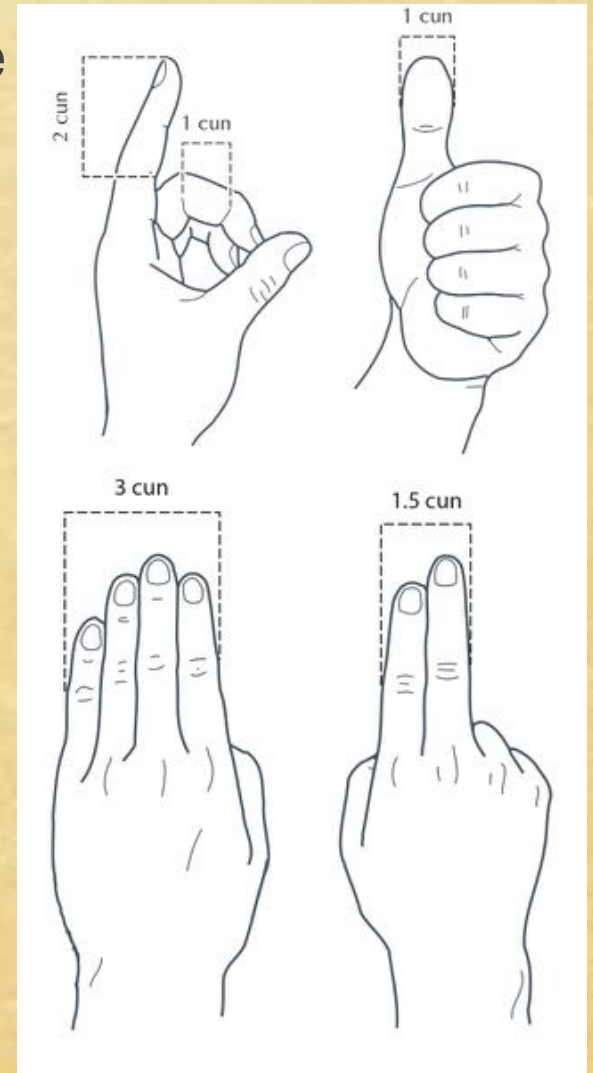
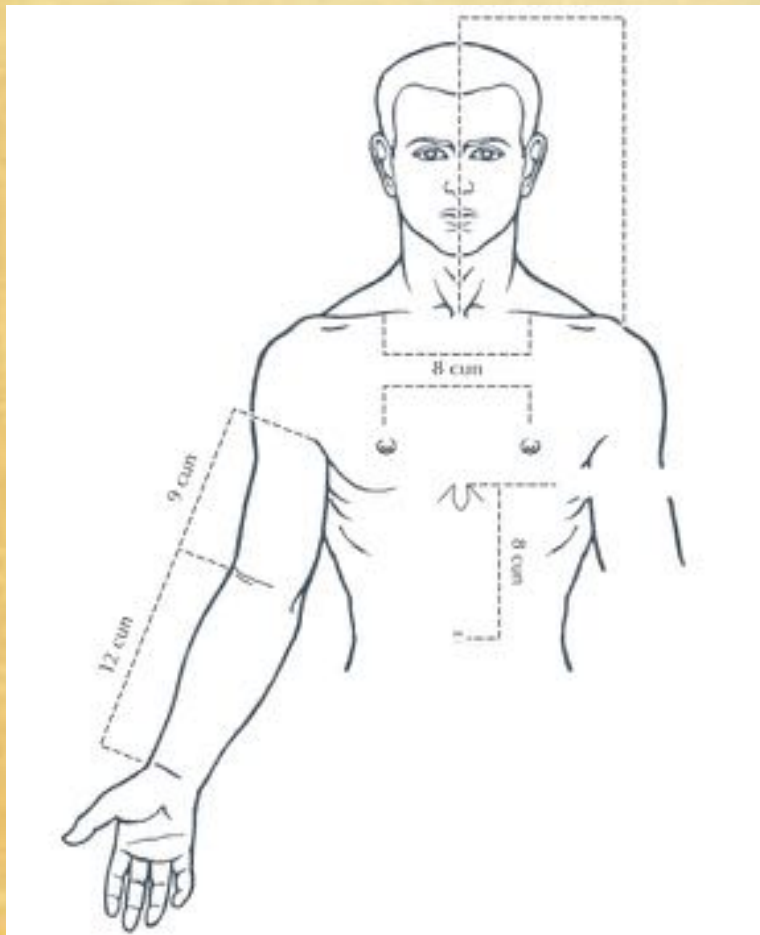


# *Point Location*

Triple Warmer  
Hand Shao Yang

# Arm Cun Measurements

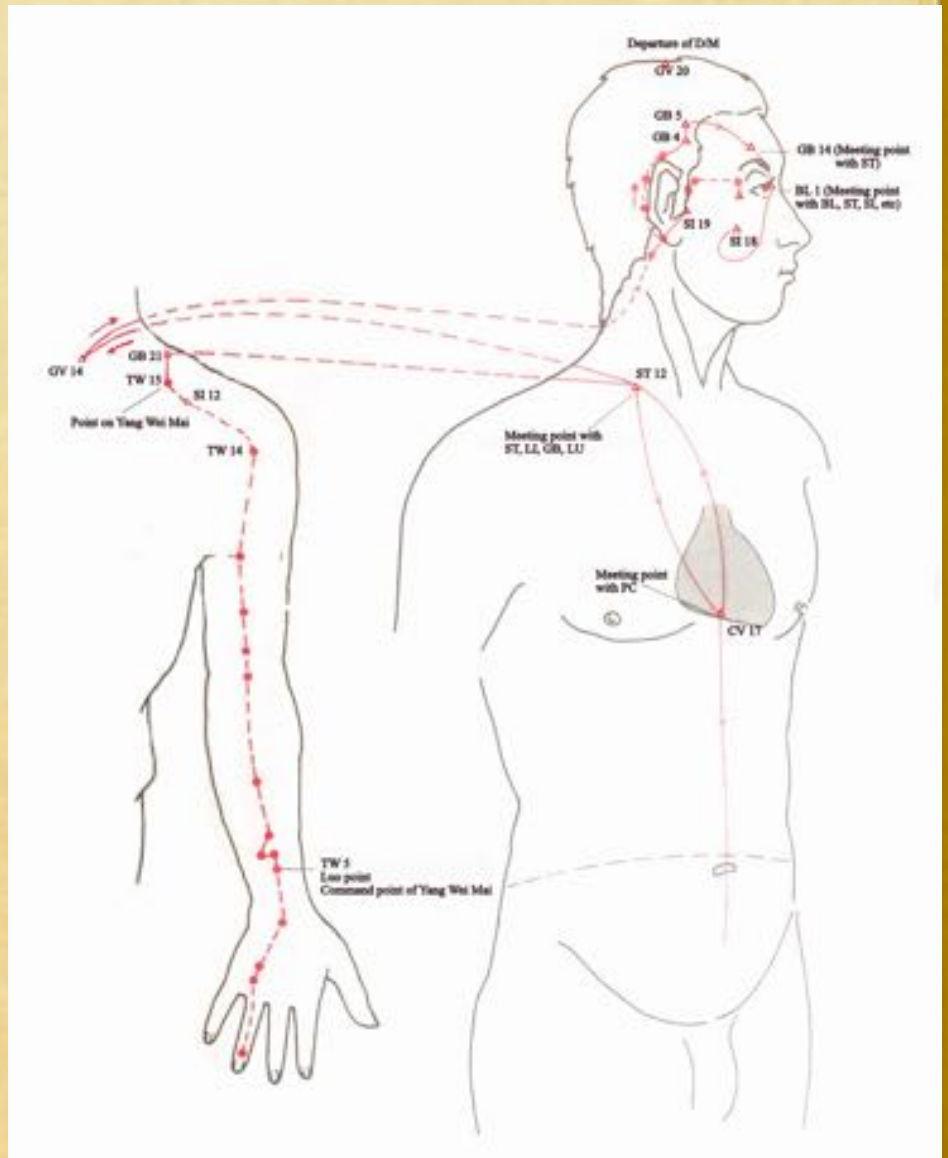
Cun—a proportional unit of measure



# TW Meridian

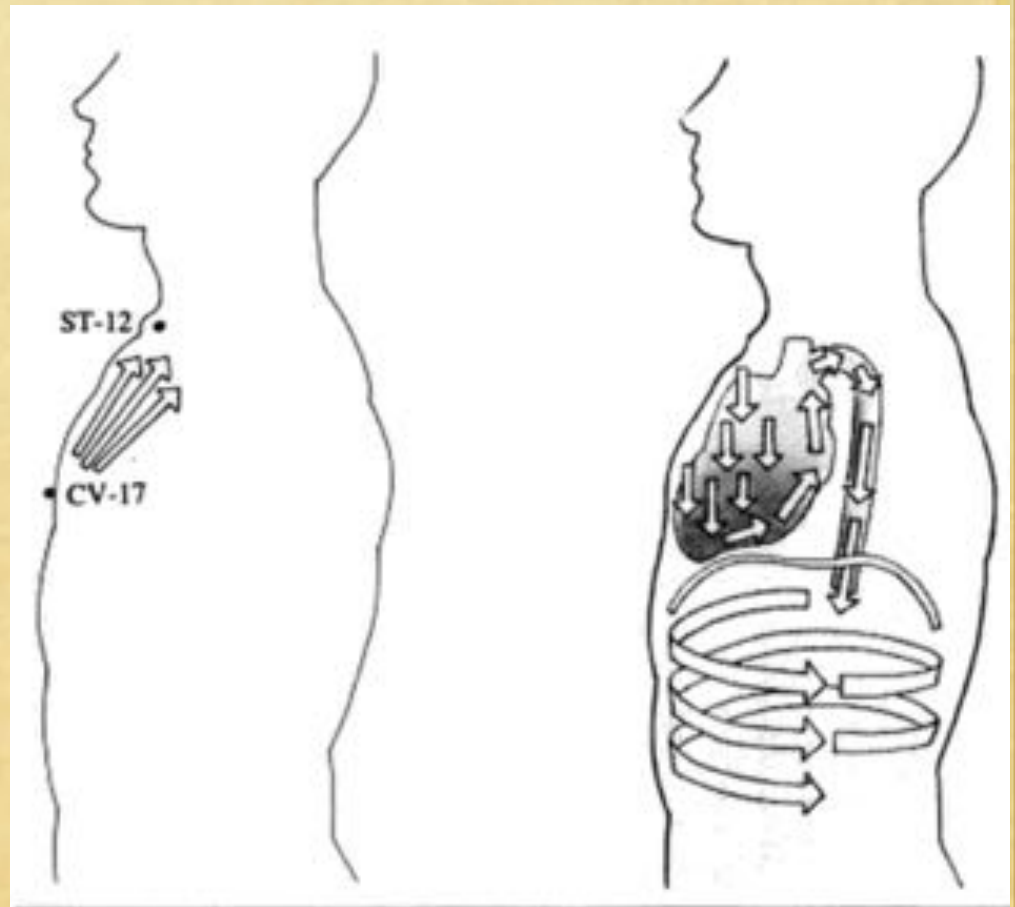
## Hand Shao Yang

Externally, it starts at the the ulnar side at the corner of the nail bed of the 4<sup>th</sup> finger and passes up the hand between the 4<sup>th</sup> and 5<sup>th</sup> metacarpal bones to the wrist where it then travels up the middle of the distal forearm between the ulna and radial bones and then goes up the arm, traveling more toward the ulna bone to the tip of the elbow. It then travels up the back of the arm to the top of the shoulder and then travels over upper part of the scapula, connecting to SI 12 and GB 21. It then connects to ST 12 and from there to GV 14 and then up the neck to TW 16, then external projection continues behind the ear. One branch then rises internally to meet the gallbladder channel on the forehead, then descends to join the small intestine channel on the cheek. The superficial branch continues to the front of the ear to TW 21 and then crosses to the outer corner of the eyebrow, where it joins the gallbladder channel again.



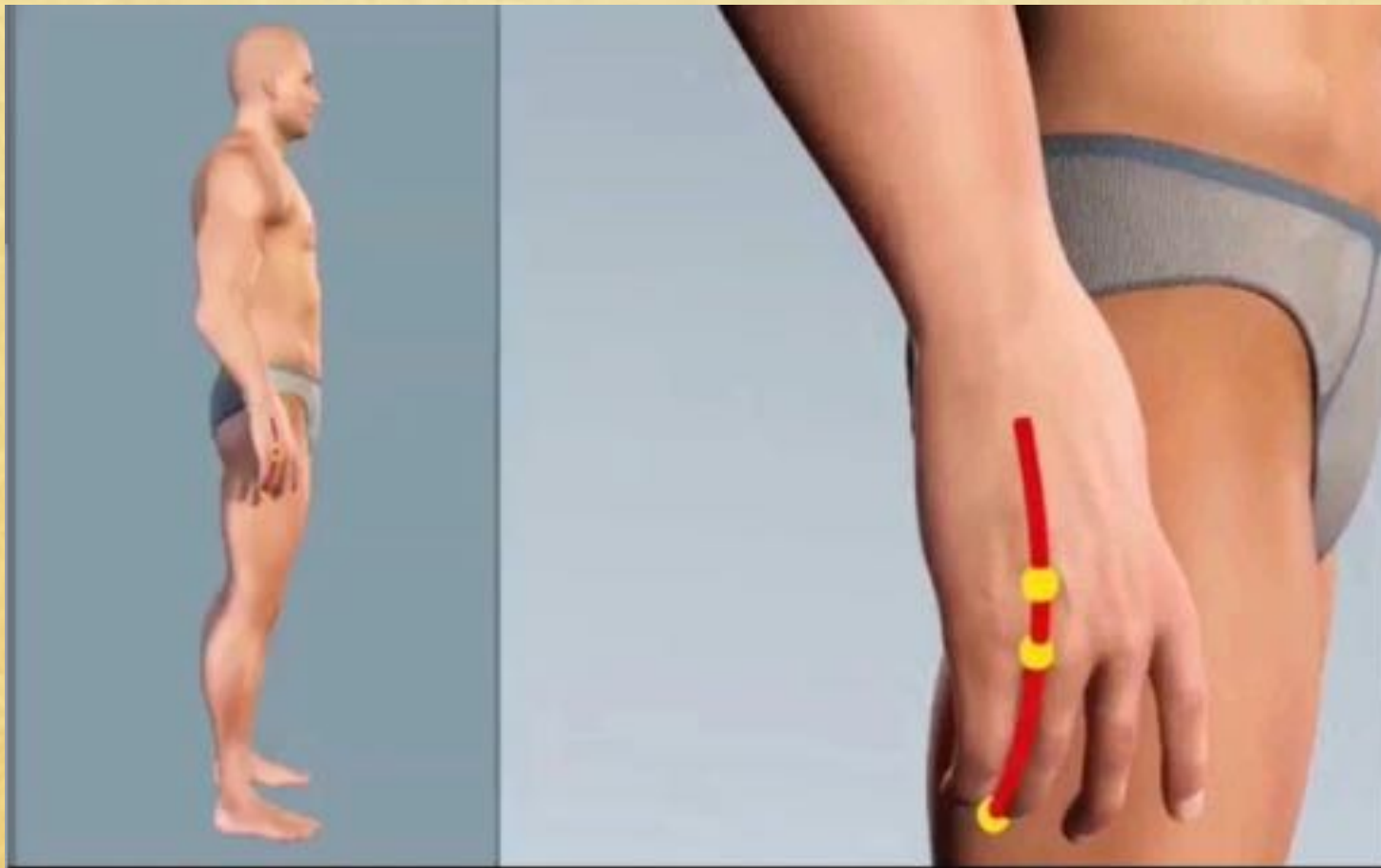
# Triple Warmer Internal Pathway

- ♦ Internal projection comes from ST 12 and then passes to CV 17 where it disperses in the chest and drops down into the pericardium. It then passes down through the diaphragm, circles down through and permeates the triple warmers. A branch from CV 17 also passes back up to ST 12





# Triple Warmer Trajectory



# ***Triple Warmer Meridian***

## ***Hand Shao Yang***

*Points to know: TW 1,  
2, 3, 5, 6, 8, 9, 15, 16, 17,  
21*

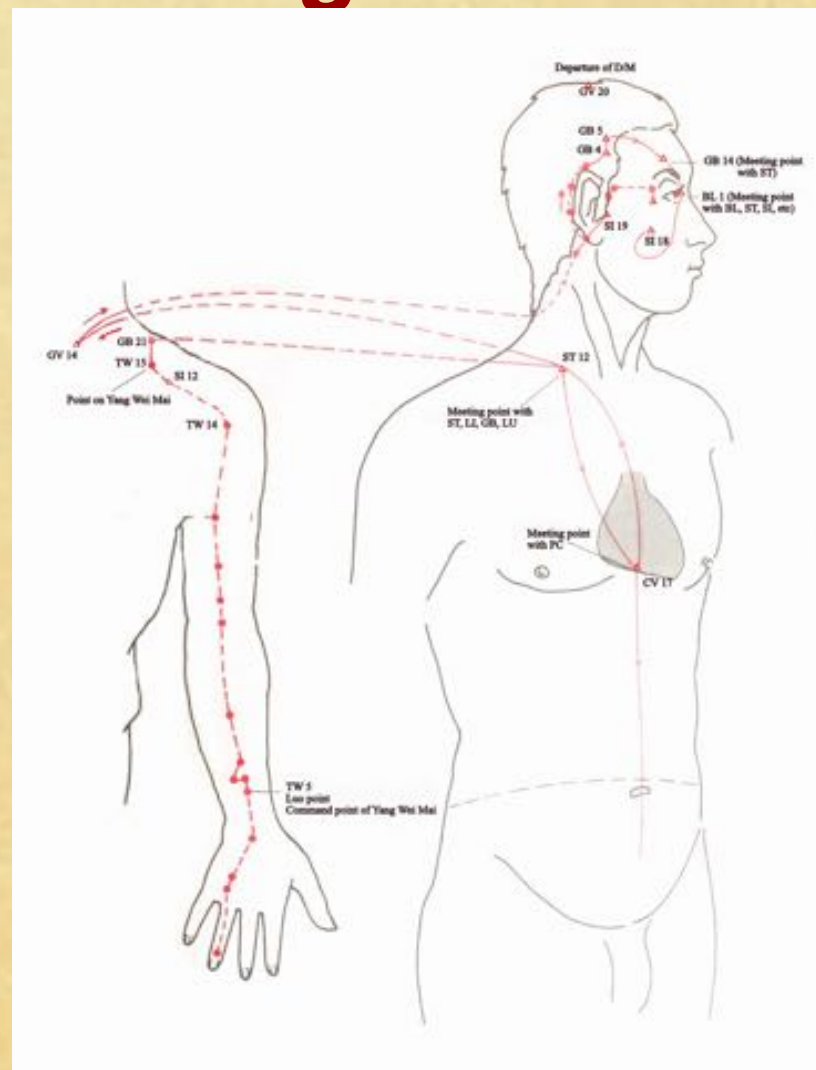
*A Meridian by many  
other names:*

*Triple Warmer*

*Triple Burner*

*Triple Heater*

***San Jiao – (used by  
Deadman)***



# ***Triple Warmer 1***

## ***Hand Shao Yang***

***TW 1*** –(*Guanchong* –  
Passage Hub)

0.1 cun posterior to the  
corner of the nail on the  
ulnar side of the 4<sup>th</sup> finger.

**Metal Point**

**Jing Well Point**



# ***Triple Warmer 2***

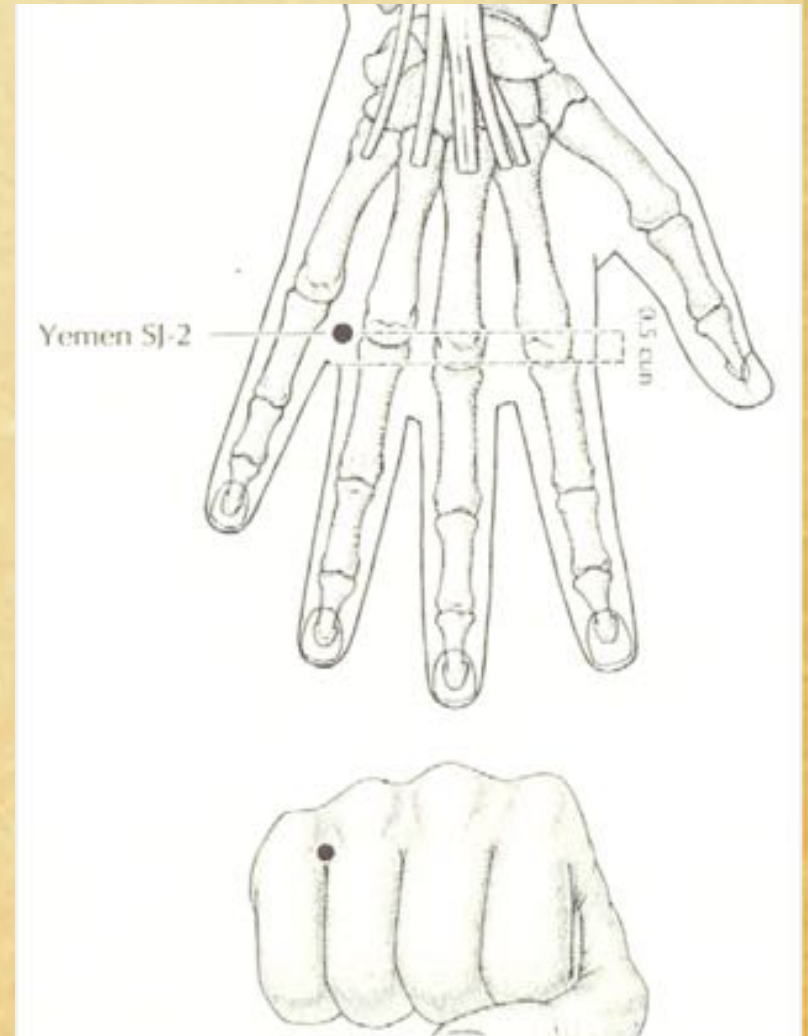
## ***Hand Shao Yang***

***TW 2 –(Yemen – Humor Gate)***

0.5 cun proximal to the margin of the web between the ring and the little fingers, in a depression when fist is clenched at the border of the red and white skin. Just distal to Metacarpal phalangeal joint.

**Water Point**

**Ying Spring Point**





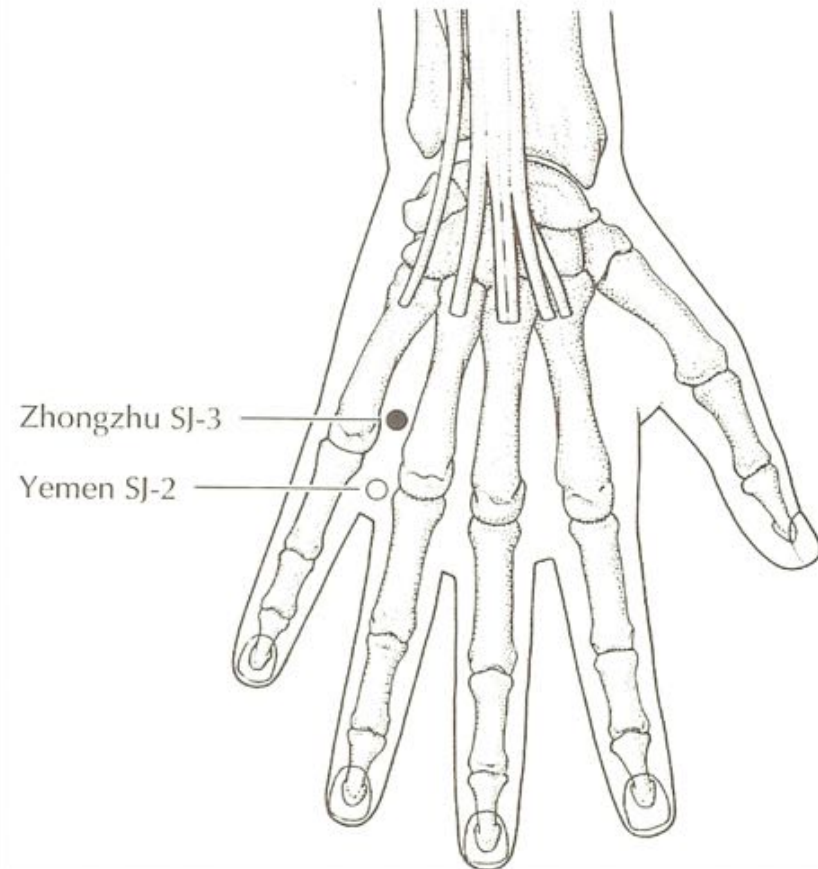
# ***Triple Warmer 3***

## ***Hand Shao Yang***

*TW<sub>3</sub> – (Zhongzhu –  
Central Islet)*

On the dorsum of the hand in  
a depression proximal to the  
4<sup>th</sup> and 5<sup>th</sup>  
metacarpophalangeal joints

**Shu Stream point**



# ***Triple Warmer 4***

## ***Hand Shao Yang***

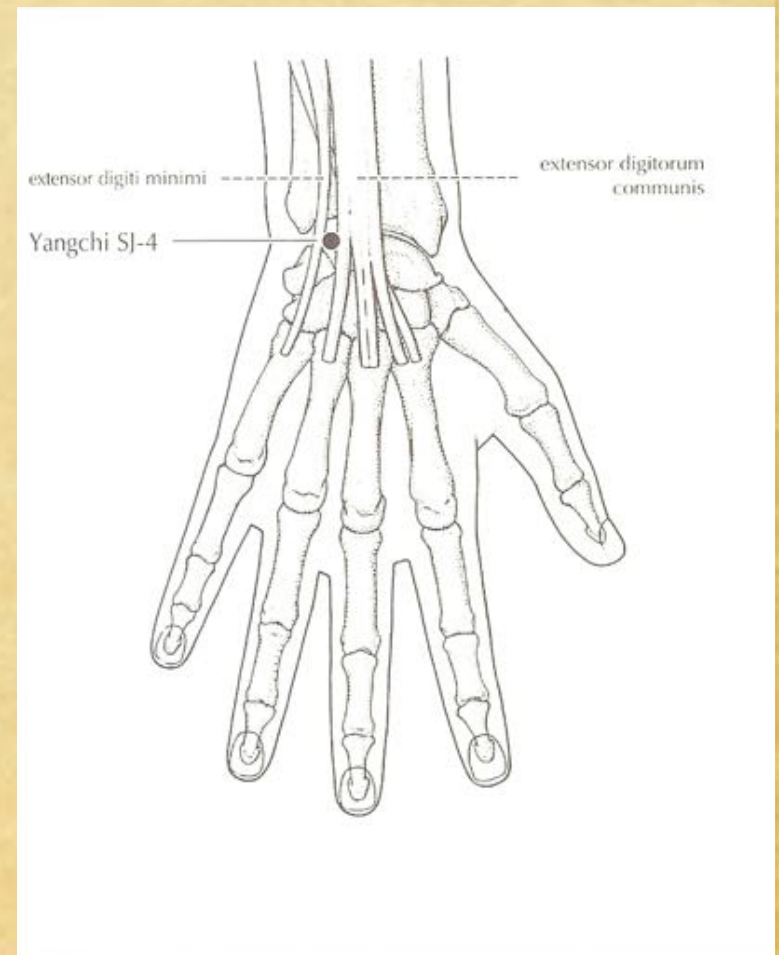
***TW 4*** –(Zhongzhu – Central Islet)

On the transverse crease of dorsum of wrist, in a depression on the ulnar side of the extensor digitorum communis tendon

**Yuan Source Point**

***Japanese TW 4***

On the transverse crease of dorsum of wrist, in a depression on the radial side of the extensor digitorum communis tendon



# ***Japanese Triple Warmer 4 Hand Shao Yang***

## ***Japanese TW 4***

On the transverse crease of  
dorsum of wrist, in a  
depression on the radial side  
of the extensor digitorum  
communis tendon

**Yuan Source Point**





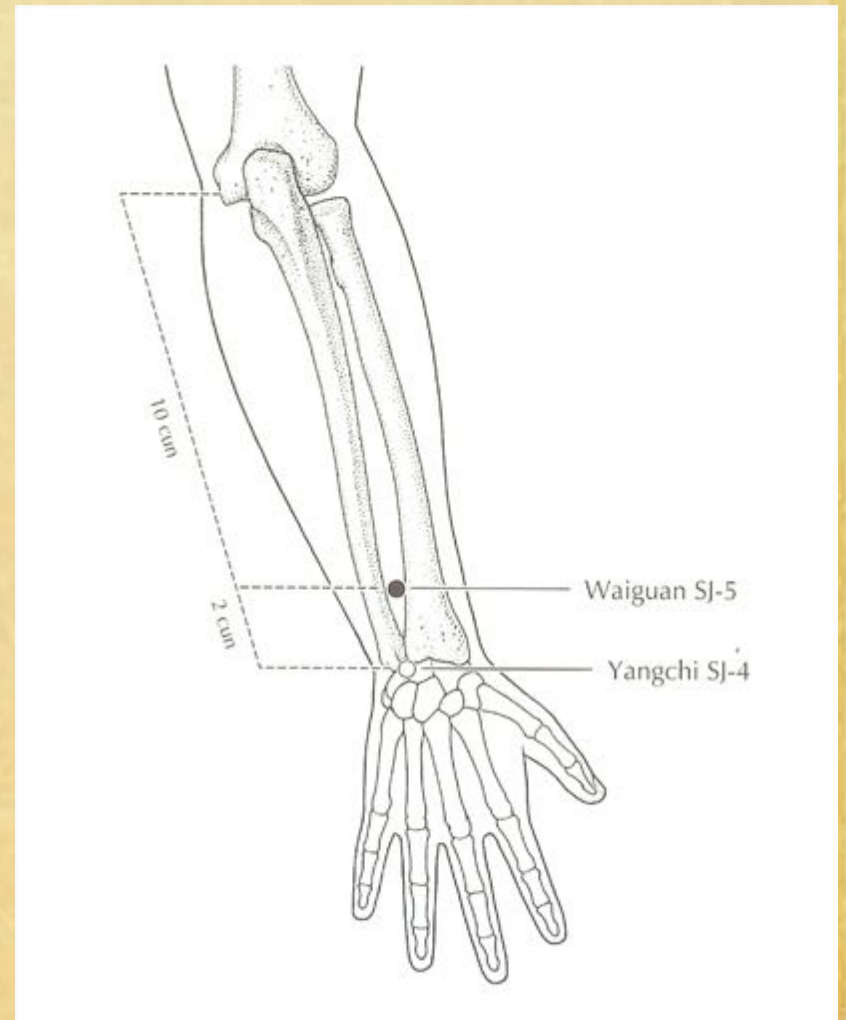
# ***Triple Warmer 5 Hand ShaoYang***

***TW 5 –(Waiguan – Outer  
Pass)***

2 cun proximal to TW4 in  
depression between the  
radius and the ulna, on the  
radial side of the extensor  
digitorum communis tendons

**Command Point for Yang  
Wei Mai (EOV)**

**Luo Point**





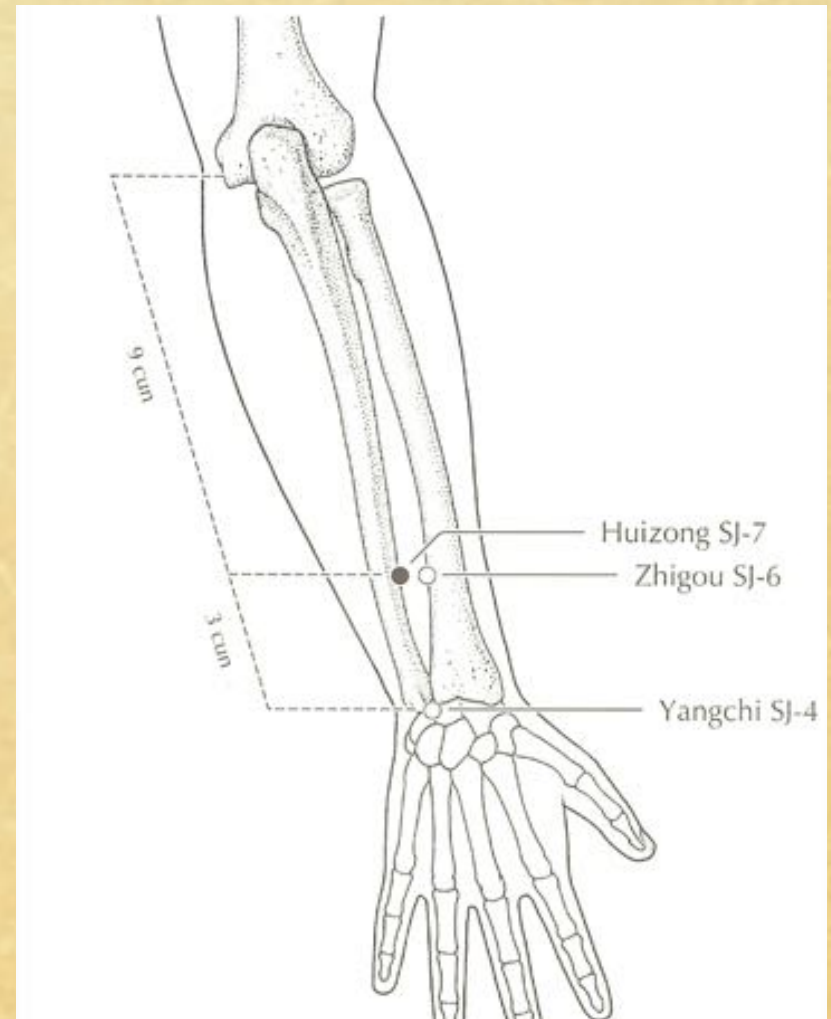
# ***Triple Warmer 6***

## ***Hand ShaoYang***

***TW 6 –(Zhigou – Branch Ditch)***

3 cun proximal to TW4 in depression between the radius and the ulna, on radial side of tendons of extensor digitorum communis

**Fire Point**



# ***Triple Warmer 8***

## ***Hand Shao Yang***

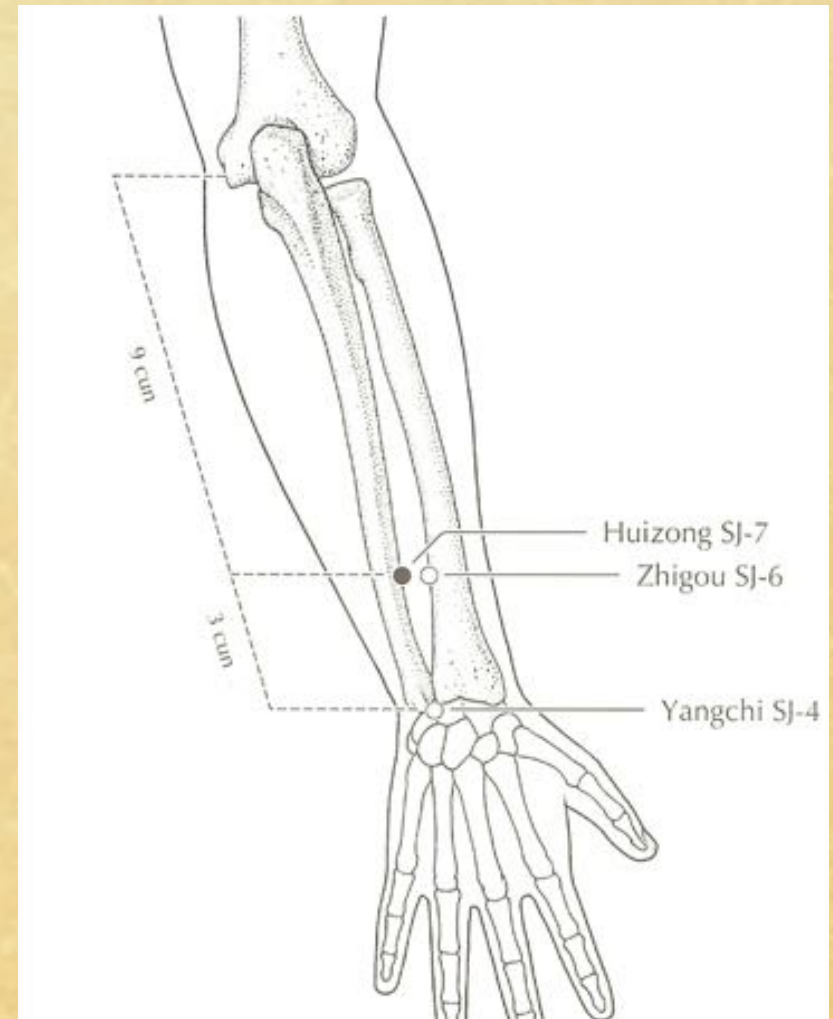
***TW 8 – (Sanyangluo – Three Yang Connection)***

4 cun above TW4 between the radius and the ulna, on radial side of tendons of extensor digitorum communis

**Connecting Point of Hand for 3 Yang Meridians**

***Japanese TW 8***

The line between TW4 and the elbow is equally divided in three parts. TW8 is located at the junction of the 1st and 2nd portions of this distance.



# ***Japanese Triple Warmer 8***

## ***Hand Shao Yang***

### ***Japanese TW 8***

The line between TW4 and the elbow is equally divided in three parts, from distal to proximal. TW8 is located at the junction of the 1st and 2nd portions of this distance.





# ***Triple Warmer 9***

## ***Hand Shao Yang***

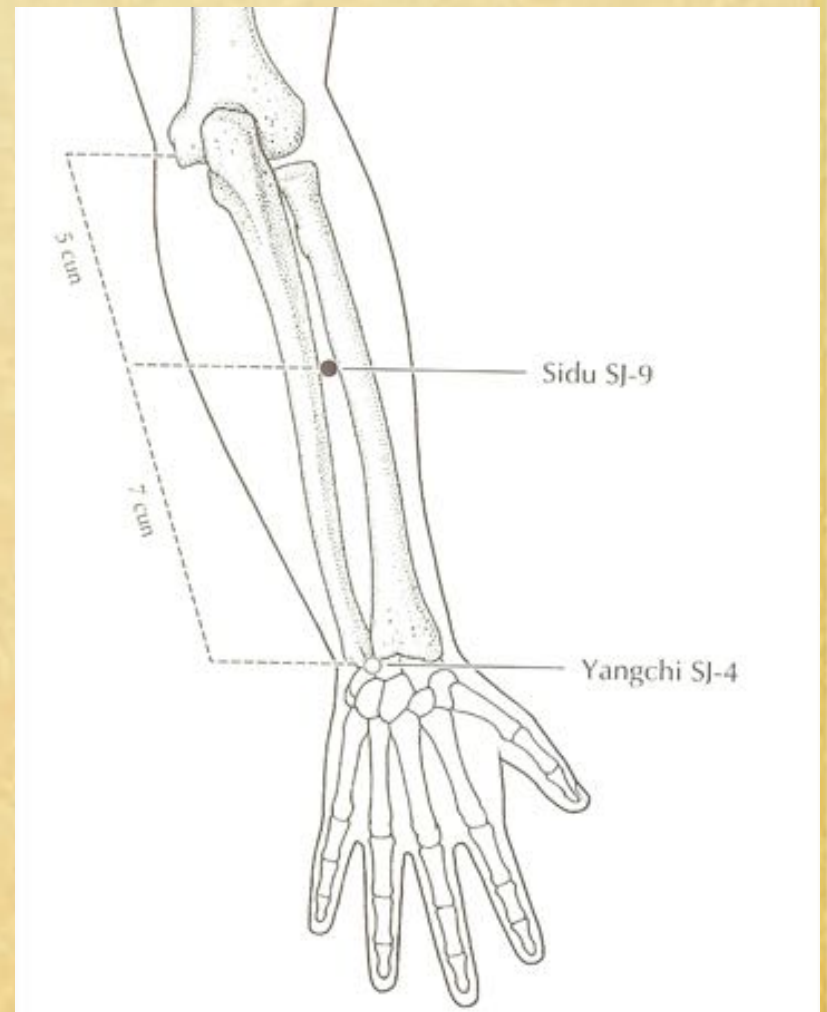
### ***TW 9 –(Sidu – Four Rivers)***

Between the radius and the ulna on a line drawn between TW 4 and lateral epicondyle, 7 cun proximal to TW4

**4 Rivers point – Regulates the 4 ocean points of body**

### ***Japanese TW 9***

Line drawn between TW4 and the elbow is equally divided in three parts.  
According to Master Nagano, TW9 is located in a depression slightly proximal to TCM TW9, approximately at the junction of the 2nd and 3rd portions of this distance.





# ***Japanese Triple Warmer 9***

## ***Hand Shao Yang***

### ***Japanese TW 9***

Line drawn between TW4 and the elbow is equally divided in three parts. According to Master Nagano, TW9 is located in a depression slightly proximal to TCM TW9, approximately at the junction of the 2nd and 3rd portions of this distance.



# ***Triple Warmer 15***

## ***Hand Shao Yang***

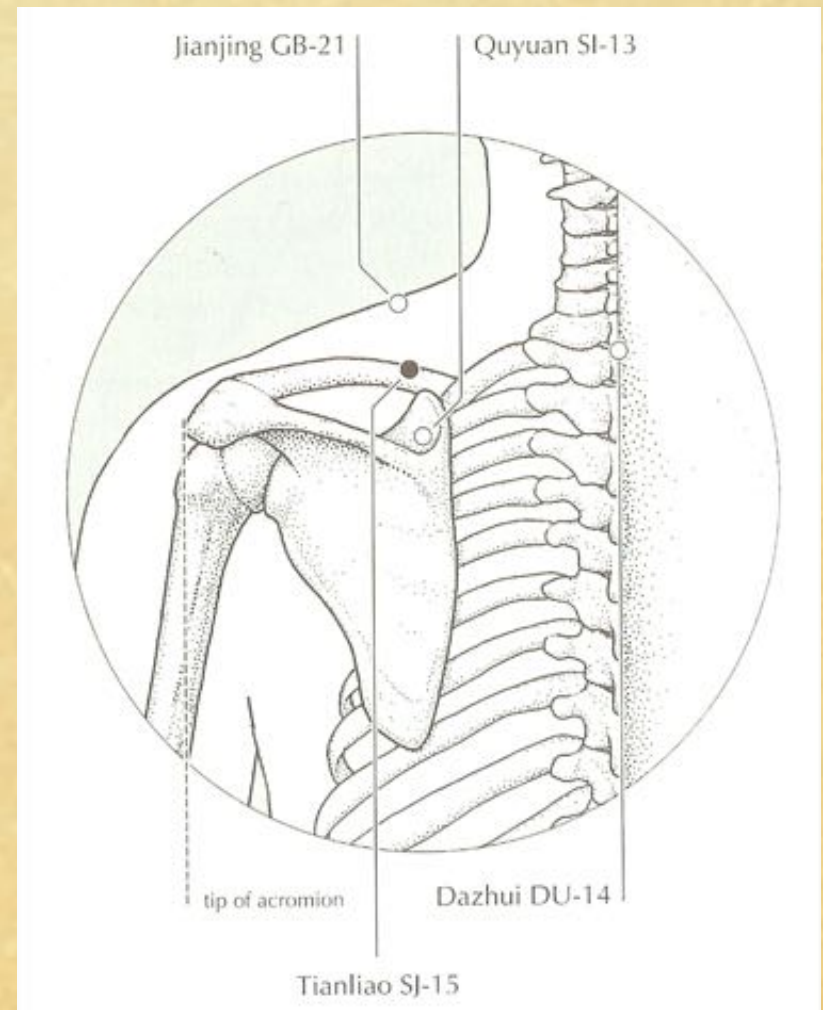
***TW 15 –(Tianliao –  
Celestial Bone Hole)***

In the suprascapular fossa at the medial end, in the depression midway between GB21 and SI13 on the superior angle of the scapula.

***Called point “Behind GB 21”***

***Connects to Yang Wei Mai***

***Important Myofascial  
Trigger Point***



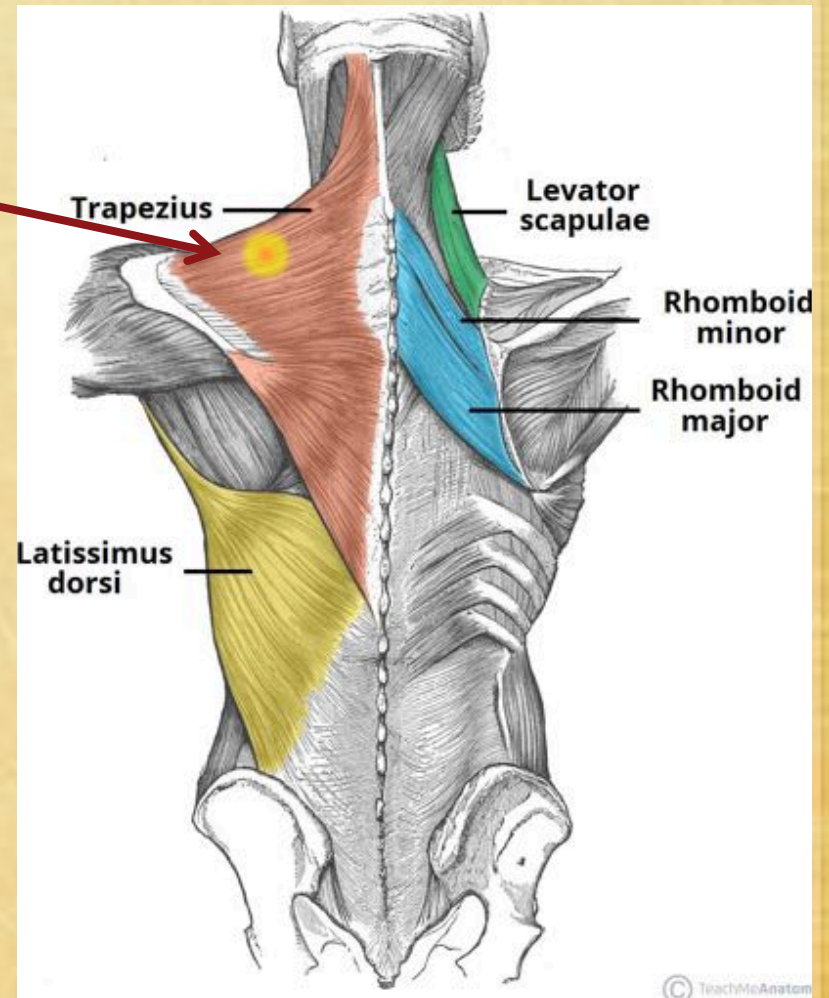
# ***Triple Warmer 15***

## ***Myofascial Considerations***

*TW 15 – (Tianliao –  
Celestial Bone Hole)*

Facial hole between upper  
and middle trapezius

Found behind GB 21 which  
is on apex of trapezius  
muscle





# ***Triple Warmer 16***

## ***Hand Shao Yang***

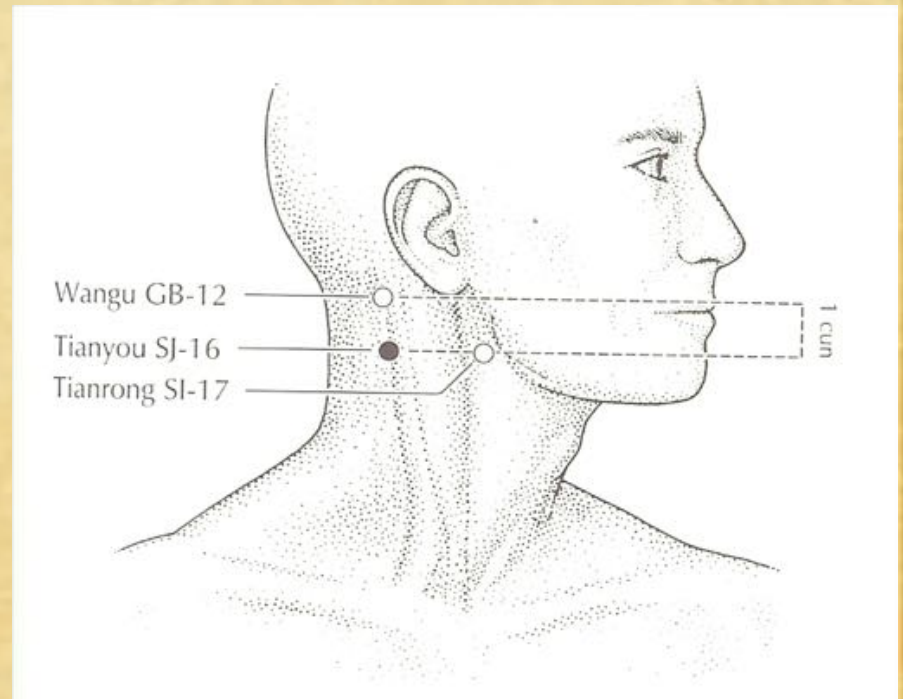
***TW 16*** –(*Tianyou– Celestial Window*)

Directly below the mastoid process,  
level with the mandibular angle  
and on the posterior border of the  
SCM muscle (level with SI17)

**Window of Heaven Point**

**Important Diagnostic point for  
Immune Dysfunction**

**Part of Nagano's Tonsillar points**





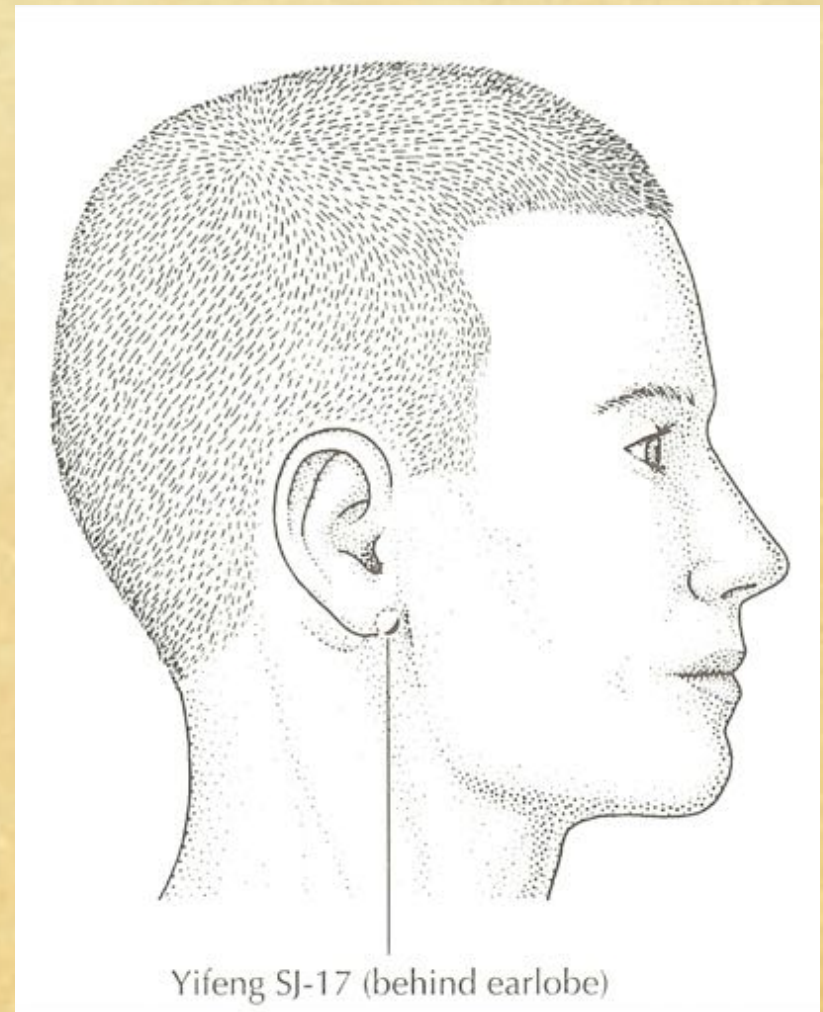
# ***Triple Warmer 17***

## ***Hand Shao Yang***

*TW 17 – (Yifeng – Wind Screen)*

Posterior to earlobe, in depression between the mandible and mastoid process. The point is located in the depression just superior to the transverse process the 1st cervical vertebra. It's easier to find the point when the ear lobe is folded

**Meeting point with  
Gallbladder**

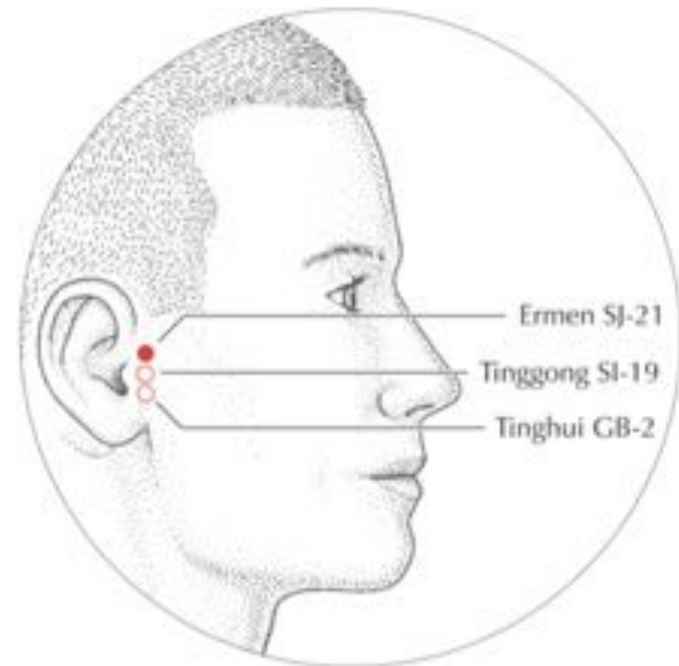


# ***Triple Warmer 21***

## ***Hand Shao Yang***

*TW 21 – (Ermen – Ear Gate)*

In depression anterior to supra-tragic notch, slightly superior to the condyloid process of mandible



mouth closed



mouth open

# ***Triple Warmer 21***

## ***Hand Shao Yang***

*TW 21 – (Ermen – Ear Gate)*

In depression anterior to supratragic notch, slightly superior to the condyloid process of mandible

