

Table F
POINTS OF THE 8 EXTRA MERIDIANS

POINTS CONSTITUTING, AND INTERSECTED BY, THE 8 EXTRA MERIDIANS	COMMAND POINTS
<p>REN MAI</p> <p>Ren Mai has 24 of its own points: REN-1 (Hui Yin) to REN 24 (Cheng Jiang). Stomach: ST-1 (Cheng Qi), ST-30 (Qi Chong) Du Mai: DU-28 (Yin Jiao)</p>	<p>Master point: LU-7 (Lie Que) Coupling point: KID-6 (Zhao Hai) Luo-Connecting point: REN-15 (Jiu Wei)</p>
<p>DU MAI</p> <p>Du Mai has 28 of its own points: DU-1 (Chang Qiang) to DU-28 (Yin Jiao). Ren Mai: REN-1 (Hui Yin), [REN-24 (Cheng Jiang)] Stomach: [ST-30 (Qi Chong)] Urinary Bladder: BL-1 (Jing Ming), BL-12 (Feng Men)</p>	<p>Master point: SI-3 (Hou Xi) Coupling point: BL-62 (Shen Mai) Luo-Connecting point: DU-1 (Chang Qiang)</p>
<p>CHONG MAI</p> <p>Ren Mai: REN-1 (Hui Yin), [REN-7 (Yin Jiao)] Stomach: ST-30 (Qi Chong) Kidney: KID-11 (Heng Gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), KID-16 (Huang Shu), KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men). Spleen: [SP-10 (Xue Hai)]</p>	<p>Master point: SP-4 (Gong Sun) Coupling point: PC-6 (Nei Guan)</p>
<p>DAI MAI</p> <p>Gall Bladder: GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao). Liver: [LIV-13 (Zhang Men)]</p>	<p>Master point: GB-41 (Zu Lin Qi) Coupling point: SJ-5 (Wai Guan)</p>
<p>YANG QIAO MAI</p> <p>Urinary Bladder: BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang), BL-1 (Jing Ming) Large Intestine: LI-16 (Ju Gu), LI-15 (Jian Yu) Stomach: ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi), [ST-9 (Ren Ying)] Gall Bladder: GB-20 (Feng Chi), GB-29 (Ju Liao) Small Intestine: SI-10 (Nao Shu). Du Mai: [DU-16 (Feng Fu)]</p>	<p>Master point: BL-62 (Shen Mai) Coupling point: SI-3 (Hou Xi) Xi-Cleft, Accumulation point: BL-59 (Fu Yang)</p>

<p>YIN QIAO MAI</p> <p>Urinary Bladder: BL-1 (Jing Ming)</p> <p>Kidney: KID-6 (Zhao Hai), KID-8 (Jiao Xin), [KID-2 (Ran Gu)]</p> <p>Stomach: ST-12 (Que Pen), [ST-9 (Ren Ying)]</p>	<p>Master point: KID-6 (Zhao Hai)</p> <p>Coupling point: LU-7 (Lie Que)</p> <p>Xi-Cleft, Accumulation point: KID-8 (Jiao Xin)</p>
<p>YANG WEI MAI</p> <p>Gall Bladder: GB-35 (Yang Jiao), [GB-29 (Ju Liao)], GB-21 (Jian Jing), GB-20 (Feng Chi), GB-19 (Nao Kong), GB-18 (Cheng Ling), GB-17 (Zheng Ying), GB-16 (Mu Chuang), GB-15 (Tou Lin Qi), GB-14 (Yang Bai), GB-13 (Ben Shen)</p> <p>San Jiao: SJ-15 (Tian Liao), [SJ-13 (Nao Hui)]</p> <p>Small Intestine: SI-10 (Nao Shu)</p> <p>Du Mai: DU-15 (Ya Men), DU-16 (Feng Fu)</p> <p>Stomach: ST-8 (Tou Wei)</p> <p>Urinary Bladder: BL-63 (Jin Men), [BL-57 (Cheng Shan)]</p> <p>Large Intestine: [LI-14 (Bi Nao)]</p>	<p>Master point: SJ-5 (Wai Guan)</p> <p>Coupling point: GB-41 (Zu Lin Qi)</p> <p>Xi-Cleft, Accumulation point: GB-35 (Yang Jiao)</p>
<p>YIN WEI MAI</p> <p>Kidney: KID-9 (Zhu Bin)</p> <p>Spleen: SP-12 (Chong Men), SP-13 (Fu She), SP-15 (Da Heng), SP-16 (Fu Ai)</p> <p>Liver: LIV-14 (Qi Men)</p> <p>Ren Mai: REN-22 (Tian Tu), REN-23 (Lian Quan).</p>	<p>Master point: PC-6 (Nei Guan)</p> <p>Coupling point: SP-4 (Gong Sun)</p> <p>Xi-Cleft, Accumulation point: KID-9 (Zhu Bin)</p>