Point	Where?	Why?	Means?	Change?
Mu points	Front of the body	Alerts to problems	Can be needled - best as a checker	Ideally – make sure
Pc 1 (left only)	1 cun out from nipple	Potential Ht/cardiac issue	Want to clear this.	Also press CV 2 (men)
Liv 13	End of the front floating rib	Spleen/digestive energy	Digestive upset (often from Liv attack)	MUST before you finish – ideally no pain at all
GB 25	End of the 12 th floating riib	Kidney energy	Base energy - Ki Qi marker	Same – as above
Liv 14	Under nipple in 6th rib space	Liver energy upset		Need to soften to live well
Lu 1	In space under join of shoulder blade and shoulder joint	Lung QI movement	Lu – Liver connection may need help	May insert (shallow) if it is not painless at the end
GB 24	GB mu – stone maybe?	Energy converges there	Distress solidified	Should: **+ sp GB 34+ 1 cun**
Sp 21	On side chest 6th intercostal space	Great Luo of Sp	If sore – clear it	Checker & fixer
Upper Ki/ sternal	*Gentle hand clearing work first*			
Ki 27	Mu of the mu (works on entire)	Just is. End of Ki channel	Major realigning	Massage will invigorate
Ki 26	More grief related - with the Shu	Experience point	Distress message	
Ki 25	Kidney Yin state	Experience point	If sore, Ki yin dep	I usually add in **Ki 6** at end
Ki 24	GB – emotional CLICK	Experience (5 elements)	Indecisiveness/GB	Helps restore sense of self
Ki 23	Feeling NOT at home (Shen)	Experience point	If sore, as others: alleviate	No pain at end :see below
CV 17	Centre sternum – between nipples	Mu of Pc/Ht protector	Physical & emotional blockages	VERY Shallow insertion Usually moxaed. Esp anti smoking protocol
All upper CV	In the 'holes' in sternum	Not at home in selves	Low Vit D3 correlation	Needed: lymph gouge
Point	Where?	Why? + extra location	Means?	Change?
MPs	At openings to the inside - 8 Extras	Release stored STUFF	If sore – needs resolution	Can happen w/o insertion
GB 41	Between junction 4-5th metatarsal	Also try tendon laterally	Pelvic girdle blockage	Needed
Sp 4	In hole at big toe lateral junction	Go beneath into sole	Pelvic/prostate distress	Should reduce in session
Bl 62	Under the outside ankle in a hole	Also use sore/ blocked points towards sole	Spinal work needed:	When you resolve back issues – point clears

Point	Where?	Why? or extra location	Means?	Change?
Belly points	*Go in gently.*	*This is 'tender' territory*	Central disturbances	GW clearing needed
CV 9	1 cun above the navel	Sp fluid /lymph point	Likely Liv attacking Sp/gut	Use **Liv 2** - demonstrate
CV 12	In middle of navel - zyphoid space	Mu of St: also CV 13 & 11	Upper/middle/lower ST	Reactivity: must decrease
CV 2	Pelvic bone on mid line	Male prostate +Pc1 / Sp4	STUCK	Must have by end session
Back	Also all intervertebral spaces	I poke all + Hua Tuo's	STUCK – often insert **GV 1**	Most then will clear
GV 1	Tip of tail bone	Luo of GV	Past # ? Pain usual reason	GW work /steaming also
SI 9	1 cun above the arm joining body	With arm by side	Reactivity – remove it	Work on butt first
SI 11	Sorest spot middle of scapula	Upper central tension	Reactivity – easy to shift	All upper tension gone
GB 20	Nape/under occiput -	All of these 3 -	WIND	Gua Sha, back cupping
GB 12	Nape/under occiput - back of ear	Behind under mastoid	WIND	& GV Bl 62 should shift
Bl 10	Nape/under occiput – 1st 'hole' (From the spinal cord)		WIND	Most of this – and eventually needling these
GV 16	Central line – junction head/neck	Get the exact bitey point	Past whiplash unresolved	Needle to clear after **Bl 62**

Upper Kidney points ~ Use a small needle and insert shallowly

Shufu(KI 27)
Yuzhong(KI 26)
Shencang(KI 25)
Lingxu(KI 24)
Shenfeng(KI 23)
Bulang(KI 22)
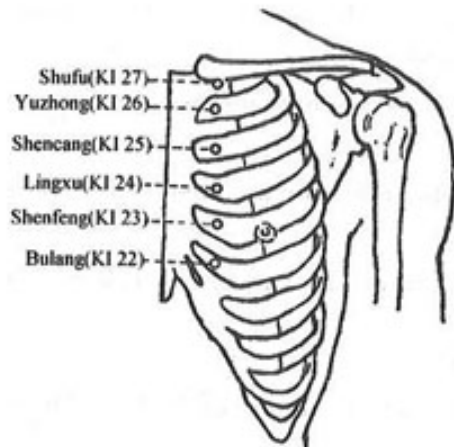
Any sore – are an indication of STUCK

Use the GW hand & lymph movements and then reassess

All are inserted if tender after this. Taking Vit D3 as with sternal soreness alleviates

Ki 27 - I use if tender – towards the end of the session I will pop it in.

Ki 26 - TBA

Ki 25 – Ki Yin indictor. Use extensively to rebuild at the end of session (+ Ki 6)

Ki 24 – GB emotional distress

Ki 23 - TBA

Ki 22 – TBA

Not being tied to somatic /biomechanical – we seek further

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