

SEMINAR OF ACUPUNCTURE

REFERENCE CHART OF ACUPOINTS  
MASTER CONTROL CHART

	LU YIN ARM METAL	LI YANG ARM METAL	ST YANG LEG EARTH	SP YIN LEG EARTH	HT YIN ARM FIRE	SI YANG ARM FIRE	BL YANG LEG WATER	KI YIN LEG WATER	HC YIN ARM FIRE	TH YANG ARM FIRE	GB YANG LEG WOOD	LV YIN LEG WOOD
Wood	LU 11	LI 3	ST 43	SP 1	HT 9	SI 3	BL 65	KI 1	HC 9	TH 3	GB 41	LV 1
Fire	LU 10	LI 5	ST 41	SP 2	HT 8	SI 5	BL 60	KI 2	HC 8	TH 6	GB 38	LV 2
Earth	LU 9	LI 11	ST 36	SP 3	HT 7	SI 8	BL 54	KI 3	HC 7	TH 10	GB 34	LV 3
Metal	LU 8	LI 1	ST 45	SP 5	HT 4	SI 1	BL 67	KI 7	HC 5	TH 1	GB 44	LV 4
Water	LU 5	LI 2	ST 44	SP 9	HT 3	SI 2	BL 66	KI 10	HC 3	TH 2	GB 43	LV 8
Source	LU 9	LI 4	ST 42	SP 3	HT 7	SI 4	BL 64	KI 3	HC 7	TH 4	GB 40	LV 3
Luo	LU 7	LI 6	ST 40	SP 4	HT 5	SI 7	BL 58	KI 6	HC 6	TH 5	GB 37	LV 5
Accumulation	LU 6	LI 7	ST 34	SP 8	HT 6	SI 6	BL 63	KI 4	HC 4	TH 7	GB 36	LV 6
Alarm	LU 1	ST 25	VC 12	LV 13	VC 14	VC 4	VC 3	GB 25	VC 17	VC 5	GB 24	LV 14
Association	BL 13	BL 25	BL 21	BL 20	BL 15	BL 27	BL 28	BL 23	BL 14	BL 22	BL 19	BL 18
Tonification	LU 9	LI 11	ST 41	SP 2	HT 9	SI 3	BL 67	KI 7	HC 9	TH 3	GB 43	LV 8
Sedation	LU 5	LI 2	ST 45	SP 5	HT 7	SI 8	BL 65	KI 1	HC 7	TH 10	GB 38	LV 2

Luo point for Governing Vessel — GV-1  
Luo point for Vessel of Conception — VC-1

POINTS OF ENTRY

Lung .....LU-1  
Large Intestine..... LI-4  
Stomach..... ST-1  
Spleen ..... SP-1  
Heart ..... HT-1  
Small Intestine..... SI-1  
Bladder..... BL-1  
Kidney ..... KI-1  
Heart Constrictor..... HC-1  
Tri Heater..... TH-1  
Gallbladder..... GB-1  
Liver ..... LV-1

POINTS OF EXIT

Lung..... LU-7  
Large Intestine..... LI-20  
Stomach..... ST-42  
Spleen..... SP-21  
Heart..... HT-9  
Small Intestine..... SI-19  
Bladder..... BL-67  
Kidney ..... KI-22  
Heart Constrictor..... HC-8  
Tri Heater..... TH-23  
Gallbladder..... GB-41  
Liver..... LV-14

QUESTION: What is a neutral treatment?

ANSWER: A neutral treatment consists of using a moderate intensity and medium length (5 to 8 minutes) of stimulation. This allows the predisposition of the acupoint and the meridian to determine whether the treatment will be one of tonification or sedation and assures beneficial results. However, the degree of response is more limited in a neutral treatment than in one specifically for tonification or sedation, and more treatments may be required to achieve equilibrium.

**B. Treatment for Tonification or Sedation**

**Tonification  
and sedation**

1. Tonification or sedation may be accomplished through the stimulation of any acupoint. A ~~shorter~~ period of stimulation is required for tonification than for sedation.

**Associated points**

2. Associated points. Our experience has shown that, when tender, the Associated points are the best points to use for tonification or sedation of the affiliated meridian, because of a lesser possibility of reaction or side effects.

**Source points**

3. The Source points have approximately twice the power to tonify or sedate as the average acupoints.