



## Common yet “Unusual” Point Usage



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This class goes over points that I use commonly and are different in usage from TCM.

The location and needling angle are often quite different as well.

I chose these points as they can be used as “tricks” without doing full abdominal assessment, and still giving good results

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### Liv4 - Zong Feng - 中封



Seal - Feng, 封, is 圭 + hand 手  
this is to confer authority  
圭 is also in Jie, Street (街) – as in Qi Jie/ST30

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### Liv4 - Zong Feng - 中封 - 2



Ling Shu 2 -  
中封內踝之前一寸半  
Zong Feng (Liv4) enters the ankle prior to one cun, incompletely  
Meaning it is one cun below the ankle! (you will find slightly puffy tissue there)

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### Liv4 - Zong Feng - 中封 - 3



使逆則宛, 使和則通, 搖足而得之  
Make opposite (against) then bent (crooked),  
make harmony then open (flow),

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### Liv4 - Zong Feng - 中封 - 4



Use Liv4 for -  
Oketsu (reflecting on left ST26-27)  
Liver (reflects on R Liv14) with right neck problems  
releasing the Psoas and inguinal  
releasing Liv12  
back pain

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## Liv5 - Li Gou 蠡溝

Li Gou 蠡溝 – a worm hole  
the worm is eating away at the wood channel  
therefore use moxa (okyu) – to smoke it out

find the dent in the bone (not behind – that is SP7),  
almost half way between the ankle and the knee  
(ignore the 5 cun measurement)

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## Liv5 - Li Gou 蠡溝 - 2

best point for endometriosis  
best point for lower Jiao inflammation (use with SP5)

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## Liv8 - Qu Quan 曲泉

曲泉 Qu Quan – bending spring  
(thus leg should be slightly bent)  
look for a soft nodule like feeling

best point for cysts, fibroids

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## SP9 - Yin Ling Quan 陰陵泉

needle superficially upwards – best SP9 is “chubby”

best point for L4/L5  
best point for hips  
consider Spleen for any joint pain  
SP9 - for G.B.21 pain (exact spot)  
SP9 - for appendectomy type

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## SP9 - Yin Ling Quan 陰陵泉



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## G.B.39 - Xuan Zhong 懸鐘

Behind the tendon (on U.B. side)  
Needle upwards (10°)

Yes, use for spine, neck, scoliosis  
use for irregular heart beat or stroke (Xuan is a  
suspended heart/mind)  
use for Wiry pulse (strong excessive!) with SP9 for  
Parkinson's

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## Kid4 - Da Zhong 大鐘

The bell 鐘 is a servant 童 striking the metal 金

Thus Kid4 relates to the chest – metal, Lungs, and to the rhythmic beating of the lungs

Use for asthma when wheezing is upon inhalation

needle down towards the heel

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## Trochanter - I

locate these points just in front of the greater trochanter of the femur, or just above you can use more than one point

This allows for a fascial separation between the legs and the torso and thus for the chest to expand

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## Trochanter - II

use for chest/lung problems reflecting on the rhomboids

use for autonomic nervous system problems (allowing the diaphragm to loop in parasympathetic feed)

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## Sacro-iliac ligaments I

These are at the area between the sacrum and iliac bone, though they are more easily accessible more laterally from the iliac side.

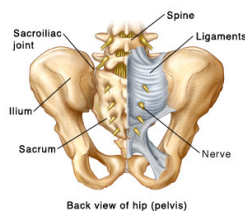
They span the whole length of the sacrum, though level of U.B.32 (or 31) tends to be the strongest.

This point range then extends laterally to include the inferior cavity just below the posterior iliac crest

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## Sacro-iliac ligaments II

It includes (and often referred to by) the points U.B.26, U.B.27, U.B.53



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## Sacro-iliac ligaments III

Look for “gummies”

Needle towards opposite G.B.26

use for Auto-immune disorders – often they will have very gummy (and moving) U.B.27

use for cardiac patients with slow pulse

use for L4/L5 and spine problems

Bending Stretching points – use for any problem in bending or stretching

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## Mu Shu I



Level with Ren4 – taken totally to the side, below G.B.26

This can be thought of as G.B.27 when the G.B. Channel is taken going straight down (and not zigzagging towards ST30)

G.B.27 - 五樞 Five Pivots, G.B.28 – 維道, Linking Path – providing support for the body fascia

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## Mu Shu II



Mu Shu establishes space for the organs within the torso and coordinates the 3 diaphragms (3 Dan Tians)

It can also be used in place of Ren4 or in place of U.B.27

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## U.B.66 Zu Tong Gu 足通谷



足通谷 Zu Tong Gu – Foot Connecting Valley  
Tong 通 is to open up, to penetrate, to connect, it also has the implication of communicating or mediating (Tong Xin, 通信, is to communicate, Tong Die, 通牒, is a diplomatic communicate)

This describes the role of the hormonal system

use U.B.66 for estrogen issues  
use U.B.66 for tail bone injuries  
(with DU14 Hua Tuo, and LU8)

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## S.J.8 San Yang Luo 三陽絡



This is really a point that is quite above S.J.9  
One third down from the elbow!  
slide your finger up the San Jiao channel – you will stop here

S.J. 8 is 三陽絡 San Yang Luo – 3 Yang Networks  
S.J.9 is 四瀆, Four Ditches

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## S.J.8 San Yang Luo 三陽絡 II



Release the autonomic nervous system  
release the SCM (opposite side) – hence release Vagus nerve, provide parasympathetic feedback to organs

release the neck (same side)

use for TMJ

– use S.J.5 instead when pulse is rapid

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## Under-3rd-Toe



where the third toe meets the foot,  
in the centre of the crease, underside

Main point for “sympathetic dominance” with rapid pulse

use for any blood pressure disorders

better used with rapid pulse but if pulse is “tight” use this point

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## Immune Points

between L.I.10 and 11 (usually closer to 11) at the attachment of the muscle to the bone  
This is more of a San Jiao point than L.I.

Releases S.J.16 and glands  
use for sinus issue, tonsilectomy types (use with Liv13 for adnoidectomy)  
Allergies, and all other immune system issues  
temporal headaches

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## P.4 Xi Men 郄門

3 fingers below P.3 (taken at the centre of the elbow crease between the two tendon, not medial to them)

Blood supply to the abdomen  
used for all blood disorders (physical blood)  
blood pressure and ANS point  
(or use P.6 or P.3 + 5 if pain on P.8)

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## LU8 Jing Qu 經渠 + SP3 Tai Bai 太白

These are both element of element

use for numbness – sugar and oxygen

release scalenes (also Inner Yin and HT3)

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## Inner Yin 新殷門 (New U.B.37)

level with Liv9 but in the Kidney channel

This is a hormonal area  
Trapezius releasing point  
used for constipation on left side  
Enforces the lift with Mu Shu  
– can be used for many musculoskeletal issues)  
Cancer point (Liv9)  
used for prostate and bladder issues

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## Stomach Qi

These are the bumps along the Stomach channel, between ST40 and ST41

Needle down and towards the bone

- for “lack of Stomach Qi” in the pulse  
– the pulse has no forward movement
- for knees (or use SP5 + ST41)
- Bending-Stretching point (as are Sacro-iliac)
- seasonal changes (including allergies)
- time adjustments

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## T11/T12 (DU6 = Ji Zong 脊中)

Hua Tuo or Du – you need not look for the spinous process, look for a gummy/chewy feeling as if the bone is enlarged and puffy  
needle upwards, 45° towards the spine, or both up and towards the spine

- “Sugar points”
- They are also important for any spinal issues due to the shifting vertebrae and curvature

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## T5 (DU11 = Shen Dao 神道)



Hua Tuo or Du

needle upwards, 45° towards the spine, or both up and towards the spine

- For any spinal issue – consider T5 – shift area in the spine, especially the neck
- affects ANS
- affects stomach

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## DU2 – Yao Shu 腰俞



Needle upwards

Very important for adjusting the autonomic nervous system

(check against left side U.B.42/43 area)

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