

Class 4 - Point Location

Foot Yang Ming - Stomach Channel

45 Points Total

Common Points - 1, 2, 4, 6, 7, 8, 21, 25, 29, 32, 34, 36, 37, 39, 40, 41, 44, 45

Connects zang fu: Stomach, Spleen, Heart

St 1

Container of Tears

.5 cun, slow insertion, directly below pupil on side of ridge towards pupil
below eye ball and above bone

Use nail to push eyeball out of way

St 2

Four Whites

depression under St 1, 1 cun directly under pupil

St 3

Great Crevice

directly down from pupil level with nostrils

St 4

Earth Granary

level with corner of mouth 1/2 cun from corner which is directly below pupil
pinch to puncture lateral

Puncture opposite side in belz paulzy, etc.

St 5

Clench jaw to see and feel muscle at lower point border where muscle goes up

Local / Tooth Ache - lower

St 6

on muscle high point where muscle goes up in clench

Local / Tooth Ache - lower

St 7

Depression next to ear on jaw that disappears when you open your jaw

Facial pain in upper teeth

St 8

When clenching top of what moves on forehead 4.5 cun from center (du)

Local point for frontal head ache - Yang Ming (frontal) headache

St 9

Anterior border of scm muscle , level with adam's apple

St 10

anterior border of scm on level with split

Local problems

St 11

in split on posterior of scm side of spine (towards center)

St 12

Center of front side of shoulder bone towards top

St 13

Just below bone same direction as 12 which is also in line with nipple

St 14 - 18

1st space

All in line at every intercoastal space in same line.

17 is 4th space

St 15

2nd space

St 16

3rd

St 17

4th space - directly on nipple

never use

St 18

5th - directly below nipple

pain, milk production

St 19 - 25 , every cun down one point all in line with nipple

St 19

6 cun above belly button

lateral 2 cun from midline (as such in 2 cun from nipple)

St 20

St 21

St 22

St 23

St 24

St 25

2 cun lateral to belly button

Front mu of Large Intestine

local problems, diarrhea, constipation, pain from period

To lose weight - circular counter clock wise, don't cover hole after removing needle. - flattens stomach

St 26 - 30

below belly button, every cun is one point in line under 19-25 (2 cun from center).

St 26

St 27

St 28

St 29

late period, prolapse, no period, etc.

St 30

St 31

directly across from pubic

lift leg to feel end of muscle, at that spot top of bone

St 32

6 cun from center of patella

11 cun from 31

Local problems

St 33

3 cun above center of patella

St 34

Cleft-xi point - acute problems of stomach meridian

Palm on patella - where thumb ends up (placing coming from outside fingers towards person)

St 35

left eye of bottom of knee

St 36

Commander point for stomach

1 cun lateral to tibia top, 3 cun below bottom of patella

Lower He-Sea Li

Run finger up lower leg bone until is stopped by bone below knee

St 41

At transverse crease of ankle top at top between two tendons (slightly off center towards medial side) Draw line up to ST 36

St 37

3 cun down from 36

St 38

middle of leg (8 cun from bottom of patella, 8 fun from bottom St 41)
shoulder problems (opposite shoulder)

St 39

3 cun below 38

Si - Lower He Sea point

Turbid urin

St 40

lateral 1 cun from St 38 on same level

phlegm retention, water retention in lung

St 41

Jing - River

St 42

Pulse on top of foot

Yuan/Source point

St 43

In web 1 cun proximal

Shu Stream

St 44

proximal .5 cun on web between 2 and third

Spring-Ying

Clear heat

Bad breadth

St 45

border of nail .1 cun from corner of nail on 2nd toe

Jing-Well