

The Thirty-Six (36) Forbidden Vital Points (Stated in the Bubishi)

GV-1	CV-1	SI-16	LIV-3	ST-9	BL-40
GV-14	CV-4	TH-2	LIV-11	ST-12	BL-43
GV-16	CV-14	TH-17	LIV-13	LU-3	BL-51
GV-22	CV-17	GB-3	HT-1	LU-8	BL-62
GV-24	CV-22	GB-24	HT-5	LI-4	Eyes
GV-26	CV-24	GB-31	KI-6	LI-10	Ears

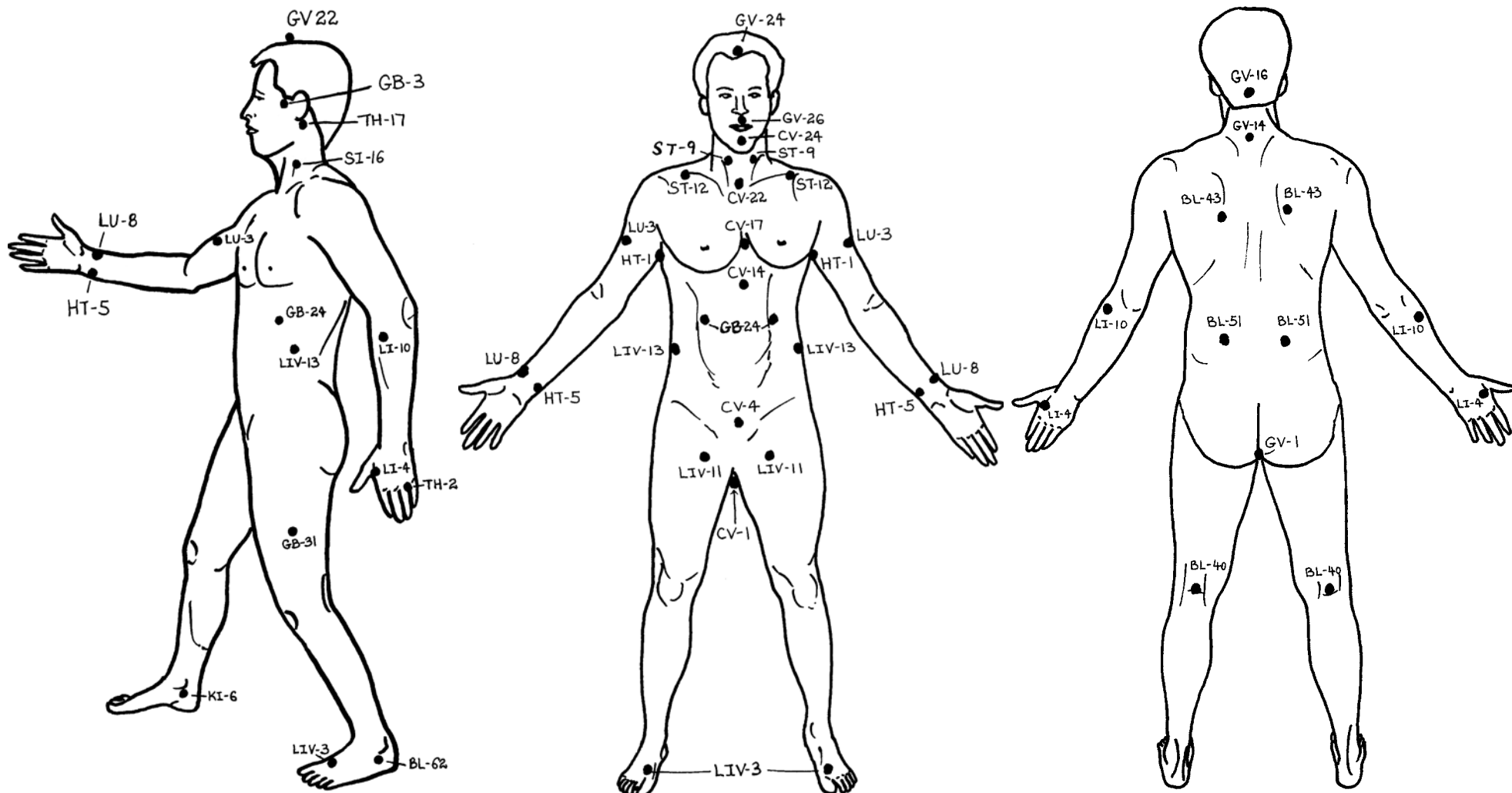
Meridian Key

Yin Channels:

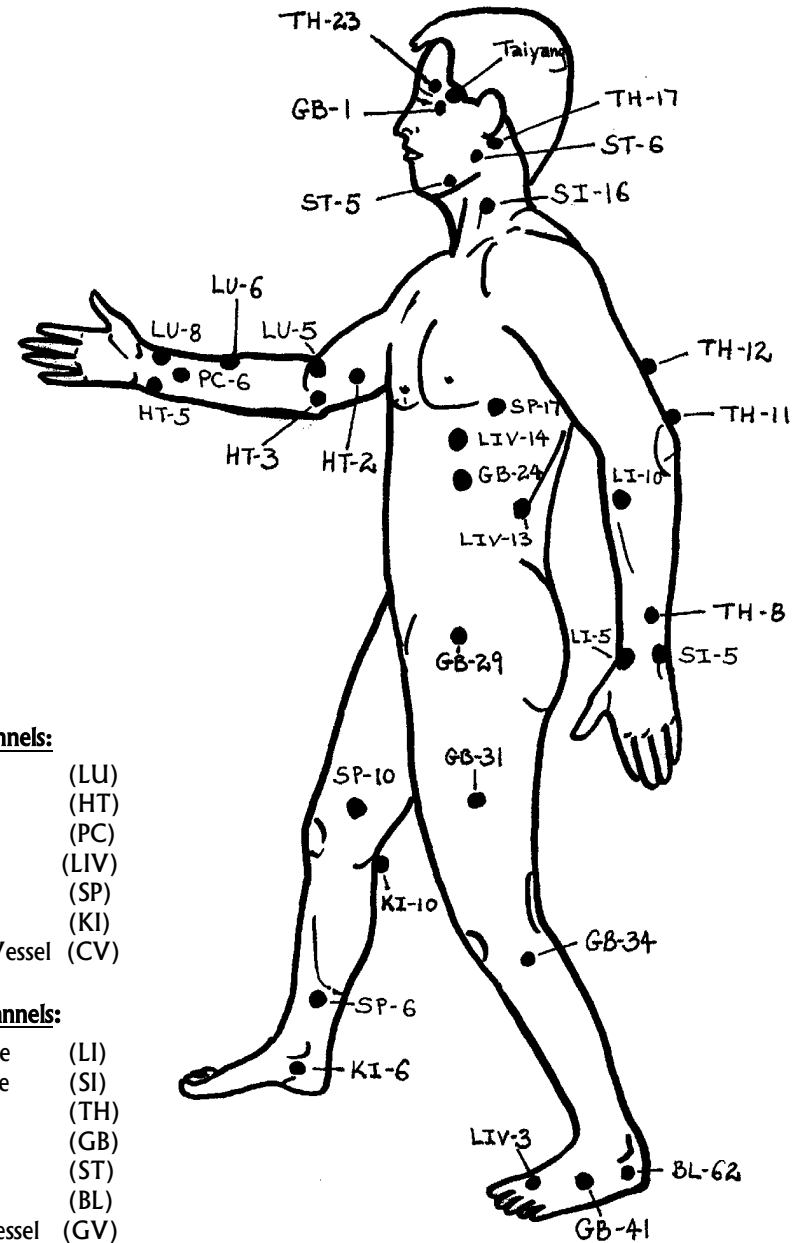
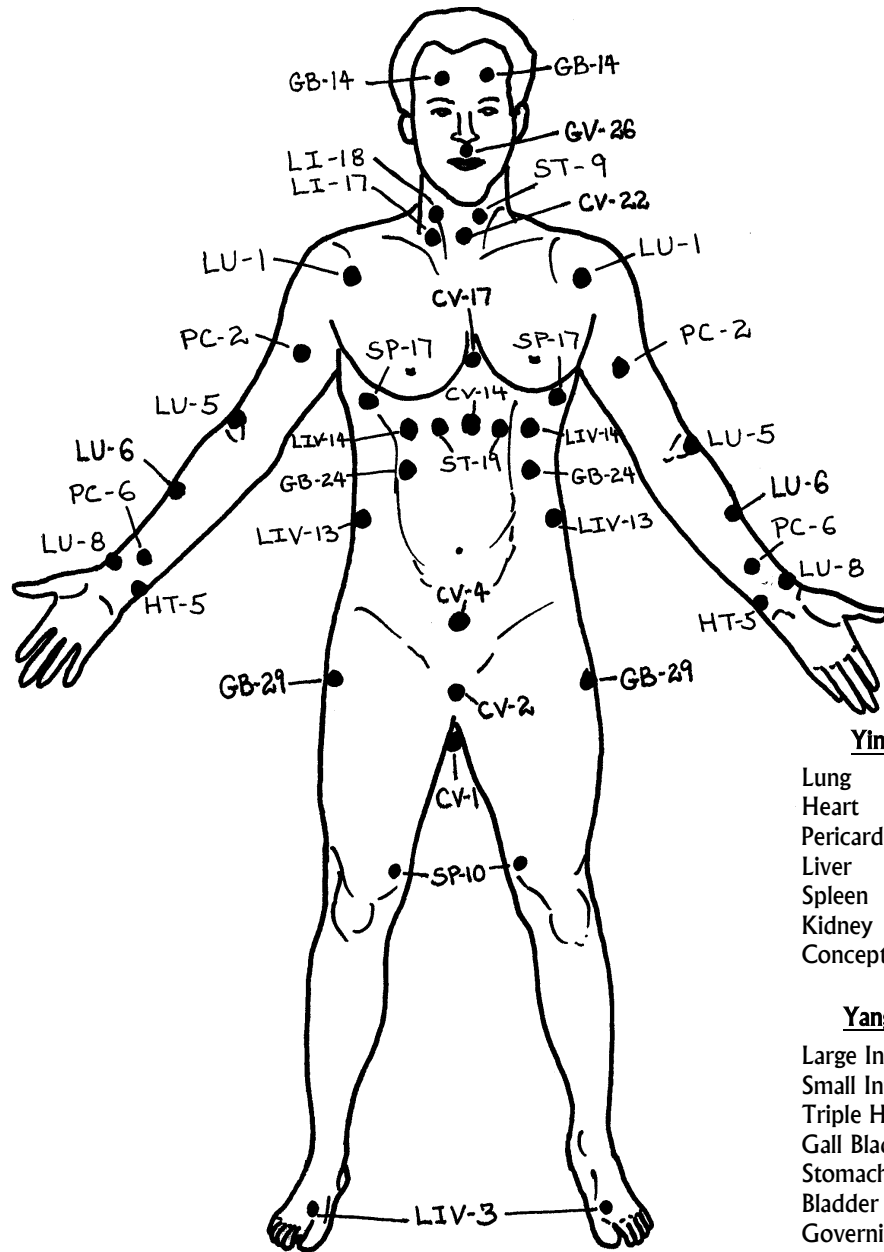
Lung (LU)
Heart (HT)
Pericardium (PC)
Liver (LIV)
Spleen (SP)
Kidney (KI)
Conception Vessel (CV)

Yang Channels:

Large Intestine (LI)
Small Intestine (SI)
Triple Heater (TH)
Gall Bladder (GB)
Stomach (ST)
Bladder (BL)
Governing Vessel (GV)



Kyusho-Jitsu/Dim Mak Vital Striking Points



Yin Channels:

- Lung (LU)
- Heart (HT)
- Pericardium (PC)
- Liver (LIV)
- Spleen (SP)
- Kidney (KI)
- Conception Vessel (CV)

Yang Channels:

- Large Intestine (LI)
- Small Intestine (SI)
- Triple Heater (TH)
- Gall Bladder (GB)
- Stomach (ST)
- Bladder (BL)
- Governing Vessel (GV)

Overview of the Meridians & Vessels

Meridian/Vessel	Yin or Yang	Element/ Phase	Descending or Ascending	Location From-Along-To	Number of points	Time of Day
Heart	Yin (shao yin)	Fire	Descending	Chest - Arm - Hand	9	11am—1pm
Small Intestine	Yang (tai yang)	Fire	Ascending	Hand - Arm - Head	19	1pm—3pm
Pericardium	Yin (jue yin)	Fire	Descending	Chest - Arm - Hand	9	7pm—9pm
Triple Heater	Yang (shao yang)	Fire	Ascending	Hand - Arm - Head	23	9pm—11pm
Lung	Yin (tai yin)	Metal	Descending	Chest - Arm - Hand	11	3am—5am
Large Intestine	Yang (yang ming)	Metal	Ascending	Hand - Arm - Head	20	5am—7am
Liver	Yin (jue yin)	Wood	Ascending	Foot - Leg - Chest	14	1am—3am
Gall Bladder	Yang (shao yang)	Wood	Descending	Head - Chest - Leg - Foot	44	11pm—1am
Spleen	Yin (tai yin)	Earth	Ascending	Foot - Leg - Chest	21	9am—11am
Stomach	Yang (yang ming)	Earth	Descending	Head - Chest - Leg-Foot	45	7am—11am
Kidney	Yin (shao yin)	Water	Ascending	Foot - Leg - Chest	27	5pm—7pm
Bladder	Yang (tai yang)	Water	Descending	Head - Chest - Leg - Foot	67	3pm—5pm
Conception	Yin	N/A	Ascending/ Descending	Perineum - Chest - Chin	24	N/A
Governing	Yang	N/A	Ascending/ Descending	Coccyx - Back - Head	28	N/A

Command Points of the Twelve Main Meridians

Meridian	Fire	Metal	Wood	Earth	Water	Origin/ Source	Junction/ Luo	Alarm	Associated
Heart	HT-8	HT-4	HT-9	HT-7	HT-3	HT-7	HT-5	CV-14	BL-15
Small Intestine	SI-5	SI-1	SI-3	SI-8	SI-2	SI-4	SI-7	CV-4	BL-27
Pericardium	PC-8	PC-5	PC-9	PC-7	PC-3	PC-7	PC-6	CV-17	BL-14
Triple Heater	TH-6	TH-1	TH-3	TH-10	TH-2	TH-4	TH-5	CV-5	BL-22
Lung	LU-10	LU-8	LU-11	LU-9	LU-5	LU-9	LU-7	LU-1	BL-13
Large Intestine	LI-5	LI-1	LI-3	LI-11	LI-2	LI-4	LI-6	ST-25	BL-25
Liver	LIV-2	LIV-4	LIV-1	LIV-3	LIV-8	LIV-3	LIV-5	LIV-14	BL-18
Gall Bladder	GB-38	GB-44	GB-41	GB-34	GB-43	GB-40	GB-37	GB-24	BL-19
Spleen	SP-2	SP-5	SP-1	SP-3	SP-9	SP-3	SP-4	LIV-13	BL-20
Stomach	ST-41	ST-45	ST-43	ST-36	ST-44	ST-42	ST-40	CV-12	BL-21
Kidney	KI-2	KI-7	KI-1	KI-6	KI-10	KI-3	KI-4	GB-25	BL-23
Bladder	BL-60	BL-67	BL-65	BL-40	BL-66	BL-64	BL-58	CV-3	BL-28

A command point is a control point for energy flowing through a meridian. The command points regulate the flow of energy in the meridians.

Extraordinary Channels/Vessels

Extraordinary Vessels	Shared Points	Master Points
Dai Mai Girdle Vessel	LIV-13, GB-26, GB-27, GB-28,	GB-41
Yin Qiao Mai Yin Heel Vessel	KI-2, KI-6, KI-8, ST-9, ST-12, BL-1	KI-6
Yang Qiao Mai Yang Heel Vessel	BL-62, BL-61, BL59, GB-29, SI-10, LI-16, LI-15, ST-9, ST-4, ST-3, ST-1, BL-1, GB-20,	BL-62
Yin Wei Mai Yin Linking Vessel	KI-9, SP-12, SP-13, SP-15, SP-16, LIV-14, CV-22, CV-23	PC-6
Yang Wei Mai Yang Linking Vessel	BL-57, BL-63, GB-35, GB-29, LI-14, TH-13, TH-15, GB-21, SI-10, GB-20, GB-19, GB-18, GB-17, GB-16, GB-15, GB-14, GB-13, GV-15, GV-16	TH-5
Chong Mai Penetrating Vessel	CV-1, ST-30, KI-11, KI-12, KI-13, KI-14, KI-15, KI-16, KI-17, KI-18, KI-19, KI-20, KI-21	Sp-4

Note: The Six Extraordinary Channels/Vessels do not have independent acupoints of their own but share points with the twelve main/regular meridians.

Functions of the Extraordinary Channels/Vessels

1. Work as reservoirs of *chi* and blood for the twelve regular meridians.
2. Provide additional connections between the twelve regular meridians.
3. Help circulate defensive *chi* (*Wei Chi*) around the body.
4. Circulate *Jing* throughout the body

***Chi* Circulation In The Twelve Main/Regular Meridians**

Chi flows from the chest area down along the inside of the arms (*Yin* side of the arm) to the hands, moving along the Lung, Heart and Pericardium channels. Then connecting with their paired *Yang* channels of the arms; Large Intestine, Small Intestine and Triple Heater, now moving up the outside of the arm (*Yang* side of the arm) to the head. In the head connecting with the *Yang* channels of the legs; Stomach, Bladder and Gall Bladder, where the *chi* moves down to the feet. From the feet the *chi* moves up the *Yin* side of the legs to the chest, along the paired *Yin* channels of the legs; Spleen, Kidney and Liver, moving back up to the chest. Reconnecting to chest at the *Yin* channels of the arms.

