

Anatomical Directions

Technical

TERM	DEFINITION	Yin/Yang
Superior / Cranial	Toward the Head	Yang
Inferior / Caudal	Toward the Bottom / Tail	Yin
Anterior / Ventral	Toward the Front	Yin
Posterior / Dorsal	Toward the Back	Yang
Medial	Toward the Mid-line of the Body	Yin
Lateral	Toward the Side of the Body	Yang
Internal / Deep	Inward from the Surface	Yin
External / Superficial	Outward toward the Surface	Yang
Proximal	Toward the Main of the Body	Yin
Distal	Away from the Main of the Body	Yang
Visceral	Related to Internal Organs	Yin
Parietal	Related to the Body Walls	Yang

Colloquial

TERM	Yin/Yang
Left	Yang
Right	Yin
Up	Yang
Down	Yin
Front	Yin
Back	Yang

Inside	Yin
Outside	Yang