



- C16** On the midline of the chest, 1.6 below the level of the nipples, level with the lower border of the breastbone.
- C17** In men, on the mid-line of the chest between the two nipples. In women, on the mid-line of the chest between the fourth and fifth ribs.
- C21** 1 cun below the center of the depression between the collar bones.
- C22** In the center of the depression above the supraorbital notch, the pressure being applied downward alongside the trachea.
- GB20** This point is right under and against the base of the skull, in the two small muscular grooves at the back of the neck, two to three inches apart depending on the size of the head.
- K01** On the bottom of the foot, in the middle, just behind the ball (the most padded forward part).
- K06** 0.5 cun below the crown of the inner ankle.
- LI04** On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.
- LI08** 4 Cun below LI11(On the extreme end of the outer crease at the elbow) on a line connecting LI05 and the end of the visible elbow crease or LI11.
- LU05** In the hollow, but more toward the outside (direction of the thumb) of the inner elbow crease.
- LU07** On thumb edge of the wrist, 1.5 Cun toward elbow from wrist crease nearest hand. A difficult point to find, but made easier by linking the hands (in picture), find point beneath index finger lying along top of wrist, deep in a small hollow.
- LV08** On the inside of the knee, where the crease ends when the knee is bent.
- ST12** Hunch the shoulders forward as far as possible; two hollows will be formed just behind the collar-bone 4 thumb widths from the centerline of the body. Place acu-ki in the hollow and relax the shoulders.
- ST36** The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.
- UB10** 0.5 cun just beneath the base of the skull, on the rosy muscles and 0.5 cun from the spine midline.
- UB51** 6 Cun below the gluteal fold of the buttocks and in the center of the back of the thigh.