

**COURSE 3: Prevention
Medicine, Self Treatment &
Early Intervention with
Chinese Medicine**

Student Interactive Workbook

INSTRUCTOR & COURSE CREATOR: Marie Hopkinson

SESSION 2: Acupressure for Pain Control (Part 2): Balance method for pain control

Acupuncture channels

By the end of this session, students will be able to:

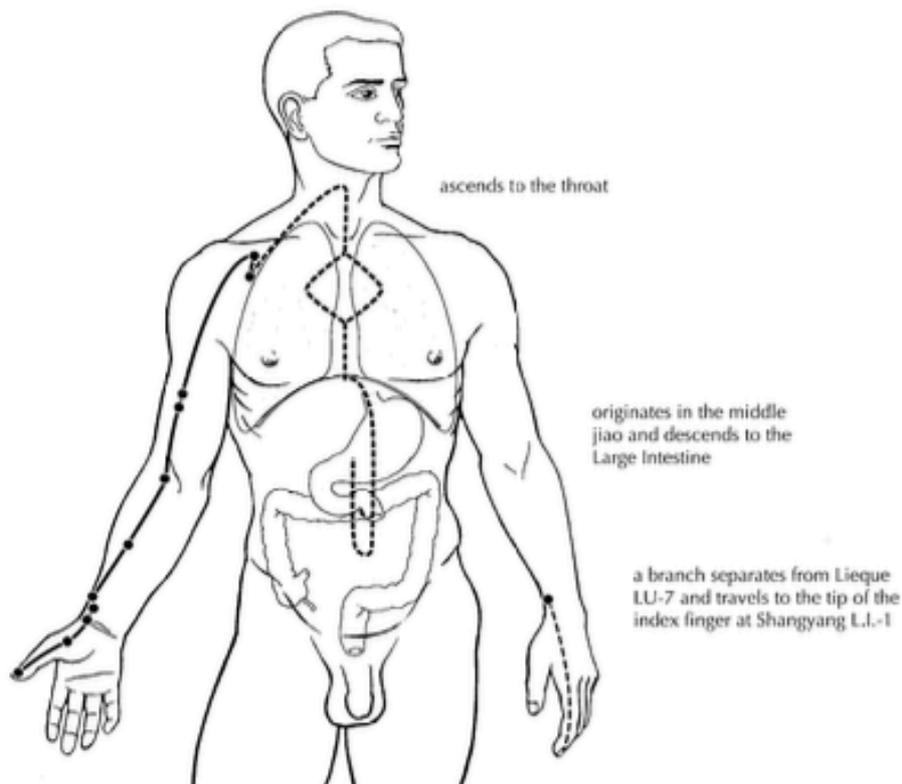
1. Understand how the balance method uses the knowledge of the channels and why it's important to learn the location of the 12 regular channels.
2. Demonstrate practical skills in visualizing, tracing, and practicing the external pathways of the 12 regular channels through in-session guided exercises and home practice, emphasizing their role in self-acupressure for pain management within the Balance Method framework.
3. Describe the external pathway of the Lung (LU) meridian (Hand Taiyin), which originates in the chest, emerges at the lateral chest, travels along the antero-lateral aspect of the arm, and terminates at the thumb, and identify major acupuncture points on the external pathway such as LU1 (Zhongfu, in the chest depression), LU5 (Chize, at the cubital crease), LU7 (Lieque, superior to the styloid process of the radius), and LU9 (Taiyuan, at the wrist crease).
4. Describe the external pathway of the Large Intestine (LI) meridian (Hand Yangming), which begins at the index finger, ascends the lateral arm to the shoulder, crosses to the supraclavicular fossa, and ends at the side of the nose, and identify major acupuncture points on the external pathway such as LI1 (Shangyang, near the nail), LI4 (Hegu, between metacarpals), LI11 (Quchi, at the elbow), LI15 (Jianyu, at the shoulder), and LI20 (Yingxiang, in the nasolabial groove).
5. Describe the external pathway of the Stomach (ST) meridian (Foot Yangming), which starts below the eye, descends the face and anterior body to the inguinal region, continues down the anterior leg, and ends at the second toe, and identify major acupuncture points on the external pathway such as ST1 (Chengqi, below the eye), ST6 (Jiache, at the jaw), ST36 (Zusanli, below the knee), ST40 (Fenglong, on the leg), and ST45 (Lidui, at the toe).
6. Describe the external pathway of the Spleen (SP) meridian (Foot Taiyin), which begins at the big toe, ascends the medial foot and leg to the thigh, enters the abdomen, and spreads to the chest, and identify major acupuncture points on the external pathway such as SP1 (Yinbai, at the toe), SP3 (Taibai, near the metatarsal), SP6 (Sanyinjiao, above the malleolus), SP9 (Yinlingquan, below the knee), and SP10 (Xuehai, above the patella).
7. Describe the external pathway of the Heart (HT) meridian (Hand Shaoyin), which emerges at the axilla, travels along the medial arm, and terminates at the little finger, and identify major acupuncture points on the external pathway such as HT1 (Jiquan, in the axilla), HT3 (Shaohai, at the elbow), HT7 (Shenmen, at the wrist), and HT9 (Shaochong, at the finger).
8. Describe the external pathway of the Small Intestine (SI) meridian (Hand Taiyang), which starts at the little finger, ascends the ulnar arm to the shoulder and scapula, reaches the supraclavicular fossa, and extends to the face and ear, and identify major acupuncture points on the external pathway such as SI1 (Shaoze, at the finger), SI3 (Houxi, near the metacarpal), SI9 (Jianzhen, at the shoulder), SI11 (Tianzong, on the scapula), and SI19 (Tinggong, near the ear).

9. Describe the external pathway of the Bladder (BL) meridian (Foot Taiyang), which begins at the inner eye, ascends over the head, descends along the spine and posterior leg, and ends at the little toe, and identify major acupuncture points on the external pathway such as BL1 (Jingming, at the eye), BL11 (Dazhu, near T1), BL23 (Shenshu, near L2), BL40 (Weizhong, at the popliteal fossa), BL54 (Zhibian, on the buttock), and BL67 (Zhiyin, at the toe).
 10. Describe the external pathway of the Kidney (KI) meridian (Foot Shaoyin), which starts on the sole, ascends the medial leg and thigh to the lower back, enters the abdomen, and reaches the chest, and identify major acupuncture points on the external pathway such as KI1 (Yongquan, on the sole), KI3 (Taixi, behind the malleolus), KI6 (Zhaohai, below the malleolus), KI10 (Yingu, at the knee), and KI27 (Shufu, on the chest).
 11. Describe the external pathway of the Pericardium (PC) meridian (Hand Jueyin), which originates in the chest, travels along the medial arm between the Heart and Lung meridians, and ends at the middle finger, and identify major acupuncture points on the external pathway such as PC3 (Quze, at the elbow), PC6 (Neiguan, above the wrist), PC7 (Daling, at the wrist), and PC9 (Zhongchong, at the finger).
 12. Describe the external pathway of the Triple Energizer (TE/SJ) meridian (Hand Shaoyang), which begins at the ring finger, ascends the posterior arm to the shoulder, reaches the supraclavicular fossa, ascends the neck, and circles the ear to the eyebrow, and identify major acupuncture points on the external pathway such as TE1 (Guanchong, at the finger), TE5 (Waiguan, on the forearm), TE10 (Tianjing, at the elbow), TE14 (Jianliao, at the shoulder), TE21 (Ermen, near the ear), and TE23 (Sizhukong, at the eyebrow).
 13. Describe the external pathway of the Gallbladder (GB) meridian (Foot Shaoyang), which starts at the outer eye, ascends to the forehead, descends behind the ear, travels down the neck and lateral body to the hip, descends the lateral leg, and ends at the fourth toe, and identify major acupuncture points on the external pathway such as GB1 (Tongziliao, at the eye), GB20 (Fengchi, at the base of skull), GB21 (Jianjing, on the shoulder), GB34 (Yanglingquan, below the knee), and GB44 (Zuqiaoyin, at the toe).
 14. Describe the external pathway of the Liver (LV) meridian (Foot Jueyin), which begins at the big toe, ascends the medial foot and leg, circles the genitalia, enters the abdomen, and spreads to the chest and head, and identify major acupuncture points on the external pathway such as LV1 (Dadun, at the toe), LV2 (Xingjian, on the foot), LV3 (Taichong, between metatarsals), LV8 (Ququan, at the knee), and LV13 (Zhangmen, on the abdomen).
 15. Describe /Trace the external pathway of the Ren Mai (Conception Vessel)
 16. Describe /Trace the external pathway of the Du Mai (Governing Vessel)
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The Lung (LU) meridian (Hand Taiyin)

Originates in the chest, emerges at the lateral chest, travels along the antero-lateral aspect of the arm, and terminates at the thumb, and identify major acupuncture points on the external pathway such as LU1 (Zhongfu, in the chest depression), LU5 (Chize, at the cubital crease), LU7 (Lieque, superior to the styloid process of the radius), and LU9 (Taiyuan, at the wrist crease).

THE LUNG CHANNEL OF HAND TAIYIN

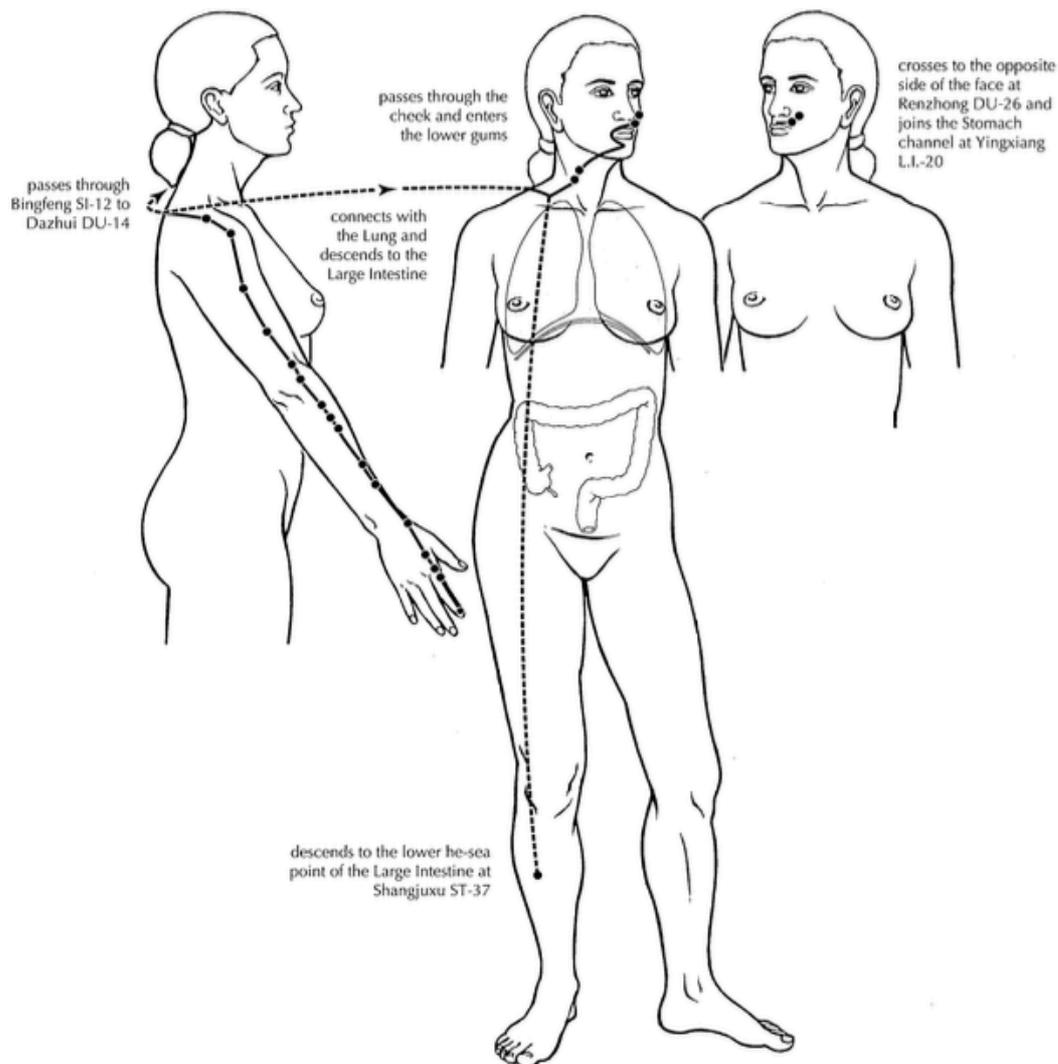


The Lung primary channel

PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

The Large Intestine (LI) meridian (Hand Yangming)

Begins at the index finger, ascends the lateral arm to the shoulder, crosses to the supraclavicular fossa, and ends at the side of the nose, and identify major acupuncture points on the external pathway such as LI1 (Shangyang, near the nail), LI4 (Hegu, between metacarpals), LI11 (Quchi, at the elbow), LI15 (Jianyu, at the shoulder), and LI20 (Yingxiang, in the nasolabial groove).



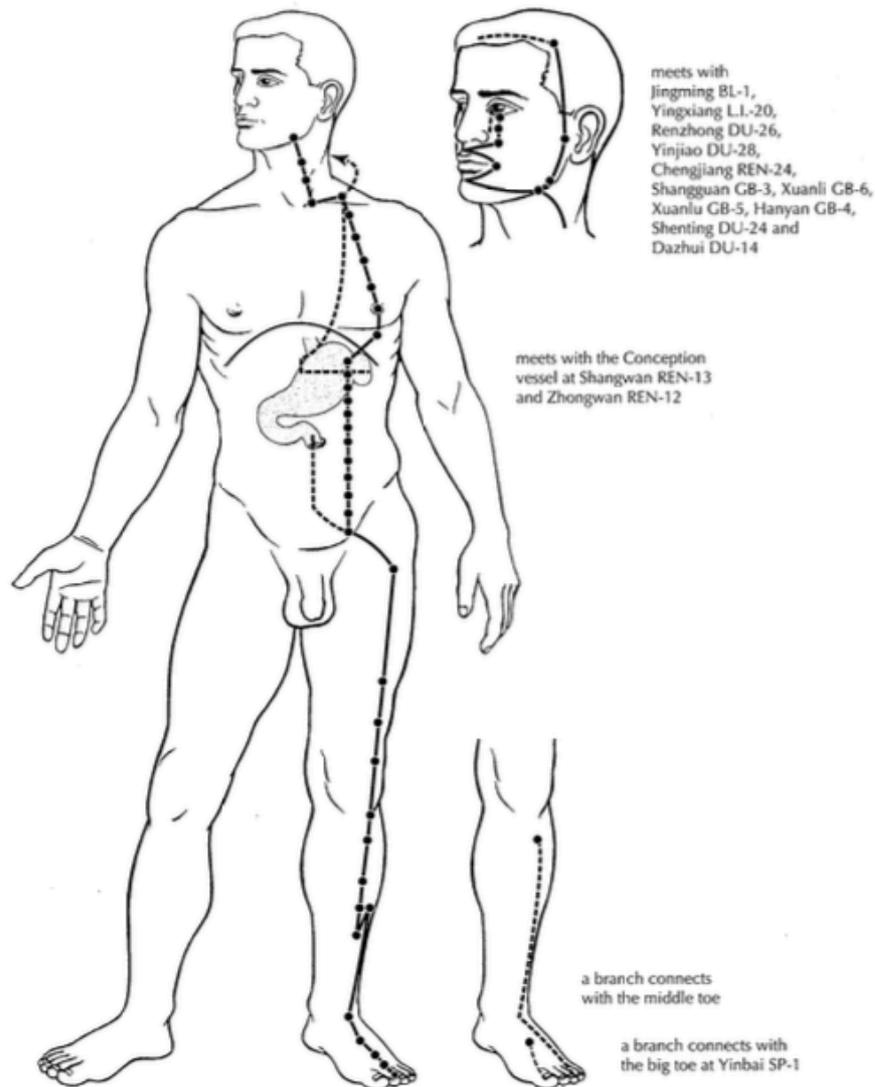
The Large Intestine primary channel

PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Stomach (ST) meridian (Foot Yangming)

Starts below the eye, descends the face and anterior body to the inguinal region, continues down the anterior leg, and ends at the second toe, and identify major acupuncture points on the external pathway such as ST1 (Chengqi, below the eye), ST6 (Jiache, at the jaw), ST36 (Zusanli, below the knee), ST40 (Fenglong, on the leg), and ST45 (Lidui, at the toe).

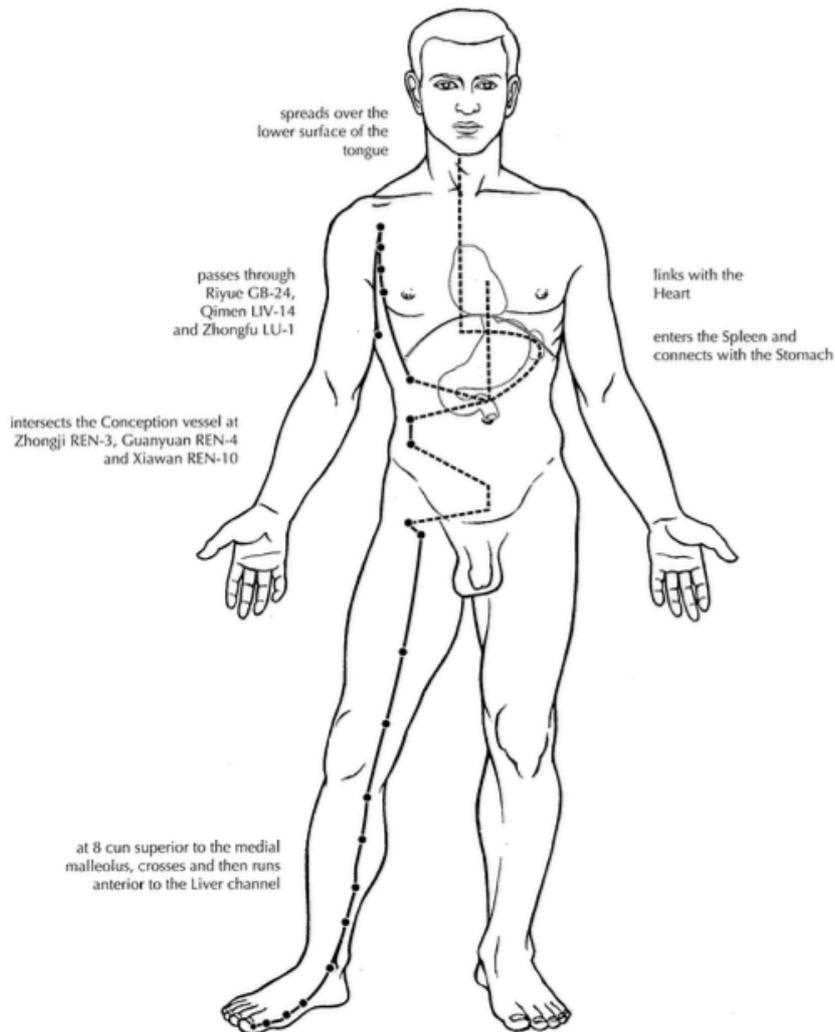
THE STOMACH CHANNEL OF FOOT YANGMING



PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Spleen (SP) meridian (Foot Taiyin)

THE SPLEEN CHANNEL OF FOOT TAIYIN

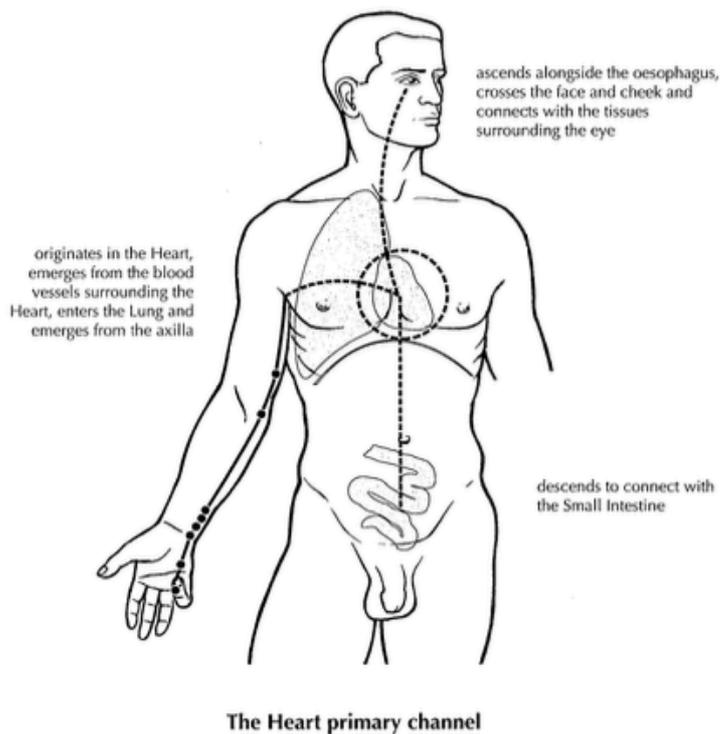


PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Begins at the big toe, ascends the medial foot and leg to the thigh, enters the abdomen, and spreads to the chest, and identify major acupuncture points on the external pathway such as SP1 (Yinbai, at the toe), SP3 (Taibai, near the metatarsal), SP6 (Sanyinjiao, above the malleolus), SP9 (Yinlingquan, below the knee), and SP10 (Xuehai, above the patella).

Heart (HT) meridian (Hand Shaoyin)

THE HEART CHANNEL OF HAND SHAOYIN



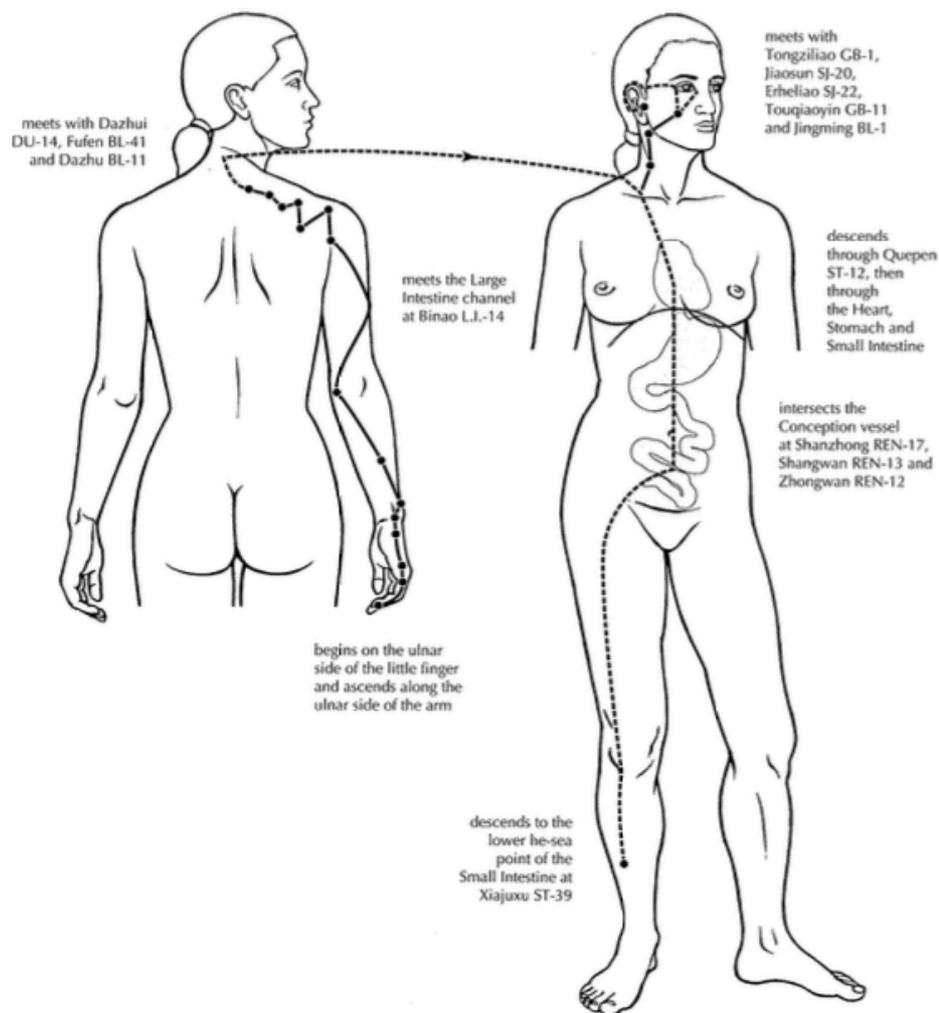
PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Emerges at the axilla, travels along the medial arm, and terminates at the little finger, and identify major acupuncture points on the external pathway such as HT1 (Jiquan, in the axilla), HT3 (Shaohai, at the elbow), HT7 (Shenmen, at the wrist), and HT9 (Shaochong, at the finger).

Small Intestine (SI) meridian (Hand Taiyang)

Starts at the little finger, ascends the ulnar arm to the shoulder and scapula, reaches the supraclavicular fossa, and extends to the face and ear, and identify major acupuncture points on the external pathway such as SI1 (Shaoze, at the finger), SI3 (Houxi, near the metacarpal), SI9 (Jianzhen, at the shoulder), SI11 (Tianzong, on the scapula), and SI19 (Tinggong, near the ear).

THE SMALL INTESTINE CHANNEL OF HAND TAIYANG

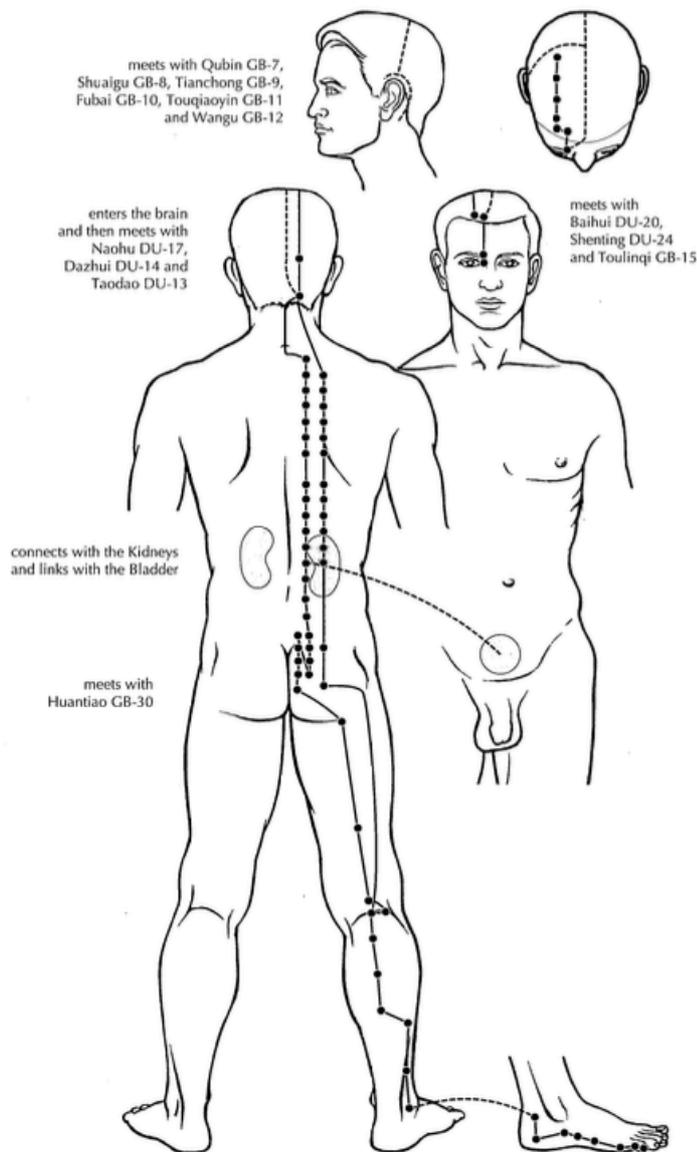


The Small Intestine primary channel

PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Bladder (BL) meridian (Foot Taiyang)

THE BLADDER CHANNEL OF FOOT TAIYANG



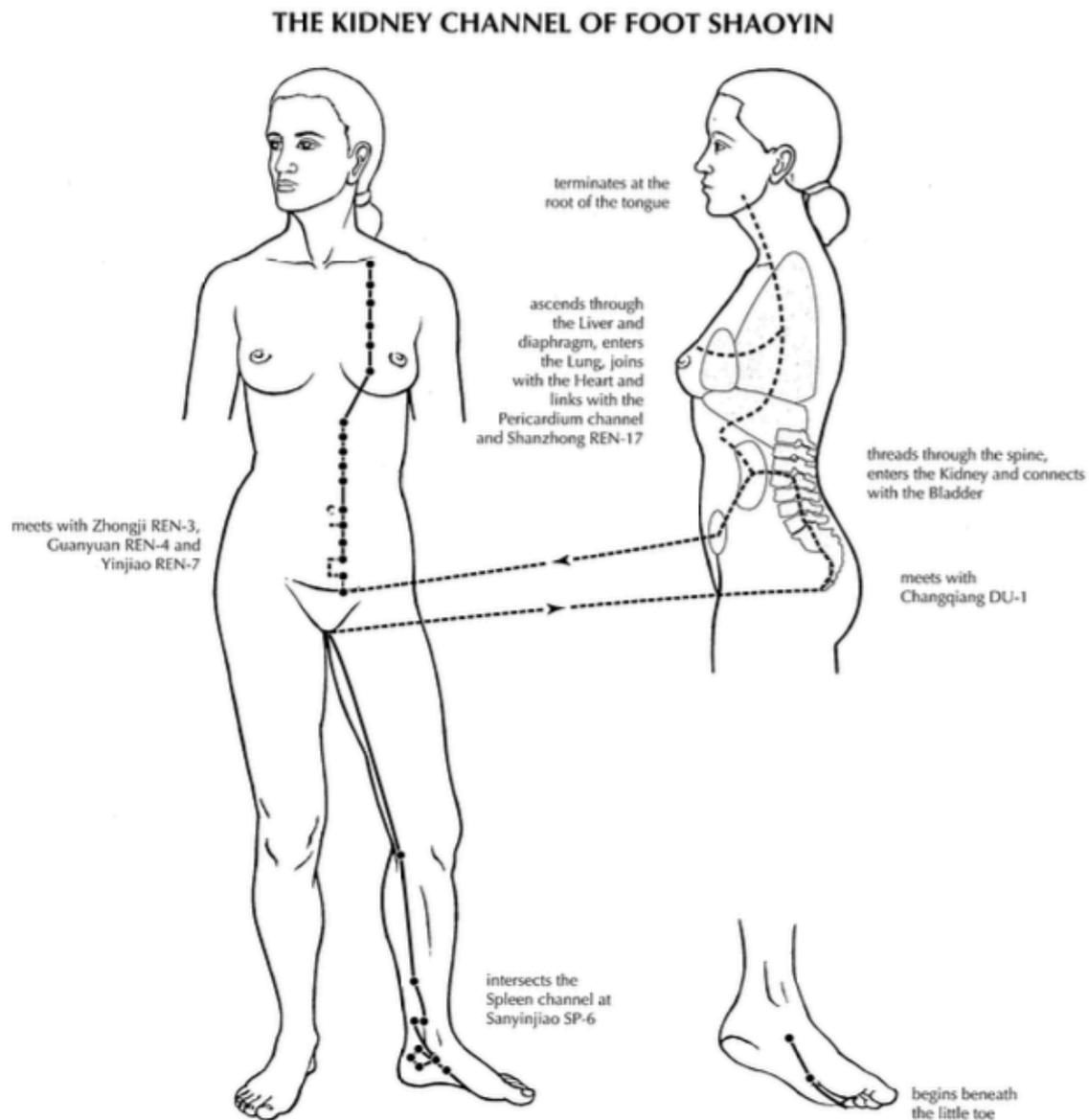
The Bladder primary channel

PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Begins at the inner eye, ascends over the head, descends along the spine and posterior leg, and ends at the little toe, and identify major acupuncture points on the external pathway such as BL1 (Jingming, at the eye), BL11 (Dazhu, near T1), BL23 (Shenshu, near L2), BL40 (Weizhong, at the popliteal fossa), BL54 (Zhibian, on the buttock), and BL67 (Zhiyin, at the toe).

Kidney (KI) meridian (Foot Shaoyin)

Starts on the sole, ascends the medial leg and thigh to the lower back, enters the abdomen, and reaches the chest, and identify major acupuncture points on the external pathway such as KI1 (Yongquan, on the sole), KI3 (Taixi, behind the malleolus), KI6 (Zhaohai, below the malleolus), KI10 (Yingu, at the knee), and KI27 (Shufu, on the chest).

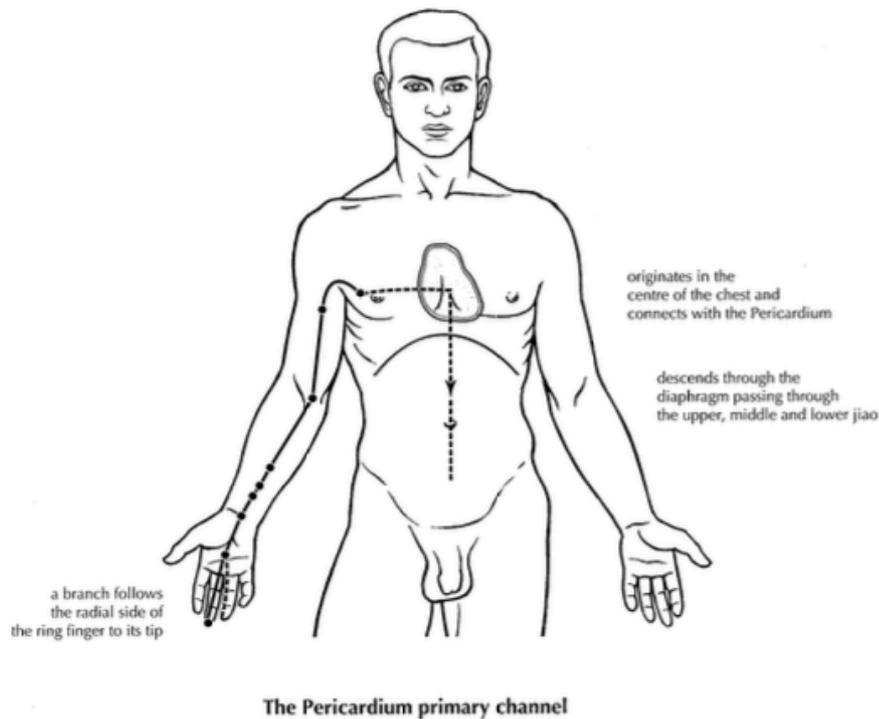


THE KIDNEY PRIMARY CHANNEL

PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Pericardium (PC) meridian (Hand Jueyin)

THE PERICARDIUM CHANNEL OF HAND JUEYIN

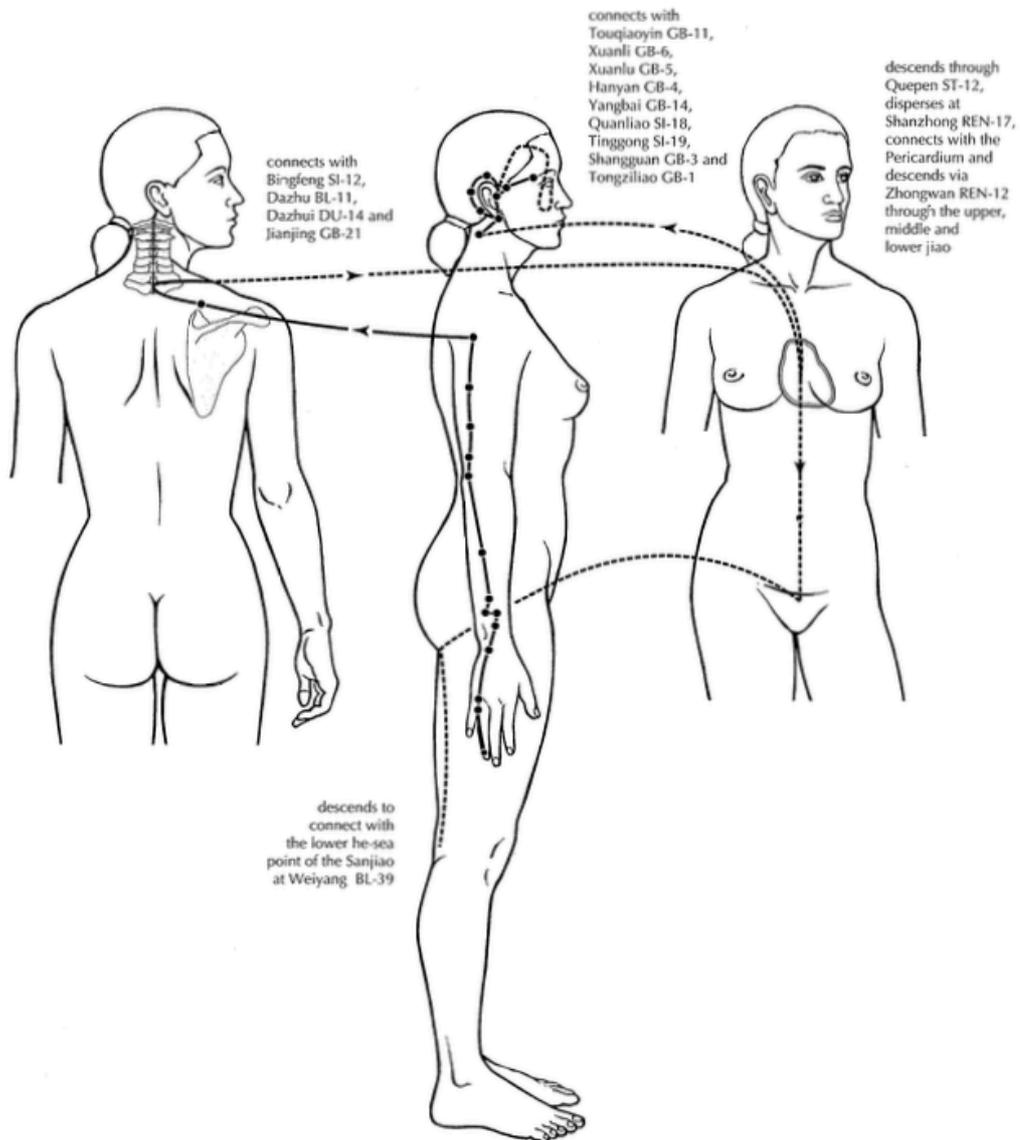


PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Originates in the chest, travels along the medial arm between the Heart and Lung meridians, and ends at the middle finger, and identify major acupuncture points on the external pathway such as PC3 (Quze, at the elbow), PC6 (Neiguan, above the wrist), PC7 (Daling, at the wrist), and PC9 (Zhongchong, at the finger).

Triple Energizer or San Jiao (TE/SJ) meridian (Hand Shaoyang)

THE SANJIAO CHANNEL OF HAND SHAOYANG

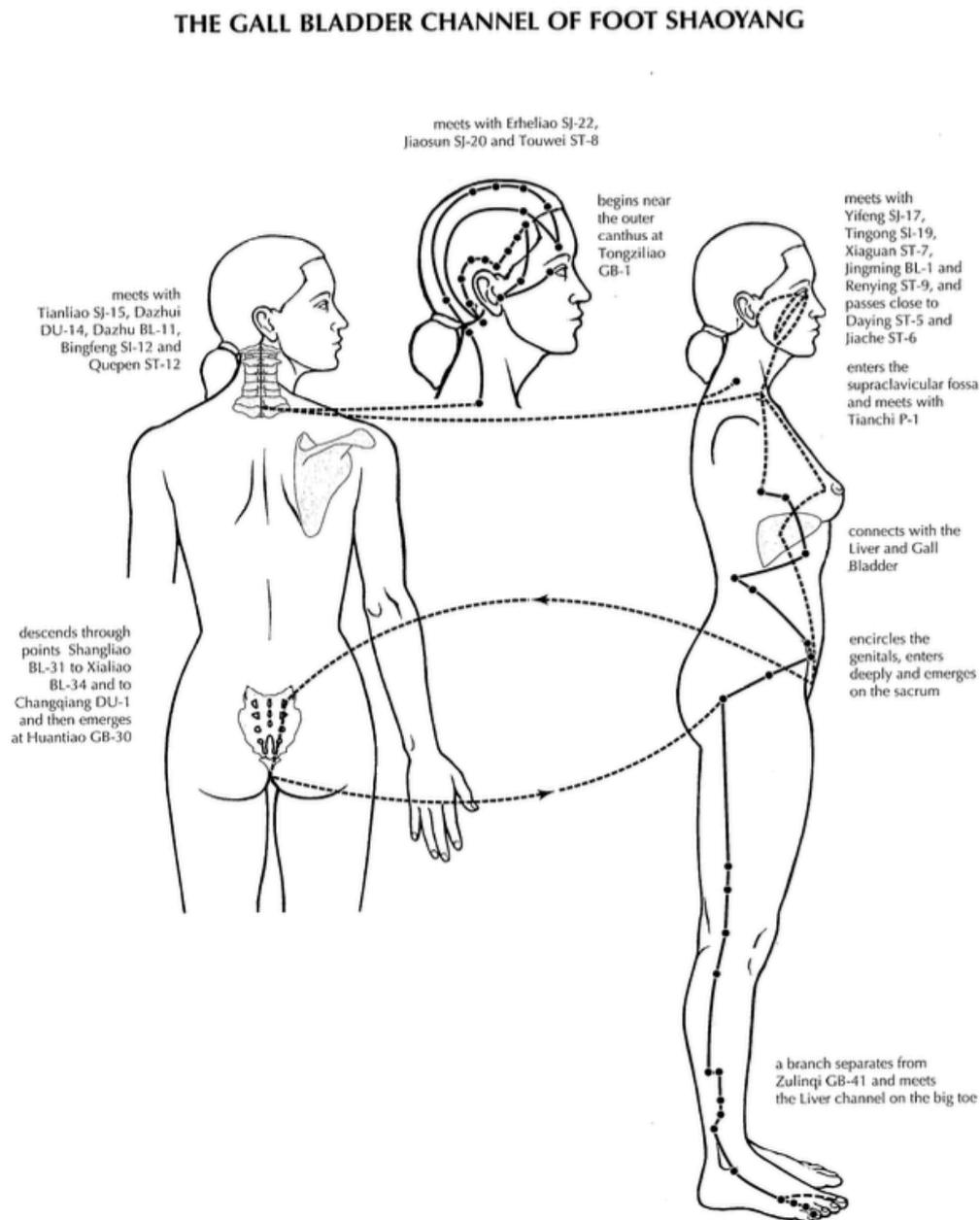


PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Begins at the ring finger, ascends the posterior arm to the shoulder, reaches the supraclavicular fossa, ascends the neck, and circles the ear to the eyebrow, and identify major acupuncture points on the external pathway such as TE1 (Guanchong, at the finger), TE5 (Waiguan, on the forearm), TE10 (Tianjing, at the elbow), TE14 (Jianliao, at the shoulder), TE21 (Ermen, near the ear), and TE23 (Sizhukong, at the eyebrow)

Gallbladder (GB) meridian (Foot Shaoyang)

Starts at the outer eye, ascends to the forehead, descends behind the ear, travels down the neck and lateral body to the hip, descends the lateral leg, and ends at the fourth toe, and identify major acupuncture points on the external pathway such as GB1 (Tongziliao, at the eye), GB20 (Fengchi, at the base of skull), GB21 (Jianjing, on the shoulder), GB34 (Yanglingquan, below the knee), and GB44 (Zuqiaoyin, at the toe).

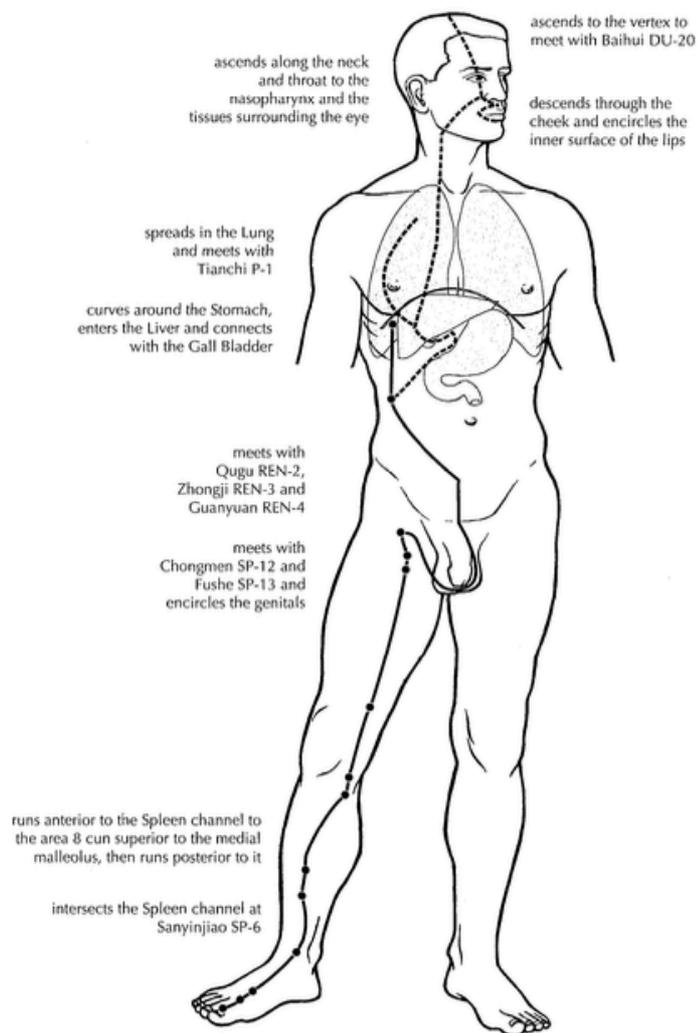


PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Liver (LV) meridian (Foot Jueyin)

Begins at the big toe, ascends the medial foot and leg, circles the genitalia, enters the abdomen, and spreads to the chest and head, and identify major acupuncture points on the external pathway such as LV1 (Dadun, at the toe), LV2 (Xingjian, on the foot), LV3 (Taichong, between metatarsals), LV8 (Ququan, at the knee), and LV13 (Zhangmen, on the abdomen).

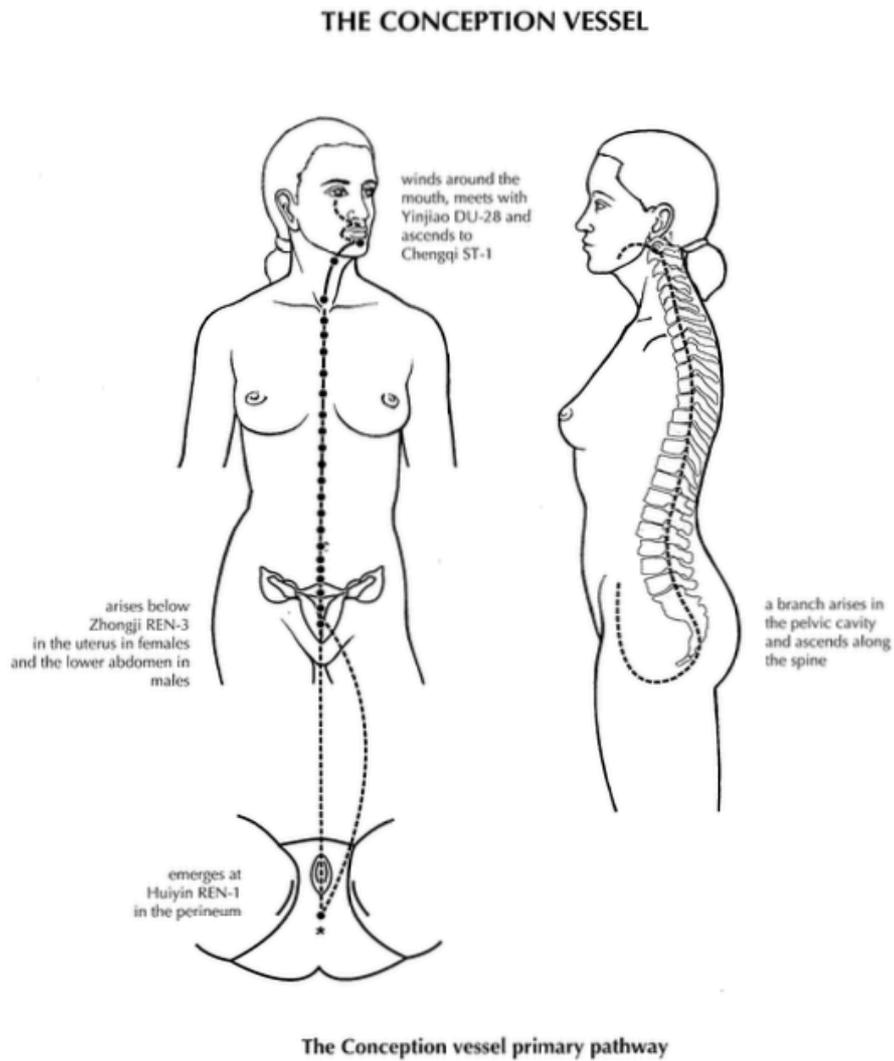
THE LIVER CHANNEL OF FOOT JUEYIN



PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Two 'Extra-Ordinary Channels':

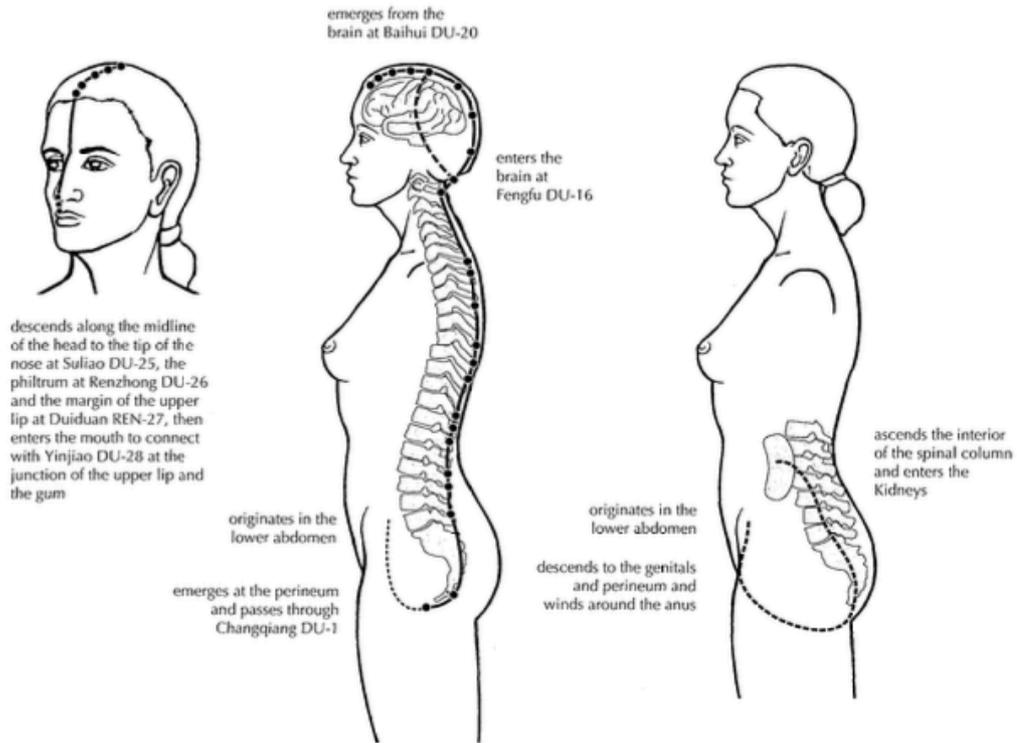
The Ren Mai (Conception Vessel)



PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

The Du Mai (Governing Vessel)

THE GOVERNING VESSEL



The Governing vessel primary pathway

The Governing vessel first branch

PICTURE SOURCE: Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.

Reflective Questions:

Learning the channels by areas of the body:

Which channels cover the groin /lower abdomen area:

Which channels cover the shoulder?

Anterior shoulder (front):

Posterior Shoulder – ie “give yourself a pat on the back” ...which channel is this ?

Which channel is the side of the head?

Which channels cover the inside (medial) aspect of the knee?

The centre (midline) of the abdomen is the REN MAI (Conception vessel), which channel runs next to the centre (closest to the Ren Mai) on the abdomen?

Which 3 channels covers the lower back and sacrum /hip area ?

(Cheng & Deng, 1999; Deadman, Al-Khafaji, & Baker, 2007)

References for this Class:

Cheng, X., & Deng, L. (1999). *中國針灸學*: Foreign Language Press.

Deadman, P., Al-Khafaji, M., & Baker, K. (2007). *A Manual of Acupuncture*: Journal of Chinese Medicine Publications.