

# THE GALLBLADDER MERIDIAN

GBL  
Wood 7 PARTS

IT IS OF THE WOOD ELEMENT

THIS ELEMENT CREATES FIRE

THIS ELEMENT DESTROYS EARTH

THE ENERGY FLOWS DOWN

IT IS YANG

IT IS A BOWEL

IT IS COUPLED WITH LIVER  
AT POINTS GB37 AND LIV3

ACTIVE TIME IS 11:00PM - 1:00AM

ENTRY POINT IS GB1

EXIT POINT IS GB41

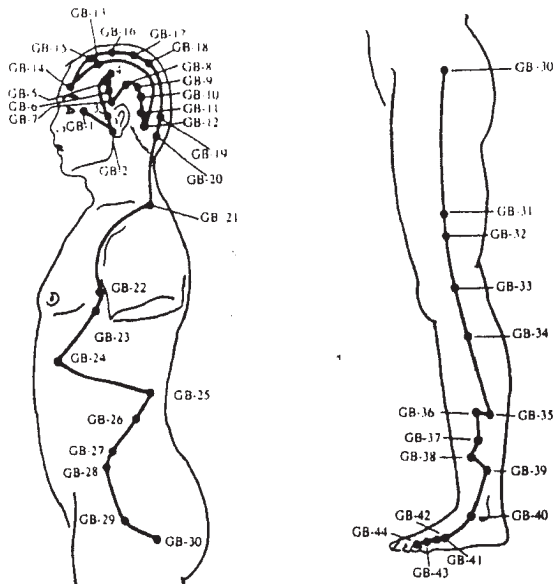
SOURCE POINT IS GB40 (LIV5)

SEDATE POINT IS GB38

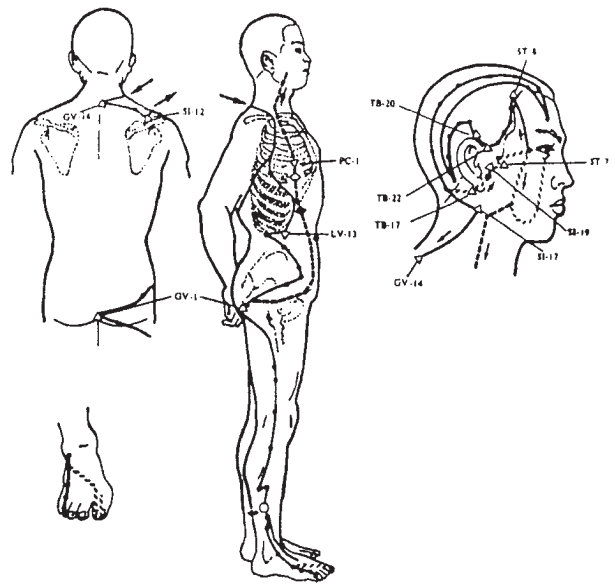
TONIFY POINT IS GB43

ALARM POINT IS GB24

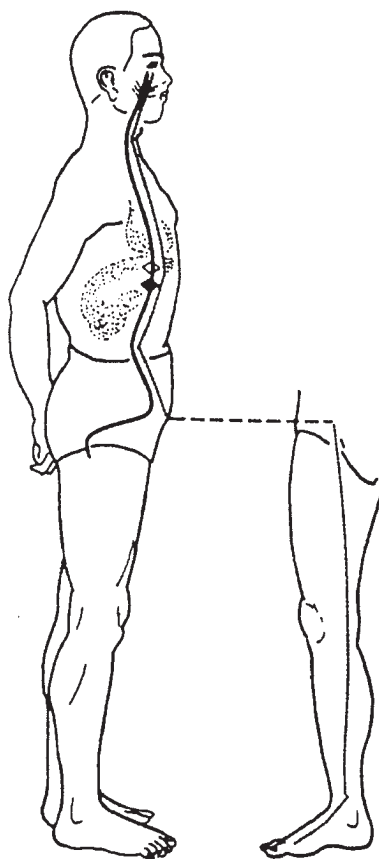
ASSOCIATED POINT IS B19



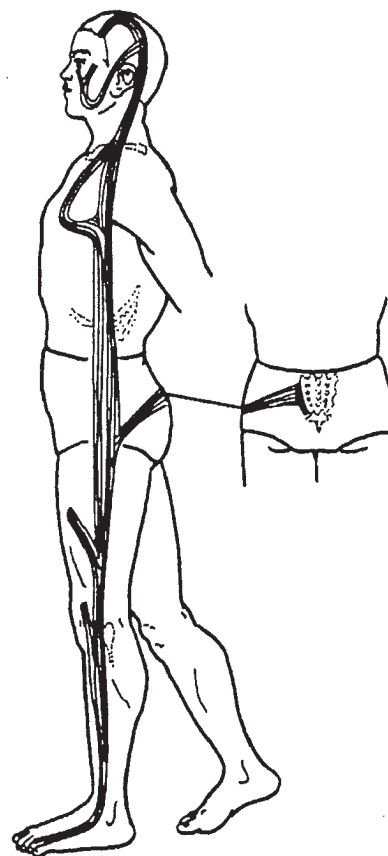
**SIMPLIFIED GALLBLADDER  
CHANNEL PATHWAY**



**PRIMARY CHANNEL AND  
CONNECTING VESSEL OF THE  
GALLBLADDER**



**CHANNEL DIVERGENCES OF THE  
GALLBLADDER AND LIVER**



**THE GALLBLADDER CHANNEL  
SINEWS**

## GALL BLADDER MERIDIAN

THE GALL BLADDER IS A MUSCULAR GREEN SAC LOCATED ON THE UNDER SURFACE OF THE LIVER. IT STORES THE BILE PRODUCED BY THE LIVER, SQUEEZING IT INTO THE SMALL INTESTINE WHEN FOOD COMES FROM THE STOMACH AND ENTERS THE DUODENUM. ITS PRIMARY FUNCTION IS TO BREAK DOWN FATS AND FAT-DIGESTION PRODUCTS.

THE GALL BLADDER IS ONE OF THE LONGEST MERIDIANS, COVERING THE BODY FROM HEAD TO TOE. THE ROUTE OF THIS MERIDIAN MAKES IT EASY TO SEE WHY PROBLEMS LIKE SCIATICA AND HEADACHE ARE RELATED TO THE GALL BLADDER. THE NEI CHANG ATTRIBUTES TO THE GALL BLADDER "THE POSITION OF AN IMPORTANT AND UPRIGHT OFFICIAL WHO EXCELS THROUGH HIS DECISION AND JUDGEMENT", AND THUS, A PERSON'S DECISION-MAKING ABILITY CAN REFLECT THE CONDITION OF THE GALL BLADDER. BECAUSE OF ITS RELATIONSHIP TO THE LIVER IT IS VERY INFLUENTIAL IN BREAKING DOWN AND RIDDING THE BODY OF TOXINS, THUS PROMOTING A MORE BALANCED STATE.

### THE PRIMARY GALLBLADDER CHANNEL

*PATHWAY:* THE FOOT SHAO YANG GALLBLADDER CHANNEL STARTS FROM THE OUTER CANTHUS OF THE EYE, TRAVERSES THE TEMPLE TO TB-22, THEN RISES TO THE CORNER OF THE FOREHEAD WHERE IT INTERSECTS WITH THE FOOT YANG MING STOMACH CHANNEL AT ST-8. DESCENDING BEHIND THE EAR, IT PASSES DOWN THE NECK IN FRONT OF THE HAND SHAO YANG TRIPLE BURNER CHANNEL AND MEETS THE HAND TAI YANG SMALL INTESTINE CHANNEL AT SI-17. AFTER REACHING THE SHOULDER IT TURNS BACK AND RUNS BEHIND THE TRIPLE BURNER CHANNEL TO INTERSECT THE GOVERNING VESSEL AT GV-14. IT THEN MOVES PARALLEL WITH THE SHOULDER LINE OUTWARDS TO INTERSECT WITH THE HAND TAI YANG SMALL INTESTINE CHANNEL AT SI-12 BEFORE CROSSING OVER TO ST-12 IN THE SUPRACLAVICULAR FOSSA.

A BRANCH SEPARATES FROM THE MAIN CHANNEL BEHIND THE EAR AND INTERSECTS THE HAND SHAO YANG TRIPLE BURNER CHANNEL AT TB-17 BEFORE ENTERING THE EAR. IT EMERGES IN FRONT OF THE EAR, MEETING SI-19 ON THE HAND TAI YANG SMALL INTESTINE CHANNEL AND ST-7 ON THE FOOT YANG MING STOMACH CHANNEL BEFORE TERMINATING AT THE OUTER CANTHUS OF THE EYE.

ANOTHER BRANCH SEPARATES FROM THE OUTER CANTHUS AND RUNS DOWNWARDS TO ST-5 ON THE MANDIBLE. TURNING UPWARDS, IT CROSSES THE HAND SHAO YANG TRIPLE BURNER CHANNEL AND ASCENDS TO THE INFRAORBITAL REGION BEFORE TRAVELING DOWN THE CHEEK INTO THE NECK, WHERE IT JOINS THE MAIN CHANNEL AGAIN AT ST-12 IN THE SUPRACLAVICULAR FOSSA. FROM THERE IT SUBMERGES IN THE CHEST, INTERSECTS PC-1 OF THE HAND JUE YIN PERICARDIUM CHANNEL, AND PASSES THROUGH THE DIAPHRAGM BEFORE CONNECTING WITH THE LIVER AND HOMING TO THE GALLBLADDER. IT THEN FOLLOWS THE INSIDE OF THE FALSE RIBS TO EMERGE IN THE QI THOROUGHFARE IN THE INGUINAL REGION, WHERE IT SKIRTS ROUND THE GENITALS AND SUBMERGES INTO THE HIP AT GB-30.

YET ANOTHER BRANCH SEPARATES FROM THE MAIN CHANNEL AT THE SUPRACLAVICULAR FOSSA AT ST-12, DESCENDS INTO THE AXILLA AND RUNS DOWN THE LATERAL JUE YIN LIVER CHANNEL AT LV-13 BEFORE TURNING BACK TO THE SACRAL REGION TO CROSS THE FOOT TAI YANG BLADDER CHANNEL AT BL-31 AND BL-34. FROM THERE IT PASSES Laterally over to GB-30 ON THE HIP JOINT, DESCENDING DOWN THE LATERAL ASPECT OF THE THIGH AND KNEE, AND PASSES ALONG THE ANTERIOR ASPECT OF THE FIBULA TO ITS LOWER EXTREMITY. IT CROSSES IN FRONT OF THE LATERAL MALLEOLUS AND RUNS OVER THE DORSUM OF THE FOOT, TRAVELING BETWEEN THE FOURTH AND FIFTH METATARSAL BONES BEFORE TERMINATING AT THE LATERAL SIDE OF THE TIP OF THE FOURTH TOE AT GB-44.

ANOTHER BRANCH SEPARATES ON THE DORSUM OF THE FOOT AT GB-41 AND RUNS BETWEEN THE FIRST AND SECOND METATARSAL BONES TO THE END OF THE GREAT TOE AND CROSSES UNDER THE TOENAIL TO JOIN WITH THE FOOT JUE YIN LIVER CHANNEL AT LV-1.

### **GB-1 - tóng zǐ liáo - “Pupil Bone-Hole”**

**Location:** Lateral to the outer canthus, in the depression on the lateral side of the orbit.

**Classical Location:** Five fen out from the outer canthus. (The Great Compendium)

**Point Categories and Association:** Intersection-jiaohui point of the hand tai yang small intestine, hand shao yang triple burner and foot shao yang gallbladder channels.

**Comments:** Strike 15°, loss of memory, nausea, fatal if struck hard.

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### **GB-2 - tīng huì - “Auditory Convergence”**

**Location:** Anterior to the intertragic notch, directly below SI-19, at the posterior border of the condyloid process of the mandible. The point is located with the mouth open.

**Classical Location:** In the depression in front of the ear, where a pulsating vessel can be felt, one inch below GB-3. The point is found when the mouth is opened. (The Great Compendium)

**Comments:** Strike 15°, nausea, dizziness, courses the liver and gallbladder.

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### **GB-3 - shàng guān - “Upper Gate”**

**Location:** On the side of the face anterior to the ear, on the upper border of the zygomatic arch, in the depression directly above ST-7.

**Classical Location:** Above the bone in front of the ear, where a hollow appears when the mouth is opened. (The Great Compendium)

**Point Categories and Associations:** Intersection-jiaohui point of the foot shao yang gallbladder, hand shao yang triple burner, and foot yang ming stomach channels.

**Comments:** Strike 15°, frees the channels and quickens the connection vessel, light = k.o., hard = death

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### **GB-4 - hàn yàn - “Forehead Fullness”**

**Location:** Within the hairline of the temporal region, one quarter of the distance between ST-8 and BG-7.

**Classical Location:** Diagonally up from GB-3 on the upper border of the tai yang area. (The Golden Mirror)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder, hand shao yang triple burner, and foot yang ming stomach channels.

**Comments:** Strike 15°, quickens the connecting vessels, light = k.o., hard = death

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### **GB-5 - xuán lú - “Suspended Skull”**

**Location:** Within the hairline of the temporal region, midway along a line connecting ST-8 and GB-7.

**Classical Location:** In the middle of the temporal hairline. (The Systematized Canon).

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder, hand shao yang triple burner, foot yang ming stomach, and hand yang ming large intestine channels.

**Comments:** Strike 15°, quickens the connecting vessels, light = k.o., hard = death

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### **GB-6 - xuán lí - “Suspended Tuft”**

**Location:** Within the hairline of the temporal region, midway between GB-5 and GB-7.

**Classical Location:** Behind GB-5 above the upper corner of the ear on the lower border of the tai yang region. (The Golden Mirror)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder, hand shao yang triple burner, and foot yang ming stomach channels.

**Comments:** Strike 15°, quickens the connecting vessels, light = k.o., hard = death

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### **GB-7 - qū - bìn - “Temporal Hairline Curve”**

**Location:** Within the hairline of the temporal region, anterior and superior to the auricle, level with and roughly a finger's breadth anterior to TB-20.

**Classical Location:** In a depression behind GB-6 in front of the ear behind the curved hairline. A space can be felt when the jaw is moved. (The Golden Mirror)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels.

**Comments:** Strike 15°, relieves pain, light = k.o., hard = death

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### **GB-8 - shuài gǔ - “Valley Lead”**

**Location:** Superior to the apex of the auricle, 1.5" within the hairline.

**Classical Location:** In the depression one and one half inches within the hairline above the ear. Bite and the point can be felt. (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels.

**Comments:** Strike 15°, quickens the connecting vessels, light = k.o., hard = death.

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### **GB-9 - tiān chòng - “Celestial Hub”**

**Location:** Posterior and superior to the auricle, 2" within the hairline, about 0.5" posterior to GB-8.

**Classical Location:** Approximately three fen behind GB-8, two inches within the hairline. (The Golden Mirror)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels.

**Comments:** Strike 15°, settles and calms the spirit, energy drainage point, light = k.o., hard = death.

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## GB-10 - fú bái - “Floating White”

**Location:** Posterior to the ear and superior to the mastoid process, in the middle of a line drawn from GB-9 to GB-11.

**Classical Location:** Behind the ear, one inch within the hairline. (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels.

**Comments:** Strike 15°, frees the connecting vessels, light = k.o., hard = death

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## GB-11 - tóu qiào yīn - “Head Portal Yin”

**Location:** Posterior to the ear and superior to the mastoid process, about midway between GB-10 and GB-12.

**Classical Location:** Above GB-12 and below (in front of) the occipital bone, in a depression felt when the head is turned.

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels.

**Comments:** Strike 15°, light = k.o., hard = death

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## GB-12 - wán gǔ - “Completion Bone”

**Location:** In the depression posterior and inferior to the mastoid process.

**Classical Location:** Four Fen into the hair at the back of the ear. (The Systematized Canon)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels.

**Comments:** Strike 15°, rouses the brain, energy drainage point, light = k.o., hard = death

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### **GB-13 - běn shén - “Root Spirit”**

**Location:** 0.5" within the hairline of the forehead, two-thirds of the distance from GV-24 to ST-8.

**Classical Location:** One inch and five fen to the side of BL-4, directly above the ears, four fen within the hairline.

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the yang linking vessel.

**Comments:** Strike 15°, clears and drains the liver and gallbladder, light = k.o., hard = death

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### **GB-14 - yáng bái - “Yang White”**

**Location:** On the forehead, 1" above the midpoint of the eyebrow, approximately at one third of the distance from the eyebrow to the anterior hairline.

**Classical Location:** One inch above the eyebrow, on a line with the pupil.  
(The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder, hand yang ming large intestine, foot yang ming stomach channels and the yang linking vessel.

**Comments:** Strike 15°, brightens the eyes, light = k.o., hard = death

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### **GB-15 - tóu lín qì - “Head Overlooking Tears”**

**Location:** Directly above GB-14, 0.5" with the hairline, midway between GV-24 and ST-8.

**Classical Location:** In the depression five fen into the hair, directly above the eyes. The point is found by having the patient look straight foreword. (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels and the yang linking vessel.

**Comments:** Strike 15°, clears the brain and brightens the eyes, light = k.o., hard = death

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### **GB-16 - mù chuāng - “Eye Window”**

**Location:** 1.5" posterior to GB-15, on the line connecting GB-15 and GB-20.

**Classical Location:** One and a half inches behind GB-15, (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the yang linking vessel.

**Comments:** Strike 15°, courses the channels and connecting vessels, light = k.o., hard = death

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### **GB-17 - zhèng yíng - “Upright Construction”**

**Location:** 1.5" posterior GB-16, on the line joining GB-15 and GB-20.

**Classical Location:** One and one half inches behind GB-16. (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the yang linking vessel.

**Comments:** Strike 15°, clears heat and drains the gallbladder, light = k.o., hard = death

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### **GB-18 - chěng líng - “Spirit Support”**

**Location:** 1.5" posterior to GB-17, on the line connecting GB-15 and GB-20.

**Classical Location:** One inch and five fen behind GB-17, (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the yang linking vessel.

**Comments:** Strike 15°, clears the gallbladder and drains heat, light = k.o., hard = death

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### **GB-19 - nǎo kōng - “Brain Hollow”**

**Location:** Directly above GB-20, level with GB-17, on the lateral side of the external occipital protuberance.

**Classical Location:** One inch and five fen behind GB-18, in the depression on either side beneath the occipital bone.

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the yang linking vessel.

**Comments:** Strike 15°, quickens the connecting vessels, rouses the brain, light = k.o., hard = death

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### **GB-20 - fēng chí - “Wind Pool”**

**Location:** On the posterior aspect of the neck, below the occipital bone, in the depression between the sternocleidomastoid muscle (m. Sternocleidomastoideus) and trapezius muscle (m. Trapezius).

**Classical Location:** In the depression within the hairline behind the temporal region. (The Systematized Canon)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and the hand yang triple burner channels with the yang linking an yang motility vessels.

**Comments:** Strike 45°, frees the channels and quickens the connecting vessels, light = k.o., hard = death

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### **GB-21 - jiān jǐng - “Shoulder Well”**

**Location:** Midway between C7 (GV-14) and the bony prominence above LI-16, at the highest point of the shoulder.

**Classical Location:** In the depression above ST-12, in front of the great bone. (The Systematized Canon)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder, the hand shao yang triple burner, and the foot yang ming stomach channels and the yang linking vessel.

**Comments:** Strike 90°, frees the channels and quickens the connecting vessels, energy drain - hard = k.o.

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## GB-22 - yuān yè - “Armpit Abyss”

**Location:** On the midaxillary line, 3" below the axilla.

**Classical Location:** In the depression three inches below the armpit. The point is found with the arm raised.

**Comments:** Strike 45°, quickens the connecting vessels, energy drain, stops the heat if struck hard.

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## GB-23 - zhé fīn - “Sinew Seat”

**Location:** 1" anterior to GB-22, approximately level with the nipple.

**Classical Location:** Three inches down from the armpit and one inch forward (The Systematized Canon)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channel.

**Comments:** Strike 45°, courses the liver and rectifies, energy drain.

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## GB-24 - rì - yuè - “Sun and Moon”

**Location:** Inferior to the nipple, between the cartilage of the 7th and 8th ribs, one rib space below and slightly lateral to LV-14.

**Classical Location:** Five fen below LV-14.

**Point Categories & Associations:** Alarm-mu point of the gallbladder, intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels, and the yang linking vessel.

**Comments:** Strike 90°, harmonized the central burner, medium = k.o., heavy = death

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## **GB-25 - fīng mén - “Capital Gate”**

**Location:** At the inferior border of the free end of the 12th rib.

**Classical Location:** From GB-24 towards the ilium, in the low back, in the region of the free ribs on either side of the spine, five fen above and nine and a half inches either side of the navel. The patient should lie on his side, bend the top leg, straighten the bottom leg, and raise the arm to facilitate point location.

**Point Categories & Associations:** Alarm-mu point of the kidney

**Comments:** Strike 45°, quickens the connecting vessels; promotes free flow through the waterways, light to medium = kidney damage, heavy = death

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## **GB-26 - dài mài - “Girdling Vessel”**

**Location:** Below the free end of the 11th rib (LV-13), level with the umbilicus.

**Classical Location:** In the depression one inch and eight fen below the region of the free ribs, two inches above the navel, seven and a half inches either side of the midline. (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the girdling vessel.

**Comments:** Strike 90°, frees the channels and quickens the connecting vessels, medium = shock to the torso, heavy will stop the heart

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## **GB-27 - wǔ shū - “Fifth Pivot”**

**Location:** On the lower abdomen, just medial to the anterior superior iliac spine, 3" below the level of the umbilicus.

**Classical Location:** Three inches below GB-26, five inches and five fen to the side of ST-28. (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the girdling vessel.

**Comments:** Strike 90° courses the liver and rectifies qi, hard - kidney damage and k.o.

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## GB-28 - wéi dào - “Linking Path”

**Location:** 0.5" inferior and slightly medial to GB-27.

**Classical Location:** Five inches and three fen below LV-13, (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the girdling vessel.

**Comments:** Strike 45°, courses stagnant qi, hard = bursting of the bladder

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## GB-29 - jū liáo - “Squatting Bone-Hole”

**Location:** Midway between the anterior superior iliac spine and the greater trochanter. Locate this point in lateral recumbent posture.

**Classical Location:** Eight inches and three fen below LV-13, in the depression above the iliac bone. (The Golden Mirror)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder channel and the yang motility vessel.

**Comments:** Strike 45°, quickens the connecting vessels, hard = k.o.

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## GB-30 - huán tiào - “Jumping Round”

**Location:** One third of the distance from the greater trochanter to the sacral hiatus (GV-2). When locating the point, the patient should be in lateral recumbent posture with the thigh flexed.

**Classical Location:** With the patient lying on his side with his bottom leg stretched out and his top leg bent the point is found in the hip joint. The left hand shakes the leg as the right hand feels for the point. (The Great Compendium)

**Point Categories & Associations:** Intersection-jiaohui point of the foot shao yang gallbladder and foot tai yang bladder channels.

**Comments:** Strike 45°, disinhibits the lumbus and hip, nausea, bladder problems and leg problems, hard = k.o.

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### **GB-31 - fēng shì - “Wind Market”**

**Location:** On the lateral aspect of the thigh, 7" above the transverse popliteal crease.

**Classical Location:** Between the two sinews on the outer side above knee, at the end of the middle finger when the hand is placed on the thigh. (The Great Compendium)

**Comments:** Strike 45°, strengthens the sinews and bones, hard = numbs the leg, slows the heart

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### **GB-32 - zhōng dú - “Central River”**

**Location:** On the lateral aspect of the thigh, 5" above the transverse popliteal crease, between the lateral vastus muscle of the femur (m. Vastus lateralis) and the biceps muscle of the femur (m. biceps femoris).

**Classical Location:** On the thigh, five inches above the knee, in the parting of the flesh.

**Comments:** Strike 45°, quickens the connecting vessels, hard = nausea + k.o.

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### **GB-33 - (xī) yáng guān - “(Knee) Yang Joint”**

**Location:** 3.0" above GB-34, in the depression between the tendon of the biceps muscle of the femur (m. biceps femoris) and the lateral condyle of the femur. This point is easily located posterior to the joint when the knee is bent.

**Classical Location:** Three inches above GB-34, in the depression lateral to ST-35. (The Great Compendium)

**Comments:** Strike 90°, quickens the connecting vessels, hard = k.o. knee damage, Qi drainage point.

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### **GB-34 - yáng líng quán - “Yang Mound Spring”**

**Location:** In the depression anterior and inferior to the head of the fibula.

**Classical Location:** One inch below the knee, in the depression on the outer face of the shin. The point is found in squatting posture. (The Great Compendium)

**Point Categories & Associations:** Uniting-he (earth) point; meeting-hui point of the sinews.

**Comments:** Strike 90°, soothes the sinews and vessels, affects the liver greatly, hard = k.o.

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### **GB-35 - yáng jiāo - “Young Intersection”**

**Location:** 7" above the tip of the external malleolus, on the posterior border of the fibula, level with GB-36 and BL-58.

**Classical Location:** Seven inches above the outer ankle, in the parting of the flesh among the three yang channels.

**Point Categories & Associations:** Cleft-xi point of the yang linking channel; intersection-jiaohui point of the foot shao yang gallbladder channel and the yang linking vessel.

**Comments:** Strike 90°, quickens the blood, hard = k.o., leg damage + neurological problems.

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### **GB-36 - wài qiū - “Outer Hill”**

**Location:** 7" above the tip of the external malleolus, on the anterior border of the fibula level with GB-35 and ST-39.

**Classical Location:** Seven inches above the outer ankle bone. (The Great Compendium)

**Point Categories & Associations:** Cleft-xi point of the gallbladder channel.

**Comments:** Strike 90°, disinhibits the liver and gallbladder, hard = k.o., leg damage + neurological problems.

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### **GB-37 - guang míng - “Bright Light”**

**Location:** 5.0" above the tip of the external malleolus, on the anterior border of the fibula. (Note: The bone lies deep here, so it is not the best landmark. GB-36, GB-37 and GB-38 are situated between the m. peroneus longus and the m. flexor digitorum longus.)

**Classical Location:** Five inches above the outer ankle. (The Great Compendium)

**Point Categories & Associations:** Connecting-luo point of the gallbladder channel connecting to the liver channel.

**Comments:** Strike 90°, regulates the liver and brightens the eyes, hard = k.o., liver and gallbladder damage and eye problems.

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### **GB-38 - yáng fú - “Yang Assistance”**

**Location:** 4" above and slightly anterior to the tip of the external malleolus, on the anterior border of the fibula, between the long extensor muscle of the toes (m. extensor digitorum longus) and the short peroneal muscle (m. peroneus brevis).

**Classical Location:** Four inches above the outer ankle, in front of the fibula three fen from the edge of the bone seven inches above GB-40.

**Point Categories & Associations:** River-jing (fire) points.

**Comments:** Strike 90°, quickens the connecting vessels, hard=k.o. and headache.

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### **GB-39 - xuán zhōng - “Suspended Bell” often called jué gǔ - “(Severed Bone)”**

**Location:** 3" above the tip of the external malleolus, in the depression between the posterior border of the fibula and the tendon of the long peroneus muscle (m. peroneus longus) and the short peroneus muscle (m. peroneus brevis).

**Classical Location:** At the pulsating vessel three inches above the outer ankle; feel for the tip of the bone. (The Great Compendium)

**Point Categories & Associations:** Meeting-hui point of the marrow

**Comments:** Strike 90°, discharges gallbladder fire, hard = k.o. or death, mental problems, energy drain point.

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### **GB-40 - qiū xū - “Hill Ruins”**

**Location:** Anterior and inferior to the external malleolus, in the depression on the lateral side of the tendon of the long extensor muscle of the toes (m. extensor digitorum longus).

**Classical Location:** In the depression below the lower outer ankle bone, three inches from GB-41.

**Point Categories & Associations:** Source-yuan point of the gallbladder channel.

**Comments:** Strike 90°, clears the liver and gallbladder, hard = k.o., heart failure, liver & gallbladder damage.

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### **GB-41 - (zú) lín qì - “(Foot) Overlooking Tears”**

**Location:** In the depression distal to the junction of the 4th and 5th metatarsal bones, on the lateral side of the tendon of the short extensor muscle of the small toe (m. extensor digitorum brevis).

**Classical Location:** In the depression behind and between the base joints of the little toe and the one next to it, one inch and five fen from GB-43. (The Great Compendium)

**Point Categories & Associations:** Stream-shu (wood) point. Confluence-jiaohui point of the 8 extraordinary vessels; related to the girdling vessel.

**Comments:** Strike 90°, courses liver and gallbladder qi stagnation, hard = local pain & k.o.

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### **GB-42 - dì wǔ huì - “Earth Five-Fold”**

**Location:** Between the 4th and 5th metatarsal bones, on the medial side of the tendon of the short extensor muscle of the small toe (m. extensor digitorum brevis).

**Classical Location:** In the depression behind and between the base joints of the little toe and the one next to it, one inch from GB-43. (The Great Compendium)

**Comments:** Strike 90°, drains the gallbladder, hard = local pain, k.o., disorientation.

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### **GB-43 - jiá xī - “Pinched Ravine”**

**Location:** Between the 4th and 5th toes, proximal to the margin of the web.

**Classical Location:** In the depression in front of the base joints of the little toe and the one next to it, in the depression in the fork of the bones. (The Great Compendium)

**Point Categories & Associations:** Spring-ying (water) point.

**Comments:** Strike 90°, relieves pain, hard = local pain, fainting.

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### **GB-44 - (zú) qiào yīn - “(Foot) Portal Yin”**

**Location:** On the lateral side of the 4th toe, about 0.1" proximal to the corner of the nail.

**Classical Location:** On the outer side of the toe next to the little toe, the width of a Chinese leek leaf away from the corner of the nail. (The Great Compendium)

**Point Categories & Associations:** Well-jing (metal) point.

**Comments:** Strike 15°, clears heat and drains fire, hard = local pain, nausea, delayed leg pain.

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