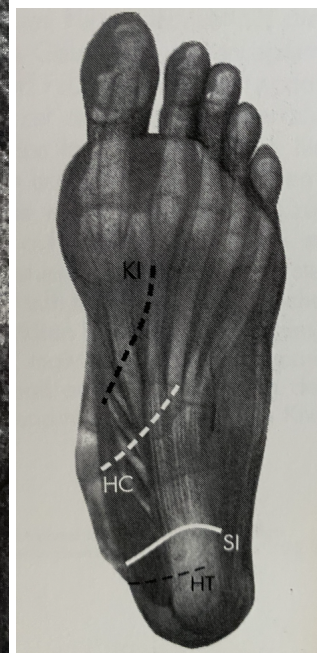
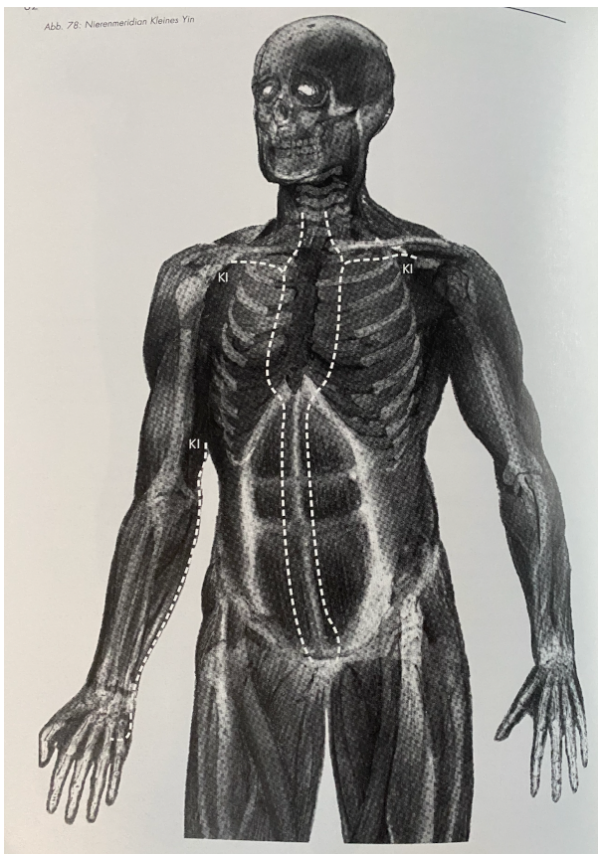
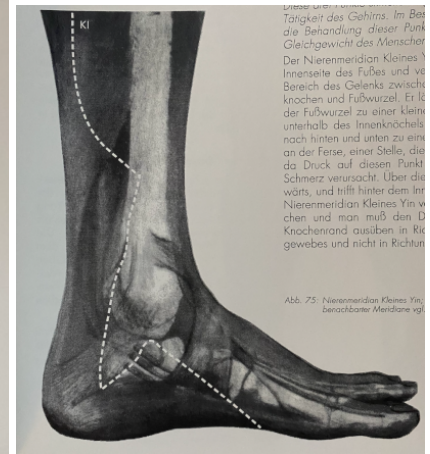


Trajectory and treatment Kidney meridian



Yin meridian, energy upwards, water element, small yin

Points:

- **KI1 Yu Sen**, Jing-Well and Wood point
- KI2, Ying-Spring and Fire point
- **KI3 Tai Kei**, Yuan source, Shu-Stream and Earth point
- KI4, Luo connecting point
- KI5, Xi-cleft point
- KI7, Jing-River and metal point
- KI10, He-Sea and water point

Classic

- foot
 - Starts under the ball of the foot between 2nd and 3rd toe. **KI1**. apply pressure towards big toe.
 - Runs towards the inside of the foot and leaves the sole between 1st metatarsal bone and the root of the foot
 - Runs against the root of the foot towards an indentation under the inner ankle
 - Runs to the back and down towards indentation on the side of the heel (pressure will give stabbing pain)
 - Runs over the heel upwards until behind the innerankle. **KI3**. The meridian runs next to the bone.
- Lower leg
 - Runs against the schin bone upwards until San Yin Ko (where KI, LI, SP meet) 3 cun above the inner ankle (the tissue gives way a little inwards).
 - Runs away from the shin bone to the back in the indentation.
 - Runs on the lower leg upwards further away from the bone next to the inner muscle belly of the calf muscle.
- Kneecap/cavity
 - Just below the knee cavity it crosses the heart meridian, on the lateral side of the inner tendon
 - Runs towards the middle of the knee cavity where it crosses the bladder meridian
- Upper leg
 - Runs straight up on the outside of the leg, on the muscle on the outside/rearside of the upper leg. Along the outside of this muscle you can find large intestine.
 - Under the buttock the bladdermeridian runs 1 cun outside and under the sit bone. From here 1-2 cun to the outside you can find lung meridian and 1-2 cun more to the outside you can find the kidney meridian. 1-2 cun more outside is the large instestine.
- Pelvis
 - On the buttock it runs upwards and inwards to the lowest point of the sacrum. From here it follows the sacrum edge and runs over the sacro-illiac joint and further up along the illiac bone where it meets the outer branch of the bladder meridian.
- Chest/Hara (partner turns on back)
 - Runs from edge of pubic bone, 1 cun from midline
 - Runs along edge of navel indentation
 - Runs over the 6th rib and then moves somewhat outwards between 5th and 6th rib, 1,5 cun lateral from edge of sternum (edge of sternum is heart meridian)
 - Runs up to joint between clavicle and sternum

Extended (masunaga)

- Shoulder
 - one branch runs under the clavicle for 3 cun and then further outwards until 1 cun before the hollow of the shoulder. There is runs through to the other side where it continues on the arm.
- Neck
 - From the joint between clavicle and sternum another branch goes a little upwards along the trachea next to other meridians. From midline to out you find lung, heart constrictor and kidney meridian.
- Upperarm (partner moves on the belly)
 - First find the small intestine where shoulder transitions to arm, then move 1-2 cun downward in the direction of the hand. For small intestine find the end of the armpit pleat underneath the shoulder joint, then go 2 cun above and 1 cun to inside.
 - Runs on the upper arm between small intestine and heart meridian, on the border of yin and yang (color change) on the little finger side of the arm
- Elbow
 - Runs over the large elbow bone. heart runs on the inside of the flat extension of the bone. Small intestine between the large and small elbow bone.
- Lower Arm
 - Runs on the border of the light and darker skin on the side of the little finger.
- Hand
 - Halfway the palm of your hand it curves to the middle of the handpalm, but ends, after crossing the heart meridian in the indentation before the metacarpel of the ringfinger.

Treatment

- receiver on belly.
- Start behind receiver in seiza, ankle/foot receiver on your knee and treat foot, ankle and lower leg
- Go in archer next to receiver and treat to the point on lower back where KD goes into 2nd Bladder line.
- Receiver on the back
- Go in archer and treat from pubis bone to chest and neck
- Place receiver arm on the chest to show the KD meridian and treat upper arm
- Place back on ground and treat lower arm and hand.
- option 2: receiver in side position and treat arm and hand.

Stretch

- Hand on hara
- other hand (WH) brings up the knee in stretch
- Treat KD with WH (bring arm/hand under knee)