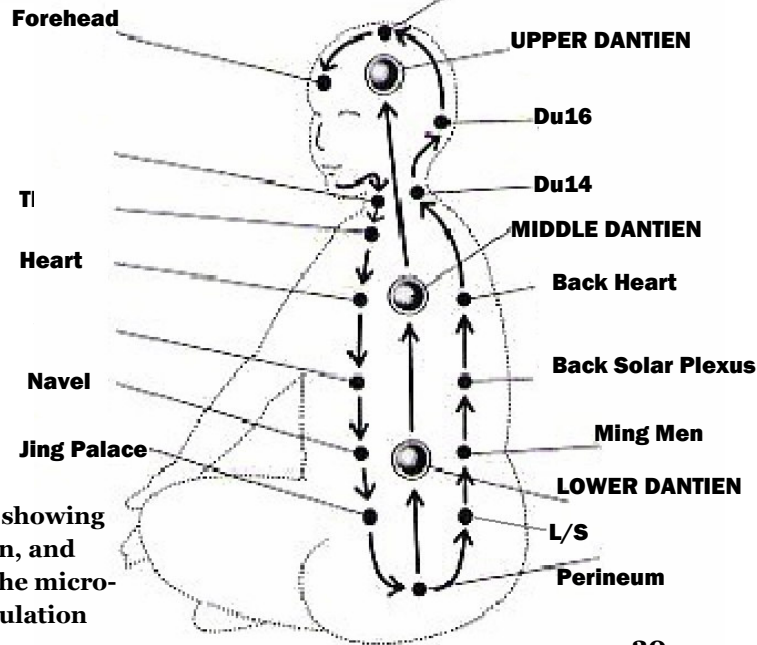


**Main Points used on the front of the body**

- Du20 / Crown
- Forehead / Upper Dantien
- Yintang (mid-brow)
- St12 (hollow above collarbone)
- St13 (top of chong-mai)
- Lung 1
- Ren22—throat
- Ren17—Heart / Middle Dantien
- Ren12-14 Solar Plexus
- Liv13
- Ren 8 Navel
- Girdle Vessel: GB26, Sp15, St25
- Ren4 Lower Dantien
- Ren2—Jing Palace
- PC6 Neiguan
- PC8 Laogong

**Du20—BaiHui (crown)**



Right: Diagram showing the three dan-tien, and major points of the micro-cosmic orbit circulation

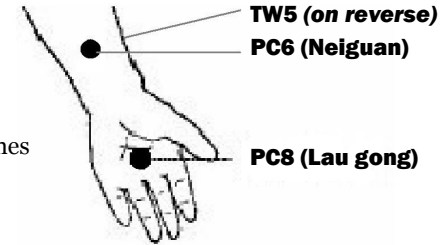
**Major channels and tsubo points activated in the Wild Goose Qigong**

**Eight Extraordinary Channels**

Ren Mai (front) and Du Mai (back); Dai Mai (Girdle); Chong Mai (penetrating)

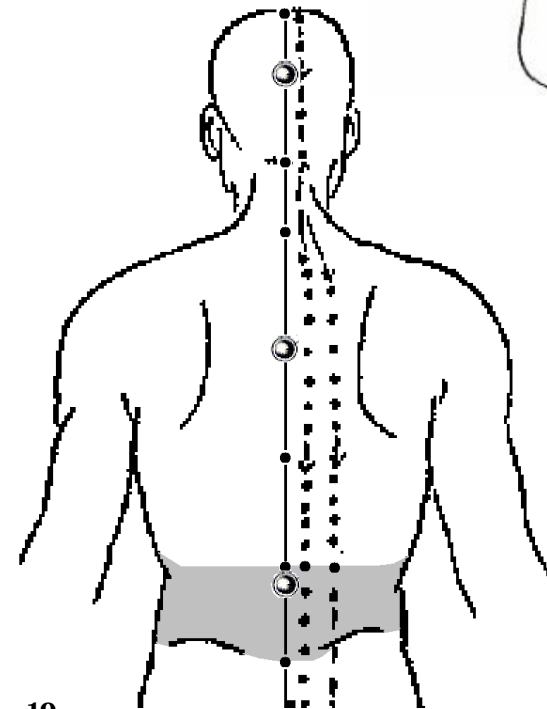
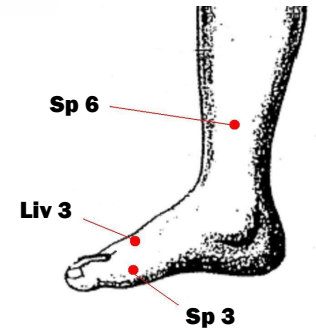
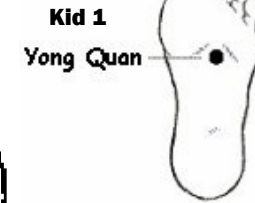
**Points on the Hands**

- Laogong (PC8)**  
Centre of Palm
- TW5 / PC6**  
Between the forearm bones



**Points on the Feet**

- Kid 1 (yong quan)
- Liv3—liver source pt
- Spl 3—spleen source pt
- Spleen 6—sanyinjiao



**Points on the Back**

- Du20—Crown
- Upper Dantien
- Du16—cervical gate
- Du14
- Du11 Heart Centre / Middle Dantien
- Bl15, BL44 Heart Shu
- Du7/8 Back of Solar Plexus
- Du4 MingMen / Gate of Life
- Bl23, Bl 52 Kidney Shu
- Du2 Sacral gate