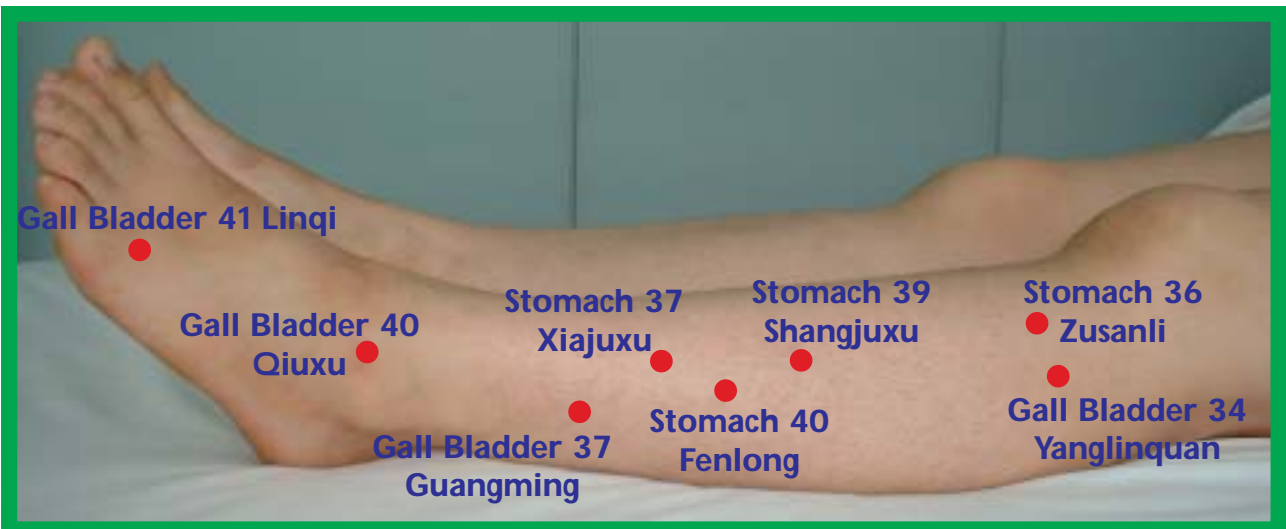


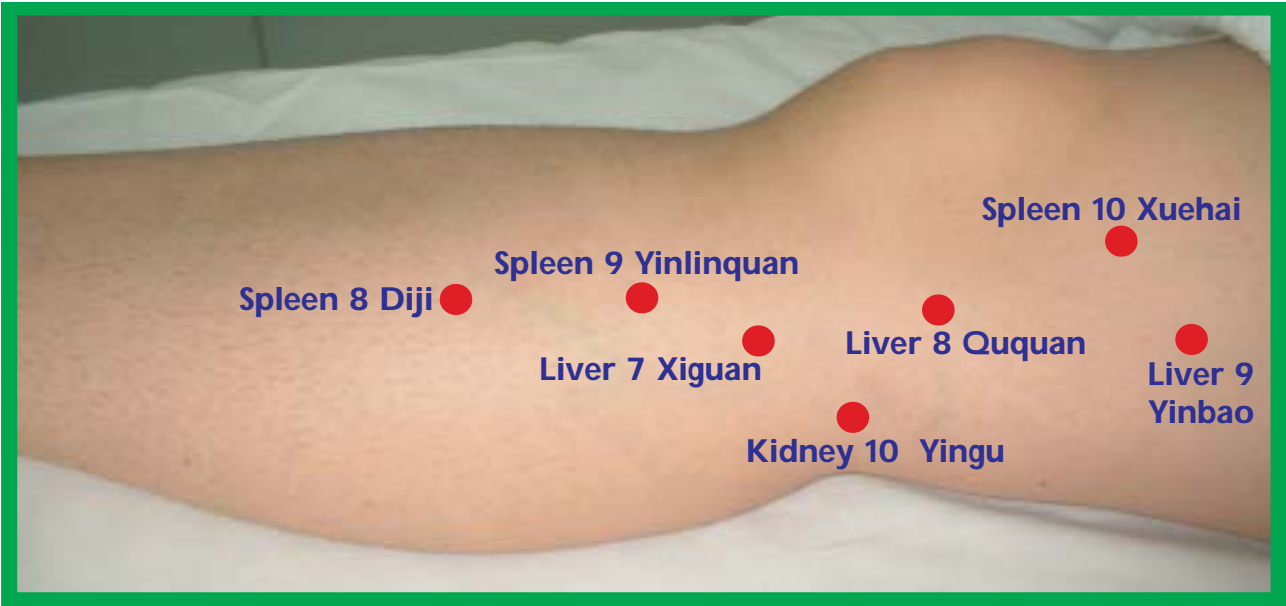
# **Essential Acupoints for the Bodyworker**

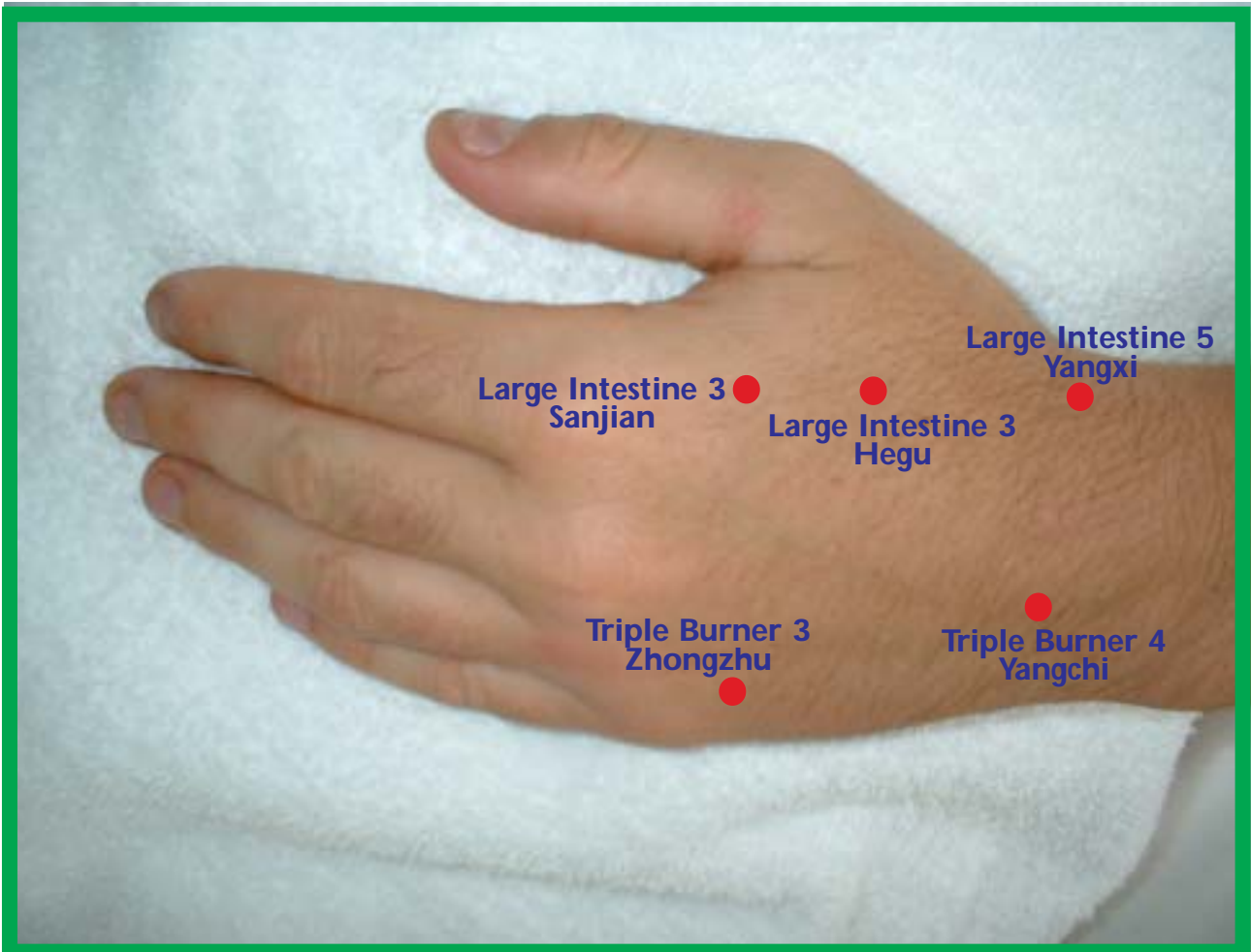
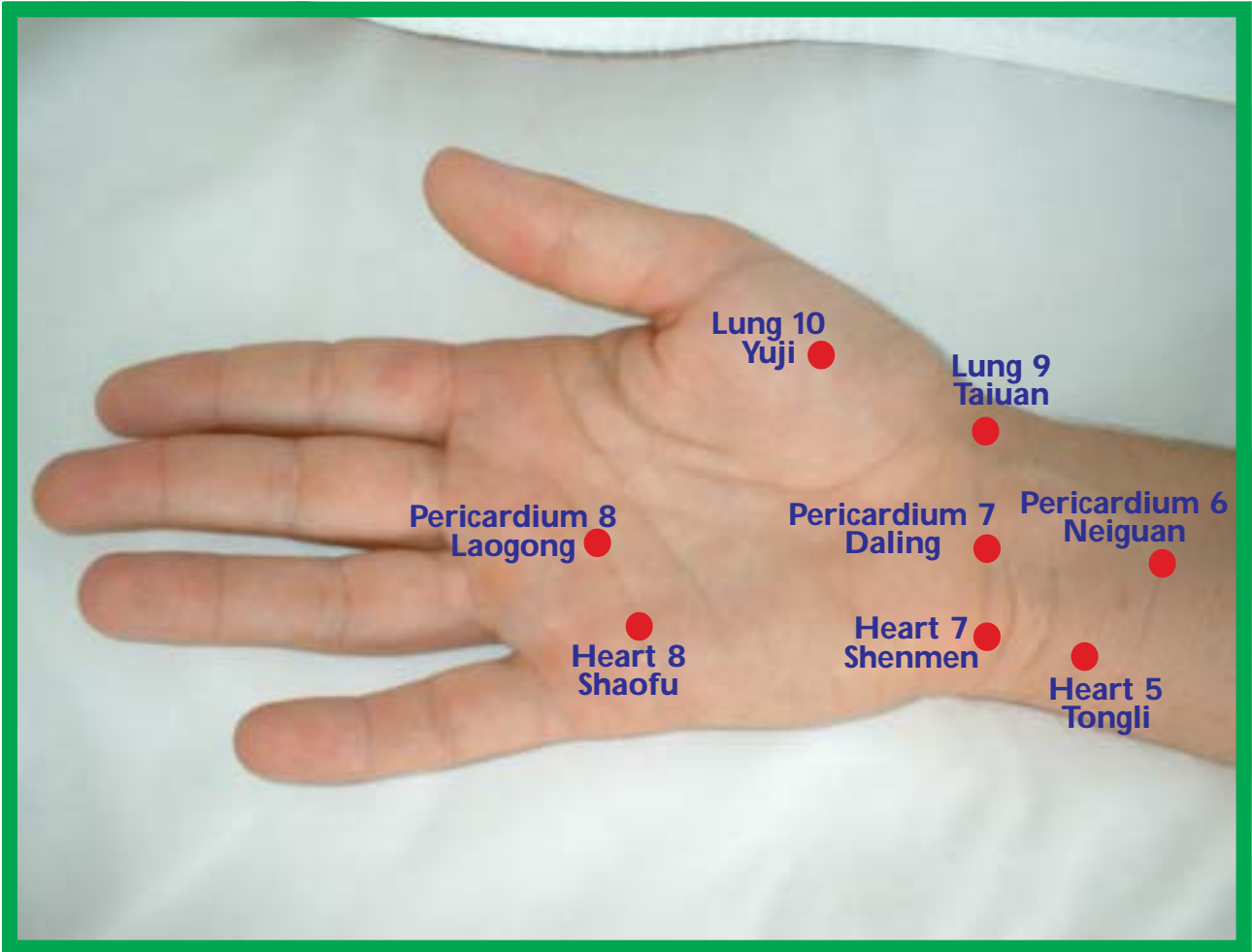
*Compiled by Damian Carey*

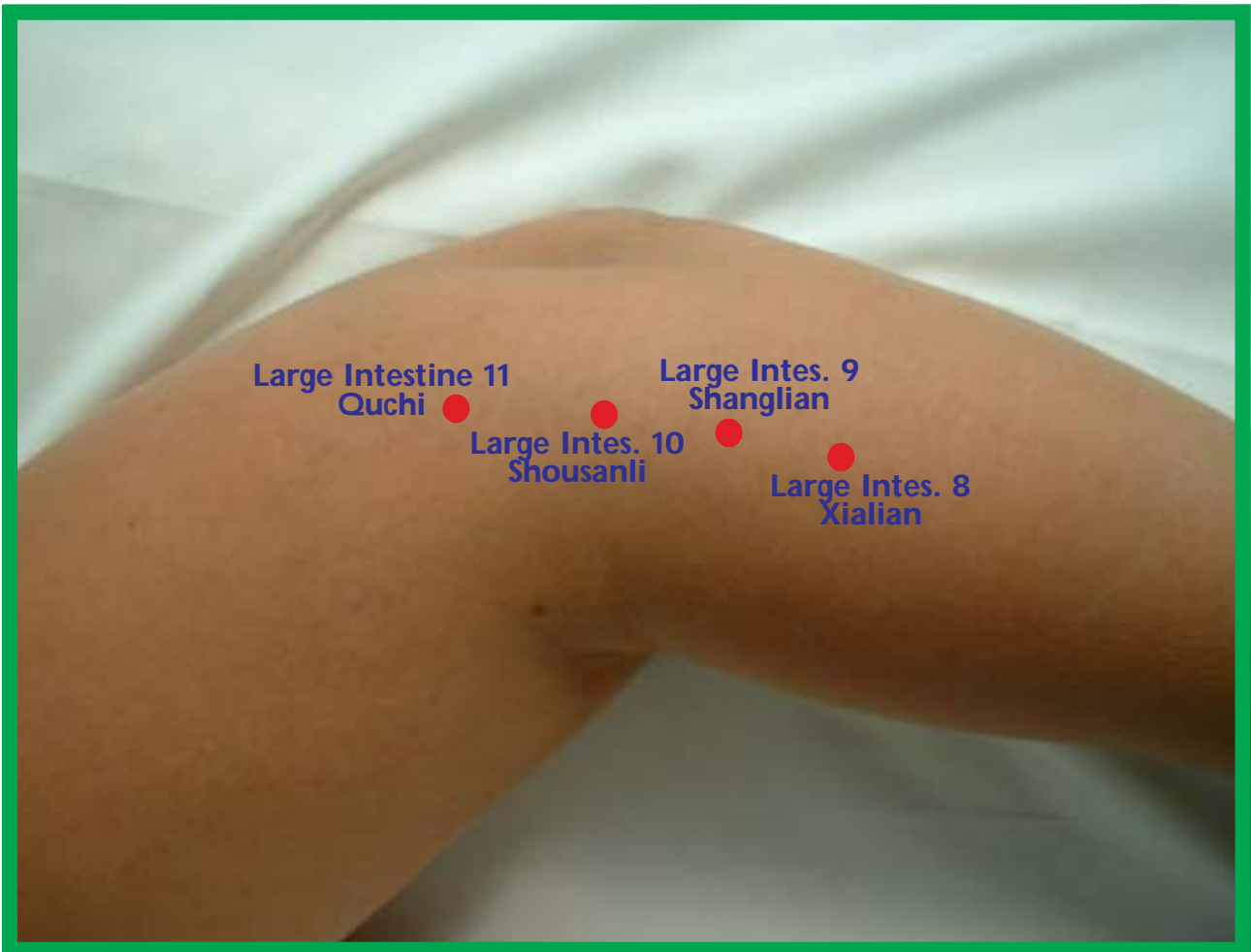
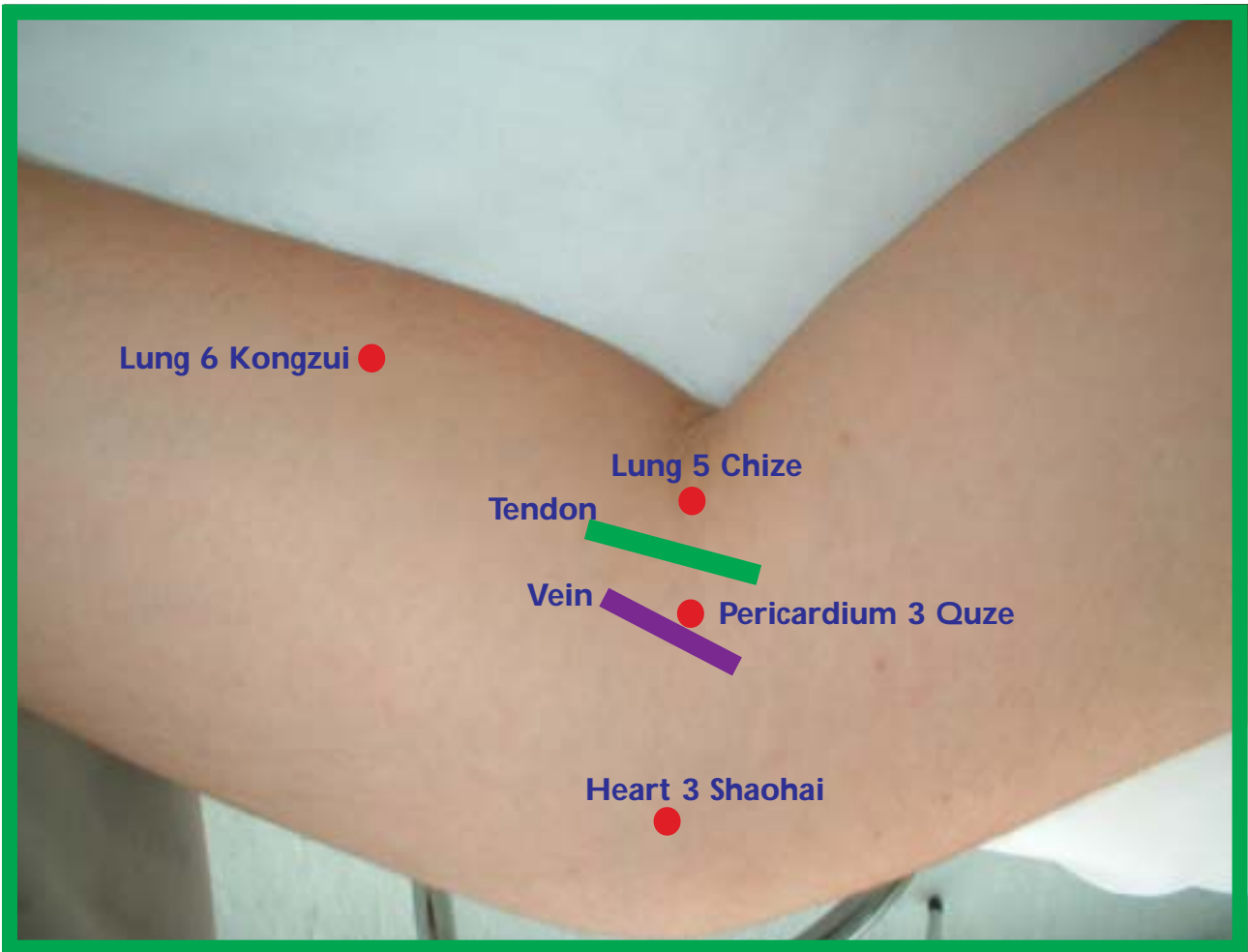
*Damian Carey is a Naturopath and Acupuncturist, practicing in Canberra, Australia.  
He can be contacted by phone on (02) 6288 1122  
or by email on [damian@lifegate.com.au](mailto:damian@lifegate.com.au)*

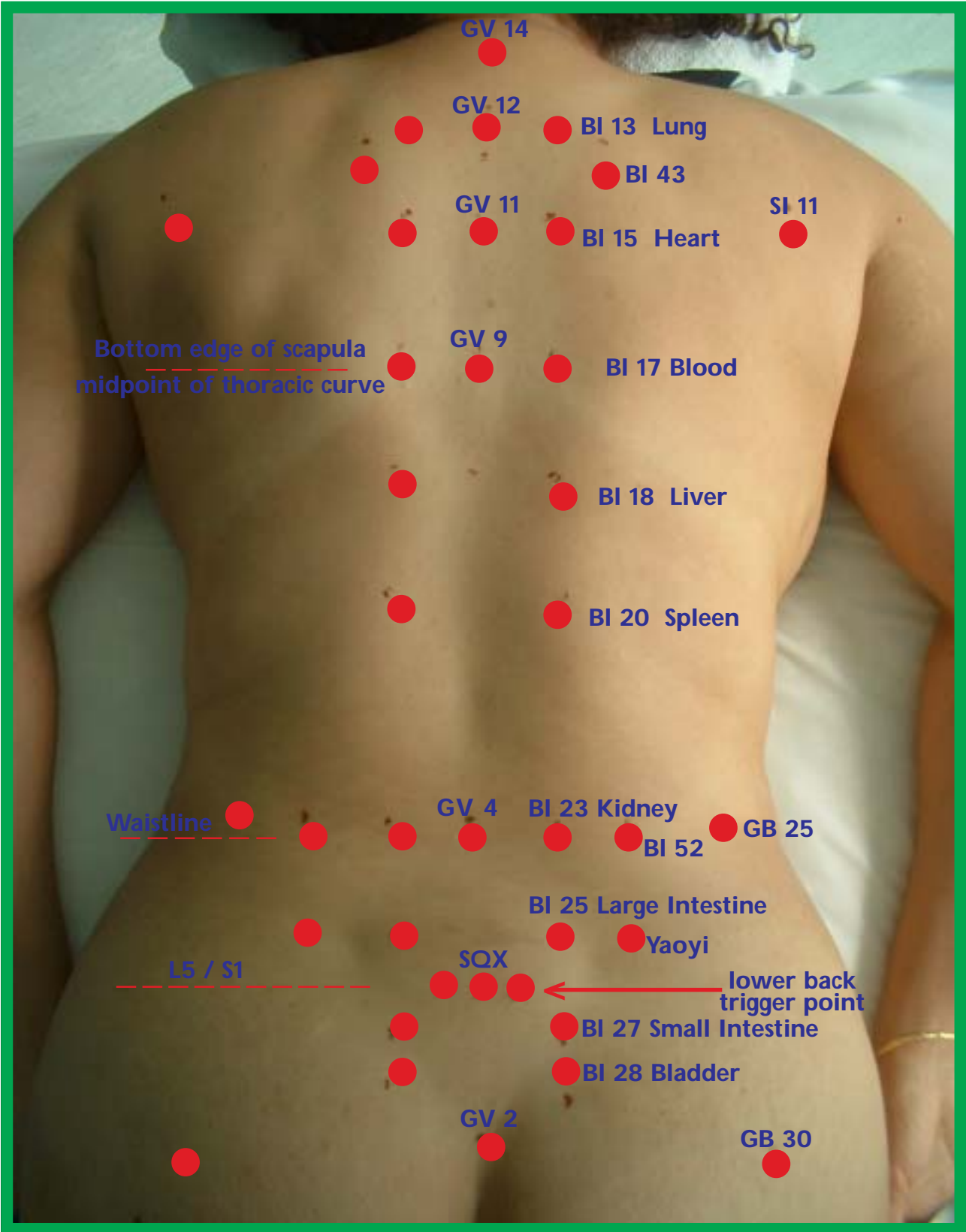












GV 14

GV 12

BI 13 Lung

BI 43

GV 11

BI 15 Heart

SI 11

Bottom edge of scapula  
midpoint of thoracic curve

GV 9

BI 17 Blood

BI 18 Liver

BI 20 Spleen

Waistline

GV 4

BI 23 Kidney

GB 25

BI 52

BI 25 Large Intestine

Yaoyi

L5 / S1

SQX

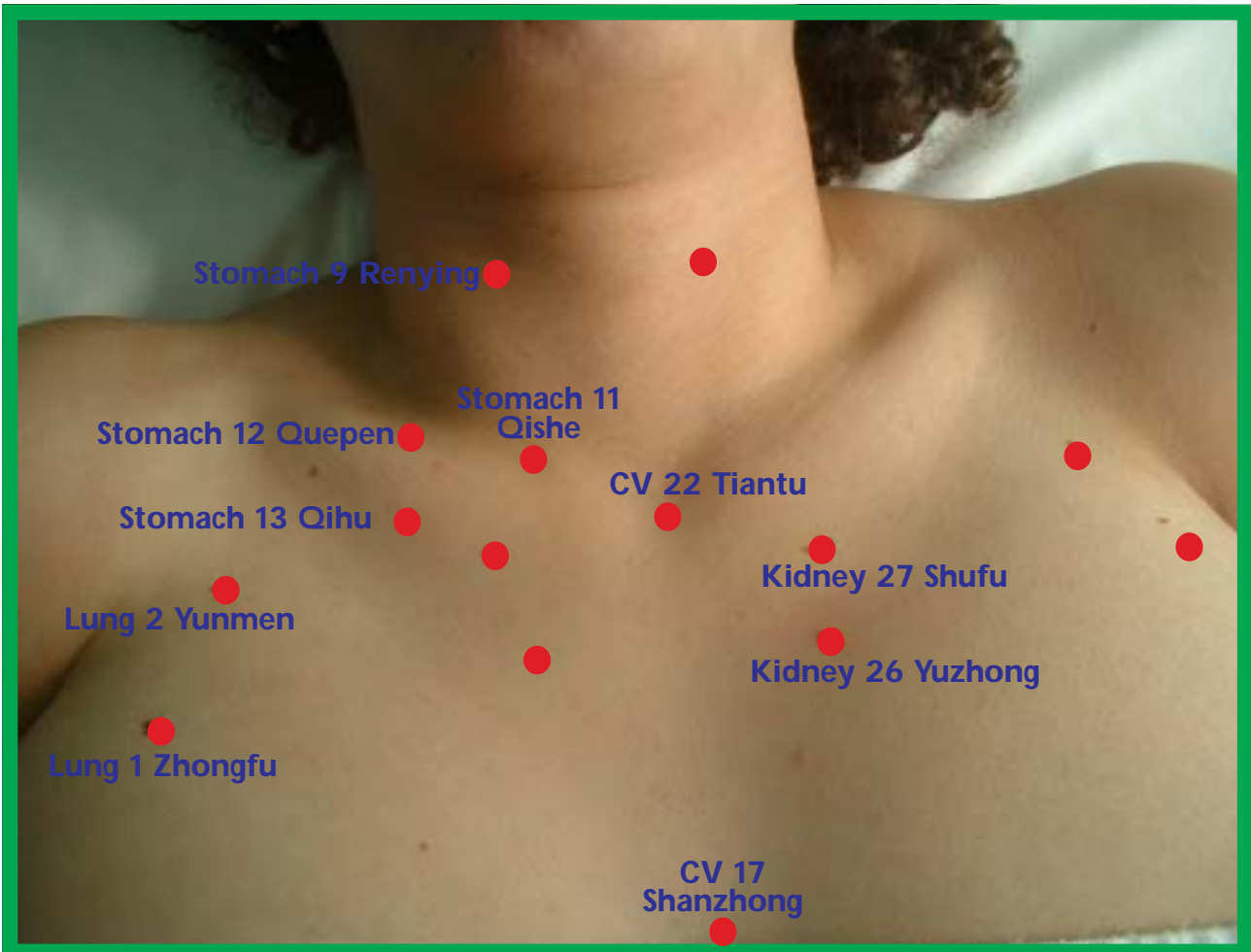
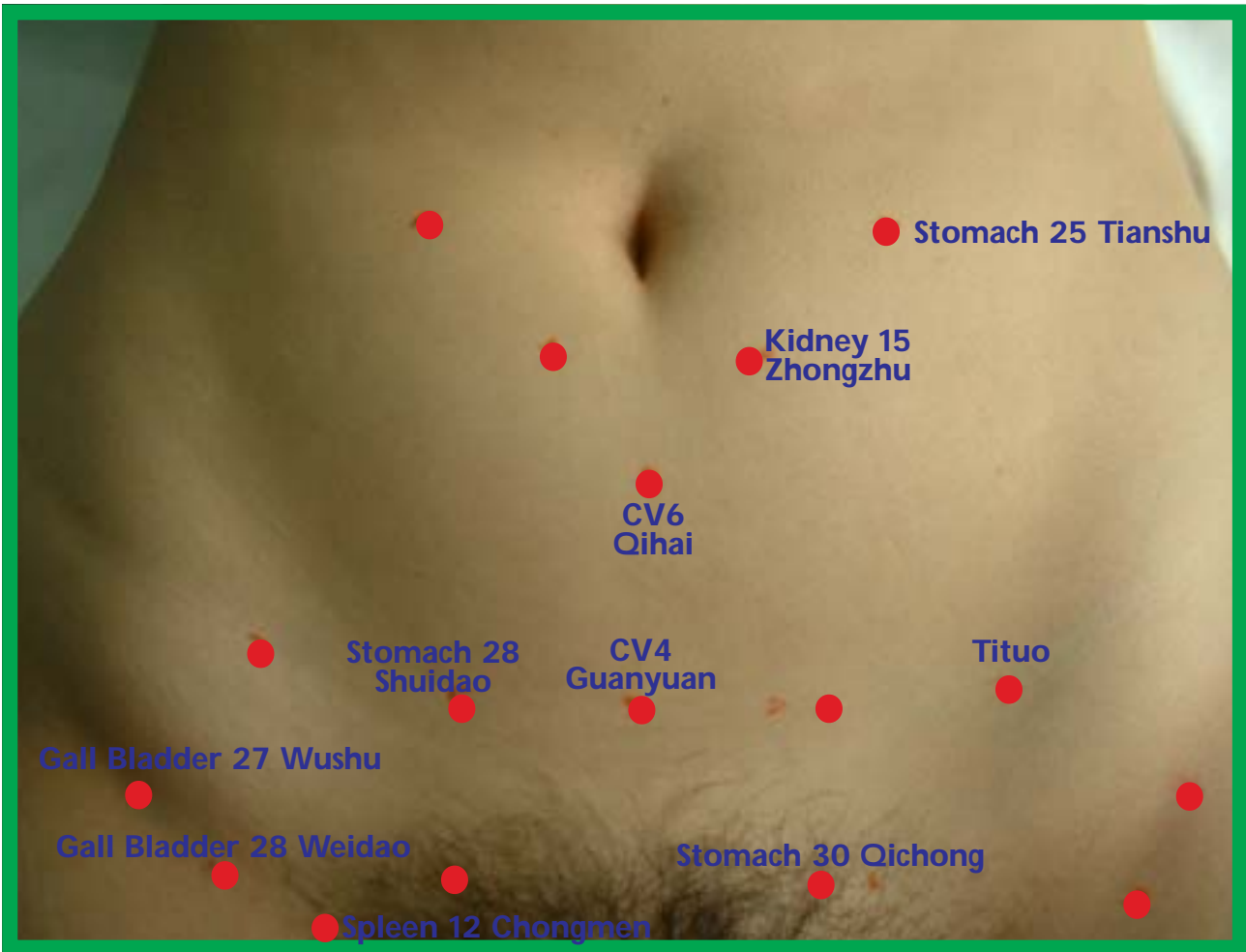
lower back  
trigger point

BI 27 Small Intestine

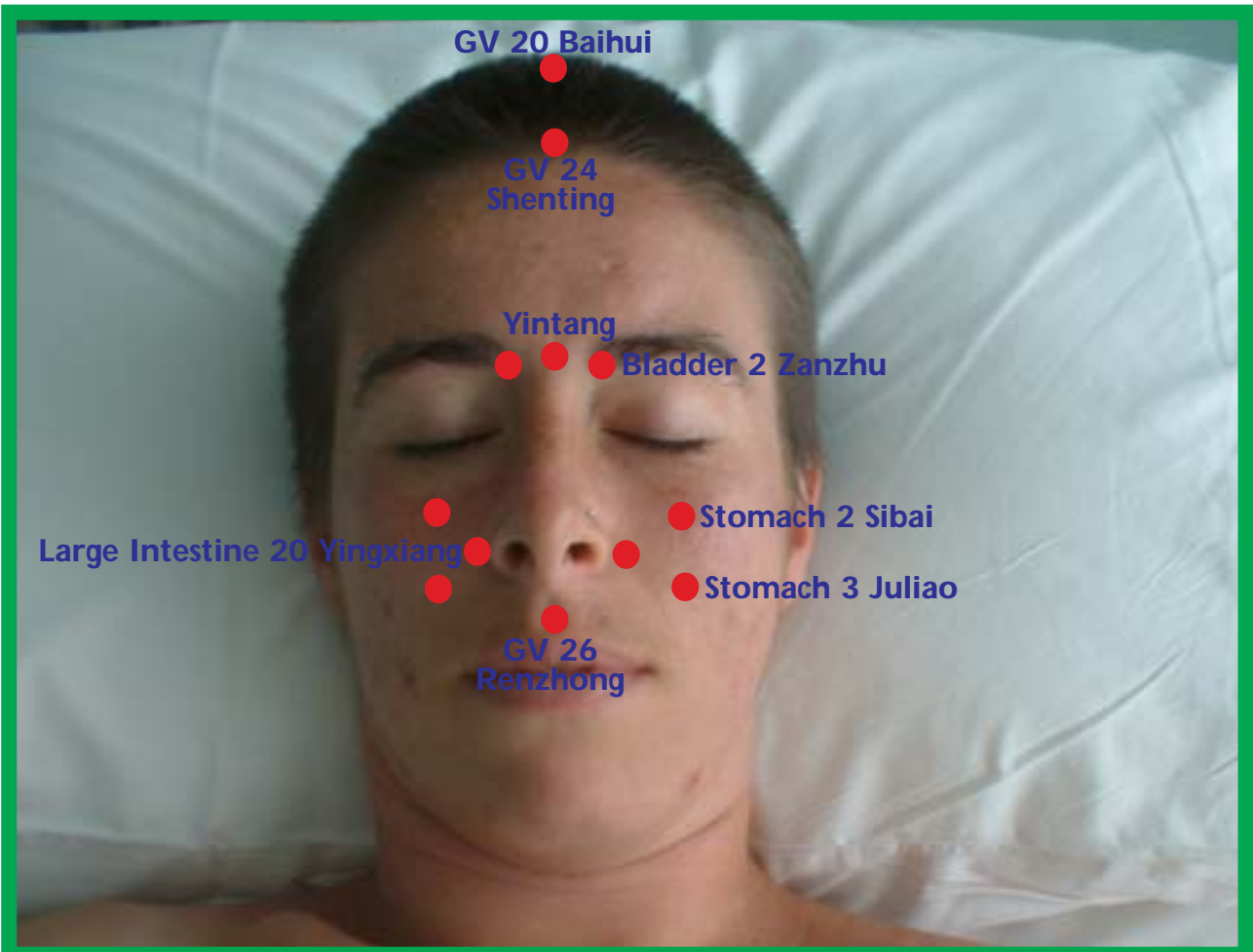
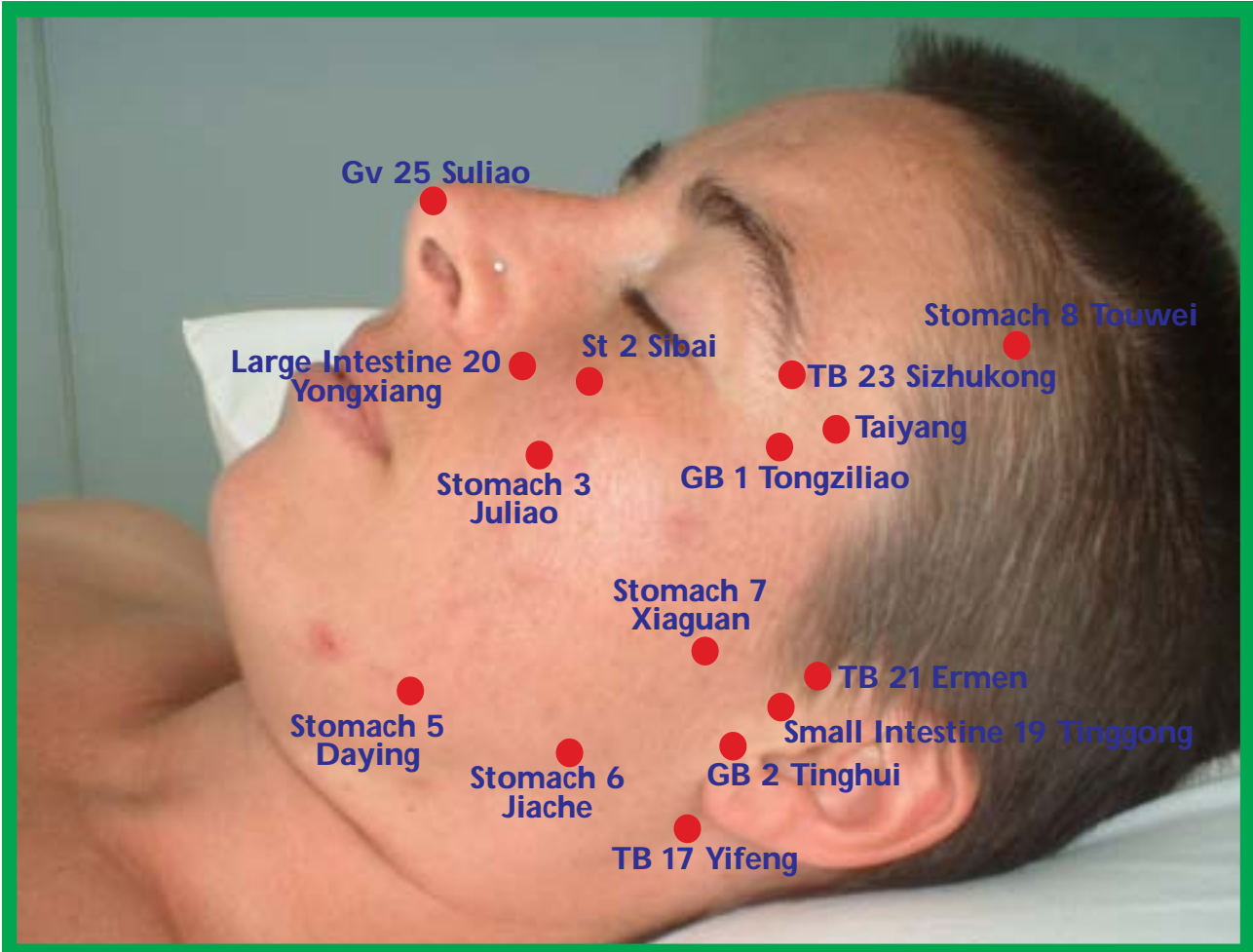
BI 28 Bladder

GV 2

GB 30







# Essential Acupoints for the Bodyworker

## Lung Channel

Zhongfu	<i>Central Treasury</i>	Lu 1	Mu Point for the Lung
Chize	<i>Cubit Marsh</i>	Lu 5	Water / Sedation Point
Kongzui	<i>Collection Hole</i>	Lu 6	Xi Cleft Point
Taiyuan	<i>Great Abyss</i>	Lu 9	Earth / Source / Tonification / Influential & Blood Vessels
Point for Pulses			
Yuji	<i>Fish Border</i>	Lu 10	Fire Point
Shaoshang	<i>Lesser Shang (Yin Metal)</i>	Lu 11	Wood Point

## Large Intestine Channel

Hegu	<i>Union Valley</i>	LI 4	Source Point
Yangxi	<i>Yang Ravine</i>	LI 5	Fire Point
Xialian	<i>Lower Ridge</i>	LI 8	
Shanglian	<i>Upper Ridge</i>	LI 9	
Shousanli	<i>Arm Three Miles</i>	LI 10	
Quchi	<i>Pool at the Bend</i>	LI 11	Earth / Tonification Point
Binao	<i>Upper Arm</i>	LI 14	
Jianyu	<i>Shoulder Bone</i>	LI 15	
Jugu	<i>Great Bone</i>	LI 16	
Futu	<i>Protuberance Assistance</i>	LI 18	
Yingxiang	<i>Welcome Fragrance</i>	LI 20	

## Stomach Channel

Sibai	<i>Four Whites</i>	St 2	
Daying	<i>Great Reception</i>	St 5	
Jiache	<i>Jawbone</i>	St 6	
Xiaguan	<i>Below the Joint</i>	St 7	
Touwei	<i>Touwei</i>	St 8	
Rugen	<i>Breast Root</i>	St 18	
Liangmen	<i>Beam Gate</i>	St 21	
Guanmen	<i>Pass Gate</i>	St 22	
Taiyi	<i>Supreme Unity</i>	St 23	
Huaroumen	<i>Slippery Flesh Gate</i>	St 24	
Tianshu	<i>Celestial Pivot</i>	St 25	Mu Point for Large Intestine
Shuidao	<i>Waterway</i>	St 28	
Guilai	<i>Return</i>	St 29	
Qichong	<i>Surging Chi</i>	St 30	
Zusanli	<i>Leg Three Miles</i>	St 36	Earth / Horary Point
Shangjuxu	<i>Upper Great Hollow</i>	St 37	Lower Earth Point for the Large Intestine
Xiajuxu	<i>Lower Great Opening</i>	St 39	Lower Earth Point for the Small Intestine
Fenglong	<i>Abundant Flourishing</i>	St 40	Connecting Point
Jiexi	<i>Release Stream</i>	St 41	Fire / Tonification Point
Xiangu	<i>Deep Valley</i>	St 43	Wood Point
Neiting	<i>Inner Courtyard</i>	St 44	Water Point

## Spleen Channel

Taibai	<i>Great Brightness</i>	Sp 3	Earth / Source / Horary
Gongsun	<i>Yellow Emperor</i>	Sp 4	Connecting Point / Master Point for Channel
Chong			
Shanqiu	<i>Metal's Note Hill</i>	Sp 5	Metal / Sedation Point
Sanyinjiao	<i>Three Yin Junction</i>	Sp 6	Meeting Point: 3 Yin Channels of the Leg
Diji	<i>Earth's Crux</i>	Sp 8	Xi Cleft Point
Yinlingquan	<i>Yin Mound Spring</i>	Sp 9	Water Point

Xuehai	<i>Sea of Blood</i>	Sp 10
Chongmen	<i>Penetrating Gate</i>	Sp 12
Daheng	<i>Great Horizontal</i>	Sp 15
Dabao	<i>Great Embrace</i>	Sp 21

Major Connecting Point

## Heart Channel

Shaohai	<i>Lesser Sea</i>	H 3	Water Point
Tongli	<i>Communication's Route</i>	H 5	Connecting Point
Shenmen	<i>Spirit's Gate</i>	H 7	Earth / Source / Sedation Point
Shaofu	<i>Lesser Palace</i>	H 8	Fire / Horary Point

## Small Intestine Channel

Houxi	<i>Back Stream</i>	SI 3	Wood / Tonification Point / Master Point for Du Channel
Hand Wangu	<i>Wrist Bone</i>	SI 4	Source Point
Yanggu	<i>Yang Valley</i>	SI 5	Fire / Horary Point
Xiaohai	<i>Small Sea</i>	SI 8	Earth / Sedate Point
Jianzhen	<i>True Shoulder</i>	SI 9	
Naoshu	<i>Upper Arm Shu</i>	SI 10	
Tianzong	<i>Heaven's Worship</i>	SI 11	
Jianwaishu	<i>Outer Shoulder Shu</i>	SI 14	
Jianzhongshu	<i>Middle Shoulder Shu</i>	SI 15	
Tinggong	<i>Auditory Palace</i>	SI 19	

## Bladder Channel

Zanzhu	<i>Bamboo Gathering</i>	UB 2	
Tianzhu	<i>Celestial Pillar</i>	UB 10	
Dazhu	<i>Great Shuttle</i>	UB 11	Influential Point for Bone
Feishu	<i>Lung Hollow</i>	UB 13	Lung Shu Point
Jueyinshu	<i>Absolute Yin Hollow</i>	UB 14	Pericardium Shu
Xinshu	<i>Heart Hollow</i>	UB 15	Heart Shu
Dushu	<i>Governing Hollow</i>	UB 16	Governor Vessel Shu Point
Geshu	<i>Diaphragm Hollow</i>	UB 17	Influential Point for Blood
Ganshu	<i>Liver Hollow</i>	UB 18	Liver Shu Point
Danshu	<i>Gall Bladder Hollow</i>	UB 19	Gall Bladder Shu Point
Pishu	<i>Spleen Hollow</i>	UB 20	Spleen Shu Point
Weishu	<i>Stomach Hollow</i>	UB 21	Stomach Shu Point
Shenshu	<i>Kidney Hollow</i>	UB 23	Kidney Shu
Dachangshu	<i>Large Intestine Hollow</i>	UB 25	Large Intestine Shu
Xiaochangshu	<i>Small Intestine Hollow</i>	UB 27	Small Intestine Shu
Panguanshu	<i>Bladder Hollow</i>	UB 28	Bladder Shu
Shangliao	<i>Upper Bone Hole</i>	UB 31	
Ciliao	<i>Second Bone Hole</i>	UB 32	
Zhongliao	<i>Central Bone Hole</i>	UB 33	
Xialiao	<i>Lower Bone Hole</i>	UB 34	
Weiyang	<i>Bend Yang</i>	UB 39	Lower Earth Point for Triple Burner
Weizhong	<i>Bend Middle</i>	UB 40	Earth Point
Fufen	<i>Attached Branch</i>	UB 41	
Pohu	<i>Animal Soul Door</i>	UB 42	
Gaowangshu	<i>Faith Vital Hollow</i>	UB 43	
Shentang	<i>Spirit Hall</i>	UB 44	
Geguan	<i>Diaphragm Pass</i>	UB 46	
Hunmen	<i>Spiritual Soul Gate</i>	UB 47	
Yanggang	<i>Yang Headrope</i>	UB 48	
Zhishi	<i>Will Chamber</i>	UB 52	
Feiyang	<i>Taking Flight (Flying Yang)</i>	UB 58	Connecting Point

Kunlun	<i>Kunlun Mountains</i>	UB 60	Fire Point
Jinmen	<i>Golden Gate</i>	UB 63	Xi Cleft Point
Jinggu	<i>Central Bone</i>	UB 64	Source Point
Shugu	<i>Restrained Bone</i>	UB 65	Wood / Sedation Point

### **Kidney Channel**

Yongquan	<i>Gushing Spring</i>	K 1	Wood / Sedation Point
Rangu	<i>Burning Valley</i>	K 2	Fire Point
Taixi	<i>Great Stream</i>	K 3	Earth / Source Point
Dazhong	<i>Large Bell</i>	K 4	Connecting Point
Shuiquan	<i>Water Spring</i>	K 5	Xi Cleft Point
Zhaohai	<i>Luminous Sea</i>	K 6	Master Point for Yinqiao Channel
Fuliu	<i>Repeated Current</i>	K 7	Metal / Tonification Point
Zhubin	<i>Guest Lodge</i>	K 9	Xi Cleft Point for Yinwei Channel
Henggu	<i>Pubic Bone</i>	K 11	
Abdomen-Zhongzhu	<i>Central Flow</i>	K 15	
Huangshu	<i>Huang Hollow</i>	K 16	
Yuzhong	<i>Lively Centre</i>	K 26	
Shufu	<i>Shu Mansion</i>	K 27	

### **Pericardium Channel**

Quze	<i>Marsh at the Bend</i>	P 3	Water Point
Jianshi	<i>Intermediary Courier</i>	P 5	Metal Point
Neiguan	<i>Inner Border Gate</i>	P 6	Connecting Point / Master Point for Channel
Yinwei			
Daling	<i>Great Mound</i>	P 7	Earth / Source / Sedation Point
Laogong	<i>Palace of Toil</i>	P 8	Fire / Horary Point

### **Triple Burner (Sanjiao) Channel**

Yangchi	<i>Yang Pool</i>	TB 4	Source Point
Waiguan	<i>Outer Border Gate</i>	TB 5	Connecting Point / Master Point for Channel
Yangwei			
Tianjing	<i>Celestial Well</i>	TB 10	Earth / Sedation Point
Tianliao	<i>Celestial Bone Hole</i>	TB 15	
Yifeng	<i>Wind Shield</i>	TB 17	
Ermen	<i>Ear Gate</i>	TB 21	

### **Gall Bladder Channel**

Tinghui	<i>Reunion of Hearing</i>	GB 2	
Hanyan	<i>Forehead Fullness</i>	GB 4	
Head-Wangu	<i>Completion Bone</i>	GB 12	
Fengchi	<i>Wind Pool</i>	GB 20	
Jianjing	<i>Shoulder Well</i>	GB 21	
Riyue	<i>Sun and Moon</i>	GB 24	Mu Point for Gall Bladder Channel
Jingmen	<i>Capital Gate</i>	GB 25	Mu Point for Kidney Channel
Daimai	<i>Girdle Vessel</i>	GB 26	
Wushu	<i>Fifth Pivot</i>	GB 27	
Weidao	<i>Linking Path</i>	GB 28	
Femur-Juliao	<i>Squatting Bone Hole</i>	GB 29	
Huantiao	<i>Jumping Round</i>	GB 30	
Fengshi	<i>Wind Market</i>	GB 31	
Xiyangguan	<i>Knee Yang Joint</i>	GB 33	
Yanglingquan	<i>Yang Mound Spring</i>	GB 34	Earth Point / Meeting Point for Tendons
Guangming	<i>Bright Light</i>	GB 37	Connecting Point
Qiuxu	<i>Hill Ruins</i>	GB 40	Source Point
Zulinqi	<i>(Foot) Verge of Tears</i>	GB 41	Wood Point / Master Point for Dai Channel

## Liver Channel

Xingjian	<i>Moving Between</i>	Liv 2	Fire / Sedation Point
Taichong	<i>Supreme Surge</i>	Liv 3	Earth / Source Point
Zhongfeng	<i>Middle Barrier</i>	Liv 4	Metal Point
Ligou	<i>Woodworm Canal</i>	Liv 5	Connecting Point
Zhongdu	<i>Central Metropolis</i>	Liv 6	Xi Cleft Point
Yinbao	<i>Yin Bladder</i>	Liv 9	
Zuwuli	<i>Foot Five Li</i>	Liv 10	
Yinlian	<i>Yin Corner</i>	Liv 11	
Jimai	<i>Urgent Pulse</i>	Liv 12	
Zhangmen	<i>Order Gate</i>	Liv 13	Mu Point: Spleen; Meeting point: Yin organs
Qimen	<i>Cycle Gate</i>	Liv 14	Mu Point for Liver

## Governor Vessel

Yaoshu	<i>Lumbar Shu</i>	GV 2
Yaoyangguan	<i>Lumbar Yang Hinge</i>	GV 3
Mingmen	<i>Life Gate</i>	GV 4
Jizhong	<i>Spinal Centre</i>	GV 6
Jinsuo	<i>Sinew Contraction</i>	GV 8
Zhiyang	<i>Extremity of Yang</i>	GV 9
Shendao	<i>Spirit Path</i>	GV 11
Shenzhu	<i>Body Pillar</i>	GV 12
Dazhui	<i>Great Hammer</i>	GV 14
Yamen	<i>Gate of Muteness</i>	GV 15
Fengfu	<i>Wind Mansion</i>	GV 16
Baihui	<i>Hundred Meetings</i>	GV 20
Shenting	<i>Spirit Court</i>	GV 24
Suliao	<i>White Bone Hole</i>	GV 25
Renzhong	<i>Human Centre</i>	GV 26

## Conception Vessel

Qugu	<i>Curved Bone</i>	CV 2	
Zhongji	<i>Central Pole</i>	CV 3	Mu Point for Bladder
Guanyuan	<i>Hinge at the Source</i>	CV 4	Mu Point for Small Intestine
Qihai	<i>Sea of Chi</i>	CV 6	
Yinjiao	<i>Yin Intersection</i>	CV 7	Influential Point for Lower Burner
Shuifen	<i>Water Divide</i>	CV 9	
Zhonguan	<i>Central Stomach Cavity</i>	CV 12	Mu Point: Stomach; Influential Point; Middle Burner; Meeting Point: Yang Organs
Jiuwei	<i>Turtledove Tail</i>	CV 15	Connecting Point (to Du Channel)
Shanzhong for	<i>Central Altar</i>	CV 17	Mu Point: Pericardium; Influential Point: Upper Burner; Meeting Point: Qi/Breath
Xuanji	<i>Jade Pivot</i>	CV 21	
Tiantu	<i>Celestial Chimney</i>	CV 22	
Lianquan	<i>Pure Spring</i>	CV 23	
Chengjiang	<i>Sauce Receptacle</i>	CV 24	

## Extra Points

Yintang	<i>Hall of Impression</i>	M-HN-3	midway between the eyebrows
Yuyao	<i>Fish's Lumbus</i>	M-HN-6	in the middle of the eyebrow
Taiyang	<i>Tai Yang</i>	M-HN-9	on the temples
Huatuo	<i>Huatuo's Paravertebral Points</i>	M-BW-35	an inner "bladder" channel, in the groove next to the edge of the spinal column
Dingchuan	<i>Dyspnea Stabiliser</i>	M-BW-1b	next to the spine between C7 and T1
Shiqizhui	<i>Seventeenth Vertebral Point</i>	M-BW-25	in the depression below L5