



*Point Location:  
Kidney Meridian*

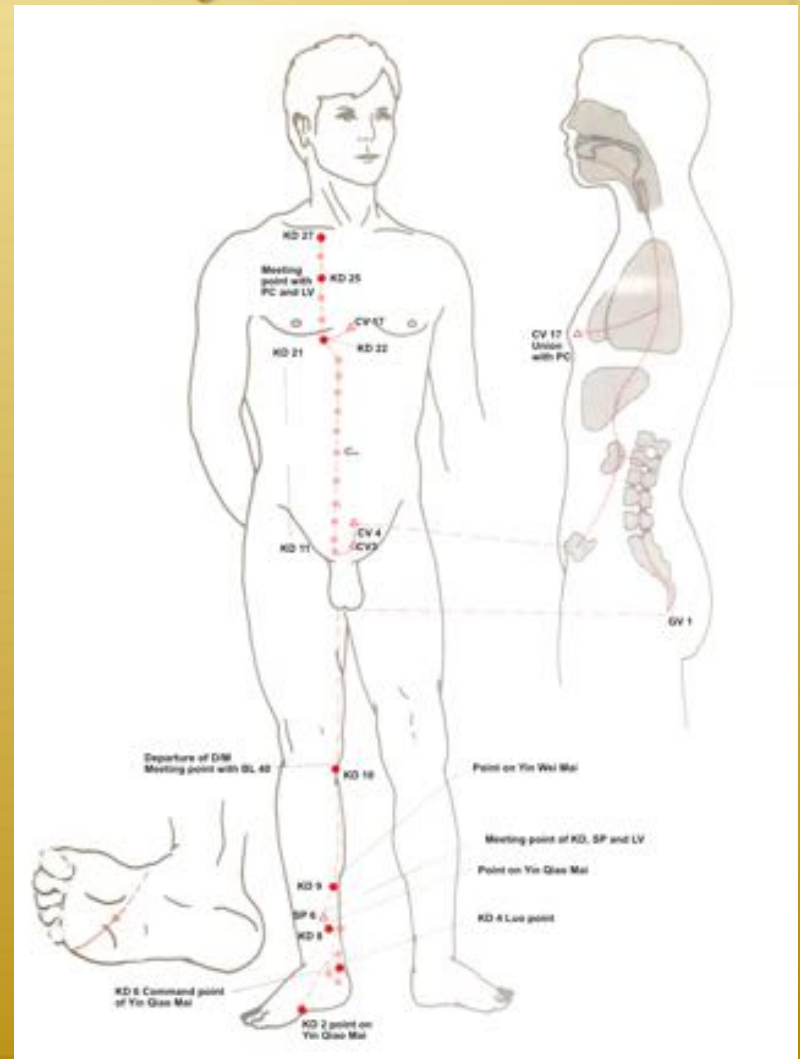
*Foot Shao Yin*

# *Kidney Meridian*

## *Foot Shao Yin*

### ✧ *Internal Trajectory*

The internal projection starts at the inner thigh and passes up to the spine at GV1 and then goes up spine and then back down the spine to connect to KD 11 and then to KD 16 at the umbilicus. From KD 16 it connects and permeates the Kidney, then down through the ureter to the bladder which it wraps. It then connects to CV 3 and CV 4. There is another internal projection from KD 16 that goes up through the Liver and diaphragm into the Lungs, then the Heart and connects to CV 17 and KD 25. Another branch from the Lung goes up through the throat to end at the tongue

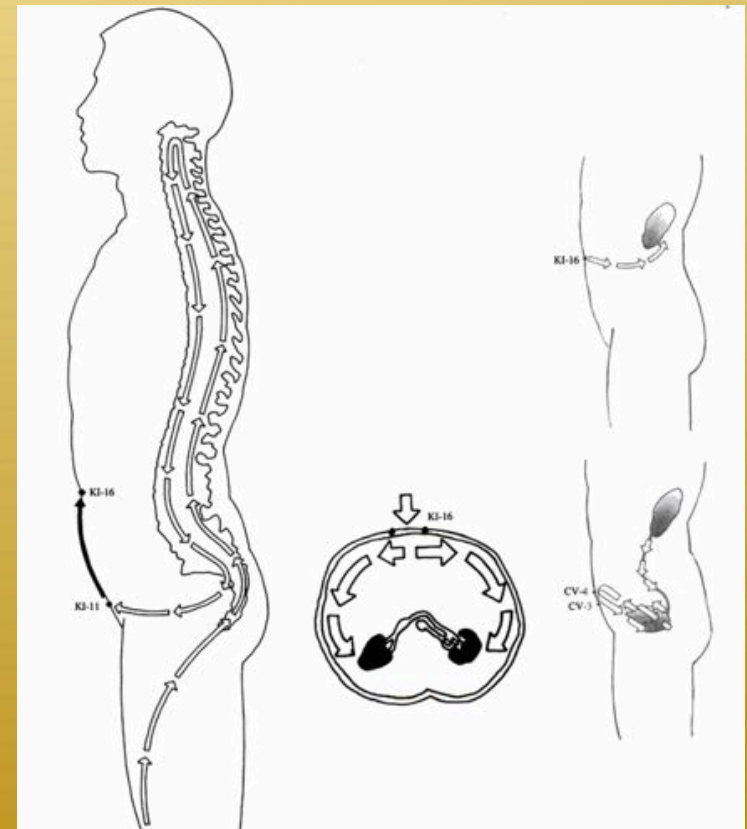


# *Kidney Meridian*

## *Foot Shao Yin*

### ✦ *Internal Trajectory*

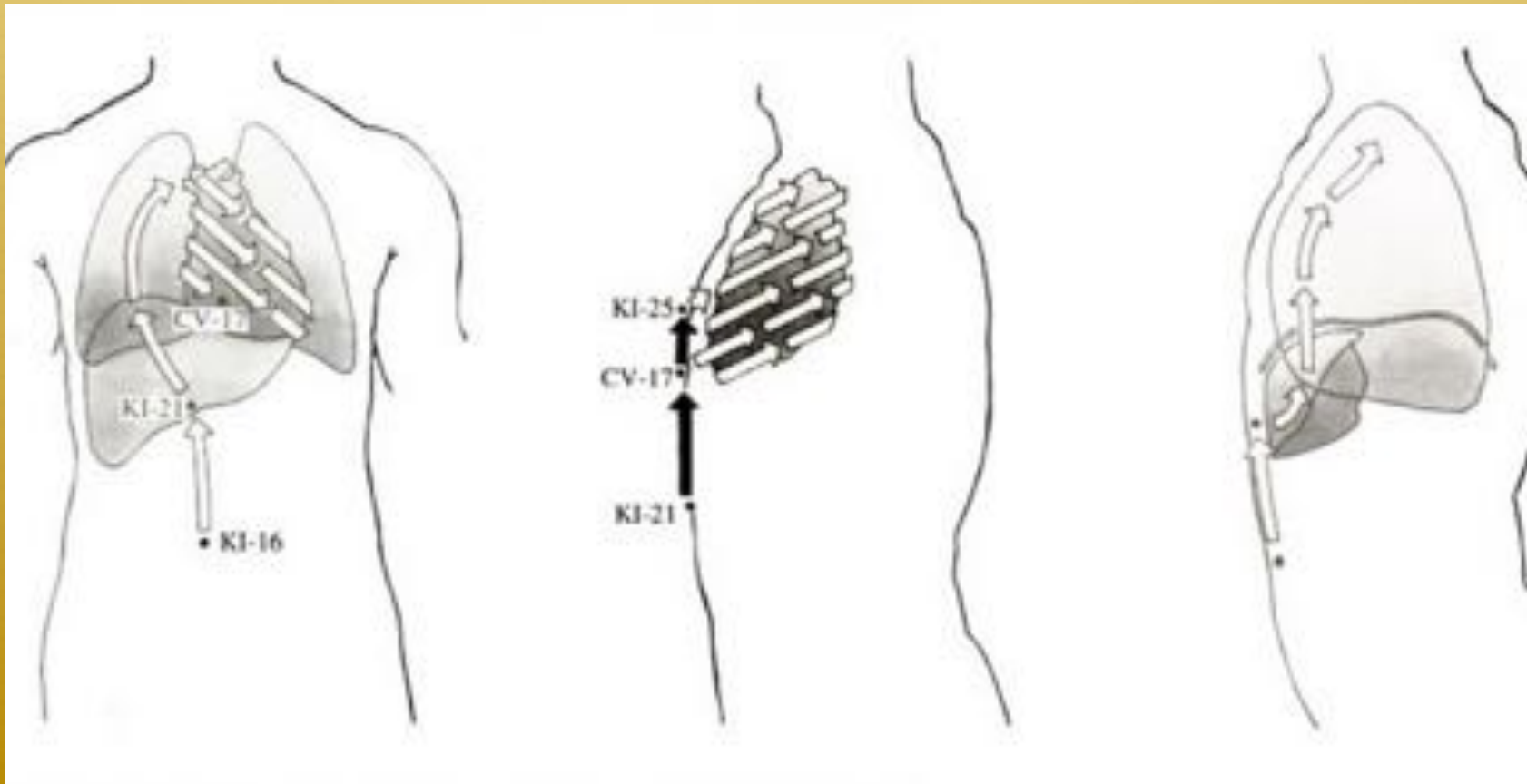
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# *Kidney Meridian*

## *Foot Shao Yin*

Manaka connects the K25 point (left side) as a more accurate reflection of Heart pathology than the Heart Mu point (CV 14)

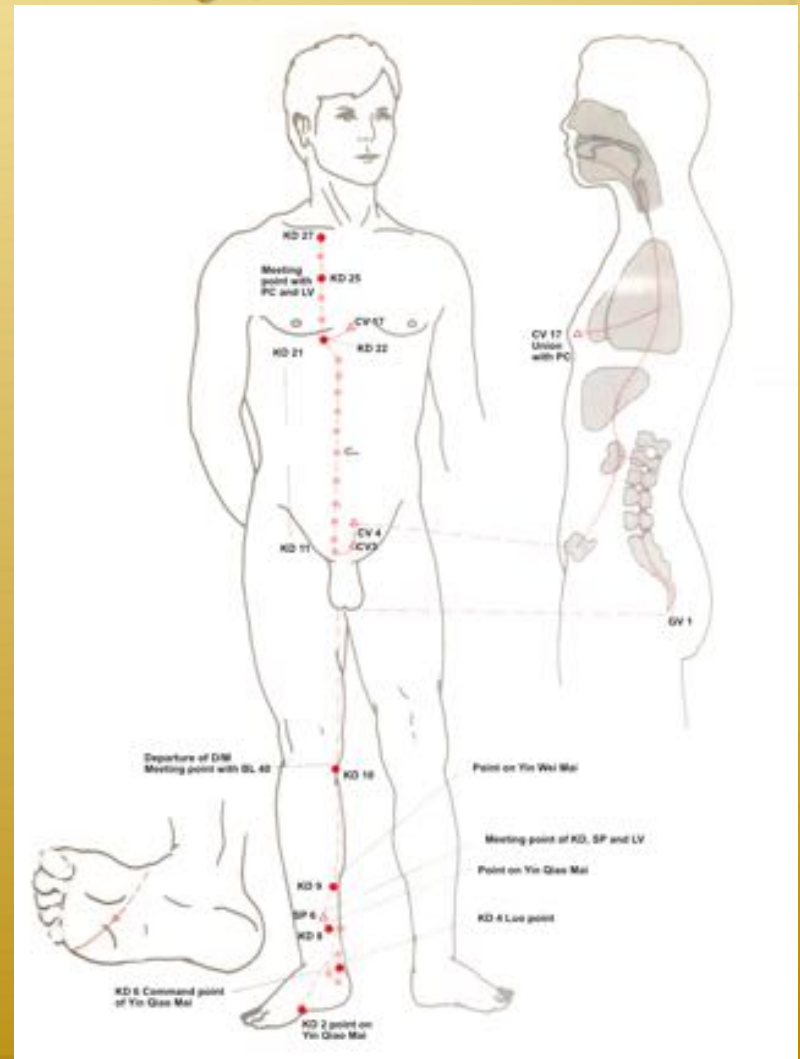


# *Kidney Meridian*

## *Foot Shao Yin*

### ✦ *External Trajectory*

The external trajectory starts below the small toe and come across to the “heart of the sole” KD 1, then to KD2 and up leg to KD 10. From KD 11 in the lower abdomen it continues up to KD 21. It then travels up the chest lateral to the sternum starting at KD 22 up to KD 27.



# *Kidney Trajectory*

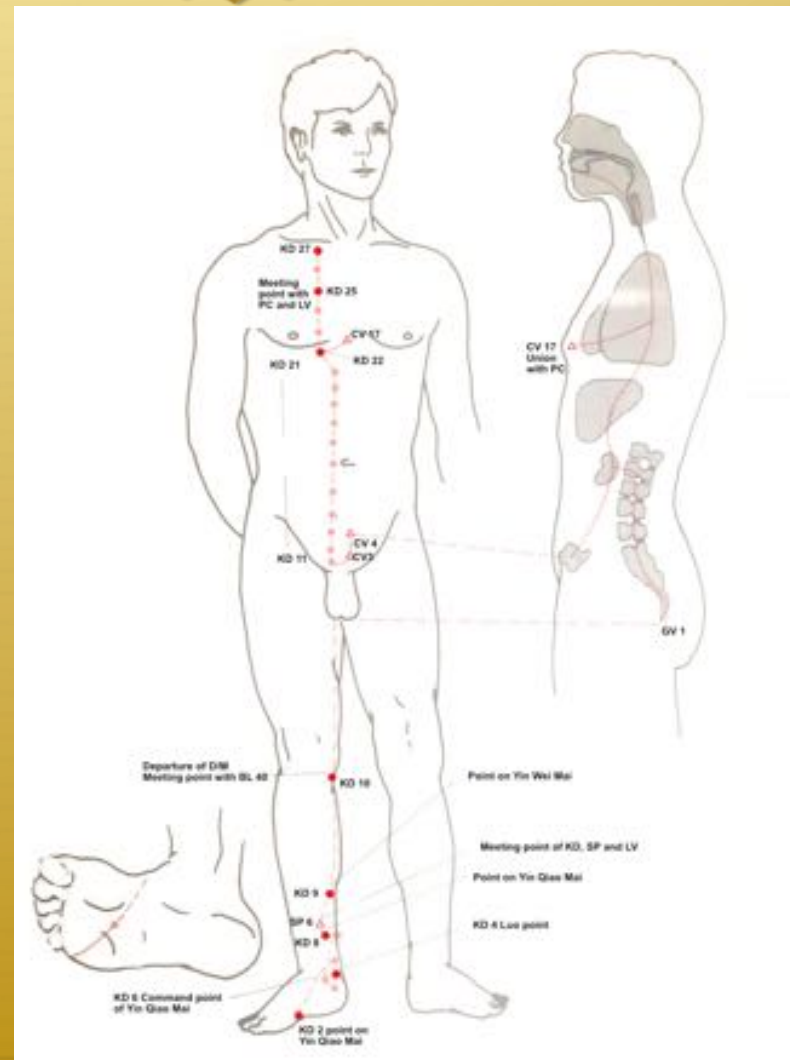


# *Kidney Meridian*

## *Foot Shao Yin*

### ✦ *Points to know:*

✦ *Kidney 1, 2, 3, 4,  
6, 7, 9, 10, 13, 16,  
27*



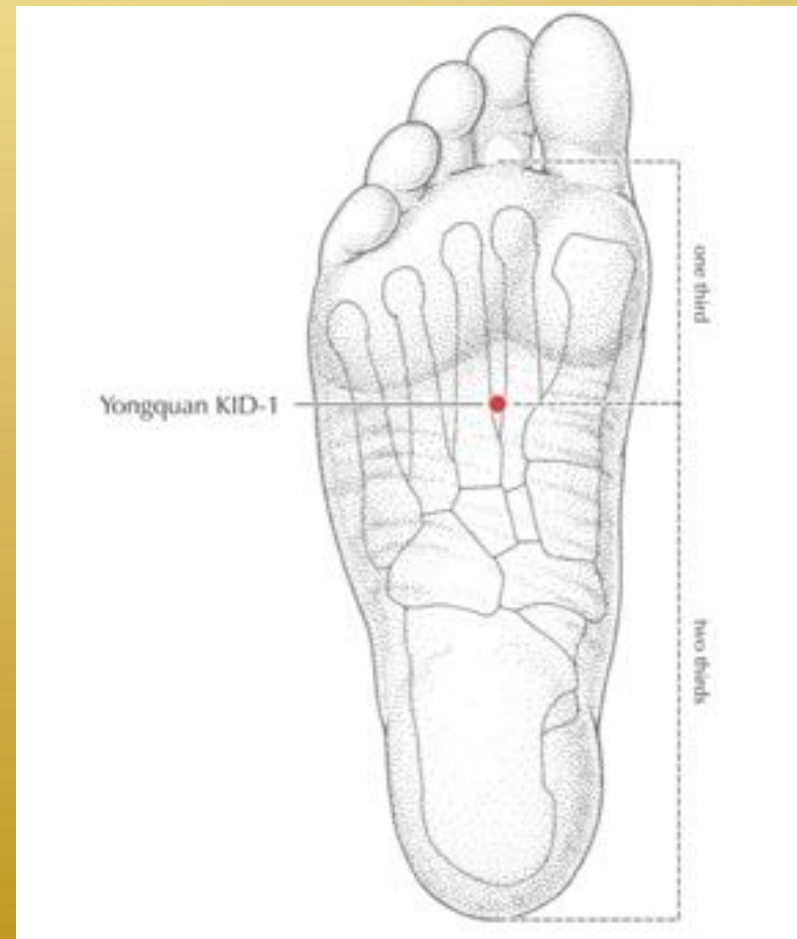
# *Kidney 1*

## *Foot Shao Yin*

***KD 1 – (Yongquan –  
Gushing Spring)***

On sole of foot, between 2<sup>nd</sup>  
and 3<sup>rd</sup> metatarsal bones, in  
depression formed when foot  
is flexed

***Jing Well point***





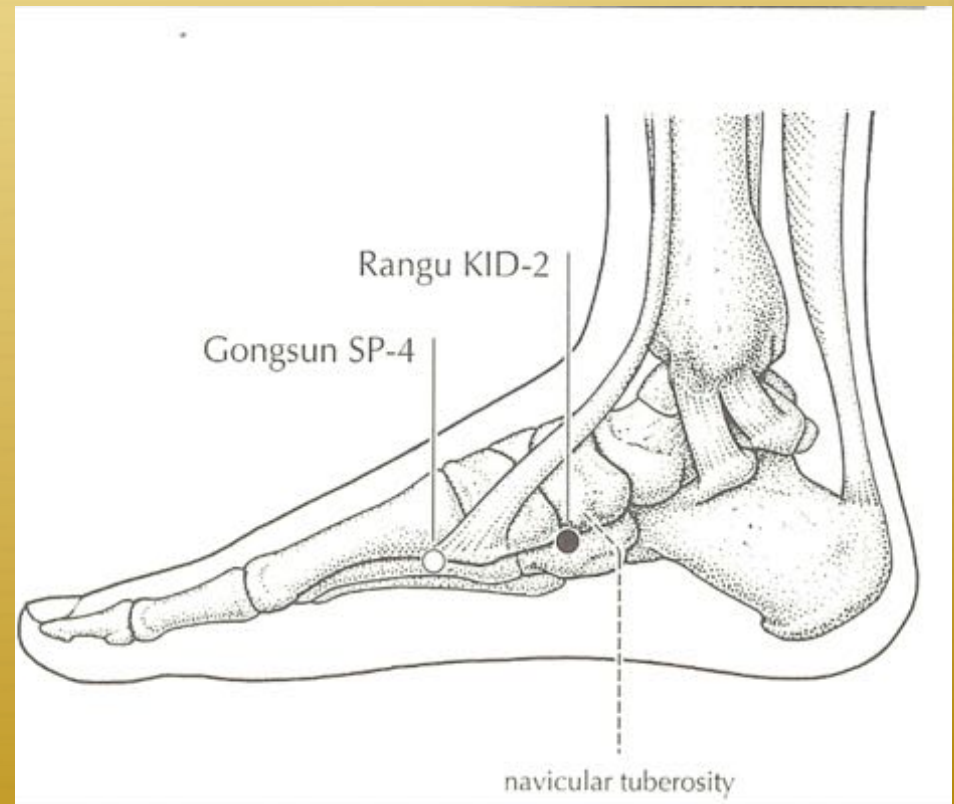
# *Kidney 2*

## *Foot Shao Yin*

*KD 2 – (Rangu – Blazing Valley)*

On medial foot, inferior to the Navicular bone on plantar aspect of foot

***Fire Point***



# *Kidney 2*

## *Foot Shao Yin*

***KD 2*** – (*Rangu* – Blazing Valley)

On medial foot, inferior to the Navicular bone on plantar aspect of foot

***Fire Point*** – *Region the size of the pad of the thumb on plantar surface inferior to Navicular bone*



# *Kidney 3*

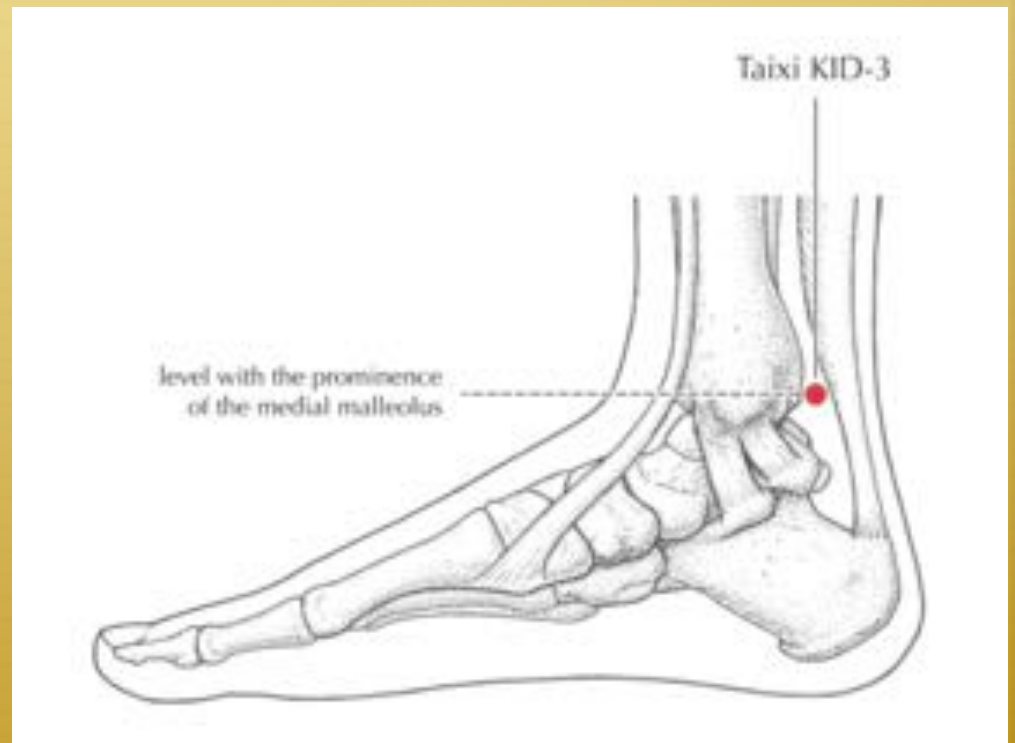
## *Foot Shao Yin*

*Kidney 3 – (Taixi –  
Supreme Stream)*

In depression between  
the medial malleolus and  
the Achilles, level with  
prominence of medial  
malleolus

*Yuan Source point*

*Shu Stream point*



# *Kidney 4*

## *Foot Shao Yin*

***KD 4*** – (*Dazhong* – Great Bell)

On medial foot, just medial to the Achilles tendon in depression just superior to the Calcaneus bone

Often icy cold to palpation when it needs treatment

***Luo Point***



# *Kidney 6*

## *Foot Shao Yin*

### *Kidney 6 –(Zhaohai – Shining Sea)*

In depression approximately 1 cun below the prominence of the medial malleolus between 2 ligaments

*Command point for*

*Yin Qiao Mai*



# *Kidney 7*

## *Foot Shao Yin*

*Kidney 7* – (*Fuliu* – Returning Current)

On medial aspect of lower leg just distal to  
density of the soleus muscle, 2 cun  
superior to KD 3 on Kidney line

***Metal Point***



# *Kidney 7*

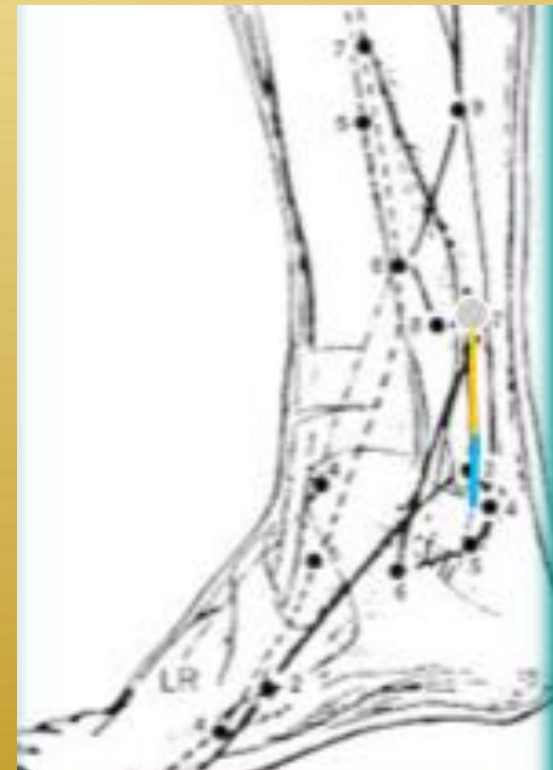
## *Foot Shao Yin*

***Kidney 7 – (Fuliu – Returning Current)***

On medial aspect of lower leg just distal to density of the soleus muscle, 2 cun superior to KD 3 on Kidney line

***Metal Point***

***Needle with flow of meridian with flat angle relative to skin, 10-20 degrees relative to plane of skin***



# *Kidney 9*

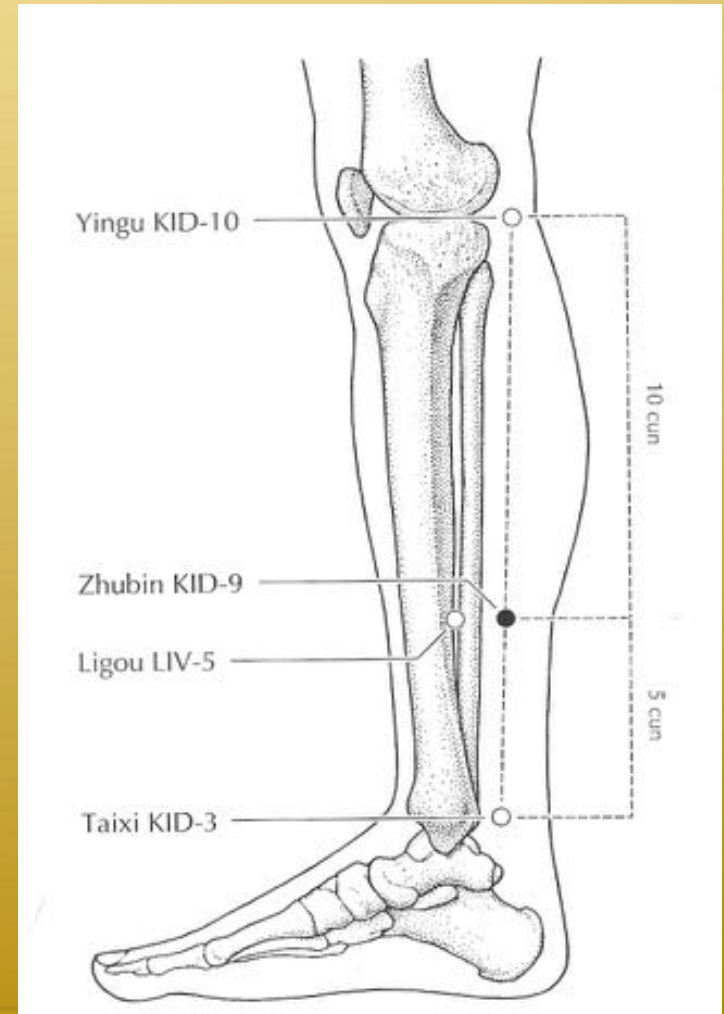
## *Foot Shao Yin*

### ***Kidney 9*** –(Zhubin – Guest House)

On medial aspect of lower leg, 5 cun superior to KD 3 on line drawn between KD 3 and KD 10 (1/3 distance between medial malleolus and Knee joint).

Also found by finding depression where gastrocnemius muscle ends and soleus muscle begins on the KD line

***Connects to Yin Wei Mai***





# *Kidney 10*

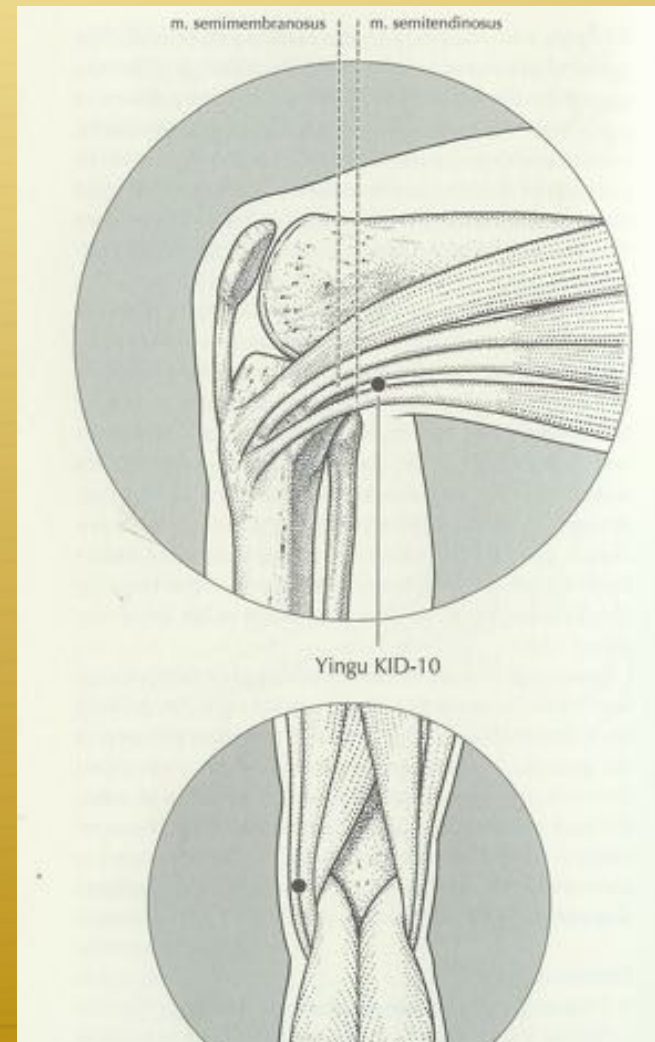
## *Foot Shao Yin*

***Kidney 10*** –(Yingu – Yin Valley)

On medial end of the popliteal crease between the semimembranosus and semitendinosus tendons of leg

***Water Point***

***He Sea Point***

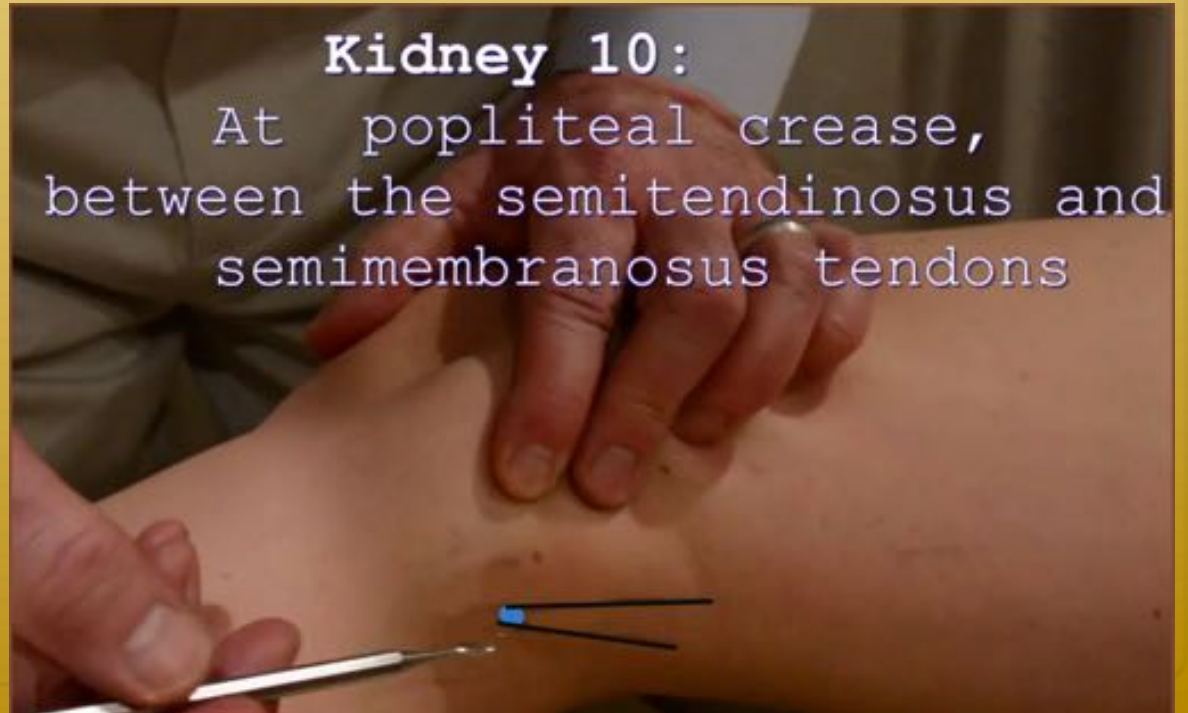


# *Kidney 10*

## *Foot Shao Yin*

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*Kidney 10* – (Yingu – Yin Valley)



# *Kidney 13*

## *Foot Shao Yin*

*Kidney 13* – (Qixue – Qi Cave)

On abdomen at level of CV 4, 0.5 cun lateral to midline

**Connect to Chung Mai**



# *Kidney 16*

## *Foot Shao Yin*

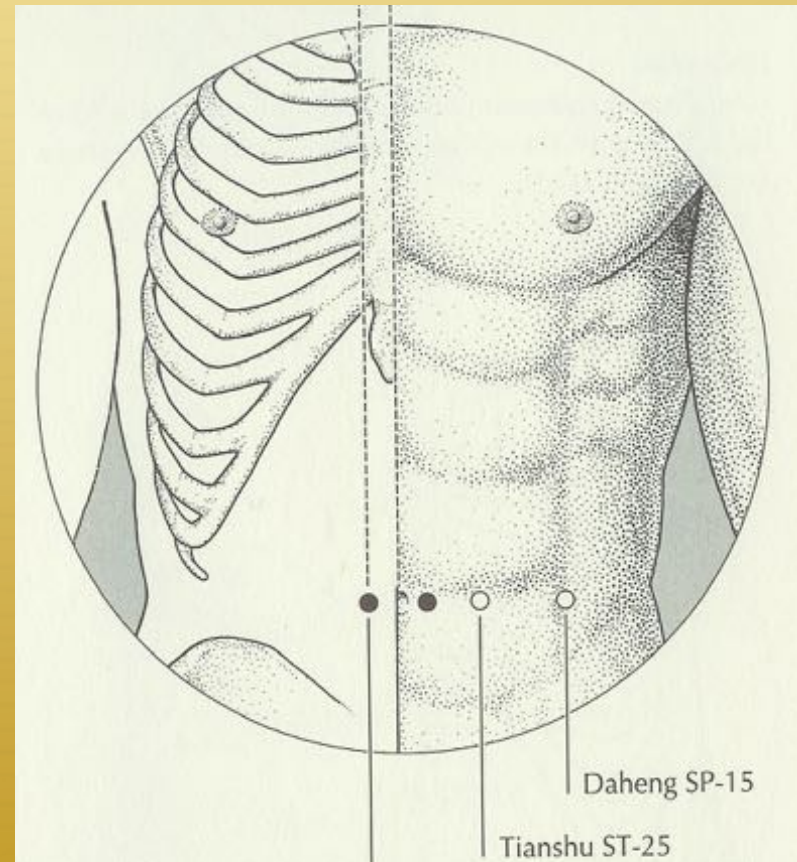
***Kidney 16*** –(*Huangshu* – *Huang Shu*)

On abdomen at level of umbilicus, 0.5 cun lateral to midline

***Huang Shu point***

***Japanese Kidney 16***

On abdomen just inferior to umbilicus at a 45 degree angle relative to the horizontal line formed by the TCM KD 16 and the vertical line along CV line



# *Kidney 16*

## *Foot Shao Yin*

***Kidney 16*** –(Huangshu – Huang Shu)

On abdomen at level of umbilicus, 0.5 cun lateral to midline

***Huang Shu point***

***Japanese Kidney 16***

On abdomen just inferior to umbilicus at a 45 degree angle relative to the horizontal line formed by the TCM KD 16 and the vertical line along CV line

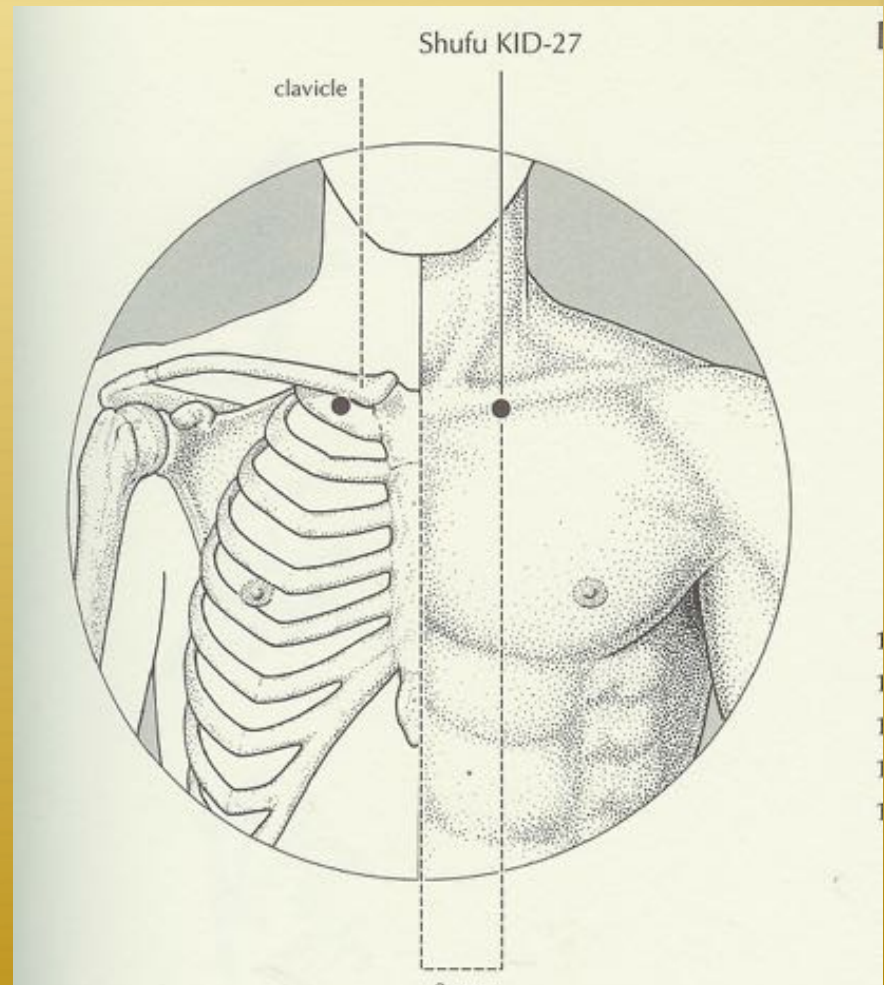


# *Kidney 27*

## *Foot Shao Yin*

*Kidney 27* –(Shufu –Shu Mansion)

In the depression inferior to the clavicle just lateral to the manubrium



# *Kidney 27*

## *Foot Shao Yin*

***Kidney 27*** – (Shufu – Shu Mansion)

In the depression inferior to the clavicle just lateral to the manubrium

*Needle from lateral to medial with flat angle relative to skin, 10-20 degrees relative to plane of skin.*

