

Bladder Foot Tai Yang Channel

Time: 3pm – 5pm

Important Points:

Jing Well	UB67
Ying Spring	UB66
Shu-Stream	UB65
Yuan Source	UB64
Jing River	UB60
Luo Connecting	UB58
Xi-Cleft	UB63
He Sea	UB40
Mu Alarm	CV3
Back Shu	UB28

Description:

Begins at the inner corner of the eye, travels up and over the head parallel to the GV channel (mostly 1.5 cun lateral). Down the back to S4, it jumps back up to four points directly over S1 – S4, plus one additional point .5 cun lateral to the GV channel and level with the end of the coccyx. It then travels down the posterior aspect of the left to the popliteal crease. It starts again 3cun lateral to GV at the level of the the lower border of T2, 3 cun lateral, and travels down the back until it reaches a point at the sacral-coccygeal border.

It then proceeds down the posterior of the lower leg, down the around the lateral malleolus and down the lateral side of the foot ending on the lateral side of the little toe.

Influential pt of Blood: UB17	4 Seas pt of blood: UB11
Heavenly Star (UB 60 & 57)	Lower He Sea point for TW: UB39
Ghost Point UB 62	

Point Locations

AcuPoint	Point Location
BL 1	.1 cun superior to the inner canthus
BL 2	on the medial extremity of the eyebrow, or on the supraorbital notch
BL 3	directly above the medial end of the eyebrow, .5 cun within the anterior hairline between GV 26 and BL 4
BL 4	1.5 cun lateral to GV 24 at the junction of the medial 1/3 and lateral 2/3 of the of the distance from GV 24 to ST 8
BL 5	1.5 cun lateral to GV 23, or .5 cun directly above BL 4
BL 6	1.5 cun posterior to BL 5, 1.5 cun lateral to the GV meridian
BL 7	1.5 cun posterior to BL 6, 1.5 cun lateral to the GV meridian
BL 8	1.5 cun posterior to BL 7, 1.5 cun lateral to the GV meridian
BL 9	1.3 cun lateral to GV 17, on the lateral side of the superior border of the EOP
BL 10	1.3 cun lateral to GV 15, in the depression on the lateral aspect of the trapezius muscle
BL 11	1.5 cun lateral to GV 13, at the level of the lower border of the spinous process of T1
BL 12	1.5 cun lateral to the GV meridian, at the level of the lower border of the spinous process of T2
BL 13	1.5 cun lateral to GV 12, at the level of the lower border of the spinous process of T3
BL 14	1.5 cun lateral to the GV meridian, at level with the lower border of the spinous process of T4
BL 15	1.5 cun lateral to the GV 11, at the level of the lower border of the spinous process of T5
BL 16	1.5 cun lateral to GV 10, at the level of the lower border of the spinous process of T6
BL 17	1.5 cun lateral to GV 9, at the level of the lower border of the spinous process of T7
BL 18	1.5 cun lateral to GV 8, at the level of the lower border of the spinous process of T9
BL 19	1.5 cun lateral to GV 7, at the level of the lower border of the spinous process of T10
BL 20	1.5 cun lateral to GV 6, at the level of the lower border of the spinous process of T11
BL 21	1.5 cun lateral to the GV meridian , at the level of the lower border of the spinous process of T12
BL 22	1.5 cun lateral to the GV 5, at the level of the lower border of the spinous process of L1.
BL 23	1.5 cun lateral to GV 4, at the level of the lower border of the spinous process of the L2.
BL 24	1.5 cun lateral to the GV meridian, at the level of the he lower border of the spinous process of L3.
BL 25	1.5 cun lateral to GV 3, at the level of the lower border of the spinous process of L4.
BL 26	1.5 cun lateral to the GV meridian, at the level of the lower border of the spinous process of L5.
BL 27	1.5 cun lateral to the GV meridian, at the level of the lower border of the 1st posterior sacral foramen.
BL 28	1.5 cun lateral to the GV meridian, at the level of the 2nd posterior sacral foramen.

BL 29	1.5 cun lateral to the GV meridian, at the level of the 3rd posterior sacral foramen.
BL 30	1.5 cun lateral to the GV meridian, at the level of the 4th posterior sacral foramen.
BL 31	In the 1st posterior sacral foramen.
BL 32	In the 2nd posterior sacral foramen.
BL 33	In the 3rd posterior sacral foramen.
BL 34	In the 4th posterior sacral foramen.
BL 35	On either side of the tip of the coccyx, .5 cun lateral to the GV meridian.
BL 36	In the middle of the transverse gluteal fold. Locate the point in the prone position.
BL 37	6 cun below BL 36 on the line joining BL 36 and BL 40,
BL 38	1 cun above BL 39 on the medial side of the tendon of muscle biceps femoris. The point is located with the knee slightly flexed.
BL 39	Lateral to BL 40, on the medial border of the tendon of muscle biceps femoris.
BL 40	Midpoint of the transverse crease of the popliteal fossa, between the tendons of muscle biceps femoris and muscle semitendinosus.
BL 41	3 cun lateral to the GV meridian, at the level of the lower border of the spinous process of T2, on the spinal border of the scapula.
BL 42	3 cun lateral to the GV meridian, at the level of the lower border of the spinous process of T3, on the spinal border of the scapula.
BL 43	3 cun lateral to the GV meridian, at the level of the lower border of the spinous process of T4, on the spinal border of the scapula.
BL 44	3 cun lateral to the GV 11, at the level of the lower border of the spinous process of T5, on the spinal border of the scapula.
BL 45	3 cun lateral to the GV 10%, at the level of the lower border of the spinous process of T6, on the spinal border of the scapula.
BL 46	3 cun lateral to the GV 9, at the level of the lower border of the spinous process of T7, approximately level with inferior angle of the scapula.
BL 47	3 cun lateral to the GV 8, at the level of the lower border of the spinous process of T9.
BL 48	3 cun lateral to the GV 7, at the level of the lower border of the spinous process of T10%.
BL 49	3 cun lateral to the GV 6, at the level of the lower border of the spinous process of T11.
BL 50	3 cun lateral to the GV meridian, at the level of the lower border of the spinous process of T12.
BL 51	3 cun lateral to the GV 5, at the level of the lower border of the spinous process of L1.
BL 52	3 cun lateral to the GV 4, at the level of the lower border of the spinous process of L2.
BL 53	3 cun lateral to the GV 5, at the level of the 2nd posterior sacral foramen.
BL 54	Lateral to the hiatus of the sacrum, 3 cun lateral to GV 2.
BL 55	2 cun directly below BL 40, between the medial and lateral heads of the gastrocnemius muscle, on a line joining BL 40 and BL 57.
BL 56	Midway between BL 55 and BL 57, in the center of the belly of muscle gastrocnemius.
BL 57	Directly below the belly of muscle gastrocnemius, on a line joining BL 40 and tendo-calcaneus, about 8 cun below BL 40.
BL 58	7 cun directly above BL 60, on the posterior border of the fibula, about 1 cun inferior and lateral to BL 57.
BL 59	3 cun directly above BL 60.
BL 60	In the depression between the external malleolus and tendo calcaneus.
BL 61	Posterior and inferior to the external malleolus, directly below BL 60, in the depression of the calcaneum at the junction of the red and white skin.
BL 62	In the depression directly below the external malleolus.
BL 63	Anterior and inferior to BL 62, in the depression lateral to the cuboid bone.
BL 64	Below the tuberosity of the 5th metatarsal bone, at the junction of the red and white skin.
BL 65	Posterior to the head of the 5th metatarsal bone, at the junction of the red and white skin.
BL 66	In the depression anterior to the 5th metatarsophalangeal joint.
BL 67	On the lateral side of the small toe, .1 cun posterior to the corner of the nail