN       | RN15 |  |
| DU       | DU1  |  |
| Major SP | SP21 |  |

## DU3 (Lumbar Yang Pass)



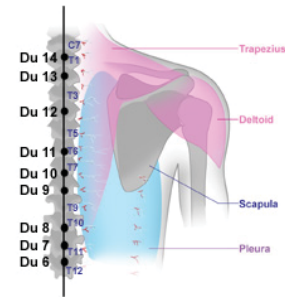
- Basic point for lower backache  
: UB40+ DU3+UB23
- Quiz: 3.5 cun lateral from DU3?

## DU4 (Life Gate)



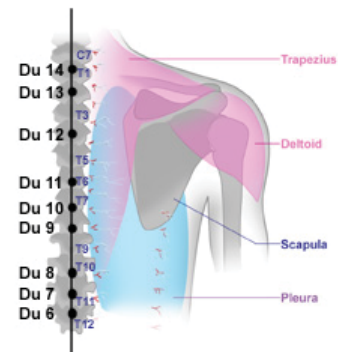
- Tonify KD-Yang
- Warm the Mingmen
- **DU4** (Jin Gui) **vs. RN4** (Liu Wei or Jin Gui)
- Tonify Yang only : vs. RN4 (Yin/Yang)

## DU9 (Extremity of Yang)



- Jaundice : Yin Chen Hao
- Resolve Damp-Heat in the GB/LV

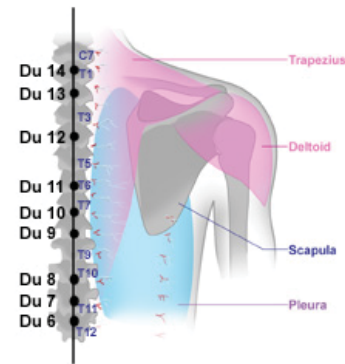
## DU10 (Spirit Tower)



- Empirical point for Boils

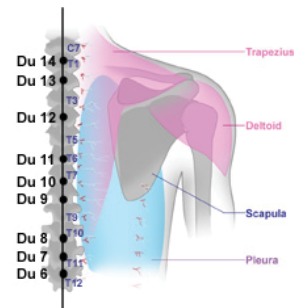
## DU12 (Body Pillar)

- Eliminate Internal Wind : spasm, convulsion, tremor, epilepsy
- Tonify LU : DU12 + UB13 + UB43
- Quiz: Location of DU12?



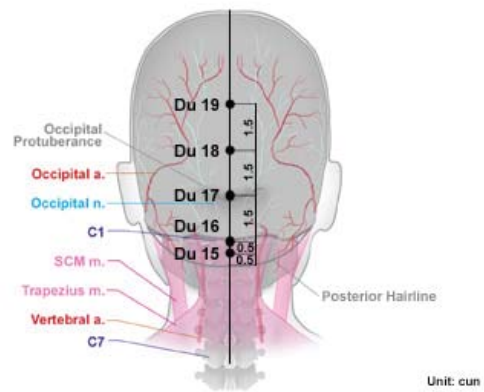
## DU14 (Great Hummer)

- 6 Yang channels crossing
- Clear heat (Exterior and Shaoyang)
- Release exterior Wind-Heat
- Warm four limbs (moxa)
- Quiz: DU14 clears what kinds of heat?



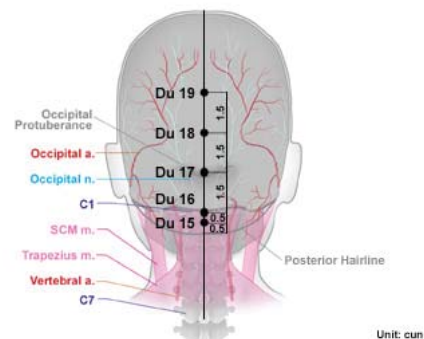
## DU15 (Mute Gate)

- Stimulates speech
- DU15 + HT5 : aphasia
- Quiz: Needling technique?



## DU16 (Wind Mansion)

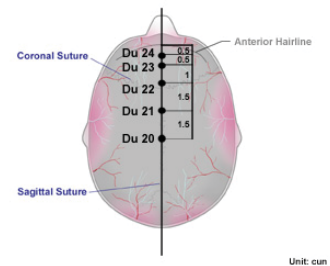
- Both Exterior and Interior Wind :  
Fang Feng / Chan Tui / Gou Teng / Bai Ji Li
- Quiz: which part of brain?



## [ 4 Sea Points ]

| 4 SEAS      | POINTS                       |  |
|-------------|------------------------------|--|
| BLOOD       | UB11<br>ST37<br>ST39         |  |
| QI          | RN17<br>UB10<br>ST9          |  |
| BONE        | DU15<br>DU16<br>DU19<br>DU20 |  |
| NOURISHMENT | ST30<br>ST36                 |  |

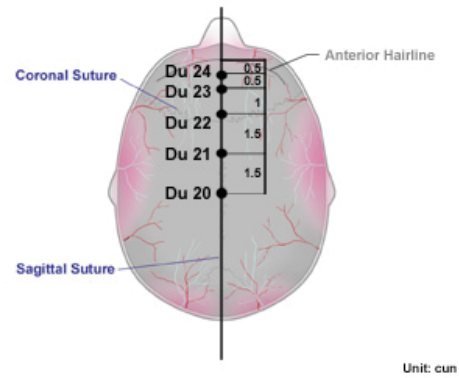
## [ DU20 (Hundred Convergence) ]



- Clear the Mind
- Lift the spirit
- Ascend SP Yang : Deficiency Above, Excess below
- Promote resuscitation
- Eliminate Interior Wind

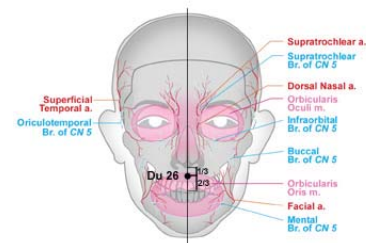


## DU23 (Upper Star)



- Open the Nose : LU7 + LI4 + LI20 + DU23
- Bai Zhi / Xin Yi Hua / Cang Er Zi / Xi Xin
- Quiz: metopism?

## DU26 (Water Trough Mansion)



- Promote resuscitation
- Used for acute lower backache (traumatic)
- Facial edema : Yang edema
- Quiz: Yangming channels crossing?