

**Sp 01 Yin Bai**

Hidden White

Strengthens the Spleen  
Regulates Blood  
Calms the Mind

At the medial corner of the root of the nail of the great toe.

**Sp 02 Da Du**

Big Capital

Strengthens the Spleen  
Promotes digestion  
Clears Heat

On the medial and distal to the 1st. metatarsophalangeal joint.

**Sp 03 Tai Bai**

Greater White

Strengthens the Spleen,  
Resolves Damp,  
Strengthens the spine,

On the medial and proximal to the 1st. metatarsophalangeal joint. at the junction of the red and white skin.

**Sp 04 Gong Sun**

Minute Connecting channels

Tonifies Stomach and Spleen,  
Regulates the Penetrating Vessel,  
Stops bleeding,  
Dispels fullness,  
Pacifies the Stomach,  
Removes obstructions,  
Regulates menstruation,

In the depression distal and inferior to the base of the 1st. metatarsal bone.  
1 cun posterior to Sp3, at the junction of the red and white skin.

**Sp 05 Shang Qiu**

Gold Mound

Strengthens Stomach and Spleen  
Resolves Damp

In the depression distal and inferior to the medial malleolus, midway between the tuberosity of the navicular bone and the tip of the medial malleolus.

**Sp 06 San Yin Jiao**

Three Yin Meeting

Strengthens the Spleen,  
Resolves Damp,  
Promotes the function of the Liver and the smooth flowing of Liver Qi,  
Tonifies the Kidneys,  
Nourishes Blood and Yin,  
Benefits urination,  
Regulates the uterus,  
Moves Blood and eliminates stasis

3 cun above the tip of the medial malleolus, near the posterior border of the Tibia. The tip of the medial malleolus to lower border of the medial condyle of the Tibia is 13 cun

**Sp 07 Lou Gu**

3 cun above Sp6. The tip of of the medial malleolus to lower border of the medial condyle of the Tibia is 13 cun. One finger breath lateral to the posterior border of the Tibia

**Sp 08 Di Ji**

Earth pivot

Removes obstructions from the channel,  
Regulates Qi and Blood,  
Regulates the uterus,  
Stops pain,

7 cun above Sp6. One finger breath lateral to the posterior border of the Tibia. The tip of of the medial malleolus to lower border of the medial condyle of the Tibia is 13 cun.

**Sp 09 Yin Ling Quan**

Yin Mound Spring

Resolves Dampness,  
Benefits the Lower Burner,  
Benefits urination,  
Removes obstructions from the channel,

Is in the depression on the inferior border of the medial condyle of the Tibia at the posterior border of the Tibia.

**Sp 10 Xue Hai**

Sea of Blood

Cools the Blood,  
Removes stasis of Blood,  
Regulates menstruation,  
Tonifies Blood,

Is 2 cun above the medial epicondyle of the femur, at the protuberance of the m. vastus medialis.

**Sp 11 Ji Men**

6 cun above Xuehai (Sp 10), on the line drawn from Xuehai to Chongmen (Sp 12).

**Sp 12 Chong Men**

Rushing Door

Removes obstructions from the channel  
Tonifies Yin

Superior to the lateral end of the inguinal groove, on the lateral side of the femoral artery, at the level of the upper border of symphysis pubis, 3.5 cun lateral to Qugu (Ren 2)

**Sp 13 Fu She**

0.7 cun laterosuperior to Chongmen (Sp 12), 4 cun lateral to the Ren meridian.

**Sp 14 Fu Jie**

1.3 cun below Daheng (Sp 15), 4 cun lateral to the Ren meridian, on the lateral side of m. rectus abdominis.

**Sp 15 Da Heng**

Big Horizontal Stroke

Strengthens the Spleen,  
Strengthens the Limbs,  
Resolves Damp,  
Regulates Qi,  
Stops pain,  
Promotes the function of the Large Intestine,

4 cun lateral to the centre of the umbilicus, on the lateral side of m. rectus abdominis.

**Sp 16 Fu Ai**

3 cun above Daheng (Sp 15), 4 cun lateral to Jianli (Ren 11).

**Sp 17 Shi Dou**

In the 5th. intercostal space, 6 cun lateral to the Ren meridian.

**Sp 18 Tian Xi**

In the 4th. intercostal space, 6 cun lateral to the Ren meridian.

**Sp 19 Xiong Xiang**

In the 3rd. intercostal space, 6 cun lateral to the Ren meridian.

**Sp 20 Zhou Rong**

In the 2nd. intercostal space, 6 cun lateral to the Ren meridian.

**Sp 21 Da Bao**

General Control

Moves Blood in the Blood Connecting channels

On the mid axillary line, 6 cun below the axilla, midway between the axilla and the free end of the 11th. rib.