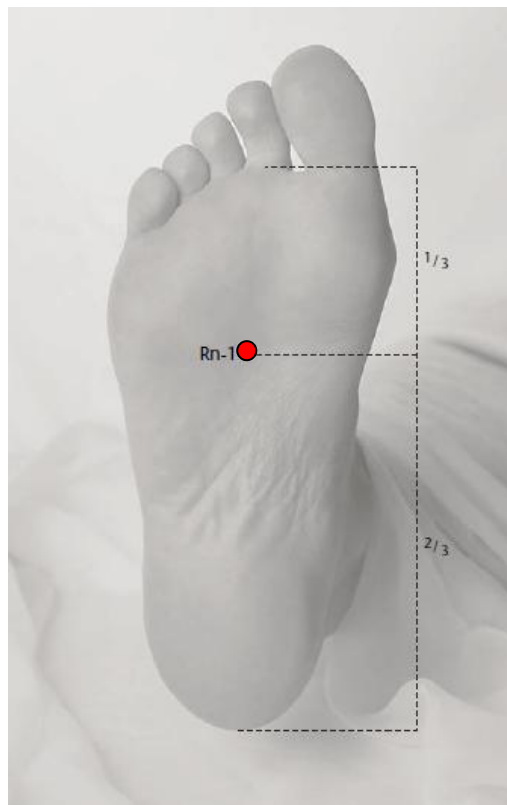


## Rn-1 – Yongquan

*Bubbling spring*



### Localisation

On the sole of the foot, between the 2nd and 3rd metatarsal bones, at the junction of the anterior third and posterior two thirds of the sole of the foot.

### How to find it :

Measure one third from the anterior edge of the sole of the foot. Look for a sensitive point to pressure, in the dorsal direction of the front of the ball of the foot, in the middle of its width.

### Note :

In Chinese medicine, measurements relating to the body are traditionally carried out in *cun*. The *cun* used in a medical context is a proportional unit of measurement that takes into account the individual measurements of each. The *cun* is relative unit of measurement defined either by using the width of a specific finger or of several fingers of the person (*cun* of the finger) or the distance between two clearly defined landmarks on the body (*cun* of the body). The body *cun* or proportional *cun* is based on the proportions of particular areas of the body that are divided into a specific number of units.

### Source :

This text and image are from the Atlas d'Acupuncture by Claudia Focks: Focks, C. 2009. Atlas d'acupuncture, Edition Elsevier, 738 pages