

Tang Lang Tse Tsu (Praying Mantis Strikes Out)

There are 12 meridians associated with internal organs and 2 that are not. Pressure points are generally found in depressions in muscles, bones, or joints and are often sensitive to pressure. Inches here refer to “body inches,” a system of measuring relative to the body. The mid phalangeal bone equals 1”. The breadth of four fingers equals 3”.

Key to Meridians Used in This Form

PC	pericardium	RN	ren mai, or conception vessel (CV)
ST	stomach	BL	urinary bladder
SJ	san jiao, or triple warmer (TW)	KI	kidney
LI	large intestine	GB	gall bladder
LR	liver	SP	spleen
DU	du mai, or governing vessel (GV)		

Section 1

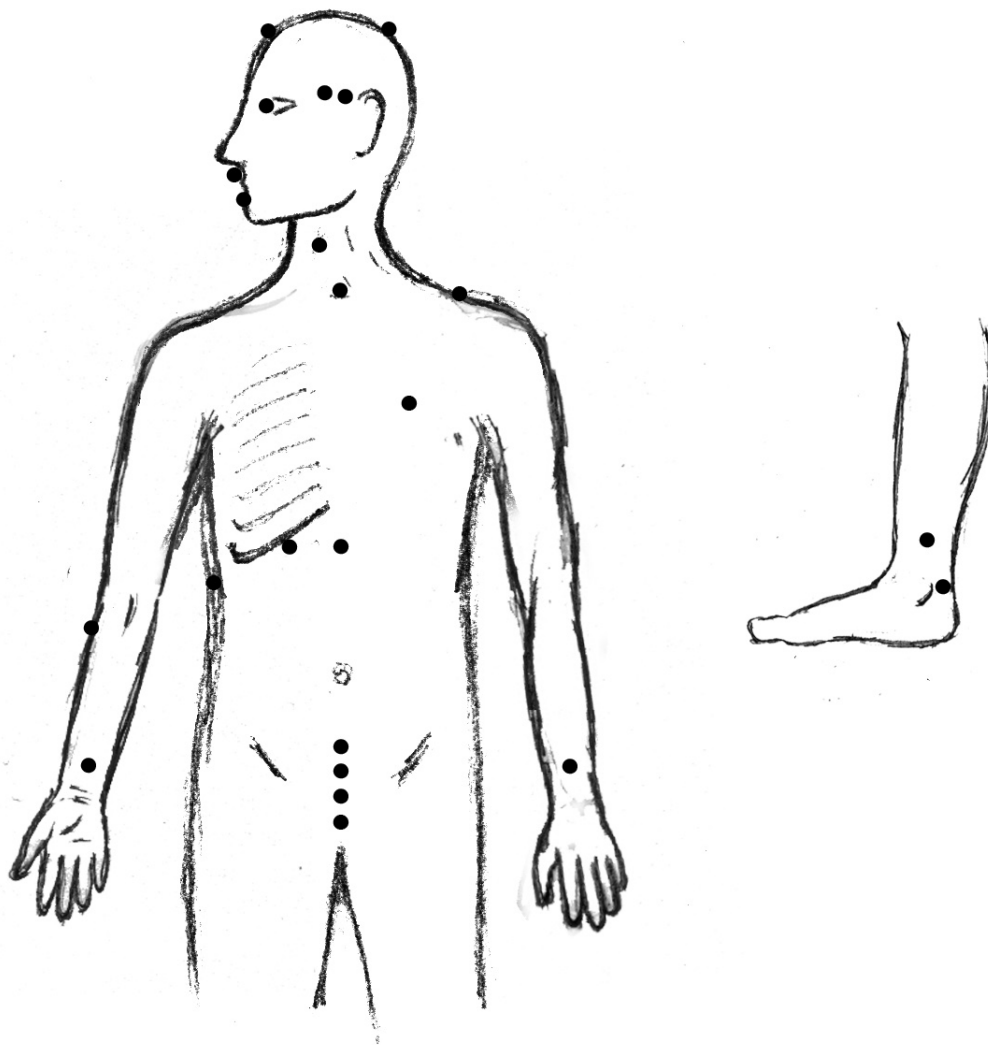
PC6	2” above crease of wrist between the tendons
ST9	at the major pulsating vessel of the neck, to the side of the trachea
SJ5	between radius and ulna 2” behind wrist, opposite PC6
LI10	2” below LI11 (depression at end of elbow crease when hand is on chest)
LR14	2 ribs below nipple in 6th intercostal space
DU26	center of the trough below the nose, proximal to the nostrils “water trough”
RN22	center of the suprasternal notch “celestial chimney” or “suddenly heaven”
DU20	in depression that is in line with the apexes of the ears “hundred convergences”
BL1	in the depression just above the inner corner of the eye “bright eyes”

Section 2

KI3	behind the inner ankle bone in depression above the heel bone where a pulsating vessel can be felt
RN14	6” above the navel - solar plexus
ST16	in the 3rd intercostal space above the nipple
LR13	below the free end of the 11th floating rib 2” above navel, 6” side of midline
GB21	in the superior part of the trapezius, midway between C7 joint and acromion
RN24	in the depression in the center of the mentolabial groove (chin)
RN2-5	5” below the navel - 2” below the navel (side note RN6 is Tan T’ien or Sea of Chi)

Section 3

SP6	3” above the inside ankle bone
DU24	directly above the nose close to the hairline
Temple	depression behind eyebrow
SJ22	next to temples



Additional reading can be found on pages 34-37 in your guidebook.