

# Week 5: Energy Gates of the Body

## Shui Gou (GV26)

"Water Trough" Located at the junction of the upper and middle third of the philtrum

## Bai Hui GV20

"Crown Point"

Located on the top of the head at the midpoint of the line connecting the two apexes of the ears

## Yin Tang (Ex Pt)

"Upper Tan Tien" Located on the center of the forehead between the eyebrows

## Jian Jing GB21

Located at the highest point of the shoulder

## Feng Fu GV16

One inch above the hairline on back of neck

## Shen Dao GV11

Located in between the shoulder blades

## Ming Men GV4

Located on the lower back right opposite the navel

## Qi Hai CV6

"Lower Tan Tien" or "Sea of Qi" Located about one inch below the navel

## Feng Shi GB31

"Wind City"

Point on the lateral thigh where the middle fingers touch when the arm hangs freely.

## Lao Gong PC8

"Labor Palace"

Located at the center of the palm

## Huiyin CV1

Perineum

Located between the sex glands and the anal sphincter

## Yongquan KI1

"Bubbling Spring"

Located midpoint on the ball of the foot

