

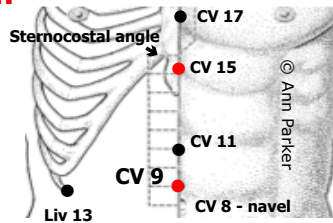
## Acu-points for HK Bio-Energy Measures

In order to speed up testing for the practice sessions using Dr. Scott's Health Kinesiology Bio-Energy Model, please ensure you **know these points and where and what they measure** and can **find them easily** on yourself and others.

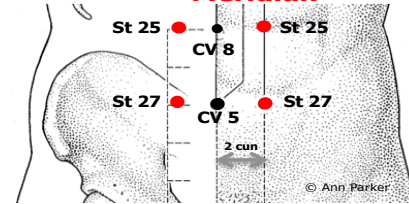
### Control System

**No. 1 - CV 15 = COMPARE** is 7 cun above the navel in the middle of the xiphoid process while CV 14 is just below the tip of the xiphoid

**No. 2 - CV 9 = TUNE** is one cun or one thumb width up from the navel



### Meridian

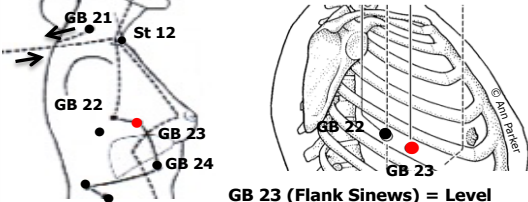


**No. 3 - St 27 = INTAKE** is on the lower abdomen, 2 cun lateral to the midline and 2 cun below the navel level with CV 5

**No. 5 - St 25 = FLOW** is on the abdomen, 2 cun lateral to the navel (2 cun = 3 finger widths)

### Meridian

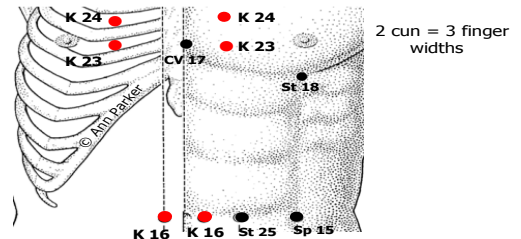
**No. 4 - GB 23 = LEVEL** is in the 5<sup>th</sup> intercostal space 2 cun from and slightly below the nipple or find H 1 in the axilla which is at the level of the 3<sup>rd</sup> intercostal space and drop down to the 5<sup>th</sup> inter-costal space (GB 22) move one cun (thumb width) towards the nipple to find **GB 23**



GB 23 (Flank Sinews) = Level

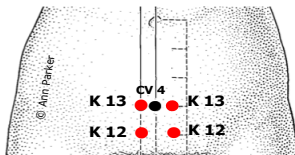
Internal Channel flows from GB 21 to GV 14 and then it turns to flow back to St 12 before flowing down to GB 22

### Meridian



2 cun = 3 finger widths

**6. - K 23 = FLUIDITY** is in the 4<sup>th</sup> intercostal space 2 cun lateral to the midline  
**7. - K 24 = COHERENCE** is in the 3<sup>rd</sup> intercostal space 2 cun lateral to the midline  
**8. - K 16 = TRANSFER-OUT** is level with the Navel and ½ cun (one finger width) out

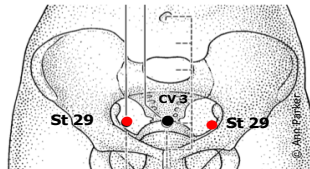


### Tissue

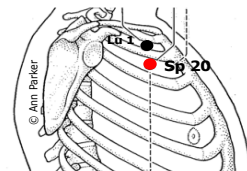
**No. 9 - K 12 + K 13 = Intake**  
 Both ½ cun lateral to the midline

**K 12** on the lower abdomen 4 cun below the navel and **K 13** on the lower abdomen 3 cun below the navel

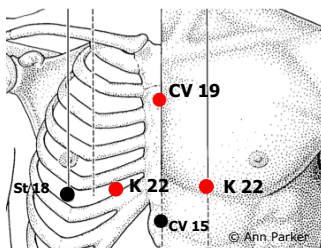
½ cun = a finger width / 2 cun = 3 finger widths / 3 cun = 4 finger widths / 4 cun = a whole hands width



**No. 10 - St 29 = Level** on the lower abdomen 2 cun lateral to the midline and 4 cun below the navel.



**No. 11 - Sp 20 = Flow** in the 2<sup>nd</sup> inter-costal space six cun lateral to the midline. Directly below Lu 1



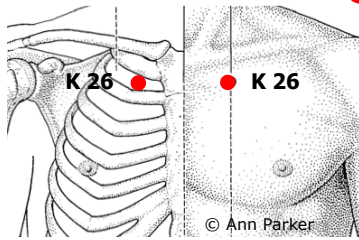
### Tissue

**No. 12 - K 22 = Fluidity** is in the 5<sup>th</sup> intercostal Space and 2 cun (3 finger widths) from the midline

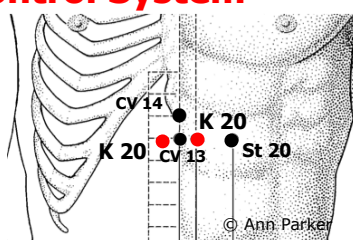
**No. 13 - CV 19 = Coherence** is on the midline level with the 2<sup>nd</sup> intercostal space

Move onto the back for nos. 14-18

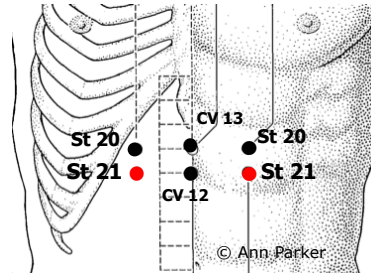
## Control System



**No. 14 - K 26 = Coupling-In**  
is in the 1<sup>st</sup> intercostal space,  
two cun lateral to the midline



**No. 15 - K 20 = Strength**  
Find CV 14 and come down  
1 cun and then out ½ cun  
from the midline

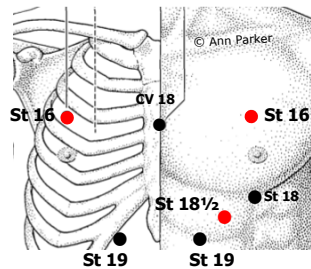
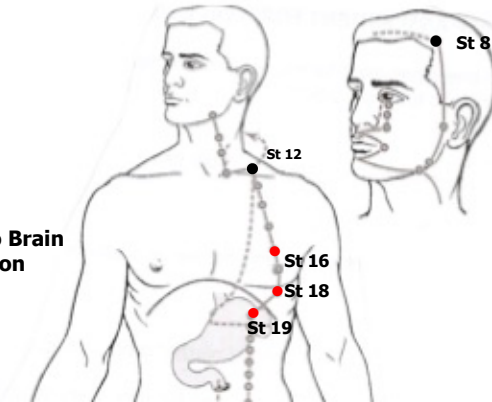


**No. 16- St 21 = Coupling-Out**  
is 2 cun lateral to the midline and  
4 cun above the navel - level with  
CV 12

½ cun = a finger width / 1 cun = a thumb width  
2 cun = 3 finger widths / 4 cun = a whole hands width

## Control System

**St 16 = Body to Brain  
Energy Integration**



**St 18 ½ = Mind to Body  
Energy Integration**

**No. 17 - St 18½ = MBEI** Find CV 14 at the bottom of the xiphoid process and go up  
one cun width and then 3 cun out for the halfway point between St 18 and St 19

**No. 18 - St 16 = BBEI**— In the 3<sup>rd</sup> intercostal space 4 cun from the midline