



Troy Price, Tashi



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Troy J. Price began his training in Karatedo and Kobudo in 1982 at the Columbia School of Karatedo, under the direction of Kyoshi Ridgely Abele. In 1985 he began studying Ju-Jutsu along with his Karatedo training. In 1997 he also began studying Baguazhang and Qigong and in 1999 began studying Taijiquan and Xingyiquan. Tashi Price trains with several

nationally and internationally known instructors in the martial arts of Karatedo, Ju-Jutsu, Kyusho-Jutsu, Kobudo, Aikido, Chin-Na, Wing Chun, Kuntao, Baguazhang, Xingyiquan, Taijiquan and Qigong.

Tashi Price conducts seminars nationally and in Europe. In 2004 he was awarded a international instructor's license to teach Martial Arts world wide. He continues to study various areas of Traditional Chinese Medicine. He has authored a two-volume set on the Essential Principles Of Shuri-Te Ju-Jutsu and has produced a DVD series on Continuous Striking Theory, Kyusho-Jutsu, Karate-Jutsu & Ju-Jutsu.

Tashi Price has traveled and trained throughout the United States, Europe, Mainland China, Hong Kong and Southeast Asia. He has helped start Ju-Jutsu programs at Karate schools throughout the southeast. Tashi Price is currently the Secretary General for the International Shuri-Te Yudansha-Kai and the Director of the Shuri-Te Bujutsu-Kai.

References

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www.warriorpages.com/videos/index.html

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(This handout is not intended as a substitute for personal supervised instruction.)

The author will not be held responsible in any way whatsoever, warranty or guarantee that the exercises and/or techniques described or illustrated in this manual will be safe or effective in any self-defense situation or otherwise and will not be held responsible for any physical injury, or damage of any kind, which may result from the reader'(s) following the instruction herein. It is essential that the reader'(s) should consult a qualified Physician to ascertain their physical ability to engage in the activities depicted in this handout.

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108 Vital Points/Areas

There are more than 700 acu-points/acupuncture cavities on the human body but to the martial artist there are **108** that are recognized as vital points/areas. Attacking these points can result in either pain, numbness, unconsciousness, internal organ damage and/or death. **36** of these points are considered death or fatal striking points. The remaining **72** points/areas can cause local pain, numbness in the limbs or a weak feeling in the body, muscle spasms, unconsciousness, internal organ malfunction, stupefaction and/or a disruption of the Yin & Yang balance of Qi in the body. Methods of attacking these **108** points are divided into four major categories; cavity compression, cavity striking, sealing vein/artery and sealing the breath. The vital points can be affected by pressing, rubbing, grabbing, compression, striking/percussion and kicking.

YINTANG (M-HN-3)
TAIYANG (M-HN-9)
JIANQIAN (M-UE-48)
GV-1
GV-4
GV-10 & 11
GV-12
GV-14
GV-15 & 16
GV-20
GV-24
GV-26
CV-1
CV-3, 4, 5 & 6 Dantian Area
CV-8
CV-12
CV-14 & 15
CV-17
CV-22
CV-23
CV-24
LU-1 & 2
LU-5
LU-6
LU-7
LU-8
LI-4
LI-5
LI-10
LI-11 & 12
LI-17 & 18
ST-2 & 3
ST-5 & 6
ST-8
ST-9 & 10
ST-12
ST-15 & 16
ST-17 & 18
ST-25
ST-34
ST-36
SP-6
SP-10
SP-12 & 13
SP-17
SP-21

HT-1
HT-2
HT-3
HT-5, 6 & 7
SI-5 & 6
SI-8
SI-11
SI-16
SI-17
SI-18
BL-10
BL-11, 12 & 13
BL-14 & 15
BL-16 & 17
BL-18 & 19
BL-20 & 21
BL-22 & 23
BL-24 & 25
BL-27 & 28
BL-40
BL-41, 42 & 43
BL-44, 45 & 46
BL-51 & 52
BL-56, 57 & 58
BL-60 & 62
KI-3
KI-6
KI-8
KI-10
KI-19
KI-21
KI-22, 23 & 24
PC-1
PC-6
TH-3
TH-8
TH-11
TH-12
TH-17
TH-23
GB-1
GB-3
GB-4, 5, 6 & 7
GB-8 & 9
GB-14, with 13 & 15
GB-19

GB-20
GB-21
GB-22 & 23
GB-24
GB-25
GB-29
GB-31 & 32
GB-34
GB-35 & 36
GB-41 & 42
LIV-2 & 3
LIV-6
LIV-8
LIV-9
LIV-13
LIV-14

Note:

This list is a work in progress, it was assembled from multiple sources. I greatly encourage anyone interested in vital points to please do your own research. There are many books now in print on this subject. Please see the references that are listed.

ADDITIONAL VITAL AREAS

GROIN AREA:

(CV-2, ST-30, LIV-11, LIV-12, GENITALS)

EYES:

(ST-1, BL-1, M-HN-8, M-HN-6, EYEBALL)

EARS:

(TW-21, SI-19, GB-2, EAR DRUM)

GV — Governing Vessel
CV — Conception Vessel
LU — Lung
LI — Large Intestine
ST — Stomach
SP — Spleen
HT — Heart
SI — Small Intestine
BL — Bladder
KI — Kidney
PC — Pericardium
TH — Triple Heater
GB — Gall Bladder
LIV — Liver

Types of Kyusho-Jutsu Points & Usage

Set-up Points:

Set-up points when struck, pressed, grabbed, rubbed or pulled correctly help to physically position the attacker into a weaker anatomical state. This will put the attacker in a position where it makes it easier to attack a more vital point. Also set-ups help to weaken the body's Qi, in turn weakening the body's resistance to additional attacks. These points (PC-6, LU-5, LI-10, TH-8, HT-5, LU-8, SI-5, LI-5, GB-41 & others) are some great set-up points for positioning and weakening many other more vital points.

Easy Assets Points

Points like (ST-5, ST-6, ST-9, LI-18, SI-16, GB-20, BL-10, CV-6, CV-12, CV-14, CV-15, CV-23, CV-24, GV-26, Yintang, Taiyang & others) are very easy to locate and quickly attack. These points only require little to moderate pressure or striking power to achieve an enormous effect. (Note this point can be very dangerous)

Musculo-Skeletal / Joint Release Points

Release points will affect the structure and strength of a specific joint or Musculo-Skeletal region of the body. They are great for setting-up joint locks, takedowns or positioning an attacker for a knockout. The following points are used as joint/skeletal release points when pressed, rubbed or struck. (BL-40, BL-57, SP-6, SP-9, SP-10, SP-12, ST-4, ST-5, ST-12, ST-35, LU-5, LI-3, LI-5, LI-10, LIV-14, GB-21, GB-24, GB-29, GB-33, HT-3, HT-7, SI-5, SI-11, PC-6, TH-3, TH-10, TH-11, TH-17, CV-3-4-5, CV-14, GV-26, MUE-48, & others)

Attacking the Shin/Fighting Spirit

These points (CV-1, CV-12, CV-14, CV-17, GV-4, GV-20, Yintang, GB-41, TH-23, SP-6 & others) when attacked are very effective in taking away an attacker's will or fighting intent and weakening the fighting spirit (shin), and possibility of causing serious physical damage.

Alarm (Mu) Points

Alarm Points are where the meridian Qi of the twelve organs gathers and concentrates on the anterior surface of the body. The alarm points lie directly over or in close proximity to their related organ. The mu points are located on the anterior (front side) of the body except for the alarm point of the kidney (GB-25) which is located at the free end of the twelfth rib. Alarm points are used for attacking the organs and organ systems of the body, which makes these points very useful when wanting to affect the internal health of the attacker. (Alarm Points: LU-1, ST-25, CV-12, LIV-13, CV-14, CV-4, CV-3, GB-25, CV-17, CV-5, GB-24, LIV-14)

Associated (Shu) Points

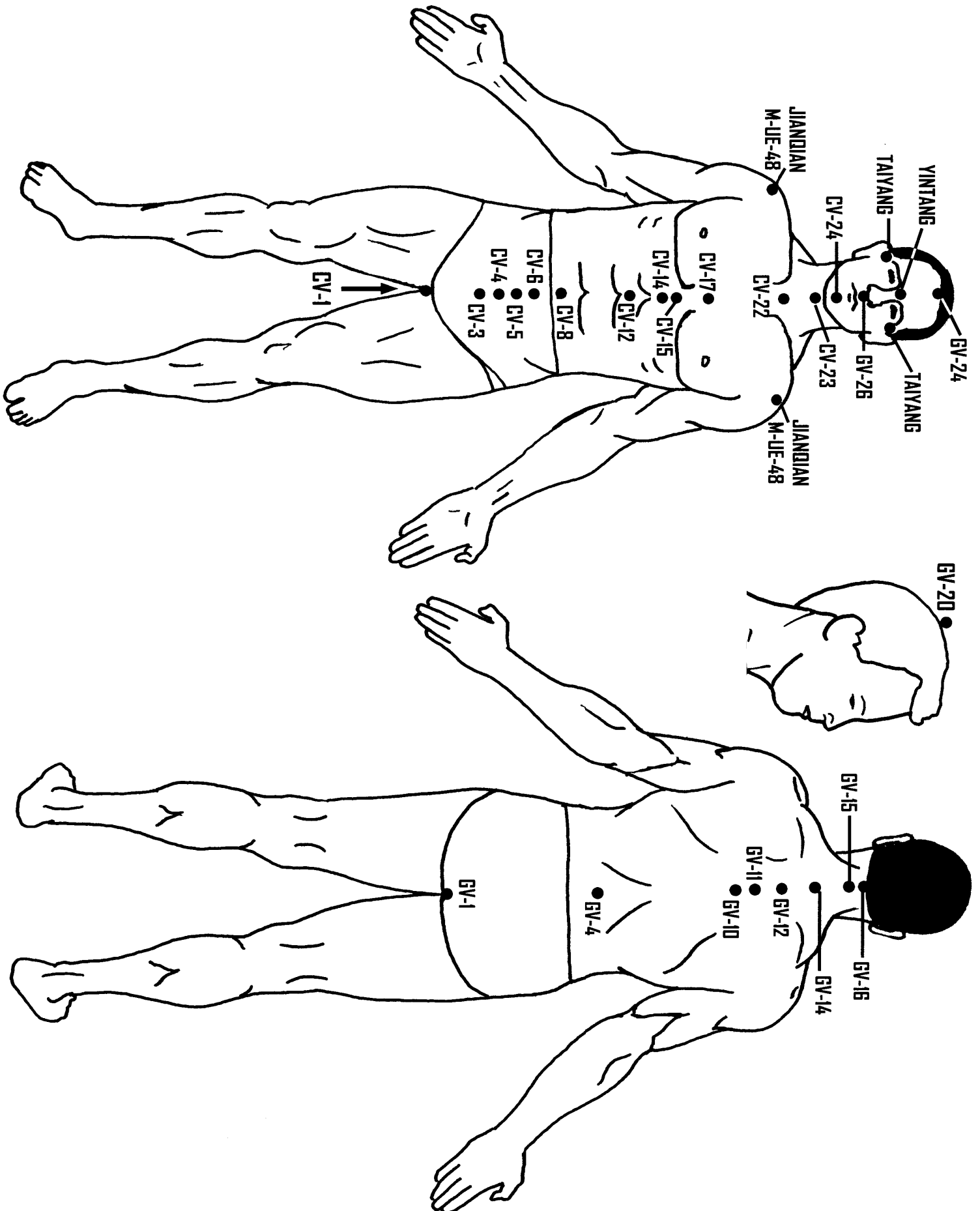
Associated points are where the Qi is passed/transported on the way to its respective organ, which serves as a gateway to the organ. The twelve associated points lie on the back along the Bladder meridian, running parallel 1.5 cun lateral to the spine. The back shu points are roughly located on the same anatomical level as their related organ. (Associated points: BL-13, BL-25, BL-21, BL-20, BL-15, BL-27, BL-28, BL-23, BL-14, BL-22, BL-19, BL-18)

Mu and Shu Points are included in the category of command points, which are control points for energy flowing through a meridian. Command points regulate the flow of energy in the meridians.

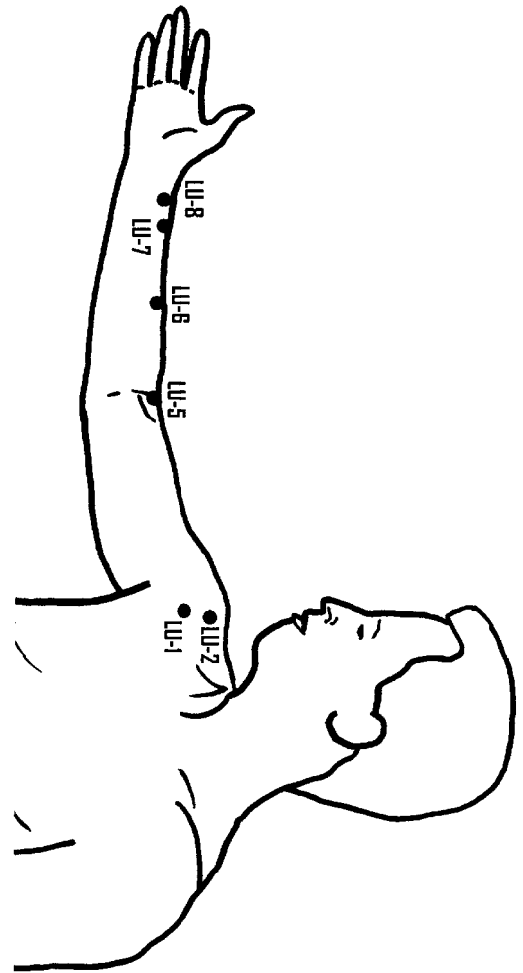
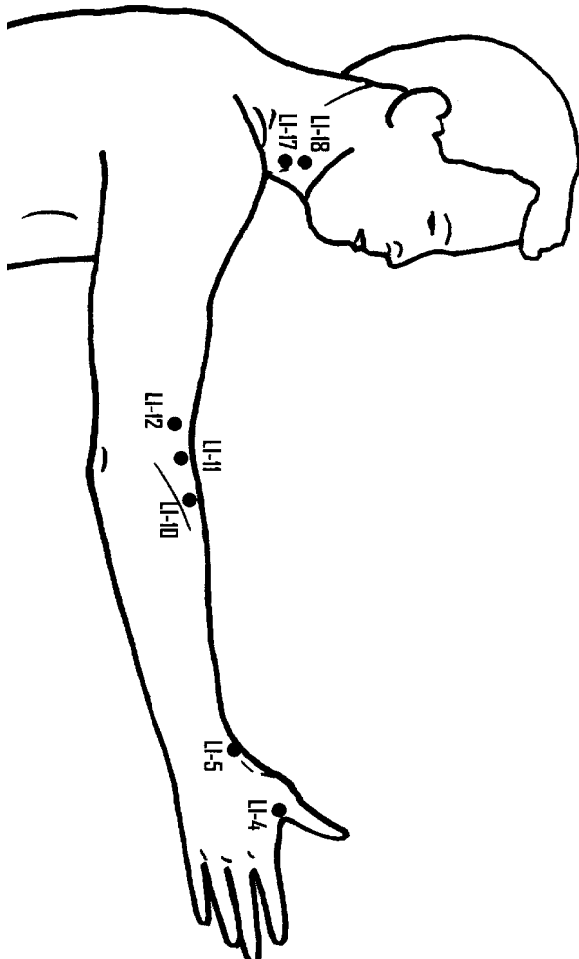
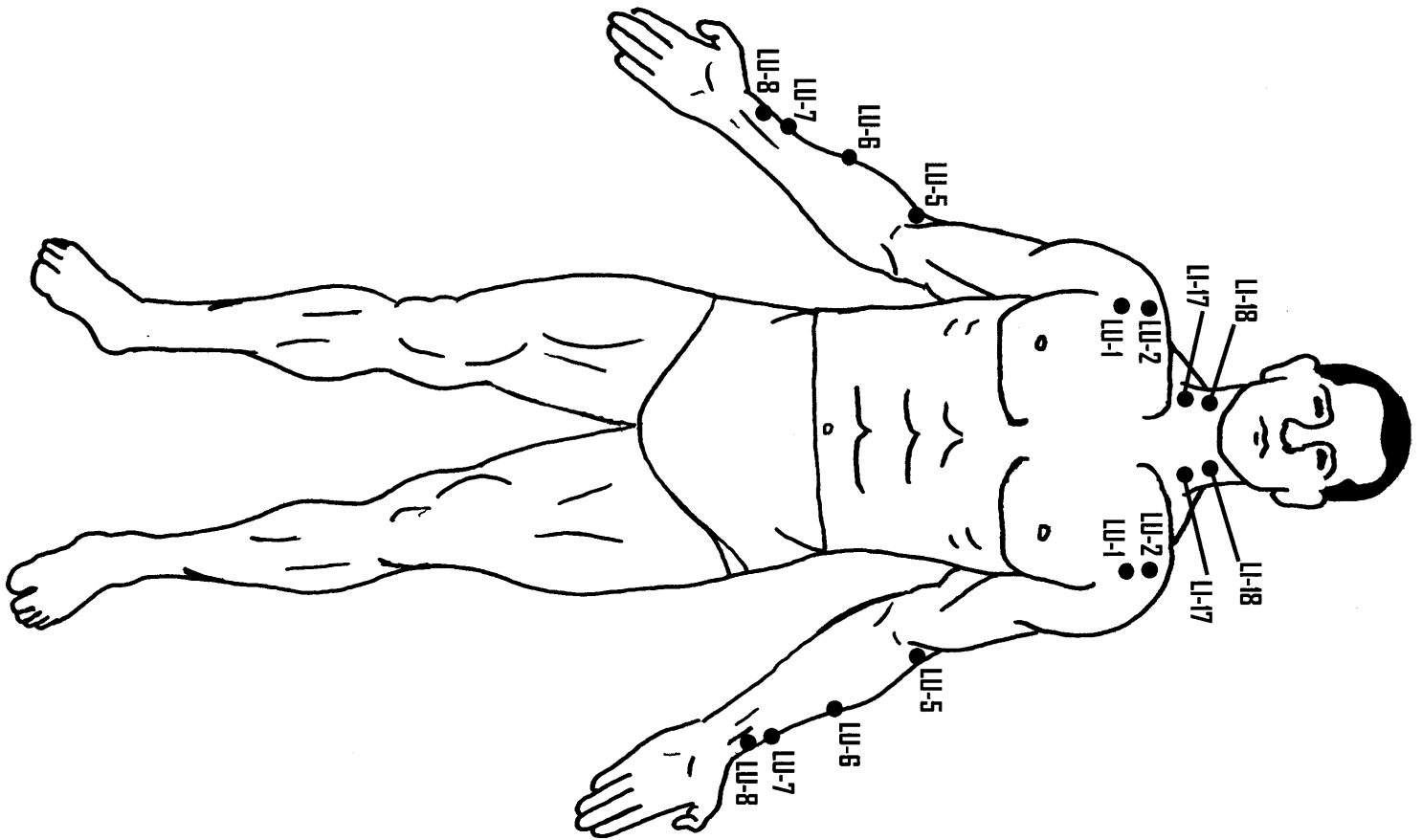
Attacking the Alarm & Associated Points either jointly or consecutively can cause Qi damage as well as possible anatomical (organ) damage. In general the Mu point of an organ is attacked first and then the corresponding Shu point of that organ is attacked. Using the Mu & Shu points jointly is also very effective, causing damage to both the front and rear gates to the organ at the same time. Attacking these points can be very dangerous please use extreme caution.

Note: These are only some of the point types and usage for the 108 vital points/areas listed. There are many reasons for my choice of these particular points which go much deeper than what I have discussed above. These points are just some of the ones that I personally like to use, they just work very well with the techniques that I use and the way my body moves. You have to look at what points fit with the specific technique/movement you are doing.

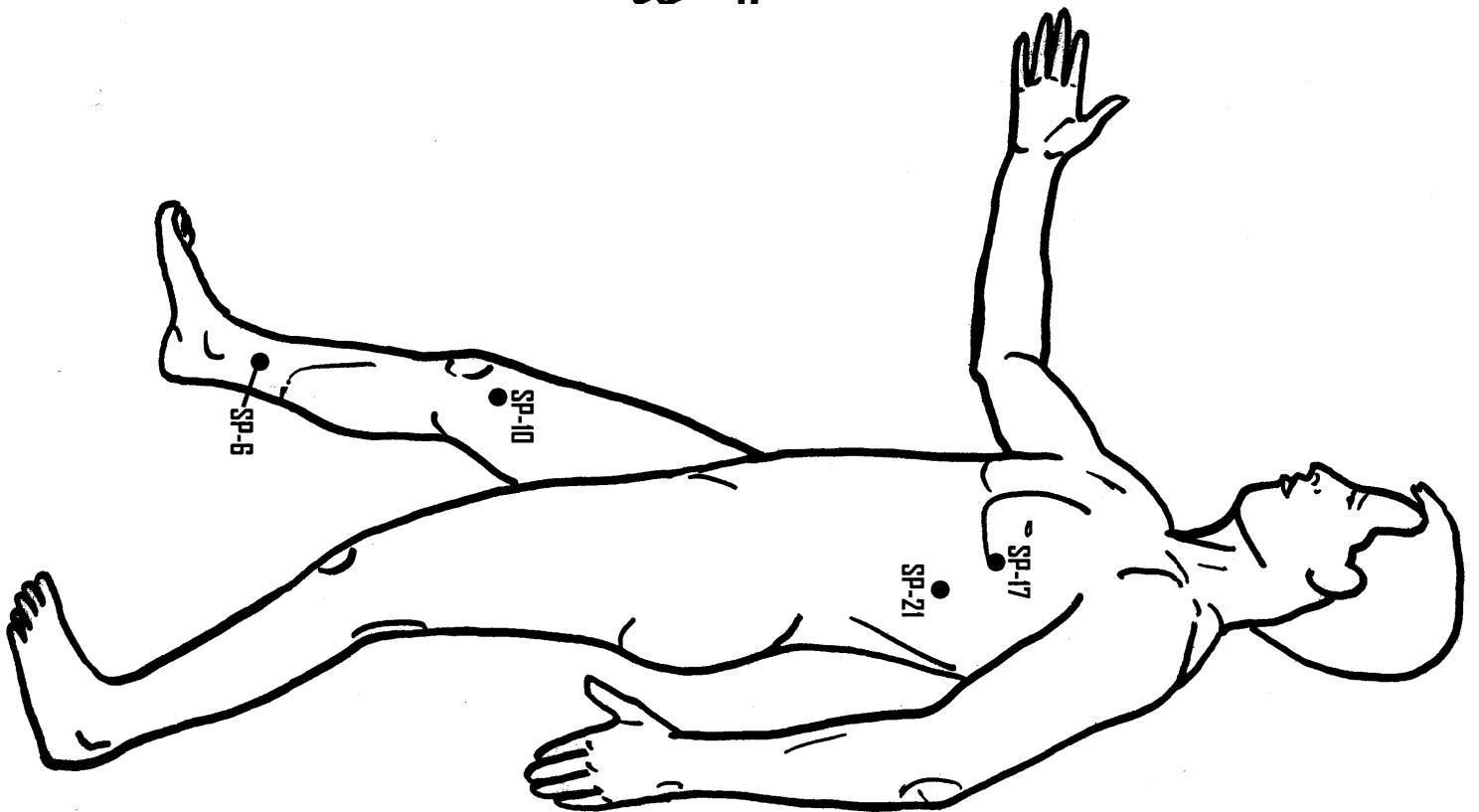
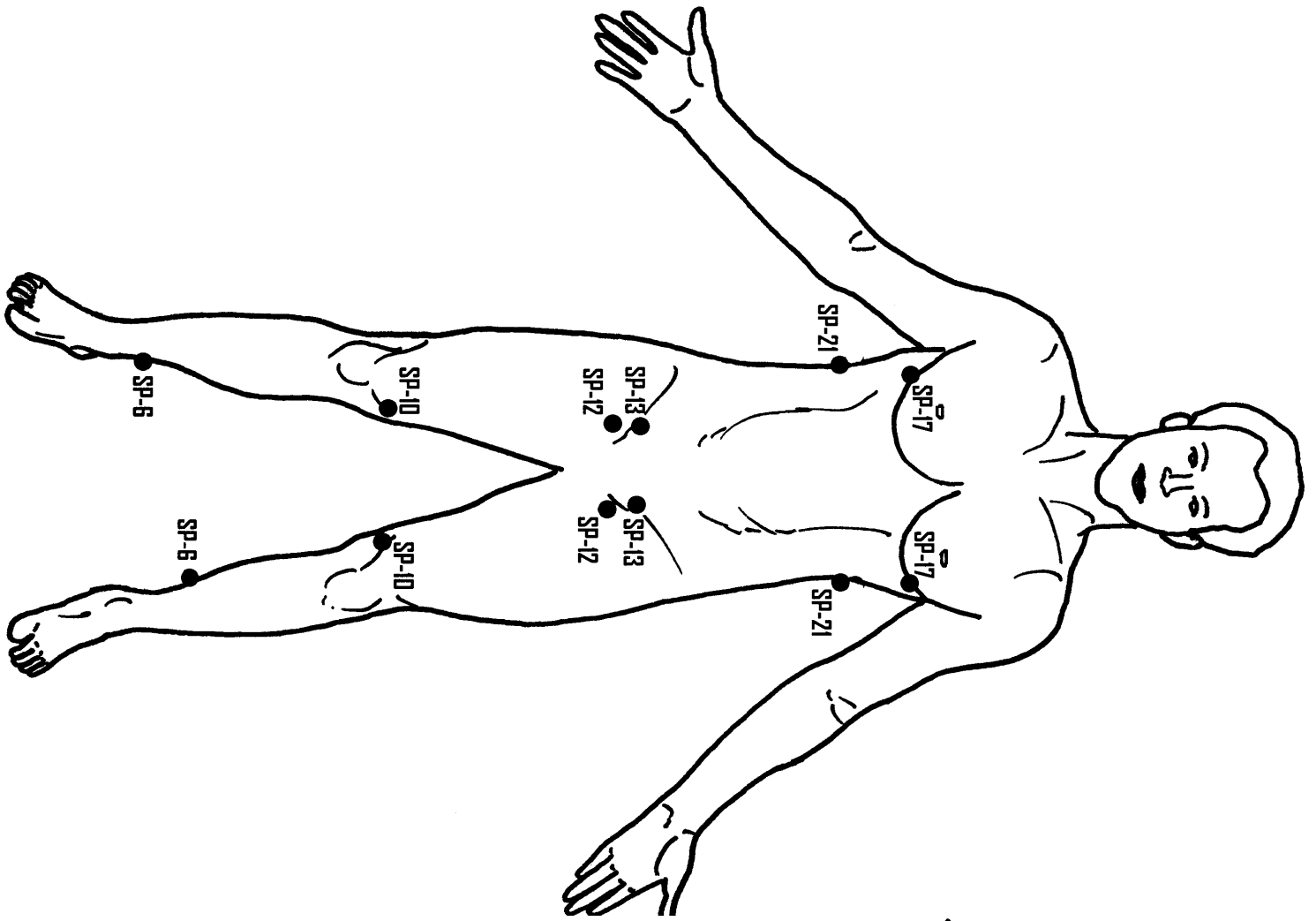
Conception (Ren) & Governing (Du) Vessels (Mai) Points



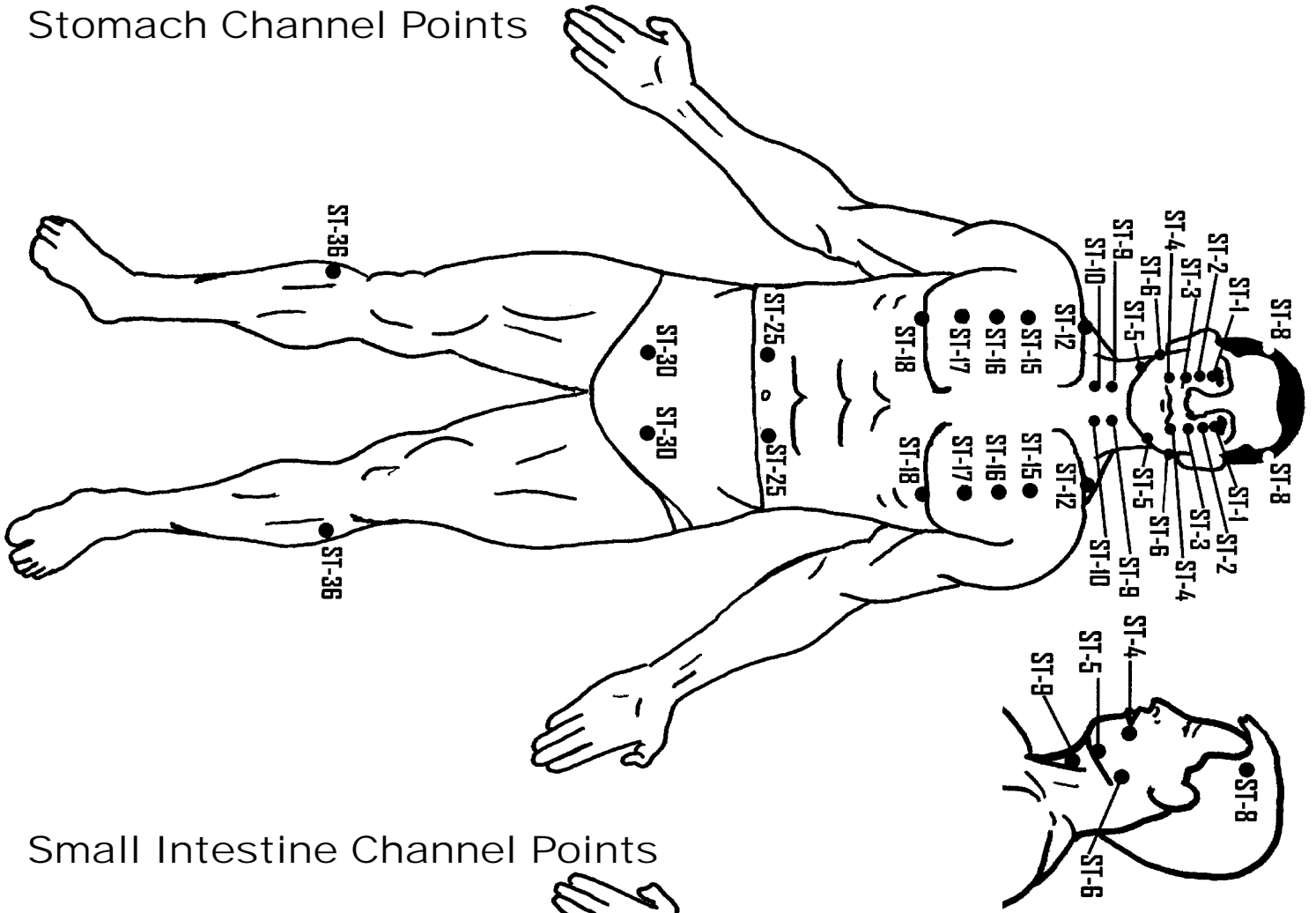
Lung & Large Intestine Channel Points



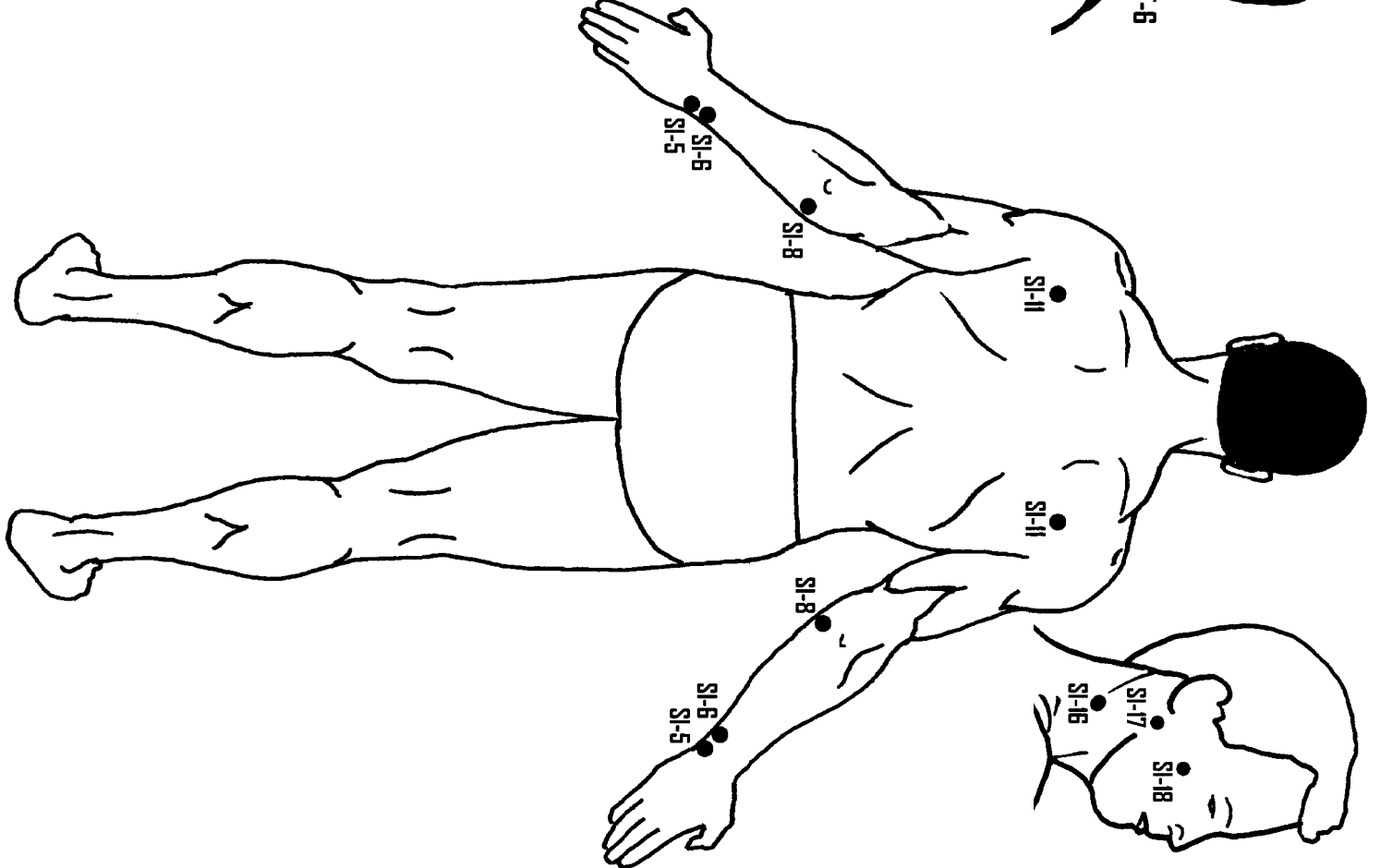
Spleen Channel Points



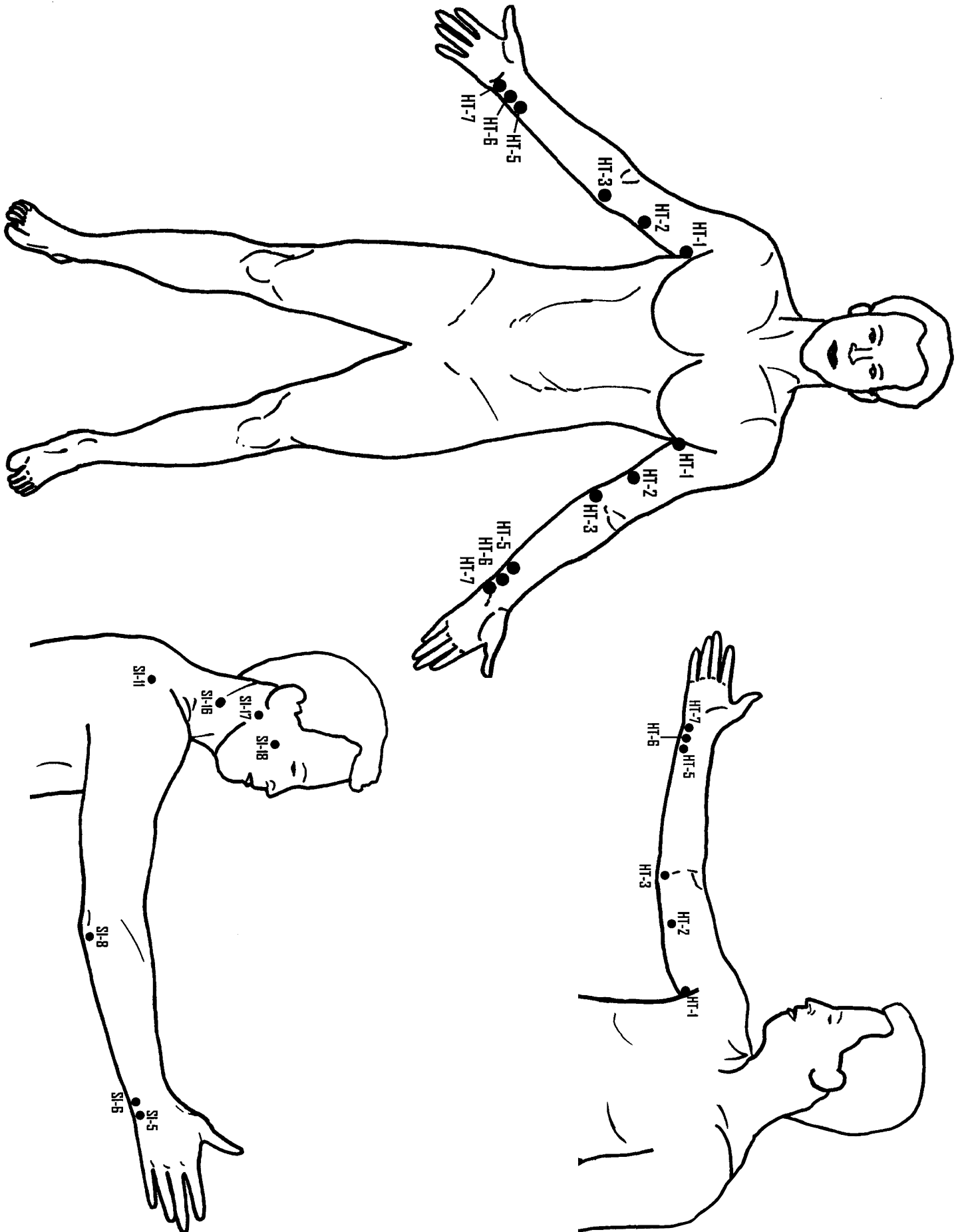
Stomach Channel Points



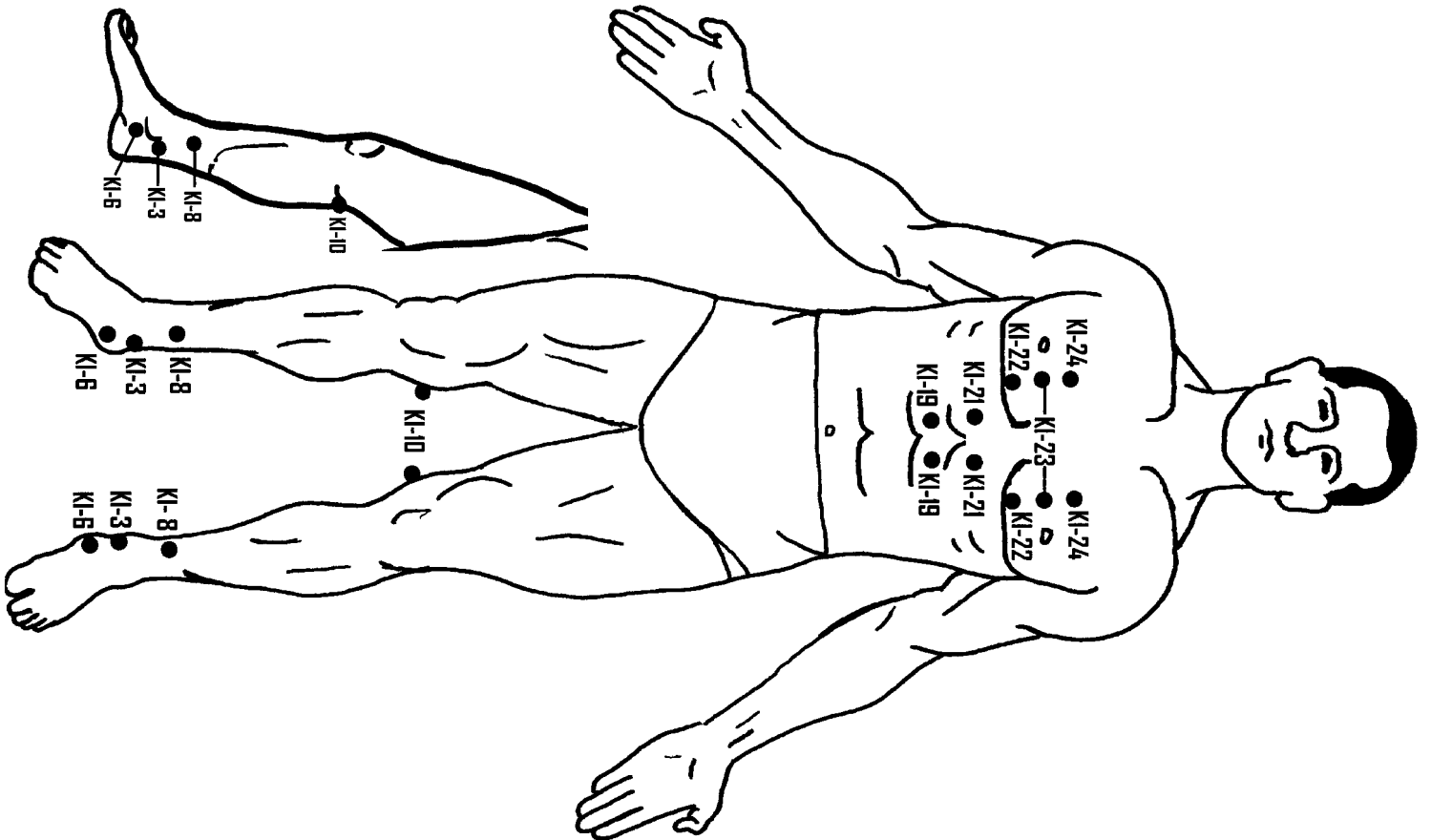
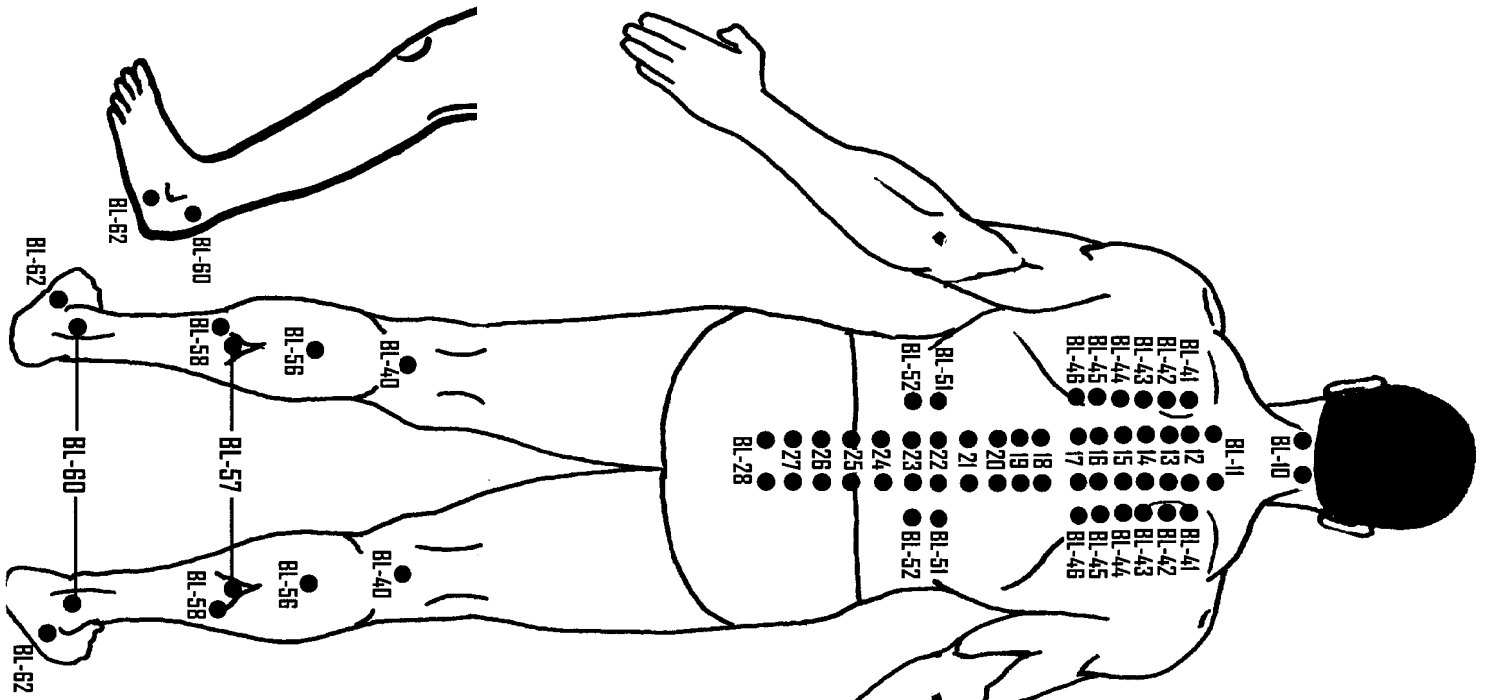
Small Intestine Channel Points



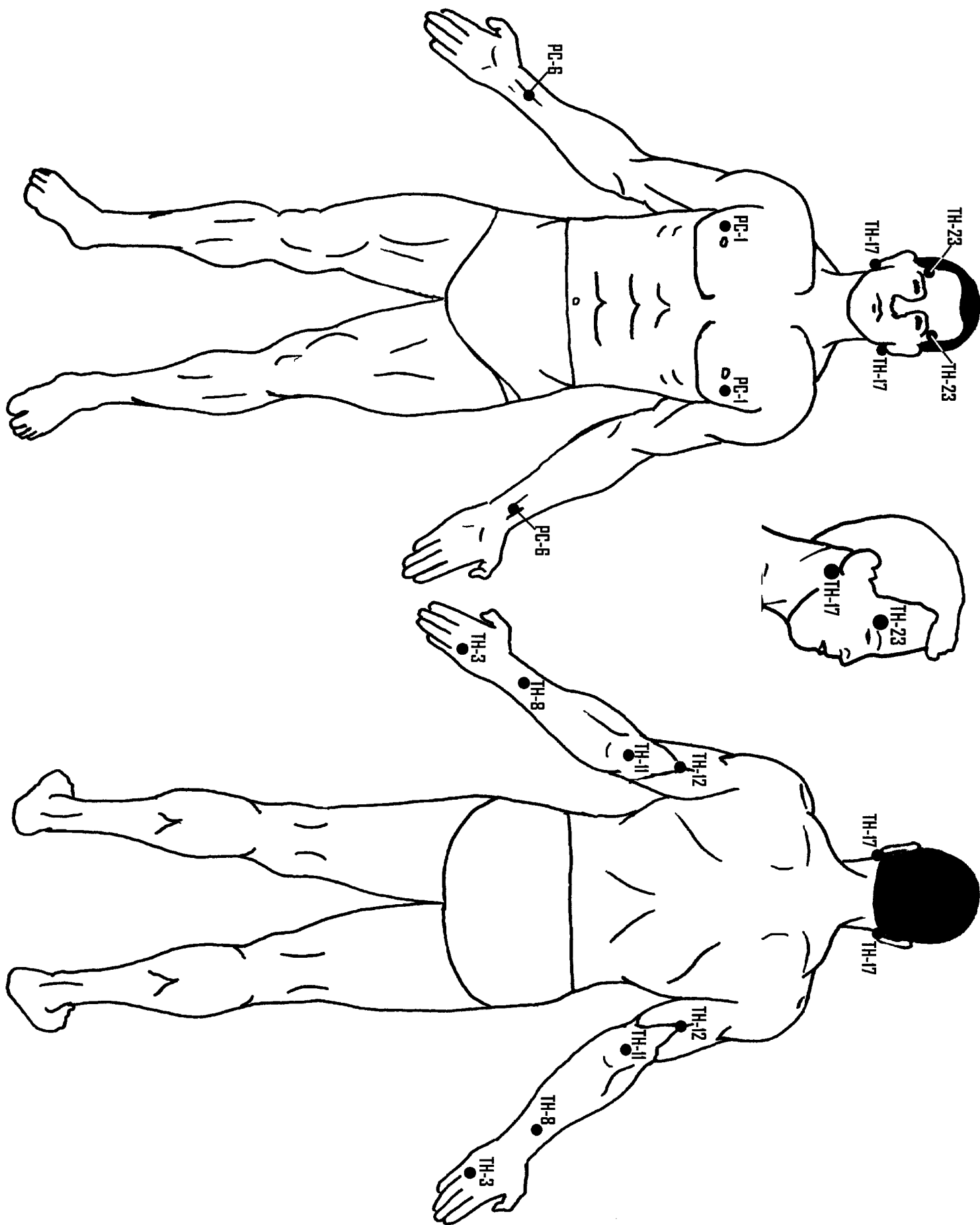
Heart & Small Intestine Channel Points



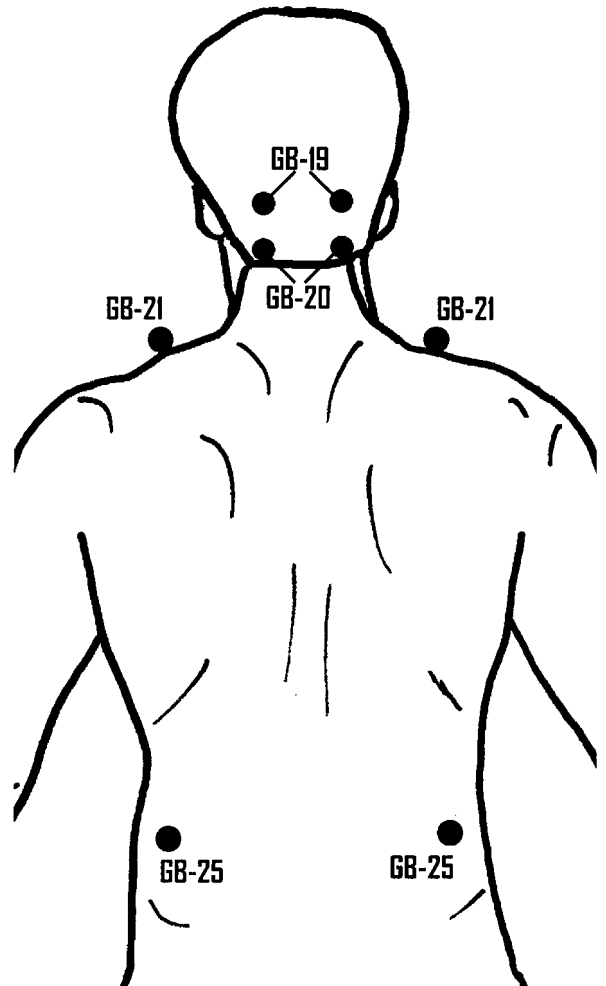
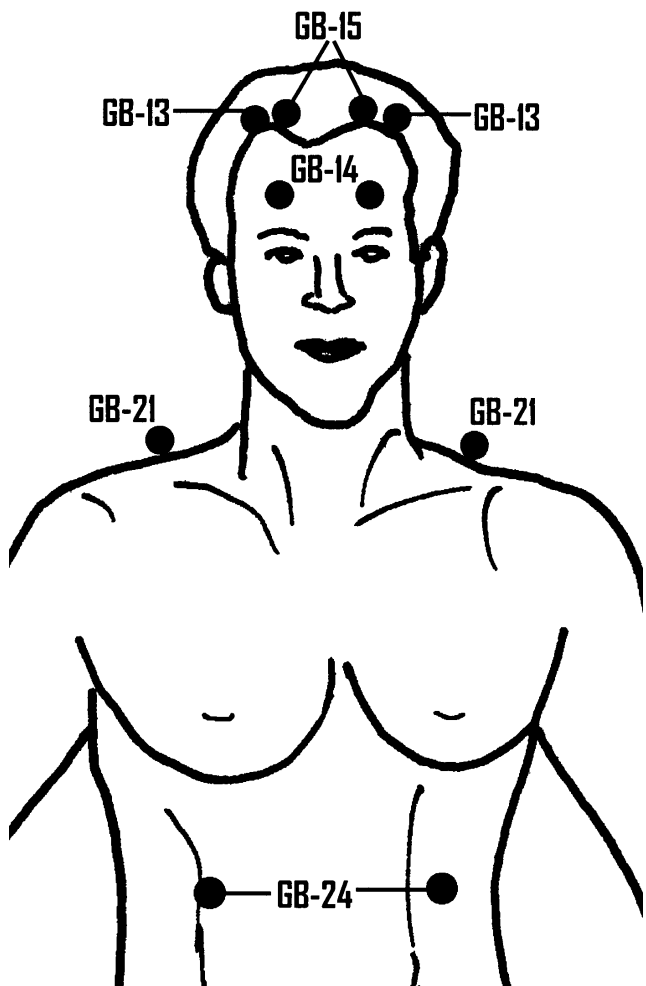
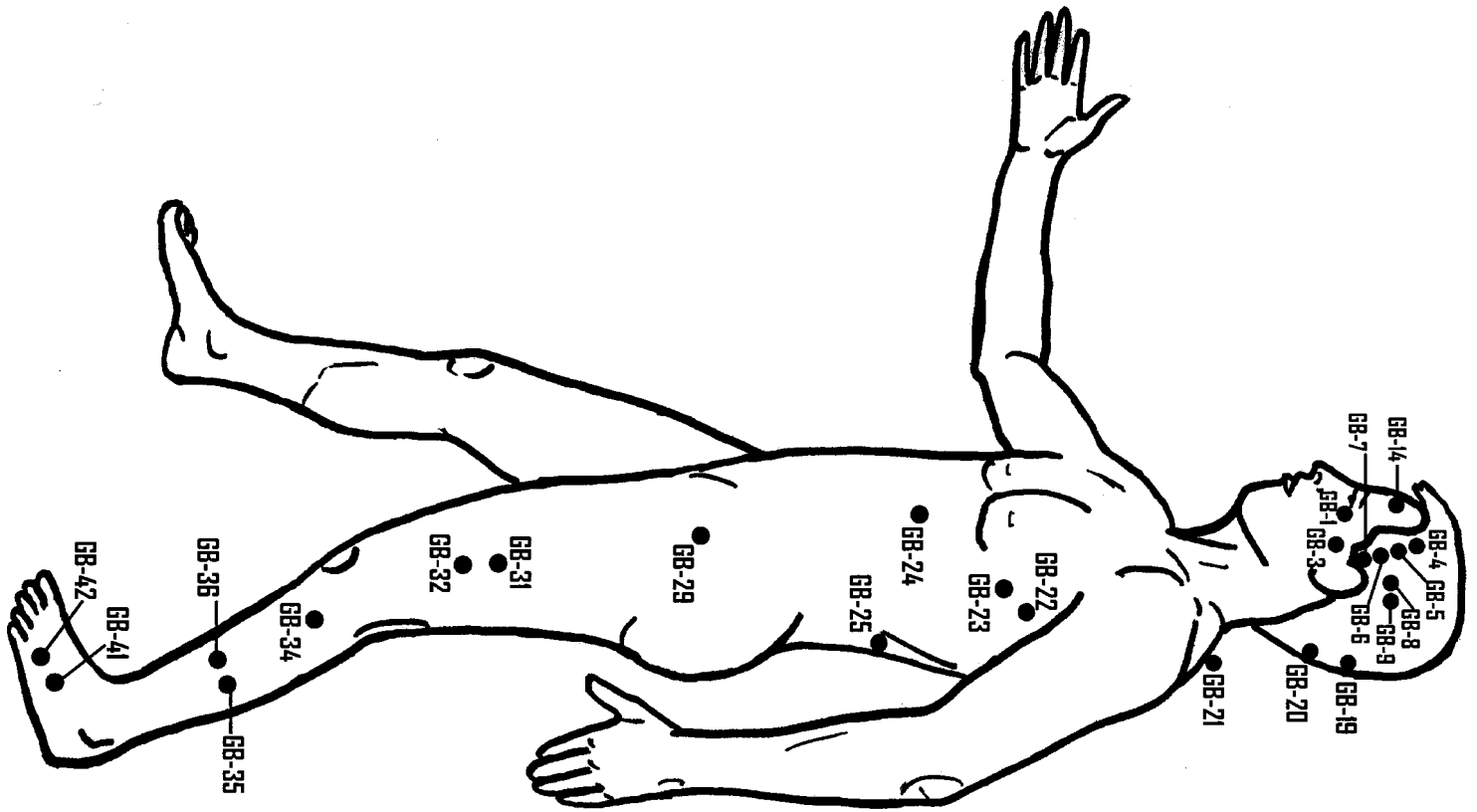
Bladder & Kidney Channel Points



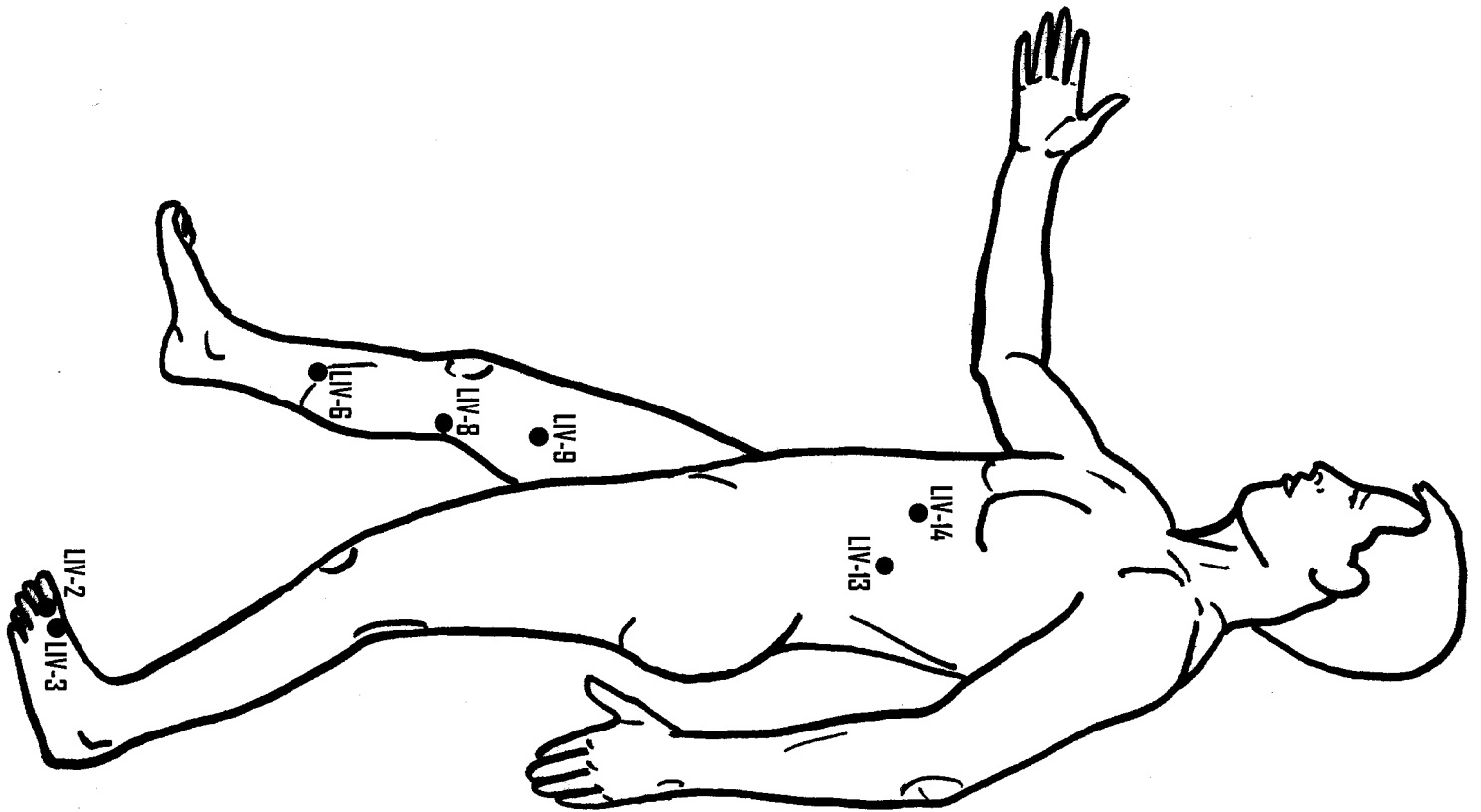
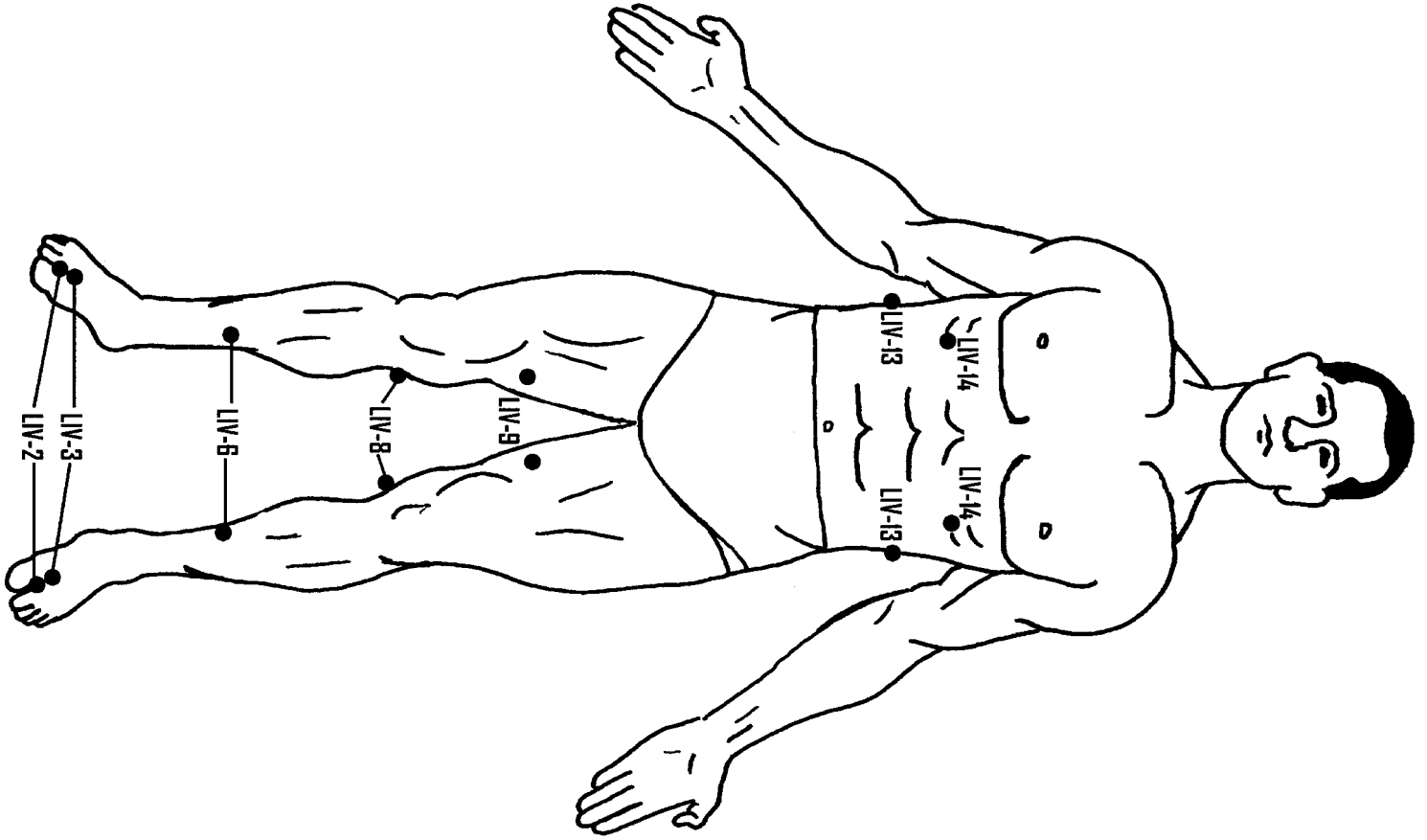
Pericardium & Triple Heater (Sanjiao) Channel Points



Gall Bladder Channel Points



Liver Channel Points



Analyzes of Vital Striking Points

Conception Vessel-14 (CV-14) Juche - Great Gateway

Location: On the midline just below the xiphoid process about 1 cun (this is the solar plexus)

Connections & Interactions

- Alarm (Mu) point of the Heart
- Middle Tiantien

Direction of Strike: Straight in or straight in and slightly upward

Weapons: Fist with $\frac{3}{4}$ punch, Wing Chun punch, upper cut punch, one-knuckle punch, palm heel strike, elbow strikes, back of wrist strike, kicking with the heel or ball of the foot, spear hand strike

Effects: Striking this point can be very dangerous. It can disrupt the heart, because this is the Mu-Point of the heart. It can also affect the Lungs and cause unconsciousness or even death. Will knock the wind out of your opponent.

Set-up Point(s): PC-6, HT-5, LU-8

Point Combinations: CV-4, CV-5, CV-6, CV-12, CV-17, GV-24, GV-26, ST-9, ST-12, LIV-14, HT-1, LU-6

Conception Vessel-17 (CV-17) Shanzhong - Chest Center

Location: Along the midline of the body on the sternum directly between the nipples in a depression, level with the junction of the fourth inter costal space and sternum

Connections & Interactions

- Alarm (Mu) point of the Pericardium channel
- Hui-Meeting point of the Chi
- Sea of Chi point
- Meeting point of the Conception Vessel with the Small Intestine, Triple Heater Spleen and Kidney channels

Direction of Strike: Straight in and downward or strike straight down along the conception vessel

Weapons: Palm slap, palm heel strike, vertical punch, seiken, one-knuckle strike, elbow strikes, back fist strikes

Effects: Striking this point causes great *Qi* drainage with lost of power and will disrupt the energy balance of the body. It can cause damage to the Heart and local damage to the sternum. Also may cause problems breathing, unconsciousness or even death.

Set-up Point(s): PC-6, BL-10, SI-5, HT-5, LU-8

Point Combinations: ST-9, GV-14, CV-14, CV-4, LIV-14, HT-1

Small Intestine-16 (SI-16) Tianchuang - Heavenly Window

Location: Side of the neck, posterior border of the sternocleidomastoid muscle, level with the laryngeal prominence

Connections & Interactions

- Window of Heaven point

Direction of Strike: Straight into the side of the neck

Weapons: Seiryuto, forearm strike, seiken, back of wrist strike, palm slap one-knuckle strike, elbow strikes, ridge-hand strike, back fist, edge of hand strike

Effects: Striking this point can be severely devastating; it can easily cause unconsciousness or even death when hit hard enough. It is relatively easy to access, and can possibly cause damage to the cervical spine. Disrupts the spirit and weakens the chest and legs. Note: be extremely careful if using this point.

Set-up Point(s): LU-5, HT-5, LU-8, LI-10, Mind-Point (Qianzheng)

Point Combinations: CV-4, CV-5, CV-14, CV-17, SP-10, LIV-14, GB-24, GB-20

Gall Bladder-24 (GB-24) Riyue – Sun and Moon

Location: On the chest in the seventh intercostals space, on the same line directly below the nipple, one rib directly below LIV-14

Connections & Interactions

- Alarm (Mu) point of the Gall Bladder channel
- Meeting point of the Gall Bladder & Spleen channels with the Yang Linking Vessel (Yang Wei Mai)

Direction of Strike: Straight into the point or laterally from either side of the body, from a 45° angle

Weapons: Seiken, elbow strikes, seiryuto, one-knuckle strike, hummer-fist strike, palm slap, palm heel strike, vertical punch, upper-cut punch, kicking using the heel or ball of the foot, knee strikes

Effects: Striking this point can be very deathly causing unconsciousness or even death. Can cause great local pain and damage to the rib cage and Liver. This is a sealing the breath point and can affect the Lungs. Note: be extremely careful when using this point.

Set-up Point(s): PC-6, LU-5, ST-30

Point Combinations: LIV-13, LIV-14, GB-20, GV-16, ST-15, ST-36, Mind Point (Qianzheng)

Liver-13 (LIV-13) Zhangmen – Completion Gate

Location: On the lateral side of the abdomen, directly anterior & inferior to the free end of the eleventh rib

Connections & Interactions

- Alarm (Mu) point of the Spleen
- Meeting point of the Liver and Gall Bladder channels
- Connections to the Girdle Vessel (Dai Mai Extraordinary Meridian)
- Hui-Meeting point of the Zang

Direction of Strike: Straight in from the front or side of the body

Weapons: Seiken, elbow strikes, seiryuto, one-knuckle punch, hummer-fist strike, palm slap, palm heel strike, vertical punch, upper-cut punch, spear-hand strike, kicking using heel or ball of the foot, knee strikes

Effects: Striking this point can be severely hazardous, causing damage to the Spleen or Liver with great local pain and/or fainting. Will cause damage to the energy/*Qi* system of the body. Note: be extremely careful if using this point.

Set-up Point(s): PC-6, although no set up point is needed

Point Combinations: LU-8, HT-5, LIV-14, GB- 24, GB-26, GB-27, GB-28, GB-41 LIV-3

Liver-3 (LIV-3) Taichong – Great Rushing

Location: On top of the foot, in the hollow distal to the junction of the first and second metatarsal bones

Connections & Interactions

- Earth element point of the Liver channel
- Source (Yuan) point of the Liver channel
- *Shu*-Stream point of the Liver channel

Direction of Strike: Straight down onto the point, on top of the foot

Weapons: Heel stomp, one-knuckle strike, kicking with the blade of the foot or tip of the toes

Effects: Striking this point will cause great local pain and *chi* drainage throughout the whole body. Can cause dizziness and disorientation. This is also a major healing point in (TCM)

Set-up Point(s): GB-15, PC-6, although no set up point is needed

Point Combinations: GB-20, GB-24, GB-41, LIV-2, LI-4, LU-5

Conception Vessel-24 (CV-24) Chengjiang - Container of Fluids

Location: Below the lower lip and above the chin on the midline, in the depression of the mentolabial groove

Connections & Interactions

- Meeting point of the Conception Vessel with the Governing Vessel, Stomach and Large Intestine channels
- Sun Si-Miao Ghost point

Direction of Strike: Straight in or strike across the point from side to side

Weapons: Seiken, palm heel strike, one-knuckle punch, elbow strikes, back fist, edge of hand strike, seiryuto, slapping with the fingertips

Effects: Striking this point can cause unconsciousness with damage to the teeth and jaw.

Set-up Point(s): PC-6, TH-8

Point Combinations: LI-10, ST-25, CV-4, CV-5, CV-12, GV-14, GV-16

Stomach-9 (ST-9) Renying – Man’s Welcome

Location: Directly over the carotid sinus, 1.5 cun lateral to and level with the tip of the laryngeal prominence, in the depression between the anterior border of the sternocleidomastoid muscle and the lateral border of the thyroid cartilage

Connections & Interactions

- Meeting point of the Stomach and Gall Bladder channels
- Meeting point of the Stomach channel with the Yin Heel Vessel (Yin Qiao Mai) & Yang Heel Vessel (Yang Qiao Mai)
- Sea of Chi point
- Window of Heaven point

Direction of Strike: Straight into the point at an angle towards the spine

Weapons: Seiryuto, one-knuckle punch, elbow strikes, finger strikes, back of wrist strike, inside wrist strike, forearm strike, palm heel strike, palm slap, seiken punch, vertical punch, hummer-fist strike, finger or thumb press/grab, forearm choke

Effects: Striking this point can be intensely devastating it can easily cause unconsciousness or even death. Attacking this point can cause the heart to slow down or even stop. It is relatively easy to access and is a major point in kyushojitsu. Note: be extremely careful if using this point, as a light blow can be potentially hazardous.

Set-up Point(s): PC-6, HT-5, LU-8, LI-10 although no set up point is needed, it works very well by itself

Point Combinations: HT-6, LI-12, LI-18, SI-16, GB-24, KI-3, BL-62, GB-20, ST-1, ST-3, ST-4, ST-8, ST-16, LU-5, CV-14, CV-17, Tai-yang

Large Intestine-10 (LI-10) Shousanli – Arm Three Miles

Location: On the radial side of the upper forearm, 2 cun below the radial aspect of the transverse crease of the elbow

Connections & Interactions

- Major set up point
- Connections to the Stomach channel

Direction of Strike: Can be struck straight in, slightly downward or upward

Weapons: Palm slap, palm heel strike, finger or thumb press/grab, one-knuckle punch, back-fist strike elbow strikes, back of wrist strike, forearm strike, seiryuto, knife-hand strike

(LI-10 Continued on next page)

(Large Intestine-10 (LI-10) Continued)

Effects: This is a major set up point for kyusho-jitsu but also works very well by itself. Striking this point will affect the entire Large Intestine meridian and if hit hard enough will cause unconsciousness. Attacking this point will cause a paralyzing effect on the arm, with local pain and numbness. Attacking this point can cause *Qi* drainage with dizziness and a sick feeling in the bowels. When used in combination with other vital points, it can have a very deadly conclusion. Note: be extremely careful if using this point in combination with other vital points.

Set-up Point(s): None, (it is a set up point)

Point Combinations: ST-9, ST-36, SI-16, SP-10, BL-62, HT-3, LIV-13, GB-20, GB-41, LI-4, LI-12

Pericardium-6 (PC-6) Neigwan – Inner Gate

Location: On the inside aspect of the forearm, about 2-cun proximal to the crease of the wrist, between the tendons of the palmaris longus and flexor radialis

Connections & Interactions:

- Connecting (Luo) point of the Pericardium channel
- Master point for Yin Linking Vessel (Yin Wei Mai extraordinary meridian)
- The Median nerve lies directly under this point

Direction of Strike: Straight into the point

Weapons: Finger or thumb press/grab, seiryuto, one-knuckle punch, elbow strikes, back of wrist strike, inside wrist strike, forearm strike, palm heel strike, palm slap, hummer-fist strike,

Effects: This is (the) major set-up and *Qi* drainage point in kyusho-jitsu. About 80% of all other points can be set up by using this point first. When used as a set up for other vital points, it can have devastating results. When struck or grabbed on its own can cause numbness in the arm, nausea with a sick feeling in the body and can also cause fainting. Attacking this point will have negative effects on *Qi*, blood, the Heart & Lungs.

Set-up Point(s): None, (it is a set up point)

Point Combinations: ST-5, ST-6, ST-9, ST-12, ST-15, ST-16, HT-3, HT-5, HT-6, SI-16, SI-17, LU-5, PC-1, PC-2, PC-3, TH-8, TH-12, TH-23, LI-17, LI-18, GB-4, GB-8, GB-9, GB-14, GB-21, GB-24, GB-31, LIV-14, SP-17, KI-19, BL-10, BL-23, BL-40, BL-57, CV-12, CV-14, CV-17, CV-23, CV-24, GV-22, GV-24, Yin-tang, Tai-yang and many other points

Lung-5 (LU-5) Chize – Cubit Marsh

Location: On the inside lateral aspect of the arm at the cubital crease of the elbow, in the depression at the radial side of the tendon of the biceps brachii muscle, 6 cun directly below LU-3

Connections & Interactions

- He-Sea point of the Lung channel
- Water element point of the Lung channel

Direction of Strike: Straight down into the point or straight down and slightly cutting back towards the hand

Weapons: Back of wrist strike, edge of forearm strike, back of forearm strike seiryuto, knife-hand strike, palm slap, palm heel strike, finger or thumb press/grab, one-knuckle punch, elbow strikes.

Effects: Attacking this point will cause great local pain with numbness that can temporarily paralyze the arm. This is a major set-up and *Qi* drainage point and is used a great deal in kyusho-jitsu. When used as a set up for other vital points it can have a devastating result. This point also works very well by itself when struck; it can damage the entire arm and upset the balance in the upper body. A very hard strike will affect the lungs, causing weakness in your opponent, and can also cause unconsciousness.

Set-up Point(s): None (it is a setup point)

Point Combinations: SI-11, SI-16, CV-22, LU-1, LU-3, LU-6, LU-8, HT-5, GV-10, GV-26, BL-40, BL-43, ST-9, ST-12, ST-15, ST-16, ST-30, LIV-14, GB-22, GB-24, LI-10, LI-11, PC-1, PC-3, SP-6, SP-10, SP-12