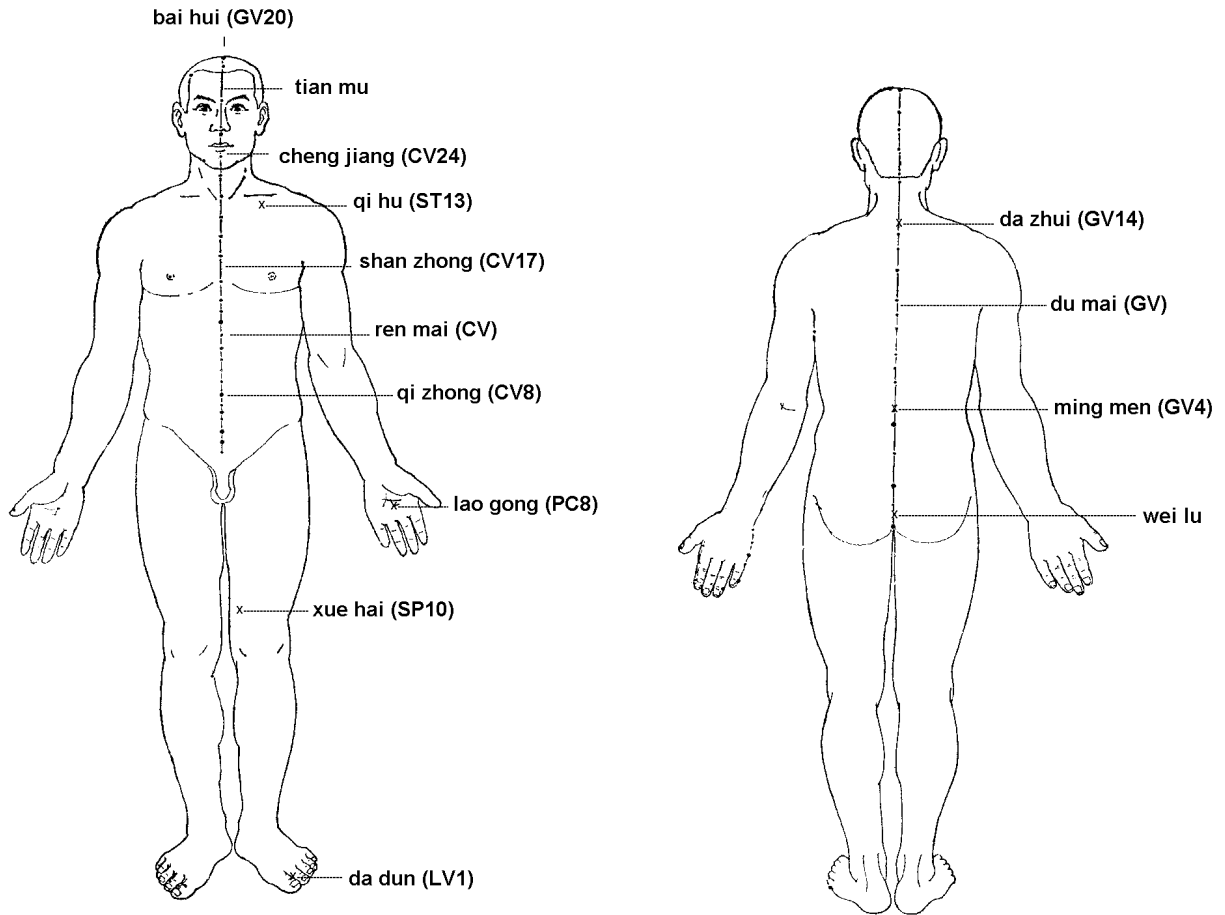


## Point Locations



*Ren Mai* is a channel that goes up the front of the body. It is also known as the conception channel or conception vessel (CV). It starts at the perineum (*hui yin*) and goes up to the base of the tongue.

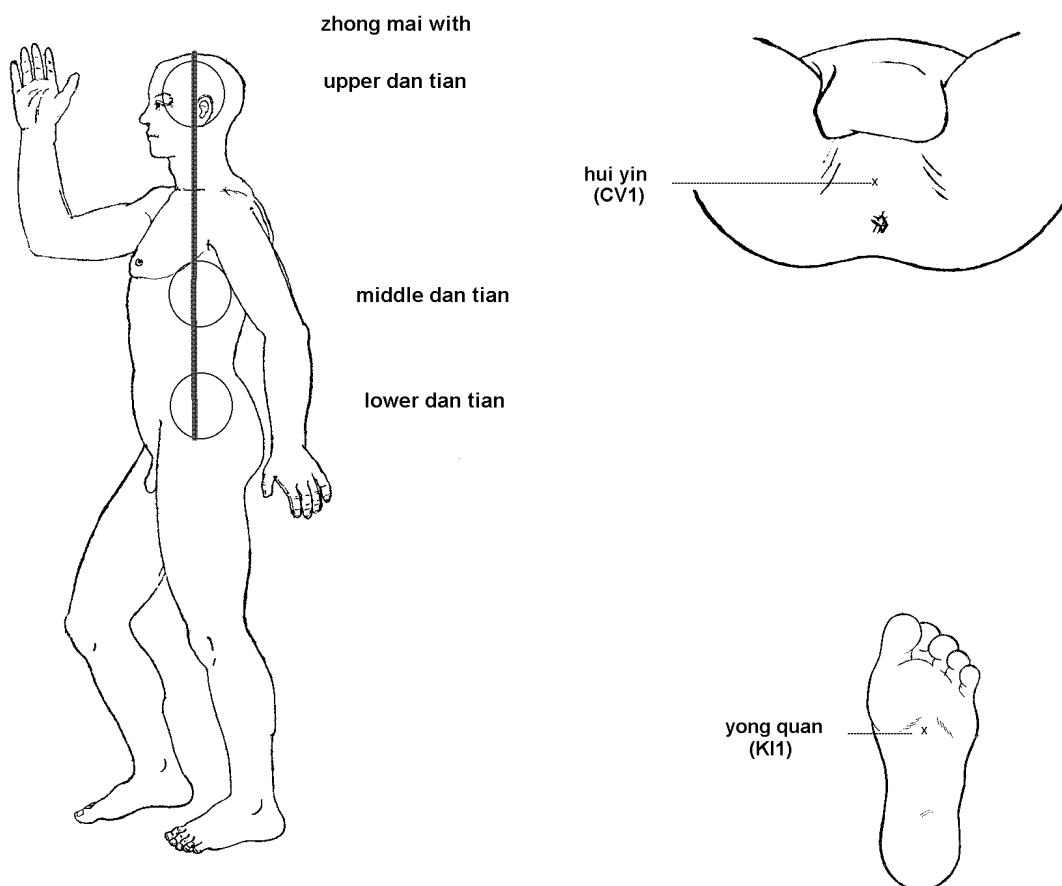
*Du Mai* is a channel that goes up the back and over the head and meets the *Ren Mai* in the mouth. It is also known as the governing channel or governing vessel (GV).

*Cheng ling* (GB18) is located about 3 fingers out from *bai hui*.

*Shen shu* (BL23) is located about 3 fingers out from *ming men* (GV4).

## Point Locations

The numbers listed above correspond to those taught in American acupuncture schools.



*Zhong mai* is also known as the central channel.

The lower *dan tian* is located 3 fingers down from the navel and 7/10 of the distance from front to back.