

**LI 01 Shang Yang**

Metal Yang

Clears Heat  
Brightens the eyes  
Benefits the throat  
Calms the mind  
Expels Wind and scatters Cold

On the radial side of the index finger, about 0.1 cun posterior to the corner of the nail.

**LI 02 Er Jian**

Second Interval

Clears Heat

On the radial side of the index finger, distal to the metacarpophalangeal joint, at the junction of red and white skin. Slightly flex the finger.

**LI 03 San Jian**

Third Interval

Dispels exterior Wind  
Clears Heat  
Brightens the eyes  
Benefits the throat

When a loose fist is made, on the radial side of the index finger, in a depression proximal to the head of the 2nd. metacarpophalangeal joint.

**LI 04 He Gu**

Joining Valley

Dispels exterior Wind,  
Releases the Exterior,  
Stimulates the dispersing function of the Lungs,  
Stops pain,  
Removes obstructions from channel,  
Tonifies Qi and consolidates the Exterior,  
Harmonises ascending and descending,

Midway between the junction of the 1st. and 2nd metacarpal bones and the margin of the web.

**LI 05 Yang Xi**

Yang Stream

Expels Wind  
Releases the Exterior  
Benefits the Throat  
Stops pain

On the radial side, over the wrist joint between the two tendons of m. extensor pollicis brevis and extensor pollicis longus. When thumb is tilted upwards, point is in snuffbox.

**LI 06 Pian Li**

Slanting passage

Opens the Lung Water passages

With the elbow flexed and the radial side of the arm upward, point is on a line between Yang Xi (L.I.5) and Qu Chi (L.I.11), 3 cun above Yang Xi.

**LI 07 Wen Liu**

Warm Flow

Clears Heat,  
Stops pain,  
Expels Wind,  
Benefits the throat,

With the elbow flexed and the radial side of the arm upward, point is on a line between Yang Xi (L.I.5) and Qu Chi (L.I.11), 5 cun above Yang Xi.

**LI 08 Xia Lian**

With the elbow flexed and the radial side of the arm upward, point is on a line between Yang Xi (L.I.5) and Qu Chi (L.I.11), 4 cun below Qu Chi.

**LI 09 Shang Lian**

With the elbow flexed and the radial side of the arm upward, point is on a line between Yang Xi (L.I.5) and Qu Chi (L.I.11), 3 cun below Qu Chi.

**LI 10 Shou San Li**

Arm Three Miles

Removes obstructions from channel

With the elbow flexed and the radial side of the arm upward, point is on a line between Yang Xi (L.I.5) and Qu Chi (L.I.11), 2 cun below Qu Chi, on the medial aspect of the radius.

**LI 11 Qu Chi**

Crooked Pond

Expels exterior Wind,  
Clears Heat,  
Cools Blood,  
Resolves Dampness,  
Regulates (Ying)Nutritive Qi and Blood,  
Benefits the sinews and joints,

When elbow flexed is in the depression at the lateral end of the transverse cubital crease, midway between Lu5 and lateral epicondyle of the humerus.

**LI 12 Zhou Liao**

Elbow Seam

With the elbow flexed point is superior to the epicondyle of the humerus, about 1 cun superolateral to Qu Chi, on the medial aspect of the humerus.

**LI 13 Wu Li - Shou**

Superior to the epicondyle of the humerus, on a line between Qu Chi, and Jian Yu (L.I. 15) 3 cun above Qu Chi.

**LI 14 Bi Nao**

Arm and Scapula

Removes obstructions from channel  
Brightens the eyes  
Resolves Phlegm and disperses masses

On the lower border of the deltoid muscle and the medial side of the humerus. 7 cun above L.I. 11.

**LI 15 Jian Yu**

Shoulder Transporting point

Benefits sinews  
Promotes circulation of Qi in the channels  
Stops pain  
Expels Wind

Directly below the anterior border of the acromion, on the upper portion of the m. deltoideus, where a depression is formed when the arm is abducted.

**LI 16 Ju Gu**

Great Bone

Moves Blood locally  
Removes obstructions from channel  
Opens the chest  
Subdues ascending rebellious Qi  
Stimulates the descending of Lung Qi  
Benefits the joints

In the upper aspect of the shoulder, in the depression between the acromial extremity of the clavicle and the scapular spine.

**LI 17 Tian Ding**

On the lateral side of the neck, 1 cun below Neck Fu Tu (L.I.) 18, on the posterior border of m. sternocleidomastoideus.

**LI 18 Fu Tu**

Support the Prominence

Benefits the throat  
Relieves cough  
Resolves Phlegm and disperses masses

On the lateral side of the neck, level with the tip of the Adam's apple, between the sternal head and the clavicular head of m. sternocleidomastoideus.

**LI 19 He Liao - Nose**

Directly below the lateral margin of the nostril 0.5 cun lateral to Ren Zhong (Du 26).

**LI 20 Ying Xiang**

Welcome Fragrance

Dispels exterior Wind

In the nasolabial sulcus (groove), at the level of the midpoint of the lateral border of ala nasi.