

# Class 10 - Point Location

## Foot Shao Yang - Gall Bladder Channel

44 Points total

Common Points - 1, 2, 8, 14, 15, 20, 21, 24, 26, 30, 31, 37, 39, 40, 41, 44

Connects zang fu:

Originates from:

### **Important Points**

GB 1

Slide finger on bone under eye to outside of eye until you hit notch

Eye pain

GB 2

Below SI 19 in front of ear nodule

Ear pain

GB 3

Other side of zygomatic arch above St 7

GB 4

Below St-8

GB 5

over and up from GB 6 towards GB 4

GB 6

over and up from GB 7 towards GB 4

GB 7

Anterior .5 cun from SJ 20

GB 8

1 cun up from apex of ear

GB 9

Back side of ear root 2 cun up from hair line = .5 cun posterior to GB 8

GB 10

part circle from 9 towards 12

GB 11

part circle up from 12 towards 9

GB 12

In depression from end of skull just below the ear (ie other side of mastoid) and beyond the left border of the ear

Headache

Parkinsons

GB 13

1/2 cun in to hair line 2/3 distance between St-8 and mid line = 3 cun from mid line (Du 24)

GB 14

1 cun above middle of apex of eyebrow (in line from St-1)

Local problems

Wrinkles

GB 15

Directly up from GB 14 .5 cun in to hair line = 1/2 distance from Du-24 to St-8

Liver fire headache / temporal headache

High blood pressure

GB 16

1.5 cun posterior to GB 15

GB 17

1.5 cun posterior to GB 16

GB 18

1.5 cun posterior to GB 17 in line with Du 20

GB 19

Directly up from GB 20 on occipital bone (4.5 cun from GB 18)

GB 20

Most tender point of hollow under skull

Level with Du 16 (depression at nape of neck)

Exterior syndromes (Tai Yang)

Expel internal (liver) wind

Good for strokes

Neck pain (dispel wind)

GB 21

Midway between Du-14 and tip of shoulder

Pinch high point of shoulder muscle on back side of pinch

Qi circulation

Promote lactation

puncture oblique towards shoulder

GB 22

3 cun from arm pit at level of nipple

GB 23

1 cun anterior to GB 22

GB 24

Front/Alarm-mu point for Gall Bladder

4 cun from midline on level with 7th intercostal space

Gall Bladder pain

Jaundice

GB 25

Front/Alarm-mu point for Kidney

Free end of 12th rib

GB 26

Meeting point of the Girdling Vessel (Dai) (then GB 27 and GB 28)

Directly below end of 11th rib (Liv-13) lateral to Belly Button (about 6 cun from belly button)

Leucorrhea

GB 27

3 cun below belly button in depression on iliac

GB 28

.5 cun anterior and inferior to GB 27

GB 29

GB 30

1/3 way up in diagonal from hip joint to top of rear

GB 31

when arms straight down tip of middle finger  
alleviates itching

GB 32

GB 33

GB 34

GB 35

GB 36

GB 37

GB 38

GB 39

GB 40

GB 41

GB 42

GB 43

GB 44