

**SJ 01 Guan Chong**

Gate Rush

Clears Heat  
Expels Wind  
Invigorates Blood  
Restores Consciousness  
Stops convulsions

On the lateral side of the ring finger, about 0.1 cun posterior to the corner of the nail.

**SJ 02 Ye Men**

Fluid Door

Clears Heat  
Expels Wind  
Benefits the ears  
Removes obstructions from the channel

When fist is clenched, point is located in the depression proximal to the margin of the web between the ring and small finger.

**SJ 03 Zhong Zhu - Hand**

Middle Islet

Clears Heat  
Expels Wind  
Benefits the ears  
Removes obstructions from the channel  
Regulates Qi  
Lifts the Mind

When fist is clenched, point is on the dorsum of the hand between the 4th. & 5th. metacarpal bones, in the depression proximal to the metacarpophalangeal joint

**SJ 04 Yang Chi**

Yang Pond

Tonifies Yuan Qi  
Relaxes sinews  
Removes obstructions from the channel  
Clears Heat  
Regulates the Stomach  
Promotes fluid transformation  
Benefits Original Qi  
Tonifies Penetrating and Directing vessels

On the transverse crease of the dorsum of wrist, in the depression lateral to the tendon of m. extensor digitorum communis.

**SJ 05 Wai Guan**

Outer Gate

Expels Wind Heat,  
Releases the Exterior,  
Removes obstructions from the channel,  
Benefits the ears,  
Subdues Liver Yang,

2 cun above Yang Chi SJ 4, between the radius and ulna.

**SJ 06 Zhi Gou**

Branching Ditch

Regulates Qi  
Removes obstructions from the channel  
Removes obstructions from the Large Intestine  
Clears Heat  
Expels Wind

3 cun above Yang Chi SJ4 between the radius and ulna, on the radial side of m. extensor digitorum

**SJ 07 Hui Zong**

Converging Channels

Removes obstructions from the channel  
Benefits the eyes and ears  
Stops pain

At the level with Zhi gou (SJ 7), about one finger breadth lateral to Zhi gou, on the radial side of the ulna.

**SJ 08 San Yang Luo**

Connecting Three Yang

Clears Heat  
Removes obstructions from the channel

4 cun above Yang Chi SJ4, between the radius and ulna.

**SJ 09 Si Du**

Four Rivers

On the lateral side of the forearm, 5 cun below the olecranon, between the radius and ulna.

**SJ 10 Tian Jing**

Heavenly Well

Relaxes tendons,  
Resolves Dampness and Phlegm,  
Dispels "masses",  
Clears Heat,  
Dispels stagnation,  
Regulates Nutritive and Defensive Qi,

When elbow is flexed, point is in depression about 1 cun superior to the olecranon.

**SJ 11 Qing Leng Yuan**

1 cun above Tian jing SJ 10, when the elbow is flexed.

**SJ 12 Xiao Luo**

On the line joining the olecranon and Jian Liao SJ 14, midway between Qing leng yuan SJ 11 and Nao hui SJ 13.

**SJ 13 Nao Hui**

Shoulder Convergence

On the line joining the olecranon and Jian Liao SJ 14, on the posterior border of m. deltoideus.

**SJ 14 Jian Liao**

Shoulder Crevice

Posterior and inferior to the acromion, in the depression about 1 cun posterior to Jian yu LI 15, when the arm is abducted.

**SJ 15 Tian Liao**

Heavenly Crevice

Midway between Jian jing GB 21, and Qu yuan SI 13, on the posterior angle of the scapula.

**SJ 16 Tian You**

Posterior and inferior to the mastoid process, on the posterior border of m. sternocleidomastoideus, almost level with Tian rong SI 17, and Tian zhu Ub 10.

**SJ 17 Yi Feng**

Wind Screen

Expels Wind Heat,  
Benefits the ears,

Posterior to the lobule of the ear, in the depression between the mandible and mastoid process.

**SJ 18 Qi Mai**

In the centre of the mastoid process, at the junction of the middle and lower third of the curve formed by Yi feng SJ17, and Jiao sun SJ20, posterior to the helix.

**SJ 19 Lu Xi**

Posterior to the ear, at the junction of the upper and middle third of the curve formed by Yi feng SJ17, and Jiao sun SJ20, posterior to the helix.

**SJ 20 Jiao Sun**

Directly above the ear apex, within the hairline.

**SJ 21 Er Men**

Ear Door

In the depression anterior to the supratragic notch and slightly superior to the condyloid process of the mandible. above SI 19, & GB2, Needle with mouth open.

**SJ 22 He Liao - Ear**

Anterior and superior to Er men SJ 21, at the level with the root of the auricle, on the posterior border of the hairline of the temple, where the superficial temporal artery passes.

**SJ 23      Si Hu Kong**

Silk Bamboo Hole

Expels Wind,  
Brightens the eyes,  
Stops pain,

In the depression at the lateral end of the  
eyebrow.