

四总穴

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Four Command Points

腰 背 委 中 求

肚 腑 三 里 留

头 项 寻 列 缺

面 口 合 谷 收

yāo bēi wěi zhōng qiú
dǔ fǔ sān lǐ liú
tóu xiàng xún liè quē
miàn kǒu hé gǔ shōu

Waist/lumbus and back/shoulder BL-40 request/ask,
Intestines and belly ST-36 stays/remains/accepted/reserved (belly and triple warmer)
Head and nape of neck look for LU-7
Face and mouth L.I.-4 collect/accept/control

The song then becomes:

For waist/lumbus and back/shoulder request BL-40,
For intestines and belly accept ST-36 (belly and triple warmer),
For head and nape of neck look for LU-7,
For face and mouth accept L.I.-4.