Large Intestine Meridian (LI)
Stomach Meridian (ST)
Stomach Meridian (ST)
Spleen Meridian (SP)
The Foot Greater Yin (Tai Yin) of the Spleen 21 points

The spleen of the Foot-Taiyin starts from the medial aspect of the tip of the big toe. It travels along the medial aspect of the foot at the junction between the red and white skin, ascends anteriorly to the medial malleolus up to the medial aspect of the leg. Passing through the anterior medial aspect of the thigh, it enters the inguinal region traveling along the anterior of the abdomen. It then curves lateral to the midline to the intercostal space up to the 2nd intercostal space. Then turns inferior to midway between the axilla and the free end of the eleventh rib.

<table>
<thead>
<tr>
<th>Command Points</th>
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<tbody>
<tr>
<td>Water</td>
<td>SP9</td>
</tr>
<tr>
<td>Metal</td>
<td>SP5</td>
</tr>
<tr>
<td>Earth</td>
<td>SP3</td>
</tr>
<tr>
<td>Fire</td>
<td>SP2</td>
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<tr>
<td>Wood</td>
<td>SP1</td>
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<tr>
<td>Luo</td>
<td>SP4</td>
</tr>
<tr>
<td>Xi-Cleft</td>
<td>SP8</td>
</tr>
<tr>
<td>Source</td>
<td>SP3</td>
</tr>
</tbody>
</table>

**Spleen - Earth Element**

**Correspondences**

- Color: Yellow
- Flavor: Sweet
- Sense: Mouth
- Emotion: Worry
- Tissue: Muscles
- Climate: Humidity
- Sounds: Singing
- Odor: Fragrant
- Season: Autumn
- Direction: Center
Heart Meridian (HT, HE)
The Hand Lesser Yin (Shao Yin) of the Heart 9 points
The heart channel of the Hand-Shaoyin starts in the center of axilla. From there it goes along the posterior border of the medial aspect of the upper arm. Passing through the cubital region, it descends to the pisiform region proximal to the palm and enters the palm. Then it ends at the medial aspect of the tip of the little finger.
Small Intestine Meridian (SI)

**Command Points**
- Earth  SI8 Sedation Pt
- Fire    SI5 Horary Pt
- Wood   SI3 Tonification Pt
- Water  SI2
- Metal  SI1
- Luo    SI7
- Xi-Cleft  SI6
- Source SI4

**Small Intestine Fire Element Correspondences**
- Color  Red
- Flavor  Bitter
- Sense  Tongue
- Emotion  Joy
- Tissue  Pulse
- Climate  Heat
- Sounds  Laughing
- Odor  Scorched
- Season  Summer
- Direction  South
Bladder Meridian (BL)
Kidney Meridian (KI)

Command Points
Water     KI10 Horary Pt
Metal     KI7 Tonification Pt
Earth     KI3
Fire      KI2
Wood      KI1 Sedation Pt
Luo       KI4
Xi-Cleft  KI5
Source    KI3

Kidney
Water Element
Correspondences
Color     Blue/Black
Flavor    Salty
Sense     Ears
Emotion   Fear
Tissue    Bones
Climate   Cold
Sounds    Groaning
Odor      Putrid
Season    Winter
Direction North

Cardinal Points
KI27 Neurological Confusion, Master Associated Pt.
**Pericardium Meridian (P, PC)**

**The Hand Terminal Yin (Jue Yin) of the Pericardium 9 points**

The pericardium channel of the Hand-Jueyin originates in the chest lateral to the nipple. It then ascends to the axillary fossa and runs along the medial aspect of the upper arm, passing through the cubital fossa. It goes further downward to the forearm between the tendons of the m. palmaris longus and m. flexor carpi radialis. It enters the palm and passes along the middle finger to its tip.
Triple Warmer
(San Jiao) Meridian
(TW, TB, SJ)

Command Points
Earth  TW10 Sedation Pt
Fire   TW6 Horary Pt
Wood  TW3 Tonification Pt
Water  TW2
Metal TW1
Luo  TW5
Xi-Cleft TW7
Source  TW4

Triple Warmer
Fire Element
Correspondences
Color  Red
Flavor  Bitter
Sense  Tongue
Emotion  Joy
Tissue  Pulse
Climate  Heat
Sounds  Laughing
Odor  Scorched
Season  Summer
Direction  South

Cardinal Points
TW5 Hand, Arm, Neck and Ear
Gallbladder Meridian (GB)

Command Points
Earth GB34
Fire GB38 Sedation Pt
Wood GB41 Horary Pt
Water GB43 Tonification Pt
Metal GB44
Luo GB37
Xi-Cleft GB36
Source GB40

Gallbladder
Wood Element

Correspondences
Color Green
Flavor Sour
Sense Eyes
Emotion Anger
Tissue Tendons
Climate Wind
Sounds Shouting
Odor Rancid
Season Spring
Direction East
CV23 Lianquan - On the midline, in the depression superior to the hyoid bone.
CV24 Chengjiang - In the depression in the center of the mentolabial groove, below the middle of the lower lip.

Conception Vessel Meridian (CV, Ren)
**Liver Meridian (LI)**

**Command Points**
- Water  LV8 Tonification Pt
- Metal  LV4
- Earth  LV3
- Fire   LV2 Sedation Pt
- Wood  LV1 Horary Pt
- Luo    LV5
- Xi-Cleft  LV6
- Source LV3

**Liver - Wood Element**
**Correspondences**
- Color  Green
- Flavor Sour
- Sense  Eyes
- Emotion Anger
- Tissue Tendons
- Climate Wind
- Sounds Shouting
- Odor  Rancid
- Season Spring
- Direction East
Governing Vessel (GV, DU)