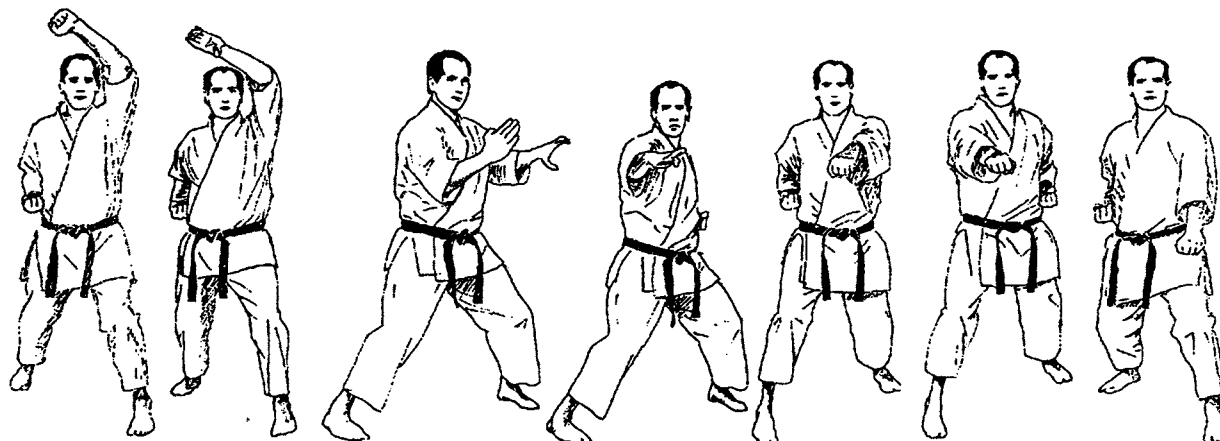


# Kyusho-Jitsu/Dim-Mak

## Pressure Point Striking using the Five Elements/Phases Theory

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Ippon Kumite Kata #6

### (Standard interpretation)

Attacker executes a right punch from a right forward stance. Defender steps back into a left forward stance and executes a left high block to PC-6. Grab wrist at HT-5 & LU-8, and step into a right half-front-horse-stance and execute a right downward shuto strike to the biceps at HT-2, followed by a shuto to the neck into LI-17 or 18. Shift into right forward stance and punch left, then right punch to solar plexus CV-14. Step back into left forward stance and left down block.

Block to PC-6, grab wrist at HT-5 & LU-8, shuto strike to HT-2 and shuto strike to LI-17 or 18, double punch to CV-14.

PC-6	HT-5	LU-8	HT-2	LI-17-18	CV-14
Yin	Yin	Yin	Yin	Yang	Yin
Fire	Fire	Metal	Fire	Metal	Ren Mai

Controlling/destructive (ke) cycle: Fire controls Metal (fire melts or liquefies metal)

### Pericardium point #6 (PC-6 Neigwan)

This is a major set-up point and is used a great deal in dim-mak (kyusho-jitsu). About 90% of all other point strikes can be set up by using this point first. When struck, it can upset the yin-yang balance in the body, causing confusion internally. It is a great (chi) drainage point and can cause nausea. It is a luo (passage) point and the master point for yin wei mai (extraordinary meridian).

### Large Intestine Point #17 & 18 (LI-17 Tianding) (LI-18 Futu)

Both of these points are notably dangerous when struck, can cause unconsciousness or even death. The set up points are PC-6 and LI-12. When LI-18 is used simultaneously with ST-9 (due to their close proximity to each other), it can have a very deadly conclusion. Note: be extremely careful if using these points.

**(Alternative interpretation inside entry)**

Attacker executes a right punch from a right forward stance. Defender steps back into a left forward stance and executes a left high block to PC-6. Grab wrist at HT-5 & LU-8, step into a right half-front-horse-stance and execute a right downward shuto strike to the inside fold of the elbow at LU-5, followed by a shuto to the side of the chest at LIV-14. Shift into right forward stance and execute a left punch to the side of the chest at SP-17, then right punch to solar plexus CV-14. Step back into left forward stance and left down block.

Block to PC-6, grab wrist at HT-5 & LU-8, shuto strike to LU-5 and shuto strike to LIV-14, punch to SP-17 & CV-14.

PC-6	HT-5	LU-8	LU-5	LIV-14	SP-17	CV-14
Yin	Yin	Yin	Yin	Yin	Yin	Yin
Fire	Fire	Metal	Metal	Wood	Earth	Ren Mai

Controlling/destructive (ke) cycle:

Fire controls Metal (fire melts or liquifies metal)

Metal controls Wood (metal cuts or chops wood)

Wood controls Earth (wood covers or penetrates earth)

**Lung Point #5 (LU-5 Chize)**

This is a major set-up and (chi) drainage point and is used a great deal in dim-mak (kyusho-jitsu). LU-5, when used as a set up for other points, has a devastating result but also works very well by itself. Striking this point can do great damage to the entire arm and upset the balance in the upper body, and may also cause unconsciousness. This point is located in the inside fold/crease of the elbow.

**Liver Point #14 (LIV-14 Qimen)**

This can be a very deadly point when struck, it can easily cause unconsciousness or even delayed death. It is relatively easy to access, and has connections with the spleen meridian and yin wei mai (extraordinary meridian). PC-6 & LU-5 are both great set up points for LIV-14. Note: be extremely careful if using this point.

**Spleen Point #17 (SP-17 Shidou)**

This is a great (chi) drainage point and can cause tremendous pain when struck. The set up points are PC-6, HT-5, LU-8 and TW-8.

**Conception Vessel point #14 (CV-14 Juque)**

CV-14 is located at the solar plexus just below the xiphoid process. This point can be seriously dangerous when struck, it could result in death. It is the alarm (mu) point of the heart meridian and can stop the heart. A set up point can be PC-6, but it also works very well by itself. When using this point, strike straight in and/or slightly upward. Note: be careful when using this point.

**(Alternative interpretation outside entry)**

Attacker executes a right punch from a right forward stance. Defender steps back into a right forward stance and executes a right high block to PC-6. Grab wrist at SI-5 & LI-5, step around into a left half-front-horse-stance and execute a left downward shuto strike to the upper back of the forearm at LI-10, followed by a shuto to the neck at ST-9 or at the back of the jaw at (qianzhen mind point). Shift into left forward stance and execute a right punch to the side of the chest at GB-24 then a left punch to LIV-13. Step back into left forward stance and left down block strike to ST-8.

Block to PC-6, grab wrist at SI-5 & LI-5, shuto strike to LI-10 and shuto strike to ST-9, punch to GB-24 & LIV-13, and down block/strike to ST-8.

PC-6	SI-5	LI-5	LI-10	ST-9	GB-24	LIV-13	ST-8
Yin	Yang	Yang	Yang	Yang	Yang	Yin	Yang
Fire	Fire	Metal	Metal	Earth	Wood	Wood	Earth

Controlling/destructive (ke) cycle: Fire controls Metal (fire melts or liquefies metal)

Reverse creative/constructive (sheng) cycle: Metal to Earth

Counteracting/rebellious cycle: Earth counteracts Wood (earth allows no root for wood)

Controlling/destructive (ke) cycle: Wood controls Earth (wood covers or penetrates earth)

**Large Intestine Point #10 (LI-10 Shousanli)**

This is a major set up point and also works very well by itself. Striking this point will affect the entire large intestine meridian, and if hit hard enough can cause unconsciousness. Striking this point will cause a paralyzing effect on the arm. When it is used with ST-9, it can have a very deadly conclusion. Note: be extremely careful if using these two points together.

**Stomach Point #9 (ST-9 Renying)**

This can be an intensely devastating point when struck, it can easily cause unconsciousness or even death. It is relatively easy to access and is a major point in dim-mak (kyusho-jitsu). ST-9 is located directly over the carotid sinus. Set up points for ST-9 are PC-6 and HT-5 & LU-8 when used together, but it also work very well by itself. Note: be extremely careful if using this point, a light blow can be potentially hazardous. When using this point strike straight in at an angle towards the spine.

**Gallbladder point #24 (GB-24 Riyue)**

Located about one inch below LIV-14, this is also a very deadly point that can cause unconsciousness or even death. GB-24 has an internal passage to LIV-13 with connections to the spleen meridian and yang wei mai (extraordinary meridian), and is the alarm (mu) point of the Gallbladder meridian. PC-6 & ST-9 are both great set up points for GB-24. Note: be extremely careful when using this point.

**Liver Point #13 (LIV-13 Zhangmen)**

This can be a severely hazardous point when struck, causing damage to the spleen or liver. This point is the alarm (mu) point of spleen meridian, with connections to the Gallbladder meridian and dai mai (extraordinary meridian), with an internal passage to LIV-14. LU-8 can be used as a set up point, although no set up point is needed. Note: be extremely careful if using this point.

**(Alternative interpretation inside entry defense from double hook punch)**

Attacker executes a right punch from a right forward stance. Defender steps back into a left forward stance and executes a right deflecting hand block to PC-6 with the left high block to the inside fold of the elbow at LU-5. Grab the wrist, step into a right half-front-horse-stance, and simultaneously execute a right downward shuto strike to LU-1. At this time the attacker executes a left punch, follow through with your right shuto to the inside fold of the elbow at LU-5 of the attacker's left arm. Shift into right forward stance and execute left punch to the chest at LIV-14, and a then right punch next to the solar plexus at ST-19. Step back into left forward stance, and left down block strike to back of the head at BL-10.

Block to PC-6 and LU-5, shuto strike to LU-1 and shuto strike to opposite arm at LU-5, punch to LIV-14 & ST-19, down block strike to BL-10.

LU-5 is the set up point for LU-1 and LIV-14.

Use a slap to the side of the jaw at (qianzhen mind point) to set up ST-19.

PC-6	LU-5	LU-1	LU-5	LIV-14	ST-19	BL-10
Yin	Yin	Yin	Yin	Yin	Yang	Yang
Fire	Metal	Metal	Metal	Wood	Earth	Water

Controlling/destructive cycle:

Fire controls Metal (fire melts or liquefies metal)

Metal controls Wood (metal cuts or chops wood)

Wood controls Earth (wood covers or penetrates earth)

Earth controls Water (earth absorbs, dams up or restricts the movement of water)

**Lung point #1 (LU-1 Zhongfu)**

This point is the alarm (mu) point of lung meridian, with connections to the spleen meridian. Striking to LU-1 will cause chi drainage and severe local pain. When using this point strike straight in and slightly upward. The set up point for LU-1 is LU-5.

**Stomach point #19 (ST-19 Puyung)**

This point is just slightly lateral to CV-14 (solar plexus). Striking to this point can be severely damaging to the diaphragm, and if struck hard enough can cause unconsciousness or perhaps death. When using this point, strike straight in and slightly laterally. The set up points for ST-19 are PC-6 and the mind point (note: use the two points together).

**Bladder point #10 (BL-10 Tienchu)**

This point is located just below the medulla oblongata, slightly medial and down from GB-20. This is a seriously dangerous and deathly point when struck, it can cause unconsciousness and death. BL-10 needs no set up point, it works very well by itself. When using this point, strike straight in to the back of the neck. Note: be extremely careful if using this point as death can occur.

### **(Devastating three strike combination #1)**

Attacker executes a right punch from a right forward stance. Defender steps back into a left forward stance and executes right deflecting hand block with a left high block to PC-6. Grab wrist at HT-5 & LU-8. Step into a right half-front-horse-stance, and simultaneously execute a right downward shuto strike to the inside fold of the elbow at LU-5, followed by a right shuto strike straight in to the neck at ST-9.

Block to PC-6, grab wrist at HT-5 & LU-8, shuto strike to LU-5 and shuto strike to ST-9.

Set up points for ST-9 are PC-6 or HT-5 & LU-8 used together.

PC-6	HT-5	LU-8	LU-5	ST-9
Yin	Yin	Yin	Yin	Yang
Fire	Fire	Metal	Metal	Earth

Controlling/destructive (ke) cycle: Fire controls Metal (fire melts or liquefies metal)

Reverse creative/constructive (sheng) cycle: Metal to Earth

### **(Devastating three strike combination #2)**

Attacker executes a right punch from a right forward stance. Defender steps back into a left forward stance and executes right deflecting hand block with a left high block to PC-6. Grab wrist at HT-5 & LU-8. Step into a right half-front-horse-stance, and simultaneously execute a right downward shuto strike to the inside fold of the elbow at LU-5, followed by a right shuto strike straight in to the side of the neck at SI-16 or SI-17.

Block to PC-6, grab wrist at HT-5 & LU-8, shuto strike to LU-5 and shuto strike to SI-16 and/or SI-17.

Set up points for SI-16 are HT-5, LU-8 and LU-5.

Set up point for SI-17 is SI-16.

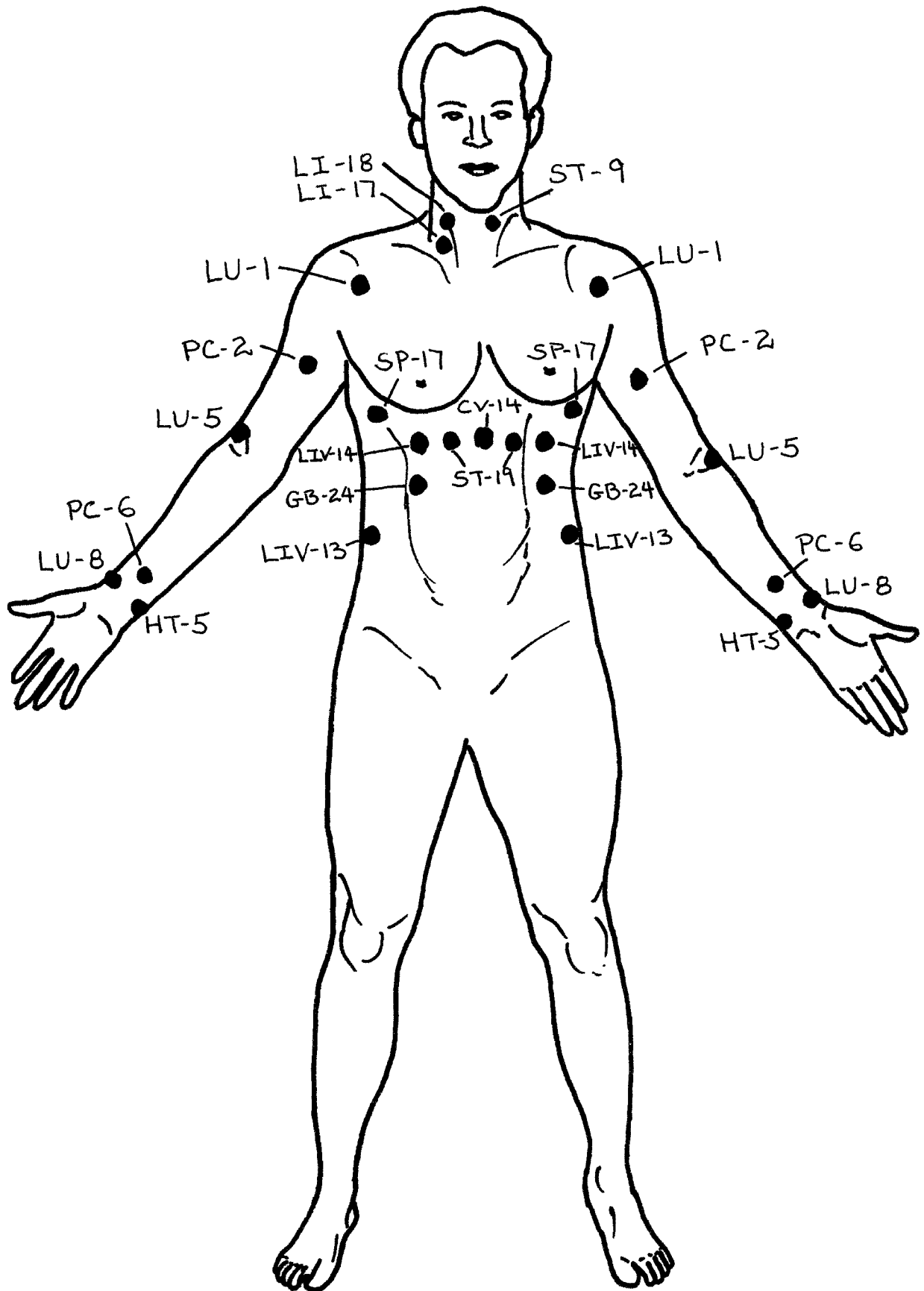
PC-6	HT-5	LU-8	LU-5	SI16 & SI-17
Yin	Yin	Yin	Yin	Yang
Fire	Fire	Metal	Metal	Fire

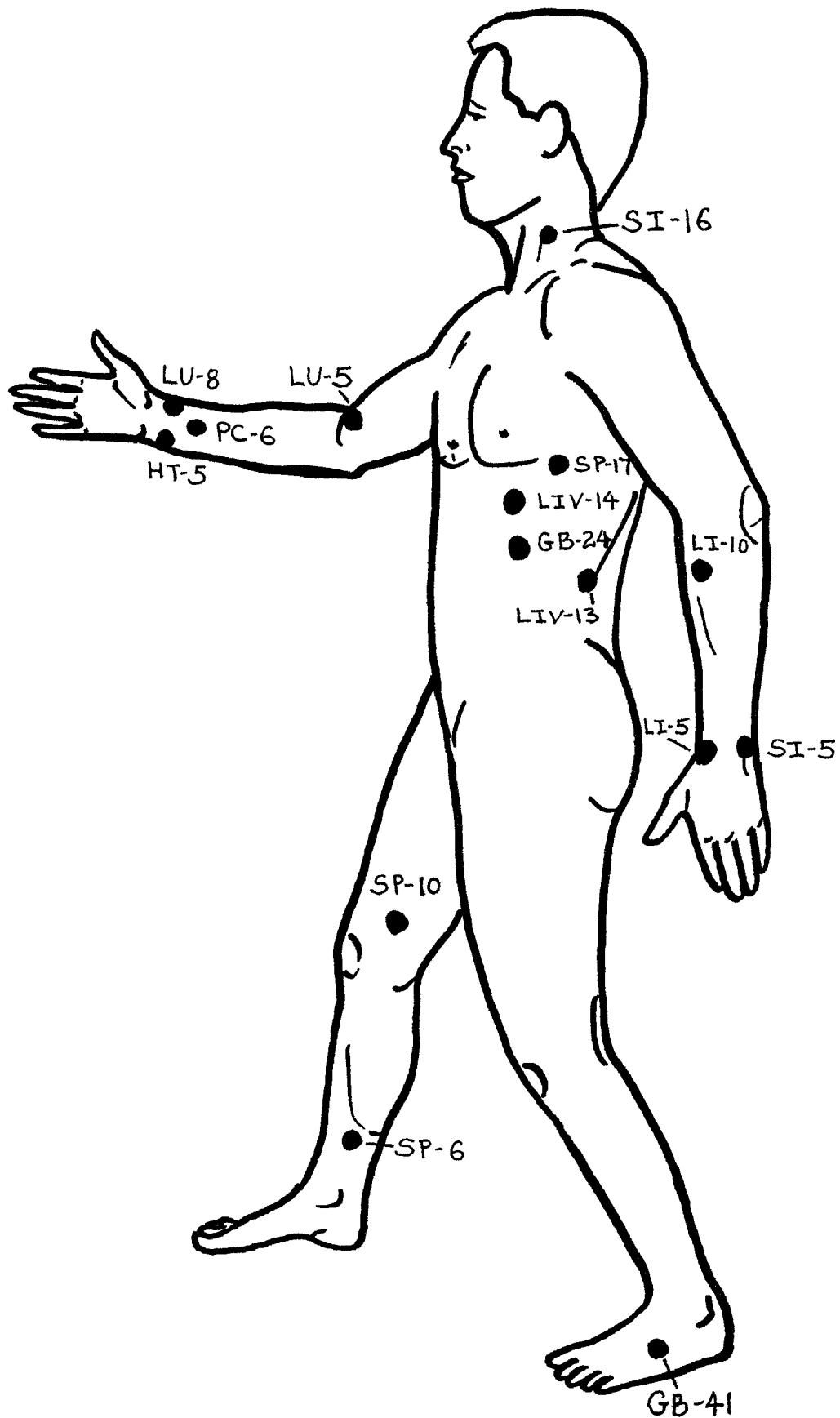
Controlling/destructive (ke) cycle: Fire controls Metal (fire melts or liquefies metal)

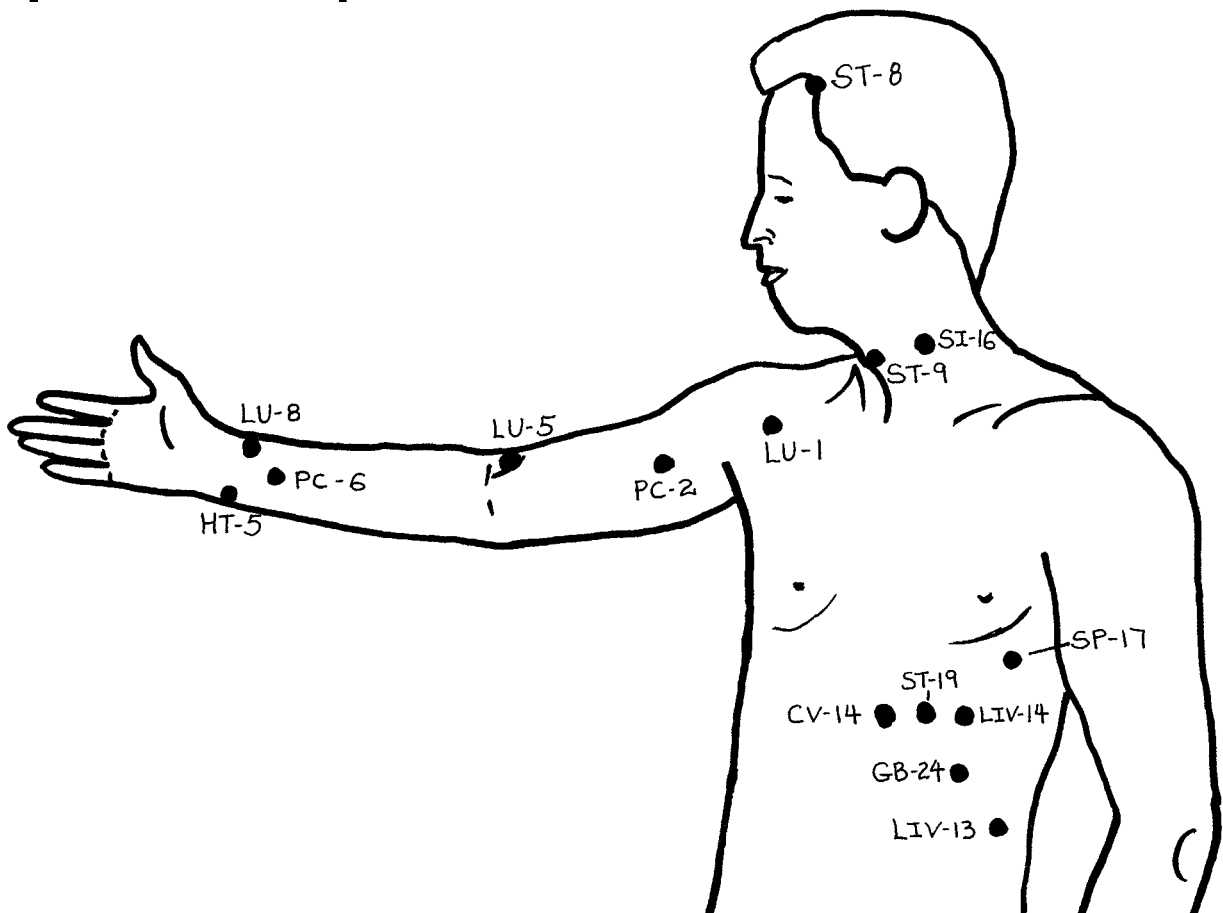
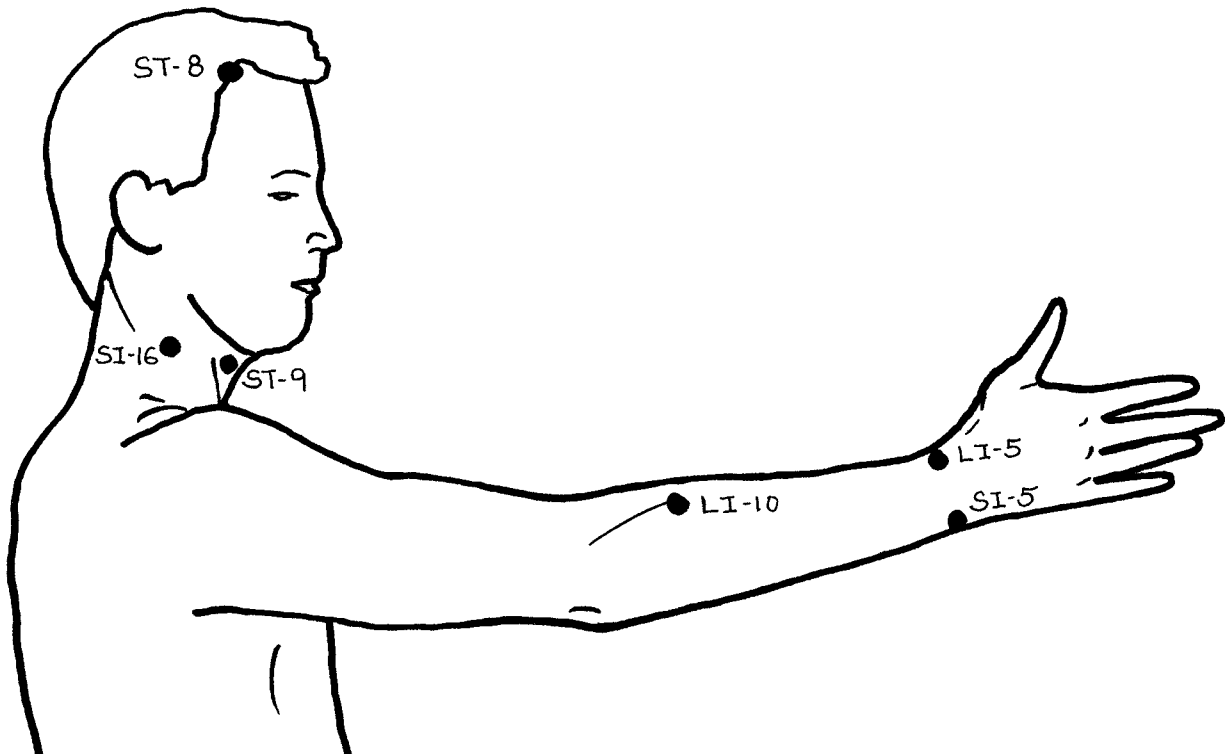
Counteracting/rebellious cycle: Metal counteracts Fire (metal smothers and extinguishes fire)

### **Small Intestine point #16 (SI-16 Yanglao)**

This can be a severely devastating point when struck, it can easily cause unconsciousness or even death when hit hard enough. It is relatively easy to access, and should be struck straight in to the side of the neck. Note: be extremely careful if using this point as death can occur.







## References

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