



## Meridians

Lung LU  
 Large Intestine LI  
 Stomach ST  
 Spleen SP  
 Heart HT  
 Small Intestine SI  
 Urinary Bladder BL  
 Kidney KI  
 Pericardium P  
 Triple Warmer or Sanjiao TW  
 Gall Bladder GB  
 Liver LV  
 Governing Vessel GV  
 Conception Vessel CV

Cardinal Points are specific for a condition, function or area of the body.

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**Face & Head:** LI4 Hegu - On the dorsum of the hand, between the 1st and 2nd metacarpal bones.

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

**Chest & Respiration:** 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.

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

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

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

**Arm:** 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.

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

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

**Skin:** 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.

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

**Upper Abdomen:** ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.  
 CV12 Zhongwan - On the midline, 4 cun superior to the umbilicus.

**Lower Abdomen:** SP6 Sanyinjiao - 3 cun directly above the tip of the medial malleolus on the posterior border of the tibia.  
 CV6 Qihai - On the midline, 1.5 cun inferior to the umbilicus.

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

**Increase Energy:** CV6 Qihai - On the midline, 1.5 cun inferior to the umbilicus.  
 ST36 Zusanli - 3 cun below ST35 one finger width lateral from the anterior crest of the tibia, in the tibialis anterior muscle.

**General Excess (Energy):** GV14 Dazhui - Below the spinous process of C7.

**Low back, Sacrum & Leg:** BL54 Weizhong (AKABL40) - Midpoint of the transverse crease of the popliteal fossa between the biceps femoris and semitendinosus tendons.

**Upper Back, Leg & Foot:** BL60 Kunlun - In a depression between the tip of the lateral malleolus and the achilles tendon.

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

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

**Yang Organs:** CV12 Zhongwan - On the midline, 4 cun superior to the umbilicus.

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