

All the Yin channels link in the chest
All the Yang channels link in the head

(anterior of leg and arm / Yin side) Tai Yin - LU/SP - Originates at Spleen 1 on the medial side of the big toe nail to Spleen 21 then Lung 1 to Lung 11 on the radial border of the thumb nail

(middle portion of leg and arm / Yin side) Jue Yin - PC/LV - Originates at Liver 1 on the lateral side of the big toe nail to Liver 14 then Pericardium 1 to Pericardium 9 at the tip of the middle finger

(posterior portion of arm and leg / Yin Side) Shao Yin - HT/KI - Originates at Kidney 1 on the bottom of the foot 1/3 from the top in the center to Kidney 27 then Heart 1 to Heart 9 radial side of the pinky finger nail

(anterior of leg and arm / Yang side) Yang Ming - LI/ST - Originates at Large Intestine 1 on the radial side of the nail of the index finger to Large Intestine 20 then Stomach 1 directly below the pupil when looking forward on the infraorbital ridge to Stomach 45 on the lateral side of the nail of the second toe

(middle of leg and arm / Yang side) Shao Yang - SJ/GB - Originates at San Jiao 1 on the ulner side of the fourth finger nail to San Jiao 23 on the lateral end of the eyebrow then Gall Bladder 1 lateral side of the orbital margin of the eye to Gall Bladder 44 lateral side of the nail of the fourth toe

(posterior of leg and arm / Yang side) Tai Yang - SI/UB - Originates at Small Intestine 1 on the ulner side of the pinky finger nail to Small Intestine 19 in the depression posterior to the tragus then Urinary Bladder 1 on the medial side of the inner canthus of the eye to Urinary Bladder 67 on the lateral side of the pinky toe nail