

## **36 Forbidden Vital Points Listed in the Bubushi**

### **Governing Vessel-1 (GV-1) Chang Qiang - Long Strong**

**Location:**

Midway between the tip of the coccyx and the anus, on the midline

**Connections & Interactions**

- Connecting (Luo) point of the Governing Vessel
- Meeting point of the Governing Vessel with the Conception Vessel and the Kidney and Gall Bladder channels

**Direction of Strike:**

Straight into the point, upward towards the spine

**Weapons:**

Kicking with the heel or ball of the foot

**Effects:**

Striking this point will cause great *chi* damage, disrupting the energy system of the body. Can cause unconsciousness and local damage to the anus and coccyx.

**Set-up Point(s):**

GV-26

**Point Combinations:**

CV-1

### **Governing Vessel-14 (GV-14) Dazhui - Great Vertebra**

**Location:**

At the base of the neck on the midline in the depression below the spinous process of the seventh cervical vertebra (the largest of the vertebra)

**Connections & Interactions**

- Meeting point of the Governing Vessel with the six yang channels of the hand and foot
- Sea of Chi point

**Direction of Strike:**

Can be struck downwardly or in an upwardly fashion.

**Weapons:**

Seiken, palm heel strike, palm slap, hammer-fist strike, elbow strikes

**Effects:**

Striking this point will cause weakness in the body. Striking upwardly will send too much energy/*chi* upward to the head causing dizziness and confusion. Striking downwardly will cause great *chi* drainage. Use CV-17 with this point, CV-17 is also a *chi* drainage point when struck downwardly, which also causes great weakness in the body.

**Set-up Point(s):** CV-17, SI-5

**Point Combinations:** CV-17, CV14, CV-4

## **Governing Vessel-16 (GV-16) Fengfu - Palace of Wind**

### **Location:**

At the nape of the neck, on the midline in the depression just below the external occipital protuberance

### **Connections & Interactions**

- Meeting point of the Governing Vessel and the Yang Linking Vessel (Yang Wei Mai)
- Sun Si-Miao point
- Sea of Marrow point
- Window of Heaven point
- Nerve cluster area

### **Direction of Strike:**

Straight in and slightly upward into the back of the neck/head

### **Weapons:**

Seiken, palm heel strike, palm slap, forearm strike, ridge-hand strike, edge of hand strike, elbow strikes, seiryuto, hummer-fist strike

### **Effects:**

Striking this point can be very dangerous, causing dizziness, unconsciousness or possible death. Could cause nerve and cervical spine damage if struck hard enough.

### **Set-up Point(s):**

SI-5

### **Point Combinations:**

GB-20, GV-15, GB-21, ST-8, BL-10

## **Governing Vessel-22 (GV-22) Xinhui - Fontanelle Meeting**

### **Location:**

Top of the head on the midline, 2 cun posterior to the anterior hairline

### **Connections & Interactions**

- None

### **Direction of Strike:**

Straight down onto the top of the head

### **Weapons:**

Hummer fist, palm heel strike, palm slap, knuckle strike, seiryuto

### **Effects:**

Striking this point may cause disorientation, poor vision, headaches, and visual dizziness. Could cause temporary blindness, also possible damage to the cervical spine.

### **Set-up Point(s):**

PC-6

### **Point Combinations:**

CV-2, CV-4, CV-17

## Governing Vessel-24 (GV-24) Shenting - Courtyard of the Spirit

### Location:

Top of the head on the midline, 0.5 cun posterior to the anterior hairline (top of the forehead)

### Connections & Interactions

- Meeting point of the Governing Vessel with the Bladder and Stomach channels

### Direction of Strike:

Straight down into the front, top of the head

### Weapons:

Hummer fist, palm heel strike, palm slap and seiryuto

### Effects:

Striking this point may cause headaches, dizziness and possible brain damage. Disrupts the spirit.

### Set-up Point(s):

PC-6

### Point Combinations:

GV-17, GV-4, GV-14

## Governing Vessel-26 (GV-26) Renzhong - Man's Middle

### Location:

Above the upper lip and just under the nose on the midline

### Connections & Interactions

- Meeting point of the Governing Vessel with the Large Intestine and Stomach channels
- Sun Si-Miao Ghost point
- Nerve cluster area

### Direction of Strike:

Straight in and upward just under the nose, if applying pressure as in (PPCT) roll upward then in and down

### Weapons:

Palm heel strike, edge of hand strike, seiryuto, seiken, one-knuckle punch, back-fist strike

### Effects:

Striking this point will disrupt the *chi* balance in the body, socking the whole system. It can cause unconsciousness or even death. Could cause nosebleeds and possible damage to the cervical spine. Be careful if using this point, it can be very dangerous.

### Set-up Point(s):

TH-8

### Point Combinations:

CV-24, CV-23, CV-17, CV-14, CV-4, GV-1

## Conception Vessel-1 (CV-1) Huiyin - Meeting of Yin

### Location:

On the midline, at the perineum halfway between the scrotum and the anus

### Connections & Interactions

- Meeting point of the Conception, Governing and Penetrating (Chong Mai) Vessels
- Sun-Si-Miao Ghost point

### Direction of Strike:

Straight up into the point, striking towards the head

### Weapons:

Kicking using the toes, heel or ball of the foot, striking with the tip of the elbow or one-knuckle punch

### Effects:

Striking this point is very dangerous it can cause death. Also can cause damage to the urinary tract. Striking this point could send the person into a coma if it does not kill him first.

### Set-up Point(s):

LIV-14, GV-1

### Point Combinations:

GV-1, ST-30, KI-11, KI-21, KI-16, CV-14

## Conception Vessel-4 (CV-4) Guanyuan - Gate of Origin

### Location:

On the midline of the lower abdomen about 2 cun above the pubic symphysis and about 3 cun below the umbilicus/navel

### Connections & Interactions

- Alarm (Mu) point of the Small Intestine
- Meeting point of the Conception Vessel with the Spleen, Liver and Kidney channels
- Considered the lower Dan-Tien

### Direction of Strike:

Can be struck straight in, downwardly or slightly upwardly

### Weapons:

Seiken, palm heel strike, one-knuckle punch, tip of the elbow, knee strikes, kicking with the heel or ball of the foot

### Effects:

Striking this point can be very dangerous causing sickness, unconsciousness and even death if struck correctly. If struck downwardly will cause great *chi* drainage. Can cause damage to the small intestine and to the energy system of the kidneys and bladder.

### Set-up Point(s):

CV-14, PC-6

### Point Combinations:

CV-3, CV-5, CV-14, CV-17, GV-24, LIV-14, KI-11, KI-10, SI-16

## Conception Vessel-14 (CV-14) Juque - 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
- Located at the middle Dan-Tien

### 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-17, CV-4, 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 of wrist strike, back fist

### Effects:

Striking this point causes great *chi* 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

## Conception Vessel-22 (CV-22) Tian Tu - Heavenly Prominence

### Location:

On the midline in the suprasternal fossa 0.5 cun above the suprasternal notch (jugular notch)

### Connections & Interactions

- Meeting point of the Conception Vessel and the Yin Linking Vessel (Yin Wei Mai)
- Window of Heaven point

### Direction of Strike:

Straight in or straight in and down

### Weapons:

Finger jab, spear hand strike, one-knuckle punch, tip of elbow, thumb strike

### Effects:

Striking this point can be very dangerous, possibly causing death. When struck, it can cause problems breathing and swelling, with damage to the throat and windpipe.

### Set-up Point(s):

LU-5, PC-6, possibly CV-17

### Point Combinations:

LIV-14, CV-23, SP-12

## 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-12, GV-14, GV-16

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

### Element/Aspect

Fire, Yang (Shao Yang)

### Location:

On the side of the neck, posterior border of the sternocleidomastoid muscle, level with the laryngeal prominence (adams apple)

### 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

## Triple Heater-2 (TH-2) Yemen - Fluid Gate

**Element/Aspect:** Fire, Yang (Shao Yang)

### Location:

Between the ring and little fingers, 0.5 proximal to the margin of the web

### Connections & Interactions

- Water element point of the Triple Heater channel
- Ying-Spring point of the Triple Heater channel

### Direction of Strike:

Strike or apply pressure straight in between knuckles of the ring and little fingers, at the hands web

### Weapons:

One-knuckle strike, finger/thumb or knuckle press, elbow strike, using small weapons (pen, kubaton, keys,etc.)

### Effects:

Attacking this point will cause *chi* disruption in the body, with great local pain and a weakening in the hand and wrist. A good point to attack when applying wrist locks.

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

**Point Combinations:** HT-3, HT-5, LU-8, SI-5, LI-5, LI-4,

## Triple Heater-17 (TH-17) Yifeng – Wind Screen

### Element/Aspect

Fire, Yang (Shao Yang)

### Location:

Just behind the earlobe, in the depression between the ramus of the mandible and the mastoid process

### Connections & Interactions

- Meeting point of the Triple Heater and Gall Bladder channels

### Direction of Strike:

Straight in or straight in and slightly upward behind the earlobe, from back to front

### Weapons:

One-knuckle strike, thumb strike, elbow strikes, ridge-hand strike, finger/thumb press

### Effects:

Striking this point can be very dangerous causing unconsciousness and death if struck correctly. Can cause damage to the ear and jaw, possibly resulting in lockjaw or (TMJ). It is a great pain compliant nerve point used in (PPCT).

### Set-up Point(s):

TH-8, PC-6

### Point Combinations:

LI-4, ST-5, ST-6, SI-16, SI-17, LU-5, LI-10

## Gall Bladder-3 (GB-3) Shangguan – Above the Joint

### Element/Aspect

Wood, Yang (Shao Yang)

### Location:

Anterior to the ear, in the hollow above the upper border of the zygomatic arch

### Connections & Interactions

- Meeting point of the Gall Bladder with the Triple Heater and Stomach channels

### Direction of Strike:

Straight into the point from the side of the head

### Weapons:

One-knuckle strike, elbow strikes, ridge-hand strike, back fist strike, seiryuto, hummer-fist strike, forearm strikes, seiken, back of wrist strike, palm slap, palm heel strike, finger jab, head butt, vertical punch

### Effects:

Striking this point can be very dangerous, causing dizziness, headaches, unconsciousness and if struck hard enough even death. Note: be extremely careful if using this point.

### Set-up Point(s):

LU-5, PC-6 (no set-up point is really need)

### Point Combinations:

LU-8, HT-5, LI-10, GB-24, SI-16, CV-17, CV-24, Mind Point (Qianzheng)

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

**Element/Aspect:** Wood, Yang (Shao Yang)

**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 and 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, back of wrist strike, 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 deadly causing unconsciousness or even death. Can cause great local pain and damage to the rib cage. Note: be extremely careful when using this point.

**Set-up Point(s):**

PC-6, ST-9, ST-30

**Point Combinations:**

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

## Gall Bladder-31 (GB-31) Fengshi – Wind Market

**Element/Aspect:** Wood, Yang (Shao Yang)

**Location:**

On the outside of the leg, along the lateral aspect of the thigh, seven cun superior to the popliteal crease, located along the common peroneal nerve

**Connections & Interactions**

- None

**Direction of Strike:**

Straight into the point on the out side of the leg or straight in and slightly downward at a 45° angle

**Weapons:**

Shin kick, knee strikes, kicking using the heel or ball of the foot, elbow strikes, vertical punch, seiken, palm heel strike, one-knuckle strike

**Effects:**

Striking this point will cause massive local pain, temporarily paralyzing the leg. This point has been known to cause unconsciousness. This is a great pain compliant nerve point used in (PPCT).

**Set-up Point(s):** LI-10, although no set up point is needed

**Point Combinations:** GB-32, ST-5, LIV-3, BL-40, HT-5, LU-8

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

### Element/Aspect

Wood, Yin (Jue Yin)

### 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
- Ma Dan-Yang Heavenly Star point

### 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 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

## Liver-11 (LIV-11) Yinlian – Yin Corner

### Element/Aspect

Wood, Yin (Jue Yin)

### Location:

At the upper part of the front of the leg, on the anterior border of the adductor longus, 2 cun lateral to the midline, level with the superior border of the pubic symphysis

### Connections & Interactions

- Connections to the Spleen channel

### Direction of Strike:

Straight into the point or straight in and downwardly or from the midline outwardly

### Weapons:

Knee strikes, kicking using the heel or ball of the foot, elbow strikes, vertical punch, seiken, palm heel strike, one-knuckle strike

### Effects:

Striking this point will cause local pain with great weakness in the leg and throughout the whole body. Can cause dizziness and disorientation.

### Set-up Point(s):

PC-6,

### Point Combinations:

SP-12, SP-17, ST-30, LIV-14

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

**Element/Aspect:** Wood, Yin (Jue Yin)

**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, back of wrist strike, one-knuckle punch, hummer-fist strike, palm slap, palm heel strike, vertical punch, upper-cut punch, spear-hand strike, kicking using the 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. Will cause damage to the energy/*chi* 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

## Heart-1 (HT-1) Jiquan – Summit Spring

**Element/Aspect** Fire, Yin (Shao Yin)

**Location:**

In the depression at the center of the axilla (in the arm-pit)

**Connections & Interactions**

- Connections to the Heart

**Direction of Strike:** Straight up into the armpit

**Weapons:**

Seiken, elbow strikes, back of wrist strike, one-knuckle punch, forearm strike, vertical punch, upper-cut punch, spear-hand strike

**Effects:**

Striking this point can be very dangerous, having strong effects on the heart, possibly stopping it, also having adverse effects on the lungs. Can cause local damage to the shoulder and axillary artery. Striking this point disrupts the spirit. Note: be extremely careful if using this point.

**Set-up Point(s):** PC-6, SI-8, HT-2

**Point Combinations:** LU-8, HT-5, HT-3, LIV-14, CV-14, CV-17 HT

## Heart-5 (HT-5) Tongli – Penetrating the Interior

**Element/Aspect** Fire, Yin (Shao Yin)

**Location:**

On the radial side of the tendon of the flexor carpi ulnaris, 1 cun proximal to the transverse crease of the wrist

**Connections & Interactions**

- Connecting (Luo) point of the Heart channel with the Small Intestine channel
- Ma Dan-Yang Heavenly Star point
- Mayor set-up point

**Direction of Strike:** Pressing straight into the point applying extreme pressure with a wrist grab along with a yanking motion of the arm. Can be struck straight into the point or in a downwardly cutting motion towards the hand

**Weapons:**

Finger/thumb or knuckle press/grab, one-knuckle punch, elbow strikes, back of wrist strike, inside wrist strike, forearm strike, palm slap, uppercut punch, seiryuto

**Effects:**

This is a major set-up and *chi* drainage point and is used a great deal in kyusho-jitsu (dim-mak). When this point is struck or grabbed hard enough it can cause great *chi* drainage from the head; leaving the head and neck vulnerable to attack, resulting in unconsciousness. This point works best if used with LU-8, usually grappling and compressing the two points at the same time, along with a fierce wrenching motion of the arm.

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

**Point Combinations:**

LU-8, LU-5, TH-11, TH-12 TH-17, TH-23, ST-9, SI-16, LI-18, GB-3, KI-6, Mind Point (Qianzheng)

## Kidney-6 (KI-6) Zhaohai – Shining Sea

**Element/Aspect** Water, Yin (Shao Yin)

**Location:** At the ankle on the inside of the leg, 1 cun below the prominence of the medial malleolus

**Connections & Interactions**

- Master/Confluent point of the Yin Heel Vessel (Yin Qiao Mai)

**Direction of Strike:** Straight into the point, from the inside of the ankle

**Weapons:**

Kicking using the heel, ball of the foot, side kick blade or if grappling use one-knuckle strike, finger or thumb press/grab, cutting with the edges of the bones of the wrist and forearm

**Effects:**

Striking this point causes significant *chi* drainage and great local pain. Can cause confusion with dizziness and disrupts the spirit. Striking here can upset the balance within the yin heel vessel (yin qiao mai).

**Set-up Point(s):** PC-6

**Point Combinations:** ST-9, BL-1, BL-40, BL-62, LIV-3, SP-6, KI-8, HT-5, LU-8

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

**Element/Aspect** Earth, Yang (Yang Ming)

**Location:**

Located 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) and 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, (most any weapon)

**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 kyusho-jitsu (dim-mak). 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, although no set up point is needed, point works very well by itself

**Point Combinations:** LI-10, LI-12 GB-24, KI-3, BL, 62, GB-20, ST-1, ST-3, ST-4, LU-5

## Stomach-12 (ST-12) Quepen – Empty Basin

**Element/Aspect:** Earth, Yang (Yang Ming)

**Location:** Posterior to the midpoint of the superior border of the clavicle, vertically above the nipple

**Connections & Interactions:** Meeting point of the Stomach, with the Gall Bladder, Triple Heater, Small Intestine and Large Intestine channels

**Direction of Strike:** Straight down into the clavicle or attacking downward just behind the clavicle using a finger jab, a clawing motion or finger pressing

**Weapons:**

Seiryuto, forearm strike, palm heel strike, hummer-fist strike, one-knuckle punch, finger strikes, tiger claw, finger or thumb press/grab

**Effects:**

Striking this point causes significant local pain with damage to the clavicle (possibly breaking it) if struck hard enough. Drains energy/*chi* and disrupts the yin and yang balance in the body. This is a great pain compliant nerve point used in (PPCT), apply pressure in and behind the clavicle.

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

**Point Combinations:** CV-14, CV-17, CV-22, LIV-14, ST-11

## Lung-3 (LU-3) Tianfu – Palace of Heaven

**Element/Aspect** Metal, Yin (Shao Yin)

**Location:**

On the inside lateral aspect of the upper arm, in the depression between the lateral border of the biceps brachii muscle, 6 cun directly above LU-5

**Connections & Interactions**

- Window of Heaven point

**Direction of Strike:** Straight into the point or can be struck in a downwardly motion

**Weapons:**

Seiryuto, elbow strikes, one-knuckle punch, hammer-fist strike, knife-hand strike, vertical punch

**Effects:**

Striking this point will cause great local pain, temporarily paralyzing the arm. Disrupts the balance between the head and the body, causing confusion with dizziness.

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

**Point Combinations:** LU-1, LU-2, LU-4 LU-8, HT-5, HT-7, ST-11

## Lung-8 (LU-8) Jingqu – Channel Gutter

**Element/Aspect:** Metal, Yin (Shao Yin)

**Location:**

On the inside lateral aspect of the wrist, in the depression at the base of the styloid process of the radius, 1 cun above the transverse crease of the wrist

**Connections & Interactions**

- Metal element point of the Lung channel
- Jing-River point of the Lung channel
- Major set up point

**Direction of Strike:**

Pressing straight into the point, apply extreme pressure with a wrist grab, along with a yanking motion of the arm. Can be struck straight into the point or in a downwardly cutting motion towards the hand.

**Weapons:**

Finger/thumb or knuckle press/grab, one-knuckle punch, elbow strikes, back of wrist strike, inside wrist strike, forearm strike, palm slap, uppercut punch, seiryuto

**Effects:**

This is a major set-up and *chi* drainage point and is used a great deal in kyusho-jitsu (dim-mak). When this point is struck or grabbed hard enough it can cause great chi drainage from the head; leaving the head and neck vulnerable to attack resulting in unconsciousness. This point works best if used with HT-5, usually grabbing and compressing the two points at the same time, along with a fierce wrenching motion of the arm.

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

**Point Combinations:**

HT-5, LU-5, ST-5, ST-9, TH-11, TH-12 TH-17.TH-23, SI-16, GB-20, Mind Point (Qianzheng)

## Large Intestine-4 (LI-4) Hegu – Joining Valley

**Element/Aspect:** Metal, Yang (Yang Ming)

**Location:**

In the dorsum of the hand, between the first and second metacarpal bones, at the midpoint of the second metacarpal bone on the radial side

**Connections & Interactions**

- Gao Wu command point
- Source (Yuan) point of the Large Intestine channel
- Ma Dan-Yang Heavenly Star point

**Direction of Strike:**

Pressing straight into the point, in a direction towards the second metacarpal bone, apply extreme pressure with the tip of the finger or knuckle, can also be struck straight into the point, using a small weapon like a one-knuckle punch.

**Weapons:** Finger/thumb or knuckle press/grab, one-knuckle punch, using small weapons (pen, kubaton, keys, etc.)

**Effects:**

Attacking this point will cause great local pain with *chi* drainage. It is a good point to use in combination with other vital points when applying *kansetsu waza* joint bending techniques. Can cause headaches with some confusion. This is also a major healing point used in Acupuncture.

**Set-up Point(s):** None

**Point Combinations:** HT-5, LU-8, LU-7, LU-5, LU-1, LI-10, Liv-3, Liv-14, GB-20, GB-41, ST-2, ST-6, GV-26

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

**Element/Aspect:** Metal, Yang (Yang Ming)

**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

**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. Attacking this point can cause *chi* drainage with dizziness and a sick feeling in the bowels. When this point is used in combination with other vital points, it can have a very deathly 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

## Bladder-40 (BL-40) Weizhong – Middle of the Crook

**Element/Aspect:** Water, Yang (Tai Yang)

**Location:**

In the back of the knee, on the popliteal crease, in a depression midway between the tendons of the biceps femoris and semitendinosus, (midpoint of the back of the knee)

**Connections & Interactions**

- Gao Wu command point
- Earth element point of the Bladder channel
- He-Sea point of the Bladder channel
- Ma Dan-Yang Heavenly Star point

**Direction of Strike:** Straight into the point, at the back of the knee

**Weapons:**

Shin kick, one-knuckle strike, kicking with the blade or ball of the foot, elbow strikes

**Effects:**

Striking this point will cause local pain and a buckling of the knee with probable damage to knee joint. A hard enough strike to this point can cause the head to be filled with too much *chi*, resulting in headaches or unconsciousness. Striking to this point can produce an excess of *yang* energy, resulting in excessive heat in the body. This is also a great healing point used in Acupuncture for low back pain and knee disorders.

**Set-up Point(s):** PC-6

**Point Combinations:** KI-10, GB-31, BL-10, BL-62

## Bladder-43 (BL-43) Gaohuangshu – Vital Region

**Element/Aspect:** Water, Yang (Tai Yang)

**Location:**

On the lateral aspect of the upper back, 3 cun lateral to midline and level with the lower border of the spinous process of the fourth thoracic vertebra, at the edge of the border of the scapula

**Connections & Interactions**

- Shu Point

**Direction of Strike:** Straight into the point, from the back

**Weapons:**

Seiken, elbow strikes, seiryuto, back of wrist strike, one-knuckle strike, hummer-fist strike, palm slap, palm heel strike, vertical punch, kicking using the heel or ball of the foot

**Effects:**

Striking this point will cause *chi* drainage, disrupting the body's *chi* system, triggering the body to become weak and tired. Attacking this point can affect the lung *chi*, rendering the body susceptible to sickness and disease.

**Set-up Point(s):** LU-5

**Point Combinations:** BL-51, ST-30, ST-36

## Bladder-51 (BL-51) Huangmen – Vital Gate

**Element/Aspect: Water, Yang (Tai Yang)**

**Location:** On the lateral aspect of the lower back, 3 cun lateral to midline and level with the lower border of the spinous process of the first lumbar vertebra

### Connections & Interactions

- None

**Direction of Strike:** Straight into the point, from the back

### Weapons:

Seiken, elbow strikes, seiryuto, back of wrist strike, one-knuckle strike, hummer-fist strike, palm slap, palm heel strike, vertical punch, kicking using the heel or ball of the foot

### Effects:

Striking this point will cause damage the Kidney and local pain to the low back. When this point is used in combination with other bladder points it can have an adverse affect on the heart.

**Set-up Point(s):** LU-5

**Point Combinations:** BL-22, BL-43, KI-6, KI-10, LIV-3, LIV-13, Liv-14, GB-24, GB-25

## Bladder-62 (BL-62) Shenmai – Extending Vessel

**Element/Aspect: Water, Yang (Tai Yang)**

**Location:** On the lateral side of the foot/ankle, about 0.5 cun below the lower border of the lateral malleolus, in a depression posterior to the peroneal tendons

### Connections & Interactions

- Master/Confluent point of the Yang Heel Vessel (Yang Qiao Mai)
- Sun-Si-Miao Ghost point

### Direction of Strike:

Straight into the point and somewhat forward towards the toe, from the outside of the ankle

**Weapons:** Kicking using the heel, ball of the foot, side kick blade or if grappling use one-knuckle strike, finger or thumb press/grab, or cutting with the edges of the bones of the wrist and forearm

**Effects:** Striking this point causes significant *chi* drainage and enormous local pain with damage to the ankle. Attacking this point upsets the balance within the yang heel vessel, causing the head to be filled with an overload of *yang chi*, resulting in headaches and mental confusion. Attacking this point disrupts the spirit.

**Set-up Point(s):** PC-6

**Point Combinations:** LI-10, BL-1, BL-40, ST-1, ST-3, ST-4, ST-9, GB-14, GB-20, KI-6, LIV-3, Mind-Point (Qianzheng)

**Eyes;** Vital points located round the eyes: BL-1, BL-2, ST-1, GB-1, TH-23

**Ears;** Vital points located round the ears: SI-19, GB-2, GB-7, TH-17, TH-18, TH-19, TH-20, TH-21, TH-22, Mind-Point (Qianzheng)

<b>Meridian Key:</b>			
<b>Yin Channels</b>		<b>Yang Channels</b>	
Lung	(LU)	Large Intestine	(LI)
Heart	(HT)	Small Intestine	(SI)
Pericardium	(PC)	Triple Heater	(TH)
Liver	(LIV)	Gall Bladder	(GB)
Spleen	(SP)	Stomach	(ST)
Kidney	(KI)	Bladder	(BL)
Conception Vessel	(CV)	Governing Vessel	(GV)

### In Alphabetical Order

- ❖ A Manual of Acupuncture by Peter Deadman & Mazin Al-kafaji
- ❖ Acupuncture; How it Works, How it Cures by Peter Firebrace and Sandra Hill
- ❖ Atlas of Acupuncture, Point and Meridians by Felix Mann
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- ❖ Extraordinary Vessels by Kiiko Matsumoto & Stephen Birch
- ❖ Danzan-Ryu Seifukujitsu Massage Manual (TCM) by (AJJF) National Massage Program
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