<table>
<thead>
<tr>
<th>Channel</th>
<th>Zang Fu &amp; important connections</th>
<th>Crossing Points</th>
<th>Pathway</th>
</tr>
</thead>
</table>
| LU      | LU, LI, ST                      | None           | Begins in the MJ in the region of the ST and runs downward to join to LI  
- turns back to pass through diaphragm to join LU  
- emerges under the clavicle in the throat  
- runs along medial aspect of arm to elbow  
- runs along anterior forearm and above radial artery at the wrist  
- ends at the radial edge of the thumbnail.  
A second branch diverges just above the wrist and runs to the radial edge of the tip of the index finger, where it joins the LI primary channel. |
| LI      | LI, LU, lower teeth & gums      | SI-12, Du-14, ST-4, Du-26 | Begins on the radial side of the index fingernail  
- passes through the anatomical snuffbox between the extensor tendons of the thumb  
- continues up the lateral side of the forearm to the elbow  
- ascends along the anterior border of the upper arm to the highest point on the shoulder where it divides into two branches.  
One branch enters the body and descends into the LU, diaphragm and enters the LI. The second branch ascends externally along the neck,  
- passes through the cheek and enters the lower teeth and gums  
- externally, the branch continues by curving around the upper lip and ends at the opposite side of the nose.  
NOTE: Only channel to cross the body |
<table>
<thead>
<tr>
<th>Channel</th>
<th>Zang Fu &amp; important connections</th>
<th>Crossing Points</th>
<th>Pathway</th>
</tr>
</thead>
<tbody>
<tr>
<td>ST</td>
<td>ST, SP, upper teeth &amp; gums</td>
<td>LI-20, BL-1, BL, Du-26, Ren-24, Du-24, 14, Ren-13, 12</td>
<td>Begins internally at LI-20, ascends to the bridge of the nose to join the BL channel at the inner canthus from under the eye, descends lateral to the nose and enters the upper gum curves around the lips, passes along the lower jaw and through the mandible angle turns upward in front of the ear to the forehead. One branch descends internally from the lower jaw through the diaphragm to join with the ST &amp; SP. A second branch remains on the surface of the body and runs from the lower jaw over the neck and down the chest and abdomen to terminate at the groin. The channel descends inside the abdomen and reconnects with the external branch at the groin then runs down the front of the thigh to the outer side of the knee runs down the lateral side of the center of the lower leg terminates at the lateral side of the 2nd toenail. Another branch deviates just below the knee to terminate on the lateral side of the 3rd toe. Another branch also diverges from the top of the foot and terminates at the medial side of the big toe where the SP channel originates.</td>
</tr>
<tr>
<td>SP</td>
<td>SP, ST, HT, root of the tongue</td>
<td>Ren-3, 4, 10, GB-24, LV-14, LU-1</td>
<td>Begins on the medial side of the big toenail, runs along the medial surface of the foot passes anterior to the medial malleolus ascends posterior to the tibia on the medial aspect of the lower leg and the medial knee and thigh enters the abdominal cavity and connects to the SP &amp; ST. The main channel continues on the surface of the abdomen to the chest and moves internally to enter the throat and ends at the root of the tongue. An internal branch leaves the ST, passes through the diaphragm and enters the HT where it joins the HT channel.</td>
</tr>
<tr>
<td>Channel</td>
<td>Zang Fu &amp; important connections</td>
<td>Crossing Points</td>
<td>Pathway</td>
</tr>
<tr>
<td>---------</td>
<td>--------------------------------</td>
<td>----------------</td>
<td>---------</td>
</tr>
</tbody>
</table>
| HT      | HT, SI, LU eyes                | None           | ➢ Three branches, each beginning in the HT.  
➤ First branch descends through the diaphragm to connect to the SI.  
➤ Second branch runs upward from the HT along side of the throat to the eyes.  
➤ Third branch runs across the chest, through the LU, then descends and emerges at the axilla  
➤ passes along the midline of the medial upper arm, medial elbow and medial forearm  
➤ crosses the wrist & palm  
➤ terminates at medial side of 5th fingernail. |
| SI      | SI, HT, ST, ears               | BL-41, 11,      | Begins on the lateral side of the 5th fingernail, crosses the palm and wrist  
➤ passes upward along the lateral posterior aspect of the forearm and upper arm  
➤ Runs behind the shoulder and meets the DU channel in the center of the upper back.  
➤ Two branches diverge from DU-14  
➤ Internal branch connects with HT, passes through diaphragm and connects with ST & SI  
➤ Second branch ascends side of neck to the cheek, passes the outer canthus and enters the ear  
➤ A third short branch diverges from the cheek to meet the BL channel at the inner canthus | Du-14,  
Ren-17, 13, 12,  
GB-1,  
SJ-22,  
BL-1, |
<table>
<thead>
<tr>
<th>Channel</th>
<th>Zang Fu &amp; important connections</th>
<th>Crossing Points</th>
<th>Pathway</th>
</tr>
</thead>
</table>
| BL      | BL, KI, vertex, brain            | Du-24, GB-15, Du-20, GB-7, 8, 10, 11, 12, Du-17, 14, 13, GB-30 | Begins at the inner canthus, ascends the forehead to the vertex.  
- A small branch diverges from the vertex and enters the brain.  
- Main channel descends over back of head and bifurcates at the back of the neck.  
- Inner branch descends to center of the base of the neck at Du-14, then runs lateral to the spine.  
- A branch splits in lumbar back to enter the body and connects to KI & BL.  
- Outer branch runs across back of shoulder medial to scapula, descends parallel to inner branch and crosses buttocks  
- Both branches continue down posterior aspect of thigh and meet behind the knee  
- as a unit the channel continues down the posterior aspect of the lower leg  
- circles around the posterior side of lateral malleolus  
- runs along lateral aspect of foot  
- terminates on lateral side of little toenail, where it meets the KI channel. |
| KI      | KI, BL, LV, LU, HT, root of the tongue | SP-6, Du-1, Ren-3, 4 | Begins beneath the small toe, runs across the sole of the foot  
- emerges at the arch of the foot  
- runs posterior to the medial malleolus and passes through the heel  
- ascends the medial lower leg, medial side of the popliteal crease and inner thigh  
- enters the body at Du-1, near base of the spine  
- connects with KI & BL,  
- resurfaces above the pubic bone and runs over the abdomen and chest terminates below the clavicle.  
- Second branch begins within KI passes up through LV, diaphragm and enters LU.  
- A third, smaller branch runs from LU to HT,  
- runs into chest and joins with PC channel |
<table>
<thead>
<tr>
<th>Channel</th>
<th>Zang Fu &amp; important connections</th>
<th>Crossing Points</th>
<th>Pathway</th>
</tr>
</thead>
</table>
| PC      | PC, SJ                          | None           | Begins in the chest at the PC, descends through the chest and abdomen to link all three Jiao (SJ).  
• **Second branch** crosses the chest and surfaces on the lateral rib cage in the 4th intercostal space  
• ascends to the axilla and descends along the medial aspect of the upper arm to the elbow  
• runs down the medial aspect of the forearm, crosses the wrist and palm  
• terminates at the apex of the 3rd finger  
• A **short branch** separates in the palm to connect with the SJ channel on lateral side of the tip of the 4th finger. |
| SJ      | SJ, PC, ears                    | SI-12, DU-14, GB-21, Ren-17, GB-6, 4, 3, SI-18, 19, GB-1 | Begins on the lateral side of the 4th fingernail  
• runs over the back of the hand to the wrist, along the lateral edge of the arm to the olecranon  
• then along the lateral aspect of the upper arm to the posterior shoulder  
• and the upper back at Du-14  
• the channel then enters the chest beneath the sternum  
• An **internal branch** connects to the PC and then passes through the diaphragm to connect with all three Jiao.  
• An **external branch** ascends from the shoulder and runs internally through the neck to the posterior side of the ear and encircles the face.  
• Another **short branch** begins behind the ear, enters the ear and surfaces anterior to the ear and connects to the Gb channel at the outer edge of the eyebrow. |
<table>
<thead>
<tr>
<th>Channel</th>
<th>Zang Fu &amp; important connections</th>
<th>Crossing Points</th>
<th>Pathway</th>
</tr>
</thead>
</table>
| **GB**  | GB, LV                          | ST-8, SJ-22, 20, SI-17, Du-14, BL-11, SI-12, SJ-17, SI-19, ST-7, 5, 6, LV-13, BL-31 through 34 | Begins on the lateral edge of the eyebrow  
- **Surface branch**: runs back and forth over the side of the scalp, curves behind the ear and reaches the uppermost part of the shoulder  
- continues downward, passing in front of the axilla, along the lateral aspect of the ribs to the hip  
- **Internal branch**: runs across the cheek, through the neck and chest to connect to the LV and GB  
- Continues downward and emerges in the lateral side of the lower abdomen where it connects with the superficial branch.  
- The channel then runs down the lateral side of the thigh, knee and lower leg  
- Crosses antero-dorsally to the lateral malleolus, runs across the top of the foot to the lateral side of the 4th toenail.  
- A short branch diverges from the main channel below the ankle to join the LV channel at the big toe. |
| **LV**  | LV, GB, LU, ST external genitalia, eyes, vertex | SP-6, SP-13, 12, Ren-2, 3, 4, PC-1, Du-20 | Begins on the lateral side of the big toenail  
- runs over the top of the foot, passes dorso-anterior to the medial malleolus  
- runs along the medial aspect of the lower leg, crosses the SP channel,  
- runs along the medial aspect of the knee and thigh  
- circles the external genitalia, enters the abdomen, curves around ST  
- connects with the LV & GB  
- A separate branch leaves LV and spreads in the LU meeting at PC-1  
- the main channel crosses diaphragm, spreads in hypochondriac region  
- runs through the throat to the eyes, where it divides into two branches.  
- **One branch**: leaves the eyes, descends through the cheek and wraps around the inner surface of the lips  
- The main branch runs from the eyes to the vertex. |