

# Command Points

|                 | Water | Wood | Fire | Earth | Metal | Luo | Yuan | Entry | Exit | Horary | Time     | Season      |
|-----------------|-------|------|------|-------|-------|-----|------|-------|------|--------|----------|-------------|
| <b>I: Ht</b>    | 3     | 9    | 8    | 7     | 4     | 5   | 7    | 1     | 9    | 8      | 11a – 1p | Summer      |
| <b>II: SI</b>   | 2     | 3    | 5    | 8     | 1     | 7   | 4    | 1     | 19   | 5      | 1p – 3p  | Summer      |
| <b>III: BI</b>  | 66    | 65   | 60   | 54    | 67    | 58  | 64   | 1     | 67   | 65     | 3p – 5p  | Winter      |
| <b>IV: Ki</b>   | 10    | 1    | 2    | 3     | 7     | 4   | 3    | 1     | 22   | 10     | 5p – 7p  | Winter      |
| <b>V: P</b>     | 3     | 9    | 8    | 7     | 5     | 6   | 7    | 1     | 8    | 8      | 7p – 9p  | Summer      |
| <b>VI: TE</b>   | 2     | 3    | 6    | 10    | 1     | 5   | 4    | 1     | 22   | 6      | 9p – 11p | Summer      |
| <b>VII: GB</b>  | 43    | 41   | 38   | 34    | 44    | 37  | 40   | 1     | 41   | 41     | 11p – 1a | Spring      |
| <b>VIII: Lr</b> | 8     | 1    | 2    | 3     | 4     | 5   | 3    | 1     | 14   | 1      | 1a – 3a  | Spring      |
| <b>IX: Lu</b>   | 5     | 11   | 10   | 9     | 8     | 7   | 9    | 1     | 7    | 8      | 3a – 5a  | Fall        |
| <b>X: LI</b>    | 2     | 3    | 5    | 11    | 1     | 6   | 4    | 4     | 20   | 1      | 5a – 7a  | Fall        |
| <b>XI: St</b>   | 44    | 43   | 41   | 36    | 45    | 40  | 42   | 1     | 42   | 36     | 7a – 9a  | Late Summer |
| <b>XIII: Sp</b> | 9     | 1    | 2    | 3     | 5     | 4   | 3    | 1     | 21   | 3      | 9a – 11a | Late Summer |

## TYPES OF COMMAND POINTS:

- **Element Points:** Water, Wood, Fire, Earth and Metal points are located on each meridian; these are called the “Antique Points” in some traditions.
- **Luo Points:** Points communicating between yin-yang meridian pairs of the same element. There is one point on each meridian.
- **Yuan Points:** Called “Source Points” in some traditions, there is one point on each meridian. They regulate the volume of Qi in a meridian.
- **Entry/Exit Points:** There is one Exit and one Entry point on each meridian through which Qi flows out of, and into the following meridian, especially during the hours of those meridians according to the Chinese Clock.
- **Horary Points:** These are active only at the time of day for each meridian, according to the Chinese Clock. It is active full-time during the season of that meridian.