

Class 6B - Point Location

Hand Tai Ying - Small Intestine Channel

19 Points Total

Common Points - 1, 3, 4, 6, 7, 18, 19

Connects zang fu: Heart, Small Intestine, and stomach

Originates from: Heart

Lower Sea-he point

Important Points

Si 1

少澤

shào zé

Lesser Marsh

Well-jing point (metal)

On outside bottom of pinky nail

For insufficient milk supply

Occipital headache

Si 2

前谷

qián gǔ

Front Valley

Spring-ying point (water)

make fist, on pinky side just beyond knuckle in depression

clears wind heat in eyes

Si 3

後溪

hòu xī

Back Ravine

Stream-shu point (wood)

Confluence-jiaohui - Du

make fist, on pinky side just after knuckle in depression, where skin sticks out in crease

Si 4

腕骨

wàn gǔ

Wrist bone

Source-yuan point

pinky side just above wrist joint

Si 5

陽谷

yáng gǔ

Yang Valley

River-jing point (fire)

pinky side just below wrist joint

Si 6

養老

Nurshing the Aged

Cleft-xi point

on the back side of the hand in small cleft top of bone in thumb direction

below wrist joint

Si 7

zhī zhèng

Branch to the Correct

Connecting-luo (Ht)

pinky side of arm 5 cun from joint (Si 5) between muscle and bone

Si 8

xiǎo hǎi

Small Sea

Uniting/Sea-he point (earth)

pinky side, eye of the elbow

Si 9

jiān zhēn

True Shoulder

1 cun above crease on back of shoulder

Si 10

nào shū

Upper Arm Shu

From Si 9 run finger up until it runs in to depression on back of shoulder

Si 11

tiān zōng

Celestial Gathering

Equilateral triangle from Si 9 and Si 10 on back of shoulder

Si 12

bǐng fēng
Grasping the Wind

Straight up from Si 11 in depression when arm raised

Si 13
qū yuán
Crooked Wall

Tender depression across from Si 10 towards back bone

Si 14
jiān wài shū
Outer Shoulder Shu

just slightly in from Si 13 up to top of bone

Si 15
jiān zhōng shū
Central Shoulder Shu

2 cun over from C7

Si 16
tiān chuāng
Celestial Window

Across from Adam's apple on outside of SCM

Si 17
tiān róng
Celestial Countenance

Turn head to side under corner of jaw on neck

Phlegm heat, toxic heat

Si 18

quán liáo

Cheek Bone-Hole

across from end of nostril directly down from outside of eye

Si 19

tīng gōng

Auditory Palace

point of depression near ear when you open your mouth