

**Table G****8 EXTRA MERIDIANS: ANATOMICAL DISTRIBUTION OF POINTS**

REGIONAL ANATOMICAL DISTRIBUTION OF POINTS, INCLUDING INTERSECTION POINTS	ANATOMICAL DISTRIBUTION OF COMMAND POINTS
<p><b>REN MAI</b></p> <p>Perineum: REN-1 (Hui Yin),</p> <p>Lower abdomen/navel: ST-30 (Qi Chong), REN-2 (Qu Gu) to REN-8 (Shen Que)</p> <p>Upper abdomen: REN-9 (Shui Fen) to REN-15 (Jiu Wei),</p> <p>Anterior chest: REN-16 (Zhong Ting) to REN-21 (Xuan Ji),</p> <p>Anterior neck: REN-22 (Tian Tu), REN-23 (Lian Quan),</p> <p>Face: REN 24 (Cheng Jiang), DU-28 (Yin Jiao), ST-1 (Cheng Qi).</p>	<p><b>Lateral wrist:</b> Master point, LU-7 (Lie Que)</p> <p><b>Medial ankle:</b> Coupling point, KID-6 (Zhao Hai)</p> <p><b>Upper abdomen:</b> Luo-Connecting point, REN-15 (Jiu Wei)</p>
<p><b>DU MAI</b></p> <p>Perineum/base of spine: REN-1 (Hui Yin), DU-1 (Chang Qiang),</p> <p>Lower abdomen: [ST-30 (Qi Chong)],</p> <p>Posterior sacrum/lumbar: DU-2 (Yao Shu) to DU-5 (Xuan Shu),</p> <p>Posterior thorax: DU-6 (Ji Zhong) to DU-13 (Tao Dao), BL-12 (Feng Men),</p> <p>Posterior neck: DU-14 (Da Zhui) to DU-16 (Feng Fu),</p> <p>Midline of head (back/top): DU-17 (Nao Hu) to DU-24 (Shen Ting),</p> <p>Face: BL-1 (Jing Ming), DU-25 (Su Liao) to DU-28 (Yin Jiao), [REN-24 (Cheng Jiang)]</p>	<p><b>Medial hand:</b> Master point, SI-3 (Hou Xi)</p> <p><b>Lateral ankle:</b> Coupling point, BL-62 (Shen Mai)</p> <p><b>Perineum:</b> Luo-Connecting point, DU-1 (Chang Qiang)</p>
<p><b>CHONG MAI</b></p> <p>Perineum: REN-1 (Hui Yin),</p> <p>Anterior thigh: [SP-10 (Xue Hai)]</p> <p>Lower abdomen: ST-30 (Qi Chong), KID-11 (Heng Gu), KID-12 (Da He), KID-13 (Qi Xue), KID-14 (Si Man), KID-15 (Zhong Zhu), [REN-7 (Yin Jiao)], KID-16 (Huang Shu),</p> <p>Upper abdomen: KID-17 (Shang Qu), KID-18 (Shi Guan), KID-19 (Yin Du), KID-20 (Tong Gu), KID-21 (You Men).</p>	<p><b>Medial foot:</b> Master point, SP-4 (Gong Sun)</p> <p><b>Anterior distal forearm:</b> Coupling point, PC-6 (Nei Guan)</p>
<p><b>DAI MAI</b></p> <p>Lateral trunk/abdomen [LIV-13 (Zhang Men)], GB-26 (Dai Mai), GB-27 (Wu Shu), GB-28 (Wei Dao).</p>	<p><b>Lateral foot:</b> Master point, GB-41 (Zu Lin Qi)</p> <p><b>Posterior distal forearm:</b> Coupling point, SJ-5 (Wai Guan)</p>

<p><b>YANG QIAO MAI</b></p> <p><b>Lateral ankle/ heel/ distal leg:</b> BL-62 (Shen Mai), BL-61 (Pu Can), BL-59 (Fu Yang),</p> <p><b>Hip region:</b> GB-29 (Ju Liao)</p> <p><b>Shoulder region:</b> SI-10 (Nao Shu), LI-15 (Jian Yu), LI-16 (Ju Gu),</p> <p><b>Neck:</b> [ST-9 (Ren Ying)],</p> <p><b>Face:</b> ST-4 (Di Cang), ST-3 (Ju Liao), ST-1 (Cheng Qi), BL-1 (Jing Ming),</p> <p><b>Back of head:</b> GB-20 (Feng Chi), [DU-16 (Feng Fu)]</p>	<p><b>Lateral ankle:</b> Master point, BL-62 (Shen Mai)</p> <p><b>Medial hand:</b> Coupling point, SI-3 (Hou Xi)</p> <p><b>Lateral distal leg:</b> Xi-Cleft, Accumulation point, BL-59 (Fu Yang)</p>
<p><b>YIN QIAO MAI</b></p> <p><b>Medial foot/ ankle/ distal leg:</b> [KID-2 (Ran Gu)], KID-6 (Zhao Hai), KID-8 (Jiao Xin),</p> <p><b>Supraclavicular fossa:</b> [ST-9 (Ren Ying)],</p> <p><b>Neck/face:</b> ST-12 (Que Pen), BL-1 (Jing Ming)</p>	<p><b>Medial ankle:</b> Master point, KID-6 (Zhao Hai)</p> <p><b>Lateral wrist:</b> Coupling point, LU-7 (Lie Que)</p> <p><b>Medial ankle/distal leg:</b> Xi-Cleft, Accumulation point, KID-8 (Jiao Xin)</p>
<p><b>YANG WEI MAI</b></p> <p><b>Lateral foot:</b> BL-63 (Jin Men),</p> <p><b>Lateral/posterior leg:</b> GB-35 (Yang Jiao), [BL-57 (Cheng Shan)],</p> <p><b>Hip region:</b> [GB-29 (Ju Liao)]</p> <p><b>Shoulder region:</b> [SJ-13 (Nao Hui)], [LI-14 (Bi Nao)], SI-10 (Nao Shu), SJ-15 (Tian Liao), GB-21 (Jian Jing),</p> <p><b>Forehead/top/side of head:</b> ST-8 (Tou Wei), GB-13 (Ben Shen), GB-14 (Yang Bai), GB-15 (Tou Lin Qi), GB-16 (Mu Chuang), GB-17 (Zheng Ying), GB-18 (Cheng Ling),</p> <p><b>Posterior head/neck:</b> GB-19 (Nao Kong), GB-20 (Feng Chi), DU-16 (Feng Fu), DU-15 (Ya Men)</p>	<p><b>Posterior distal forearm:</b> Master point, SJ-5 (Wai Guan)</p> <p><b>Lateral foot:</b> Coupling point, GB-41 (Zu Lin Qi)</p> <p><b>Lateral leg:</b> Xi-Cleft, Accumulation point, GB-35 (Yang Jiao)</p>
<p><b>YIN WEI MAI</b></p> <p><b>Medial leg:</b> KID-9 (Zhu Bin)</p> <p><b>Lower abdomen:</b> SP-12 (Chong Men), SP-13 (Fu She), SP-15 (Da Heng),</p> <p><b>Upper abdomen:</b> SP-16 (Fu Ai)</p> <p><b>Anterolateral chest:</b> LIV-14 (Qi Men)</p> <p><b>Anterior neck/throat:</b> REN-22 (Tian Tu), REN-23 (Lian Quan).</p>	<p><b>Anterior distal forearm:</b> Master point, PC-6 (Nei Guan)</p> <p><b>Medial foot:</b> Coupling point, SP-4 (Gong Sun)</p> <p><b>Medial leg:</b> Xi-Cleft, Accumulation point, KID-9 (Zhu Bin)</p>