

Class 9B - Point Location

Hand Shao Yang - San Jiao Channel

23 Points total

Common Points -

Connects zang fu:

Originates from:

Important Points

SJ 1

Well-jing point (Metal)

Opens orifice

Clear Heat in particular soar throat

SJ 2

Spring-ying point (Water)

Clears heat

SJ 3

Stream-shu point (Wood)

Upper body edema (water and phlegm retention)

Distal point for tinnitus

SJ 4

Source-yuan point

Harmonize Shao Yang (1/2 interior 1/2 exterior location)

Millaria

Temporal Headache

Crease down from SJ 3 towards wrist just before crease

SJ 5

Connecting-Luo point

Confluent point of Yang Linking (Wei) Vessel

2 cun from SJ 4 in crease between ulnar and radius

Qi circulation

Exterior Cold fever

SJ 6

River-jing point (Fire)

3 cun from SJ 4 in crease towards radius

Local

Dry stool

SJ 7

Cleft-xi point

Same as Sj 6 but towards ulna

Sudden deafness or edema

SJ 8

Point of crossing between 3 yang meridians of hand

4 cun from SJ 4 in crease towards radius

SJ 9

5 cun from SJ 4 in crease

SJ 10

1 cun directly towards body from tip of elbow where there is a small depression

Soften hardness around neck

Goiter

Hyperthyroidism

SJ 11

1 cun from SJ 10

SJ 12

4 cun from SJ 10

SJ 13

6 cun from SJ 10

SJ 14

10 cun from SJ 10

1 cun posterior to Li 15

SJ 15

Between GB 21 and Si 13

GB 21 1/2 way between C7 and Shoulder

Si 13 1/2 way between Si 10 and T2

SJ 16

At level with Si 17 on posterior side of SCM

SJ 17

Behind ear lobe

Good for dispelling wind

Facial paralysis

SJ 18

SJ 19

SJ 20

Tip of

SJ 21

SJ 22

SJ 23