

In men, on the mid-line of the chest between the two nipples. In women, on the mid-line of the chest between the fourth and fifth ribs.
On the centerline of the back, just above the crease of the buttocks.
On the top of the shoulder, one to two inches from the side of the neck.
Slightly below the level of the botton on the kneecap, on the outer side of the leg, in the slight depression formed when the knee is completely straight. Forward of a line to the crown of the outer ankle.
On the inside of the index finger, in front of the joint where the finger joins the hand.
On the back of the hand between the thumb and index finger metacarpal bones. Find the spot midway on the bone that connects the index finger to the wrist. Sometimes this point is easy to find by squeezing two fingers together to form a small mound and marking an imaginary point at the peak of that mound. Then probe inward toward the main body of the hand, right on the bone.
The width of two thumbs (2 Cun) above the most prominent crease on the inner wrist, in line with the middle finger.
At the elbow between the tip of the elbow and the bone tip of the upper arm on the inside of the arm.
The width of two hands (6 thumbs) above the crown of the inner ankle, just behind the shin bone on the front of the leg.
2 Cun from the median and 5 cun below the level of the navel. On the pubic bone.
Just below the level of the pubis on the front of the upper thigh.
6 Cun above the top of the knee cap, in the front of the thigh muscle.
3 Cun above the knee cap along the side of the thigh bone.
Just below the kneecap in the outer indentation.
The width of one hand (3 Cun) below the bottom of the kneecap, and the width of one thumb (1 Cun) toward the outside of the leg (direction of the small toe.) Found in the trough or valley where the two most prominent bones of the calf come together.
The width of three thumbs away from the crown of the outer ankle, in a line drawn between the crown of the outer ankle and the nail of the smallest toe.
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