



SEVEN PRINCIPLES OF KATA INTERPRETATION*

1. Kata is a self-defense atlas meant to be studied and applied, not memorized and performed.
2. Kata is completely practical and should be interpreted against real world attacks.
3. There are no blocks in kata; and virtually every action can be applied against pressure points.
4. Kata conceals information in both normal progression and the rhythms of reversal, often promulgating what you need to know as opposed to movement you need to perform.
5. Effective self-defense technique often lies between the postures.
6. There is more than one correct way to interpret kata movement; there is more than one way to perform that movement.
7. Many of the secret treasures of kata are hidden in plain sight; the problem is we cannot see them or are never told about them. Thus, to train in basics is to train in the very secrets of kata.

*These principles are based upon and derived from George Dillman's teaching in Pressure Point Fighting Secrets of Ryukyu Kempo (Dillman Karate International, Reading, PA: 2012) as well as Miyamoto Musashi's 17th Century teachings in The Book of Five Rings (Shambhala Publishing, London: 2005) and the teachings of Morihei Ueshiba as reproduced by Neil Saunders in Tomiki Aikido (Trafford Publishing, Victoria, BC: 2007).



UKE & TORI

Responsibilities of UKE

1. Attack honestly and appropriately to tori's level of advancement.
2. Only SPEED and/or POWER is adjusted, not the integrity of the attack.
3. Perform only at the speed at which you can safely break-fall.
4. As tori improves, so should the cooperative level of uke's resistance.
5. As UKEMI improves, so will technique and balance.

Responsibilities of TORI

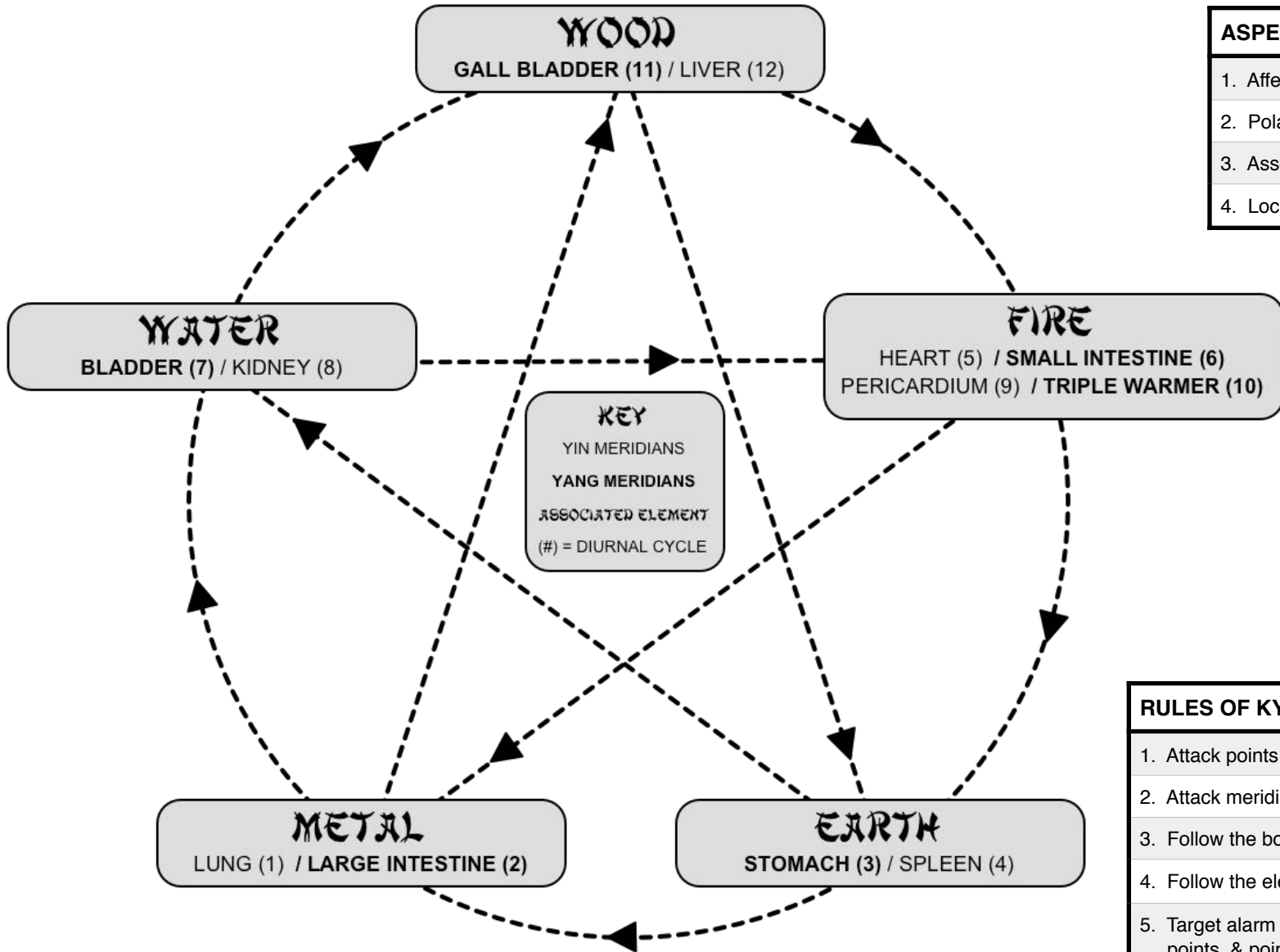
1. Practice and learn the proper form of technique.
2. Take care of UKE.

*A good uke doesn't just attack, nether does a skilled tori simply defend. Both work together to absorb knowledge concerning effective attack and counterattack.

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KYUSHO JITSU THEORY



ASPECTS OF EACH PRESSURE POINT
1. Affected Organ
2. Polarity (Yin or Yang)
3. Associated Element
4. Location on the Meridian

YIN MERIDIANS	YANG MERIDIANS
Lung	Large intestine
Spleen	Stomach
Heart	Small Intestine
Kidney	Bladder
Pericardium	Triple Warmer
Liver	Gall Bladder
Conception	Governor

RULES OF KYUSHO-JITSU
1. Attack points along the same meridian
2. Attack meridians with opposite polarity
3. Follow the body's diurnal cycle
4. Follow the elemental cycle of destruction
5. Target alarm points, associated points, meeting points, & point clusters



KEY FOR MERIDIAN DIAGRAMS

ABBREVIATION (yin / yang)	MERIDIAN (*centerline)
LU	Lung
LI	Large Intestine
ST	Stomach
SP	Spleen
H	Heart
SI	Small Intestine
B	Bladder
K	Kidney
P	Pericardium
TW	Triple Warmer
GB	Gall Bladder
LV	Liver
CV*	Conception Vessel
GV*	Governing Vessel

MERIDIAN	ALARM POINT	ASSOCIATED POINT
Lung	LU1	B13
Large Intestine	ST25	B25
Stomach	CV12	B21
Spleen	LV13	B20
Heart	CV14	B15
Small Intestine	CV4	B27
Bladder	CV3	B28
Kidney	GB25	B23
Pericardium	CV17	B14
Triple Warmer	CV5	B22
Gall Bladder	GB24	B19
Liver	LV14	B18

NOTABLE CLUSTERS	SPECIFIC POINTS
Scalp Top	B7, B8, GB17, GB18
Scalp Side	GB8, GB9, GB10
Scalp Hairline	ST8, GB4, GB5, GB6
Forehead	GB14, GB15, GB13
Temple	TW23, GB1
Eye Socket	ST1, B2, M-HN-6
Ear	TW21, TW18, TW19, TW20
Lower Jaw	ST5, ST6, SI17
Upper Jaw	GB2, SI19
Neck	ST9, LI18, SI16
Scapula	SI9, SI10, SI11, SI12, SI13, SI14, TW15
Upper Spine	B13, B14, B15
Solar Plexus	CV12, CV13, CV14
67 Rib	LV14, GB24
Kidney	B23, GB25
Triple Warmer Triangle	TW6, TW7, TW8
Yonkyo	P6, P5, P4
Wrist Torque	H6, SI6, LU7, LU8
Tanden	CV6, CV5, CV4, CV3
Inguinal Crease	SP12, LV12
Knee X	SP10, SP9, ST34, N-LE-7
Inside Shin	LV5, SP6, K7, K8
Outside Shin	B59, GB38, GB39, GB40



Notable Points



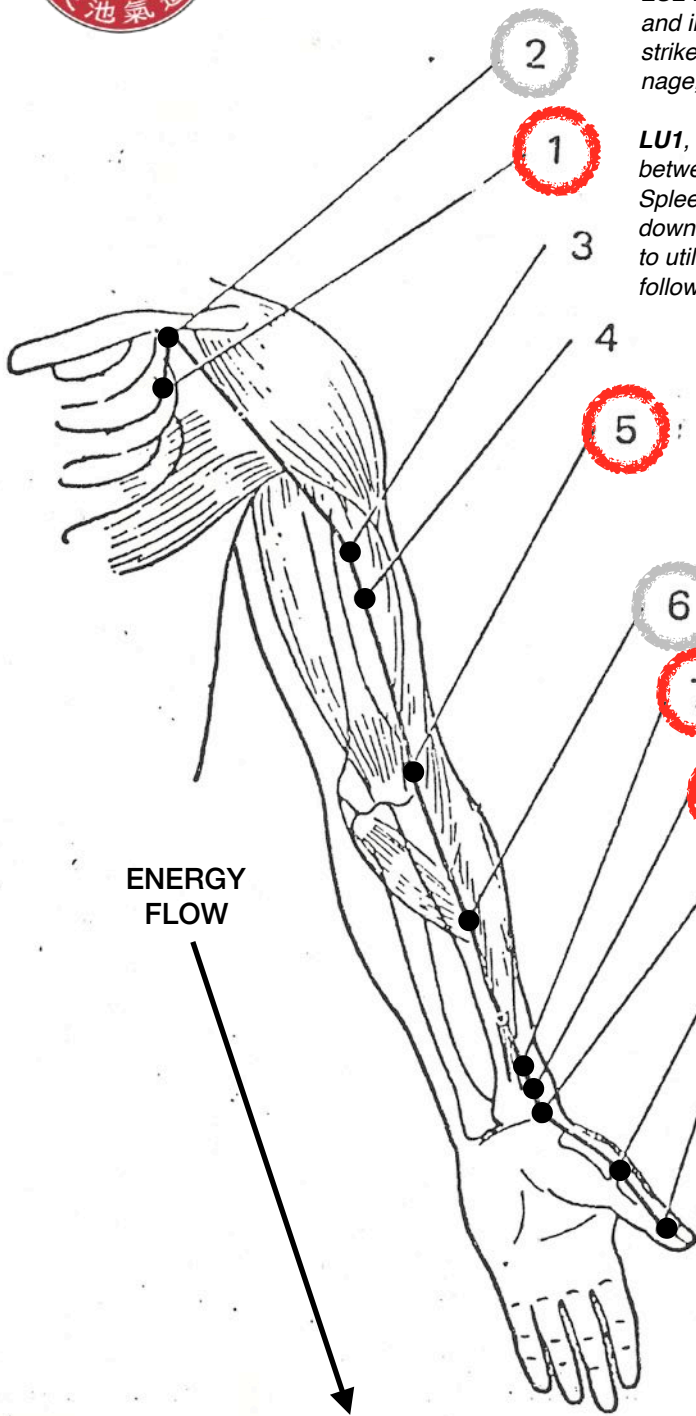
Kuzushi / Intersection / Cluster Points



Restoration / Healing Points



LUNG MERIDIAN - YIN / METAL / 1



LU2 is at the top of the crease of the shoulder just under the clavicle; strike up and into the clavicle to take balance, inflict great pain, and effect ki drainage; strike downward to break the collarbone; use with LU1; activate via Kokyu-nage, Shomen-ate, Ushiro-ate, Tenchi-nage.

LU1, the alarm point for the Lung Meridian, falls just below LU2 in the depression between the arm and the torso, and it intersects the ki flow of the Stomach and Spleen Meridians; strike straight in and up to take balance upward, or strike downward at an angle into the body to take balance downward; this point is easy to utilize with Kokyu-nage, Shomen-ate, Ushiro-ate, and Tenchi-nage, or use as a follow-up to Kote-gaeshi when TW3 is activated.

LU5 can cause KO all by itself, but it is best used as a setup point for the Neck and Lower Jaw Clusters; strike down and into the elbow joint to buckle the opponent's knee and bring his head forward, thus exposing the neck and jaw points; by parrying an opponent's punch or reversing his grab, activate the Wrist Torque Cluster and then follow-up with a sinking blow to LU5 and a downward rake of the Lung Meridian to send the opponent to the ground; LU5 can be easily used with Kokyu-nage (i.e. raking down the lung meridian) or Shomen-ate (i.e. initial parry) and/or activated with a "dead arm" strike.

LU6 can be activated by raking the meridian from LU5. Moreover, it is a brutal follow-up to a strike anywhere in the vicinity of the lungs.

LU7 / LU8, along with H6 and SI6, form the Wrist Torque Cluster; grasp the wrist and torque to activate; these lung points are an effective setup for LU5 or LI10 knockouts.

LU9 is a ki drainage point that can be activated with P7 and H7 to effect Sumi-otoshi..

LU10 is found in the meat of the thumb where the reddish skin of the palm and the white skin of the back of the hand come together; dig into this point along with H7 to greatly enhance Nikyo pressure or Kote-mawashi. Massaging this point can also eliminate heat from the lungs and ease a sore throat.

LU11: Use with fingertip resuscitation.

Alarm Point	LU1
Associated Point	B13
KO Points	LU2, LU5
Yang Connections	Setup: SI, TW, B Follow-up: GB, LI, ST
Destructive Cycle	Setup: FIRE (H, SI, P, TW) Follow-up: WOOD (GB, LV)
Diurnal Cycle	Setup: LV Follow-up: LI
Clusters	Wrist Torque (LU7, LU8)



LARGE INTESTINE MERIDIAN – YANG / METAL / 2

LI20 is the only bilateral meridian point to cross the centerline (diagram shows opposite side point); strike or dig in and away from the nose to produce intense pain; massage for eye and mucus problems or to heal problems associated with a strike to same point; LI20 is easily targeted via Shomen-ate.

LI18 is a very dangerous point located on the side of the neck, directly below the ear and level with the Adam's apple; it is close to and can be used with ST9 or SI16 (other very dangerous points in the Neck Cluster); strike into the side of the neck, or touch LI18 on one side of neck and sink a strike into LI18 on other side for damaging registration in the middle; LI18 is easily activated via Aigamae-ate, Irimi-nage, or Gyakugamae-ate.

LI17 is located in the hollow between the two muscles on the side of the neck, right where the neck rises from the body; this is a very dangerous point: strike at a downward diagonal angle to disrupt the lungs; activate with Kokyu-nage.

LI16 is a ki drainage point; activate by striking down from the back; follow-up with Ganbi Ushiro-ate, or depress LI16 on both sides with elbows/forearms as Ganbi Ushiro-ate is applied.

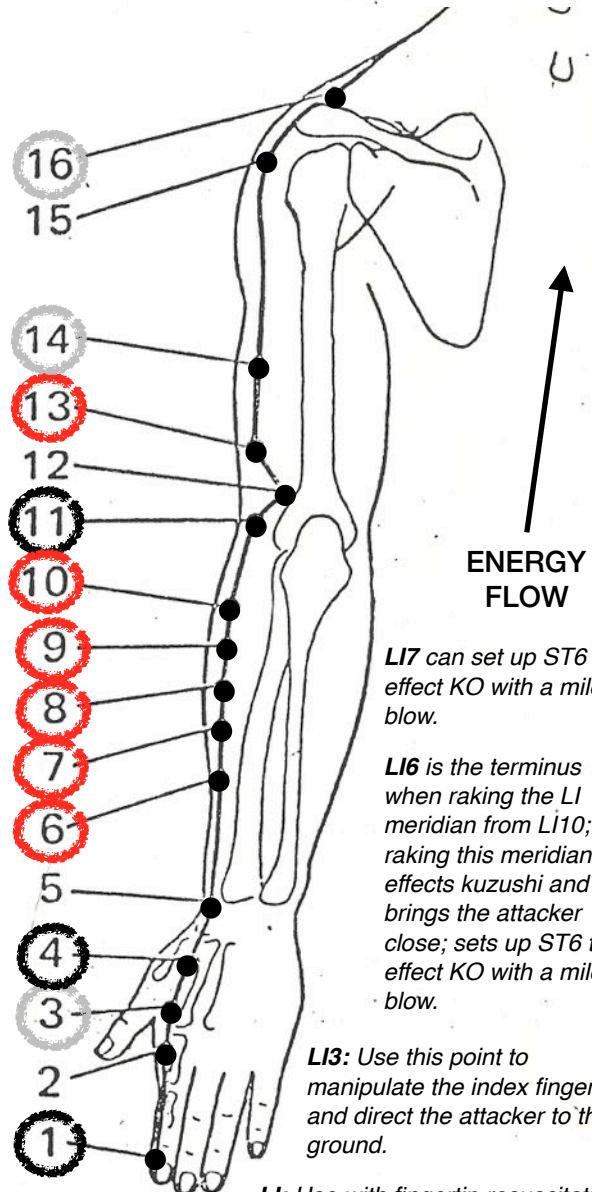
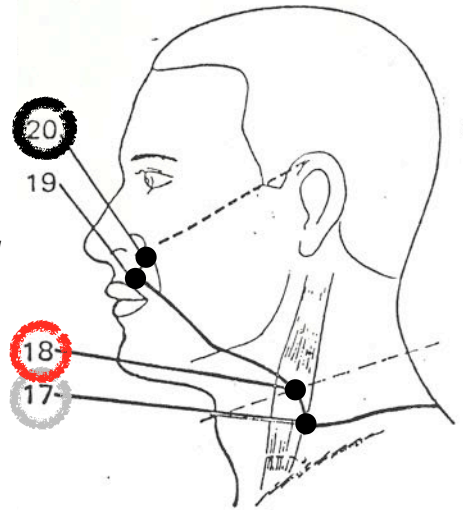
LI14 is a ki drainage point and that can be activated with Waki-gatame.

LI13 is a nerve striking point the lies in the hollow depression near the end of the biceps; strike against the humerus to bend the arm inward; LI13 is a good setup point for Shiho-nage or Ude-gaeshi.

LI11 is a massage point that can enhance, harmonize, or stimulate the immune system; strike straight into the back of the elbow for the reverse effect; claw with H3 to effect tuite.

LI10 is one of the primary setup points and can be used with ST9 for a brutal KO or death blow; strike down and into arm toward LI9 to buckle the knee and expose the Neck Cluster; activate with Kokyu-nage, or use to buckle the arm and set up Gyakugamae-ate; LI10 is basically interchangeable with LI9 and is the setup point for the kuzushi raking of the Large Intestine Meridian.

LI8 is a good follow-up to Kokyu-nage when LU1 is activated; this combination effects heavy ki drainage.



LI7 can set up ST6 to effect KO with a mild blow.

LI6 is the terminus when raking the LI meridian from LI10; raking this meridian effects kuzushi and brings the attacker close; sets up ST6 to effect KO with a mild blow.

LI3: Use this point to manipulate the index finger and direct the attacker to the ground.

LI: Use with fingertip resuscitation

Alarm Point	ST25 (~1in. out from navel)
Associated Point	B25
KO Points	LI20, L18, LI17, LI10, LI8, LI7, LI6
Yin Connections	Setup: H, P, LU, K Follow-up: LV, SP
Destructive Cycle	Setup: FIRE (H, SI, P, TW) Follow-up: WOOD (GB, LV)
Diurnal Cycle	Setup: LU Follow-up: ST
Clusters	Neck (LI18)

LI4 is also known as TEGU, an important analgesic point that can be depressed or massaged to relieve pain or swelling on the head or face; depress the point firmly against the index finger bone to enhance tuite (e.g. Nikyo, Kote-mawashi).



STOMACH MERIDIAN - YANG / EARTH / 3

ST6 is part of the Lower Jaw Cluster and can be hit directly to stun the opponent; set up with LU5 for an easy knockout to the corner of the jaw in the masseter muscle; easily activated via Shomen-ate, Gyakugamae-ate, Aigamae-ate, or an inverted punch

ST5 is found at the notch along the bottom of the jaw and is very vulnerable because it is the fork of the Stomach Meridian, a site of energetic turbulence; any angled strike to this area can cause a knockout, especially if associated with the GB Meridian; set up ST9 with any number of arm or wrist points.

ST9 is a very dangerous point level with the Adam's apple in the crease of the neck muscle and right atop the carotid artery; strike with a 45-degree angle into the neck for an easy KO, especially when set up with LU5, LI10, P6, and/or the Wrist Torque Cluster; choking pressure to this point effects sudden unconsciousness; easily targeted via Aigamae-ate, Gyakugamae-ate, Kokyu-nage, or a Waki-gatame choke.

ST10 is midway between ST9 and the clavicle; press in with the thumb to control or immobilize an attacker.

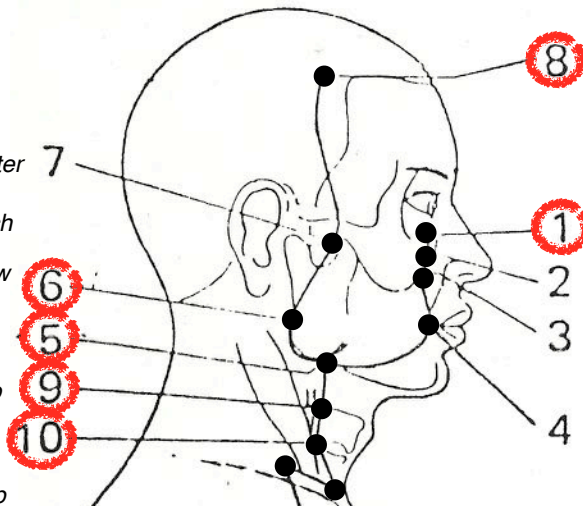
ST11 is located just behind the clavicle and next to the sternal notch; it has sometimes been referred to as the "heart starter" because hard pressure can be used here to restart the heart in emergency situations; press in and down with the fingertips to drop an opponent to the ground.

ST12 is a kuzushi point that lies just behind the center of the clavicle and directly above the nipple; it sits where the three yang meridians of the arm (Triple Warmer, Large Intestine, and Small Intestine) cross the stomach meridian and therefore can be treated as a point on those meridians; press downward and behind the collarbone to drive the opponent to the ground, or strike downward into the clavicle to erase an opponent's will to fight.

ST15 / ST16 go together and are located above the nipple in the 2nd and 3rd intercostal spaces respectively; a clockwise rotating strike on the left side and a counterclockwise rotating strike on the right side will stop a charging opponent dead in his tracks; on the left side, the heart is directly affected, so use caution; these points are a good stunning setup for Ushiro-ate.

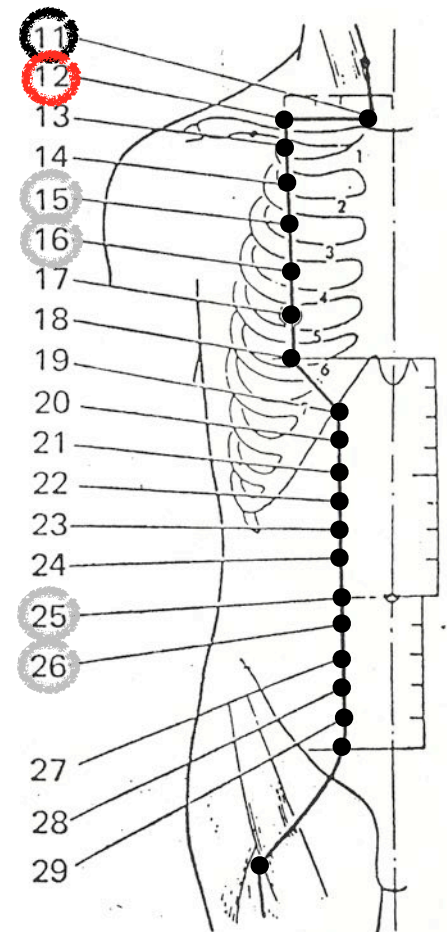
ST25 is about one inch out from the navel and is the alarm point for the Large Intestine Meridian.

ST26 is right over the large intestine, and a hard strike can cause an immediate blackout; striking ST26 simultaneously on both sides is a dangerous bunkai application of the "double punch" at the end of a classic martial arts bow.



ST8, along with GB4, GB5, and GB6, forms the Scalp Hairline Cluster: grab the hair and dig the knuckles into these points to control the head; strike down and into side of the head with a palm to disorient the attacker.

ST1 is a very sensitive point directly below the pupil on the eye socket bridge when the eye looks straight ahead; along with B2 and MHN-6, this point forms the Eye Socket Cluster; activate this cluster with a slightly downward backhand slap (e.g. blending Shomen-ate).





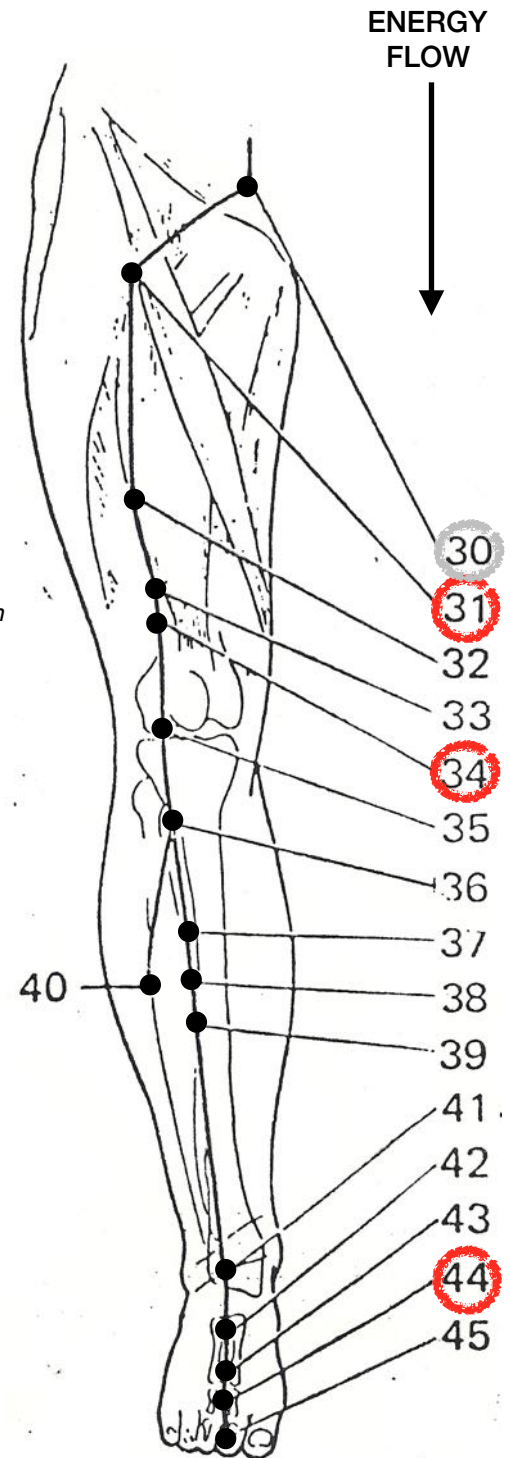
STOMACH MERIDIAN - YANG / EARTH / 3 (cont'd)

ST30 is outside the inguinal groin crease adjacent to the femoral artery; a strike straight in and slightly toward the midline can result in a knockout or death; striking ST30 simultaneously on both sides is a dangerous bunkai application of the "double punch" at the end of a classic martial arts bow.

ST31 is high on the middle front of the thigh and has sometimes been called the "leg paralyzing point"; strike straight into the front of the thigh with a palm-heel strike, a low kick, or with an elbow to block an attacker's kick; activating this kuzushi point paralyzes the leg and shocks the system.

ST34 one of the four knee kuzushi points that form the ends of an X drawn across the knee (also SP10, N-LE-7, and SP9); it is located above the kneecap just toward the outside of the thigh; strike diagonally downward on a line through the center of the knee to knock the opponent to the ground.

Alarm Point	CV12 (bottom of solar plexus)
Associated Point	B21
KO Points	ST1, ST2, ST4, ST5, ST6, ST7, ST8, ST9, ST10, ST17, ST20, ST25, ST26, ST27, ST28, ST30, ST31, ST32, ST44
Yin Connections	Setup: LV, LU Follow-up: K, H, P, SP
Destructive Cycle	Setup: WOOD (GB, LV) Follow-up: WATER (B, K)
Diurnal Cycle	Setup: LI Follow-up: SP
Clusters	Scalp Hairline (ST8), Eye Socket (ST1), Lower Jaw (ST5, ST6), Neck (ST9), Knee X (ST34)



ST44 is proximal to the web margin between the second and third toes; strike down or apply pressure to this point to unbalance the ki and/or cause the opponent to feel as if he has been struck in the jaw; ST44 is best targeted when an attacker is wearing open-toed shoes or sandals.



SPLEEN MERIDIAN - YIN / EARTH / 4

SP21 is on the side of the body in the 7th intercostal space and directly below the center of the armpit; strike from the side toward the body center; this is an excellent point to use with ST9; activate with a knee bump to enhance Oshi-taoshi.

SP20 is directly below LU1; used with LV14, the results can be disastrous.

SP17 is a kuzushi point that lies in the 5th intercostal space just outside the curve of the pectoral muscle; strike with an upward motion toward the body center when the attacker's arm is raised to effect severe ki drainage; a hard strike on the left side can stop the heart.

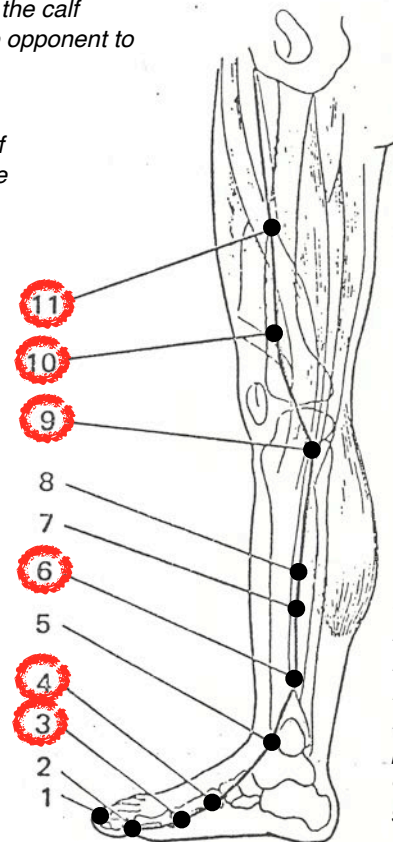
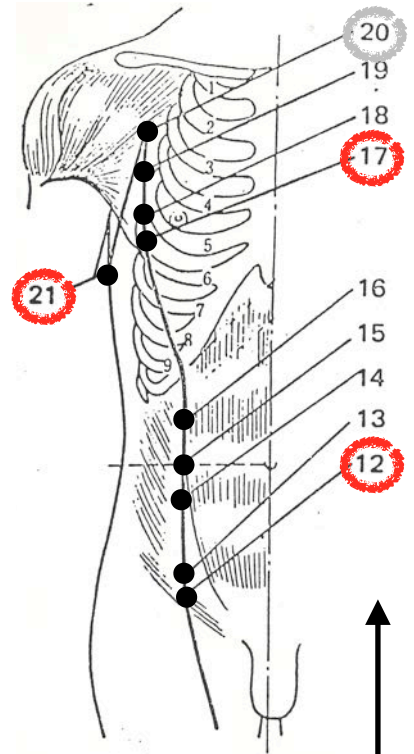
SP12 and LV12 form the Inguinal Crease Cluster; Striking downward from SP12 into LV12 will fold the body and is far more effective than a strike or kick to the groin; striking these points simultaneously on both sides is a dangerous bunkai application of the "double punch" at the end of a classic martial arts bow.

SP11 lies on the inner thigh about a third of the way up between the knee and the groin; strike with a hip kick or a toe kick into the thigh to buckle the leg and effect ki drainage.

SP10 is one of four knee kuzushi points that form the ends of an X drawn across the knee (also SP9, ST34, and N-LE-7); it is located above the kneecap just toward the inside of the thigh; strike diagonally downward on a line through the center of the knee to knock the opponent to the ground; this point is attacked in Koryu-dai-San (Suwari-waza #7, Tachi-waza #8, Tanto-waza #8).

SP9 is one of four knee kuzushi points that form the ends of an X drawn across the knee (also SP10, ST34, and N-LE-7); it is located on the inner aspect of the knee at the origin of the calf muscle; strike diagonally upward on a line through the center of the knee to knock the opponent to the ground.

SP6 lies on the rear edge of the tibia about midway between the ankle bone and the bottom of the calf muscle; it is a meeting point of the lower yin meridians and is part of the very sensitive Inside Shin Cluster (also LV5, K7, K8); kick this point from the inside or rake it downward to completely rob the leg of energy; it can also be pressed to effect great pain in a grappling situation; strike CV24 on the chin just before targeting SP6 to greatly enhance pain and kuzushi.



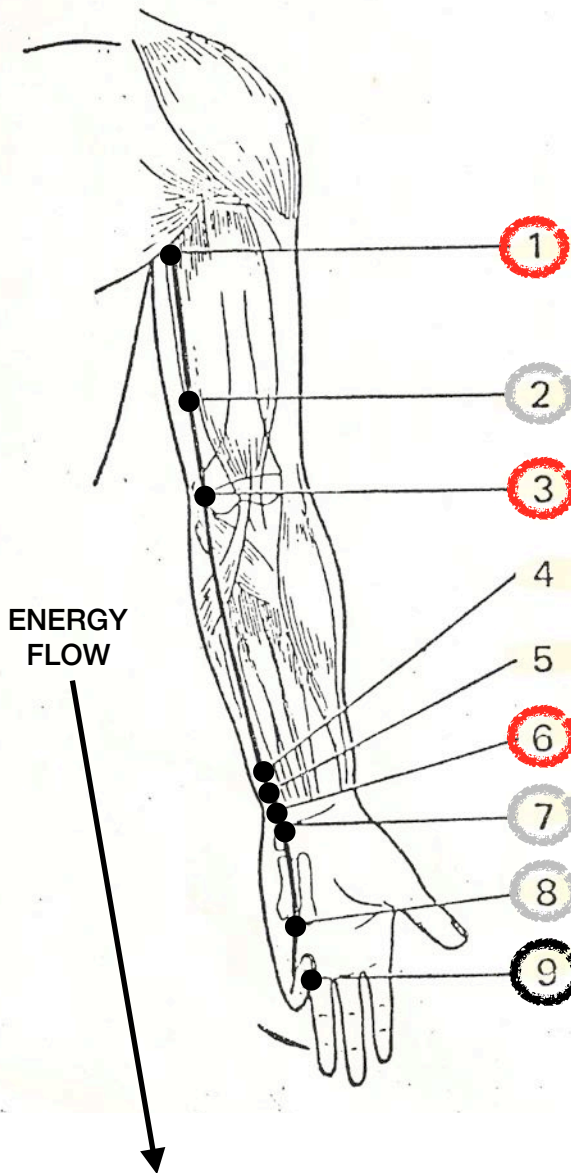
SP4 lies near the base of the the first metatarsal where the red and white skin meet; strike or apply pressure to the inside of the foot to dizzy the opponent.

SP3 sits near the head of the the first metatarsal where the red and white skin meet; strike or apply pressure to the inside of the foot to effect great pain.

Alarm Point	LV13
Associated Point	B20
KO Points	SP3, SP4, SP14, SP17
Yang Connections	Setup: GB, LI Follow-up: B, SI, TW
Destructive Cycle	Setup: WOOD (GB, LV) Follow-up: WATER (B, K)
Diurnal Cycle	Setup: ST Follow-up: H
Clusters	Inguinal Crease (SP12), Knee X (SP10, SP9), Inside Shin (SP6)



HEART MERIDIAN - YIN / FIRE / 5



H1 is a very dangerous point located where the armpit meets the pectoralis major near the Small Intestine Meridian; set up with SI8 and strike up into the armpit; this point can be struck to unbalance the opponent for a Mae-otoshi throw; be very careful with this point as a medium to heavy strike can actually stop the heart.

H2 lies above the crease of the elbow in the space between the bicep and tricep muscles; press or strike to cause great pain; H2 can be activated with Hiki-otoshi.

H3 is a dangerous kuzushi point located just below the inner knob of the elbow; press or strike to bend the elbow and numb the arm; H2 can be activated with Hiki-otoshi; dig into this point along with LI11 to enhance Oshi-taoshi or Tenkai Kote-hineri.

H6 is part of the Wrist Torque Cluster; grasp the wrist and torque to activate.

H7 can be used with SI5 and LU10 to greatly enhance Nikyo pressure or Kote-mawashi; it can be used with LU9 and P7 to effect Sumi-otoshi; activate by digging or grinding into the point.

H8 can be located just below where the pinky curls to touch the palm when the hand makes a loose fist; hook this point to release opponent's grip; dig into this point along with M-UE-24 or LI4 to enhance Kote-hineri.

H9 is the starting point for fingertip resuscitation: activate this point along with SI1 and then move across to TW1 (ring fingertip), P9 (middle fingertip), LI1 (index fingertip), and LU11 (tip of thumb).

Alarm Point	CV14 (solar plexus)
Associated Point	B15
KO Points	H1
Yang Connections	Setup: B, ST Follow-up: SI, LI, GB, TW
Destructive Cycle	Setup: WATER (B, K) Follow-up: METAL (LU, LI)
Diurnal Cycle	Setup: SP Follow-up: SI
Clusters	Wrist Torque (H6)



SMALL INTESTINE MERIDIAN - YANG / FIRE / 6

SI19, along with GB2, forms the Upper Jaw Cluster; strike straight into the head with the knuckles.

SI18 lies in the depression below the prominence of the cheek bone just in front of the muscle which bulges when clenching the jaw, level with LI20; strike or press on a upward diagonal toward the center of the head to bend the neck; use with Shomen-ate or Aigamae-ate; LU5 is a great setup for this point.

SI17 is in the depression behind the angle of the jaw and right over the carotid artery; strike up and into the angle of the jaw with a naturally cupped hand for a KO; SI17 is also a well-known neck locking point and can be included with ST5 and ST6 in the Lower Jaw Cluster.

SI16 is a very dangerous point level with the Adam's apple and just behind the muscle on the side of the neck, in close proximity to LI18 and ST9 (these three form the Neck Cluster); SI16 is activated by striking from back to front at about a 30-degree angle into the neck.

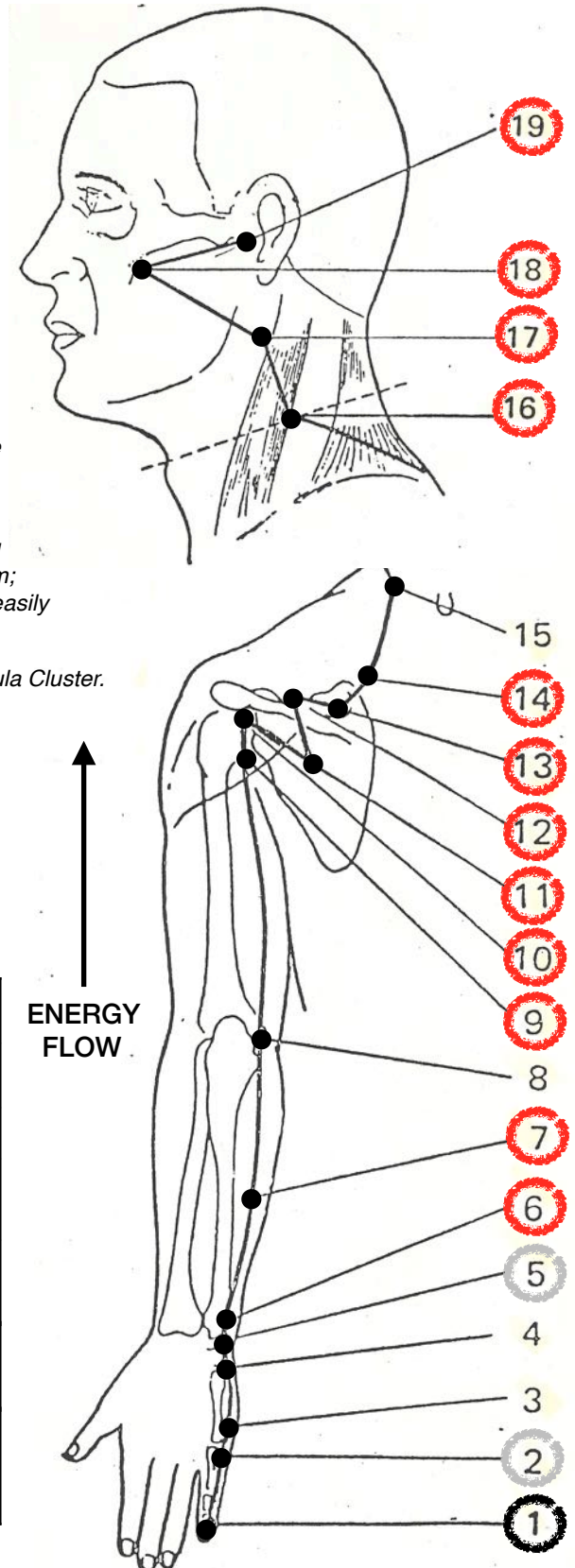
SI9 / SI10 / SI11 / SI12 / SI13 form a W-shaped shoulder blade cluster; striking straight into this grouping can do considerable damage to the back and the arm; pressing into this cluster with the palm while effecting an Ude-garame pin will easily put the attacker on the ground.

SI14, along with TW15 and the W-shaped points listed above, forms the Scapula Cluster.

SI7 is a good spot to rake into the arm cause the elbow to bend when applying Nikyo pressure; follow up with a strike to the Forehead Cluster (GB13, GB14, GB15).

SI6 is part of the Wrist Torque Cluster; grasp the wrist and torque to activate.

SI5 is an excellent setup point for ST9, SI16, SI15, and CV14; also, greatly enhance Nikyo pressure or Kote-mawashi by rolling over and into SI5 while also activating H7 and LU10.



Alarm Point	CV4
Associated Point	B27
KO Points	SI10, SI12, SI13, SI15, SI16, SI17, SI18
Yin Connections	Setup: H, K, SP Follow-up: LU, LV, P
Destructive Cycle	Setup: WATER (B, K) Follow-up: METAL (LU, LI)
Diurnal Cycle	Setup: H Follow-up: B
Clusters	Neck (SI16), Lower Jaw (SI17), Upper Jaw (SI19), Wrist Torque (SI6), Scapula (SI9, SI10, SI11, SI12, SI13, SI14)

SI2 is the controlling point of a pinky finger lock; dig into this point to greatly enhance Tenkai Kote-hineri.

SI1 can be used with fingertip resuscitation.



BLADDER MERIDIAN - YANG / WATER / 7

B7 / B8, along with GB17 and GB18, form the cluster on the top of the scalp; grab the hair while digging in with the knuckles to control the head; strike from the side.

B2 is extremely dangerous, and along with ST1 and M-HN-6, forms the Eye Socket Cluster; strike up and into the eye socket with a palm or slap in and slightly downward with the back of the hand (e.g. blending Shomen-ate) to effect extreme ki drainage.

B1 is a particularly nasty points that lies at the corner of the eye on the nose side; strike into the corner of the eye at a slight angle toward the nose to severely unbalance or possibly stop the flow of ki; set up with P6 to make a strike to B1 even more lethal.

B10 is a most dangerous point effected by the old rabbit chop to the back of the head; strike from back to front for a KO.

B11 is another deadly Bladder point; sink a strike straight in from the back on a downward angle to affect the entire skeletal system.

B13 / B14 / B15 are close together on a vertical line between the shoulder blade and the spine, forming the Upper Spine Cluster; strike in and toward the heart to unbalance the body's circulatory system; B13 is the associated point for the Lung Meridian, thus directly affecting the lungs, B14 is the associated point for the Pericardium Meridian, and B15 is the associated point for the Heart Meridian and can cause heart failure; these points are very dangerous.

B18 is the associated point for the Liver Meridian; used with LV13 on the floating rib makes for a nasty combination.

B19 is the associated point for the Gall Bladder Meridian; strike straight in to cause spasm in the middle of the back; combine with the 67 Rib Cluster, and the recipient is in real trouble.

B20 is the associated point for the Spleen Meridian and has sometimes been referred to as the "Vomit Point"; strike straight in to effect nausea and vomiting; set up with SP17 for a deadly combination.

B21 is the associated point for the Stomach Meridian.

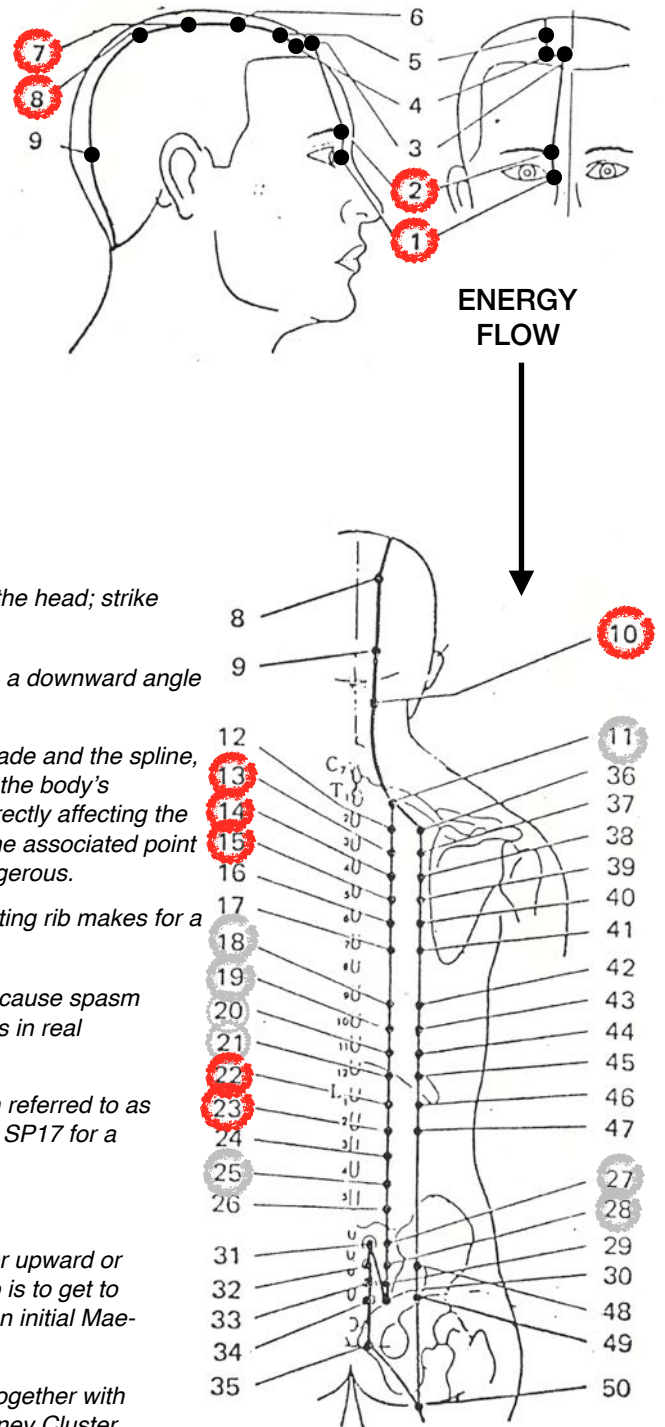
B22 is the associated point for the Triple Warmer Meridian, and a strike either upward or downward into the back will upset the ki flow of the entire body; a good setup is to get to the outside of the attacker's arm and twist out the Wrist Torque Cluster (i.e. an initial Maeotoshi movement).

B23 is the associated point for the Kidney Meridian, and it should be struck together with GB25, the alarm point for the Kidney Meridian; these two points form the Kidney Cluster which can be easily accessed via Ushiro-ate.

B25 is the associated point for the Large Intestine Meridian; strike downward and into the hip area.

B27 is the associated point for the Small Intestine Meridian; strike straight into the lower back; nausea and vomiting can result.

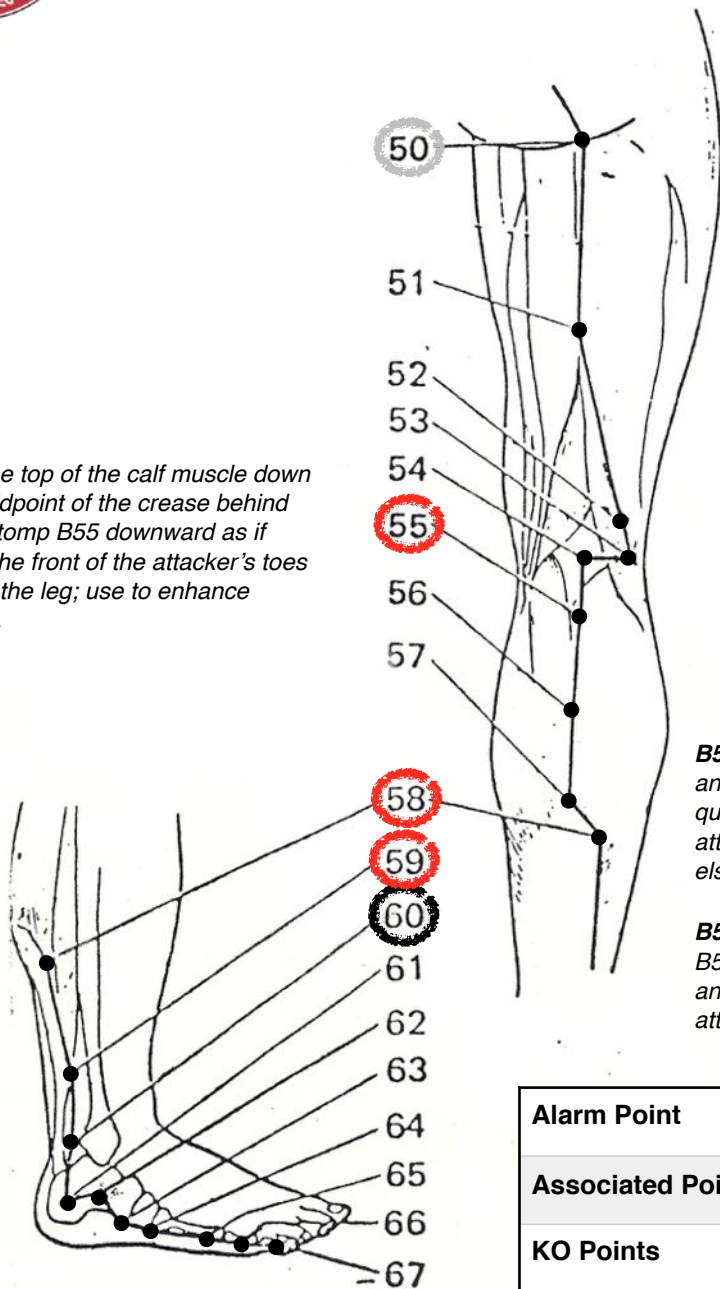
B28 is the associated point for the Bladder Meridian; a hard strike straight into the lower back can cause a KO.





BLADDER MERIDIAN - YANG / WATER / 7 (cont'd)

B55 is at the top of the calf muscle down from the midpoint of the crease behind the knee; stomp B55 downward as if aiming for the front of the attacker's toes to collapse the leg; use to enhance Ushiro-ate..



B50 sits in the middle of the gluteal crease just below the buttocks; kick this point upward and into the buttock to immobilize the leg.

ENERGY FLOW

B58 is just to the outside near the bottom of the calf and is sometimes referred to as "the shock point"; a quick and violent grab or strike here shocks the attacker in a way that allows a atemi or tuite elsewhere.

B59 is at the top of the Outside Shin Cluster; kick into B59 and rake down over GB38, GB39, GB40 into the ankle to cause unbalancing pain and diminish the attacker's will to fight.

B60 is a healing point that can be pinched and massaged along with K3 to help restore the proper flow of bodily fluid.

Alarm Point	CV3
Associated Point	B28
KO Points	B1, B2, B3, B5, B8, B9, B10, B11, B18, B28, B36, B50, B54, B55, B59
Yin Connections	Setup: SP, LV Follow-up: K, H, P, LU
Destructive Cycle	Setup: EARTH (ST, SP) Follow-up: FIRE (H, SI, P, TW)
Diurnal Cycle	Setup: SI Follow-up: K
Clusters	Scalp Top (B7, B8), Eye Socket (B2), Upper Spine (B13, B14, B15), Kidney (B23), Outside Shin (B59)



KIDNEY MERIDIAN - YIN / WATER / 8

K24 / K23 go together and are just to the side of the sternum in the 3rd and 4th intercostal spaces respectively (K23 is level with the nipple on male); strike straight in with a sinking blow to send a shock wave into the upper chest area; be extremely careful, such a blow can stop the heart.

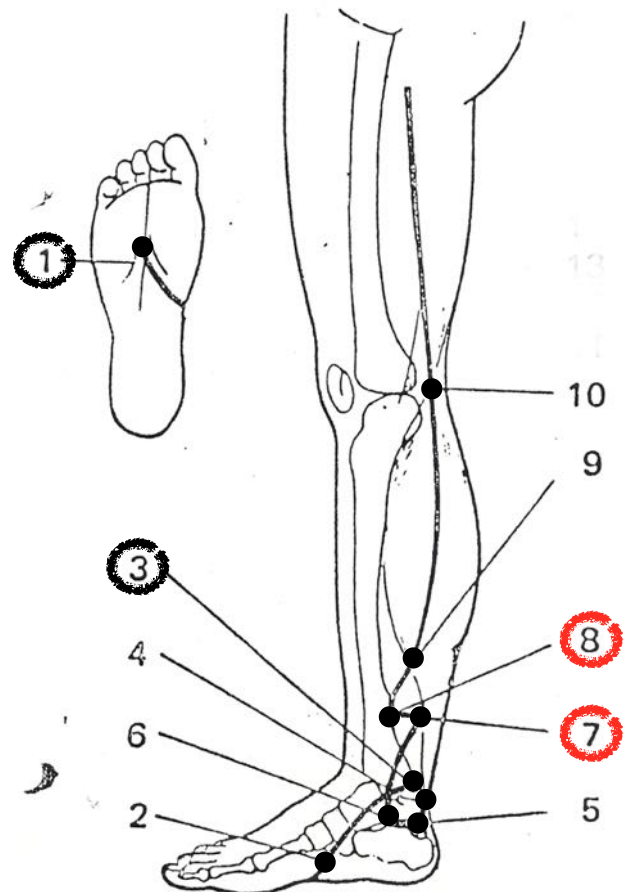
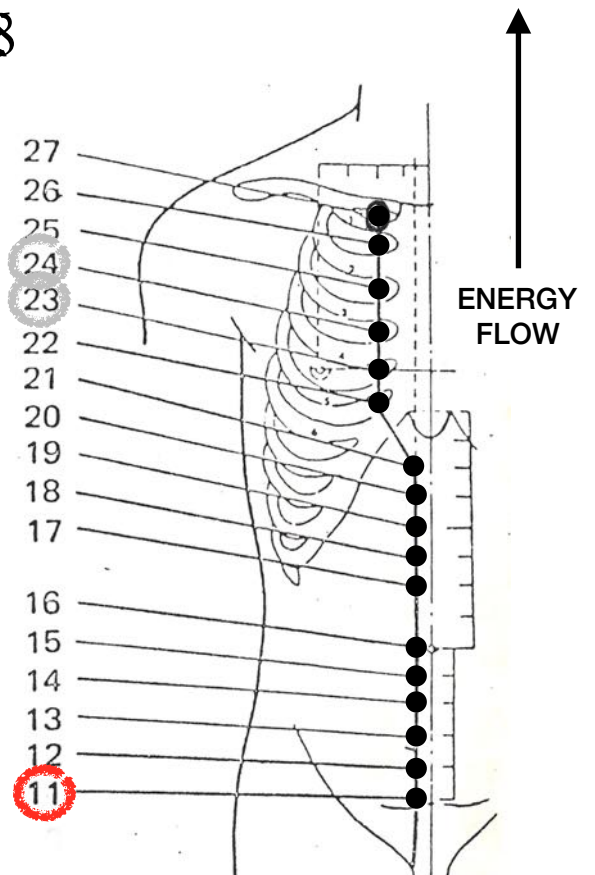
K11 lies just above penis and to the side of the centerline. Strike in and down on a male to effect much more pain and kuzushi than an upward knee or kick to the groin.

Alarm Point	GB25
Associated Point	B23
KO Points	K7, K8, K9, K10, K11, K12, K13, K14, K17, K18, K19, K20, K21, K23, K24, K26, K27
Yang Connections	Setup: B, ST, GB, Follow-up: SI, TW, LI
Destructive Cycle	Setup: EARTH (ST, SP) Follow-up: FIRE (H, SI, P, TW)
Diurnal Cycle	Setup: B Follow-up: P
Clusters	Inside Shin (K7, K8)

K1 is a restoration point that can be massaged or bled to effect revival.

K3 is a healing point that can be pinched and massaged along with B60 to help restore the proper flow of bodily fluid.

K7 / K8, along with LV5 and SP6 form the very sensitive Inside Shin Cluster; kick this grouping from the inside or rake downward to completely rob the leg of energy.





PERICARDIUM MERIDIAN - YIN / FIRE / 9

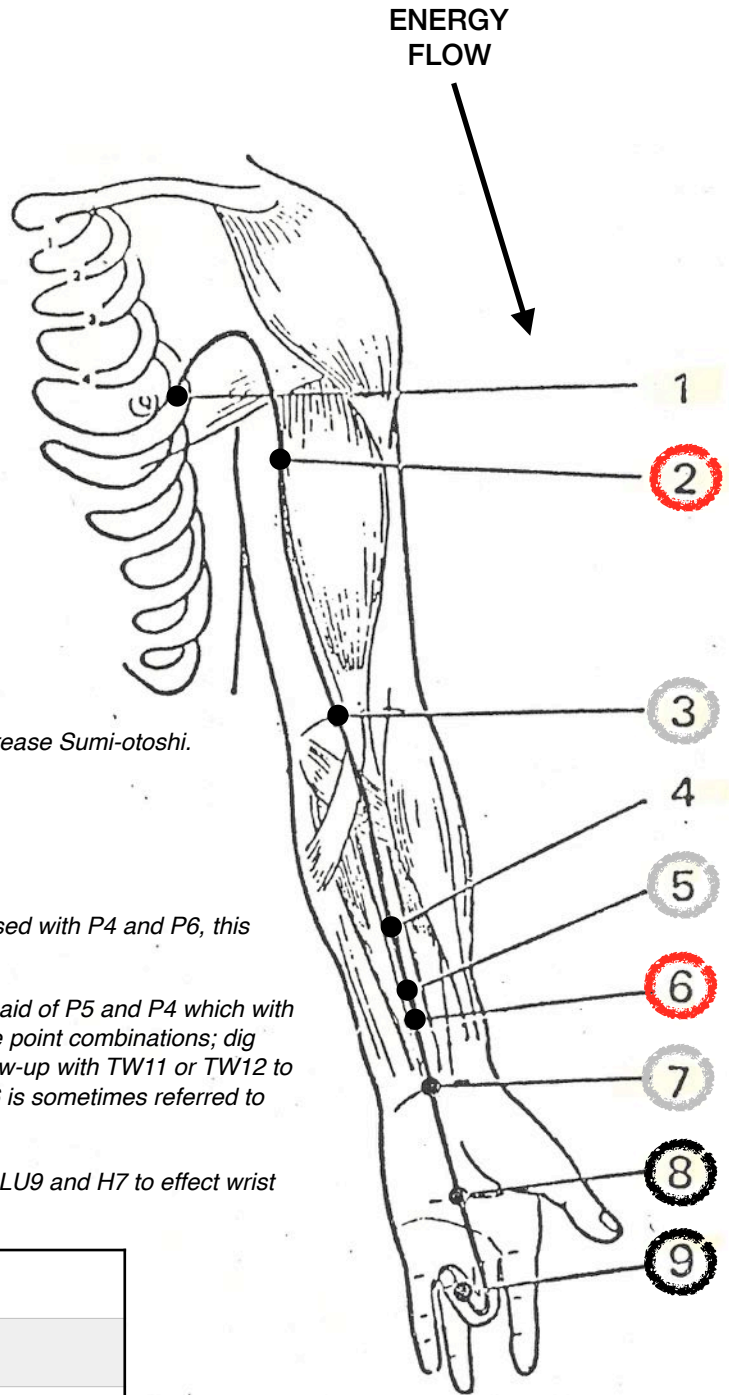
P2, when struck, can disrupt the attacker's breath; dig into this point and LU3 with a claw-like grab to effect major ki disruption and drainage.

P3 can be yoked along with H3 and LU5 to effect elbow crease Sumi-otoshi.

P5: can be used along with P6 for forearm Sumi-otoshi; used with P4 and P6, this point has the potential to stop the heart.

P6 is the classic setup point for Yonkyo (this can also be said of P5 and P4 which with P6 form a Yonkyo Cluster) and many other brutal pressure point combinations; dig into this point, along with P5 for forearm Sumi-otoshi; follow-up with TW11 or TW12 to enhance Mae-otoshi or with ST9 for an easy knockout; P6 is sometimes referred to as NEIGWAN or the "inner gate."

P7 is a setup point for strikes to other meridians; use with LU9 and H7 to effect wrist Sumi-otoshi.



P8 can be found just in front of the tip of the middle finger when the hand forms a loose fist; press and massage to cool the heart and drain body heat; this is one of the primary points from which ki emanates.

P9 can be used with fingertip resuscitation.

Alarm Point	CV17
Associated Point	B14
KO Points	NONE
Yang Connections	Setup: B, ST Follow-up: LI, TW, GB, SI
Destructive Cycle	Setup: WATER (B, K) Follow-up: METAL (LU, LI)
Diurnal Cycle	Setup: K Follow-up: TW
Clusters	Yonkyo (P6, P5, P4)



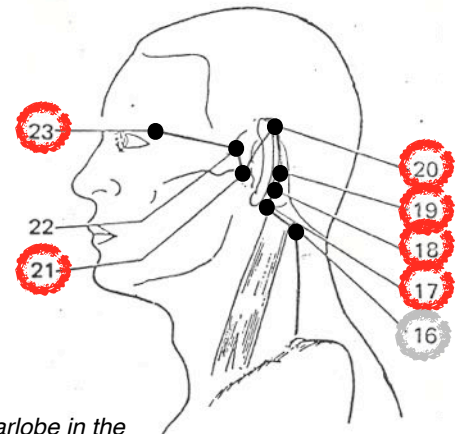
TRIPLE WARMER MERIDIAN - YANG / FIRE / 10

TW23 is the terminus of the Triple Warmer Meridian and lies at the eyebrow; with GB1 (corner of the eye), it forms the very dangerous diurnal cycle Temple Cluster; strike from the side with a slight back to forward motion; easily activate via Aigamae-ate, or Gyakugamae-ate.

TW21 lies in the depression right outside the notch of the ear opening and is easily located with the mouth open; strike at an angle into the ear to adversely unbalance the opponent; follow through with a strike into the other TW ear points for more severe results; activate with Shomen-ate or Aigamae-ate.

TW20, TW19, TW18 work together and form a dangerous Ear Cluster (possibly also including TW21); strike into and off the ear with a palm (much like striking the GB Forehead Cluster) to totally disorient the attacker; a hard blow could result in death.

TW17 is one of the most dangerous points on the Triple Warmer Meridian; it lies below the earlobe in the depression between the the mandible and the mastoid process; a strike into this point must travel from the rear of the head to the front, and it can be deadly; using the fingers, one can dig into this point and easily pull an opponent forward or peel him off and to the ground, if he resists, just dig deeper; trapping or grasping the Triple Warmer Triangle is a great setup for TW17.



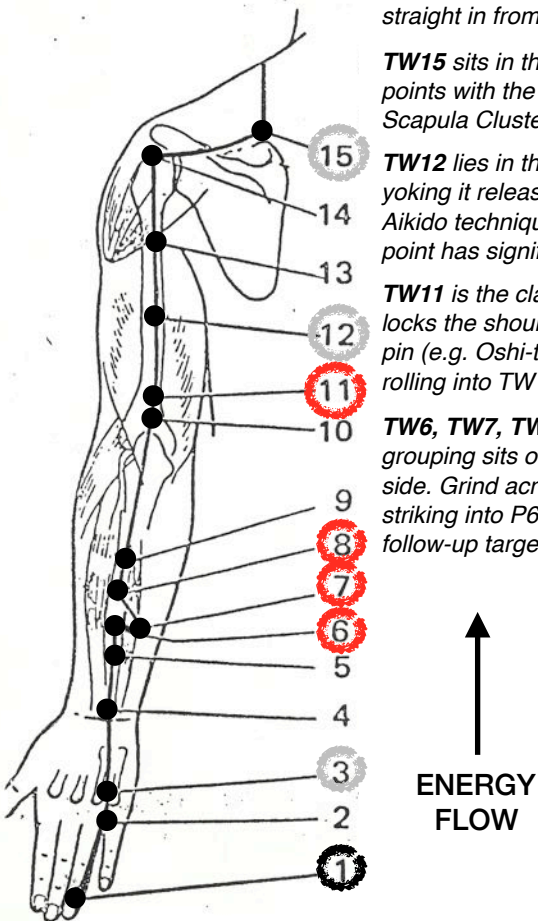
TW16 is another extremely dangerous point near the hairline behind the angle of the jaw; strike straight in from the side of the neck to shock the brain.

TW15 sits in the meat of the shoulder just above the inside pinnacle of the scapula; dig into these points with the elbows or forearms while effecting a Ganbi / GV25 Ushiro-ate; TW15 is part of the Scapula Cluster.

TW12 lies in the middle of the triceps just up from TW11; striking this point damages the whole arm, and yoking it releases the shoulder and locks the elbow; yoke this point to effectively finish any number of Aikido techniques with an elbow pin (e.g. Oshi-taoshi, Hiki-taoshi, Kokyo-nage, Kote-hineri, etc.); this point has significantly less effect on some races of people.

TW11 is the classic rub or yoke point just behind the elbow that actually hyperextends the elbow and locks the shoulder; utilize this point to effectively finish any number of Aikido techniques with a shoulder pin (e.g. Oshi-taoshi, Hiki-taoshi, Kokyo-nage, Kote-hineri, etc.). If an opponent resists an Oshi-taoshi, rolling into TW11 will make the technique work.

TW6, TW7, TW8 is part of a triangular cluster, often referred to as the Triple Warmer Triangle; this grouping sits on the back of the forearm roughly level with the Yonkyo pressure points on the front side. Grind across these points when applying Nikyo pressure, or cover them while an open palm while striking into P6; touching these points can potentially set up some nasty knockouts, particularly when follow-up targets TW17, CV24, or the Large Intestine Meridian followed by the Gall Bladder Meridian.



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ENERGY FLOW

TW3: This points lies one-third the distance from the knuckles to the wrist between the 4th and 5th fingers; strike to immobilize the hand, or press with the thumb to control the hand while applying a Kote-gaeshi throw; use with M-UE-24 (between the 2nd and 3rd fingers) to effect a painful Kote-gaeshi or Tenkai Kote-mawashi pin. Follow up with a strike to GB25 for a knockout.

TW1: Use with fingertip resuscitation

Alarm Point	CV5 (toward top of Tanden Cluster)
Associated Point	B22
KO Points	TW12, TW16, TW17, TW18, TW19, TW21, TW22, TW23
Yin Connections	Setup: K, P, SP Follow-up: LU, LV, H
Destructive Cycle	Setup: WATER (B, K) Follow-up: METAL (LU, LI)
Diurnal Cycle	Setup: P Follow-up: GB
Clusters	TW Triangle (TW6, TW7, TW8), Scapula (TW15), Ear (TW21, TW18, TW19, TW20)

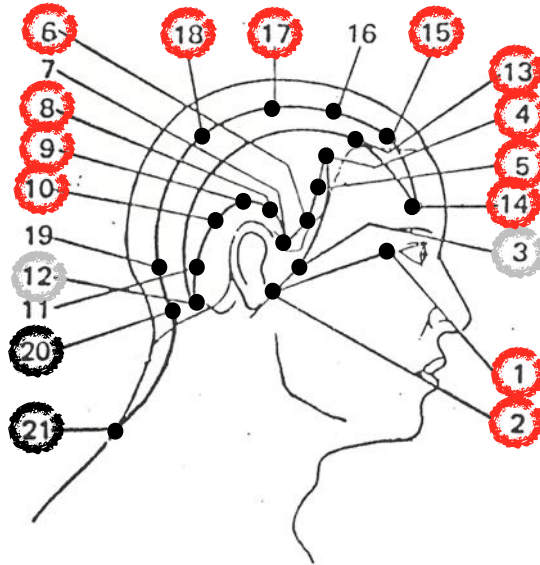


GALLBLADDER MERIDIAN - YANG / WOOD / 11

GB17 / GB18, along with B7 and B8, form the Scalp Top Cluster; grab the hair while digging in with the knuckles to control the head; strike from the side.

GB8 / GB9 / GB10 form the Scalp Side Cluster in the hair above and behind the ear; strike straight in from the side with a palm or grab the hair and dig in with the knuckles to control the neck.

GB20 is the "wake up" point for KO restoration; slap up and into the head at this point on the opposite side of the body from the knockout blow; after reviving with the healing slap, massage GB20 on both sides of the head; because GB20 is a special meeting point of the SI, B, and GV Meridians, a strike up and into this point with a sharp edge (i.e. ridge-hand strike, shuto strike, reverse knife-hand strike, etc.) can cause immense damage.



GB12 is a dangerous point that sits in the depression just behind and below the mastoid process behind the ear; strike in and slightly upward and into the brain to drain ki from the upper body; use with Ushiro-ate.

GB1 lies at the outer corner of the eye; along with TW23 at the end of the eyebrow, it forms the very dangerous diurnal cycle Temple Cluster; strike from the side with a slight back to forward motion; easily activate via Aigamae-ate, or Gyakugamae-ate.

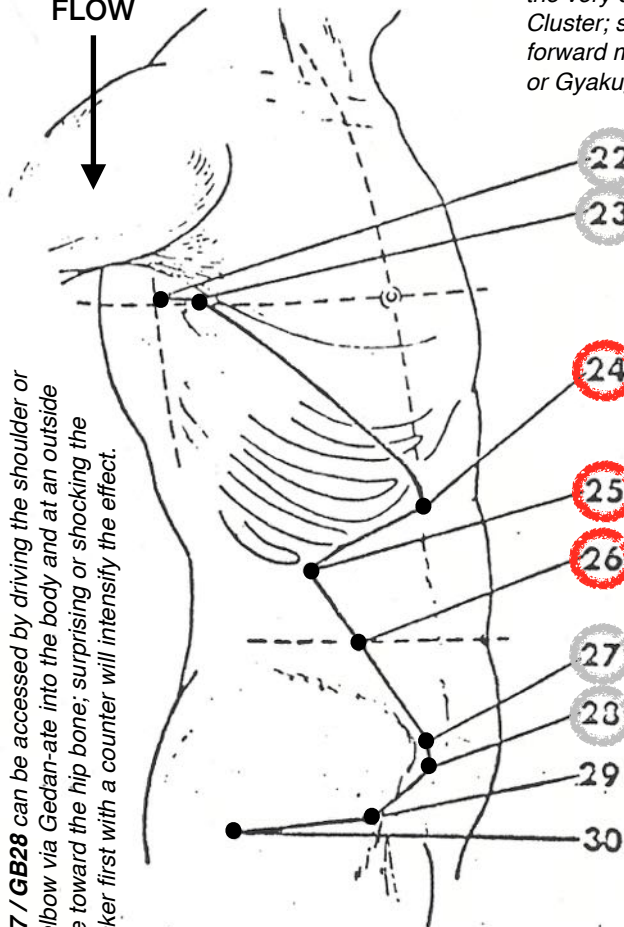
GB4 / GB5 / GB6, along with ST8, form the Scalp Hairline Cluster; reach around behind the head and grab the hair on the opposite side at the hairline, digging in with the knuckles, to control the head and peel the attacker off.

GB13 / GB14 / GB15 is a triangular grouping called the Forehead Cluster; strike these points with a palm into and off the side of the head to cause motor impairment and disorientation; the best set up for this cluster is LI10; striking these 3 GB points following a strike to the LI Meridian will cause adverse cyclic ki disruption.

GB3 is located at the back of the temple depression in the side of the skull, sometimes referred to as the "temple point"; a light to medium strike into the side of the head as this point will cause KO.

GB2 sits in the little notch on the edge of the ear and can be easily located with the mouth open; strike straight into the head with the knuckles; with SI19, this point forms the Upper Jaw Cluster: hit the cluster for more adverse effects.

ENERGY FLOW



GB27 / GB28 can be accessed by driving the shoulder or the elbow via Gedan-ate into the body and at an outside angle toward the hip bone; surprising or shocking the attacker first with a counter will intensify the effect.

GB21 lies at the pinnacle of the shoulder and can be used for restoration following upward strikes into the head (i.e. Forehead Cluster); use a medium strike down into the shoulder followed by a swipe out and over the shoulder to drain ki and alleviate problems caused by the strike; kneading the area can also provide tremendous relief; striking this point straight down and into the shoulder with a knife-hand apart from the ki input of a head strike can cause lightheadedness and even KO.

GB22 / GB23 go together and are level with the nipple in the 5th and 4th intercostal spaces respectively; strike both straight in from the side and toward the spine to effect severe ki drainage and erase the attacker's will to fight.

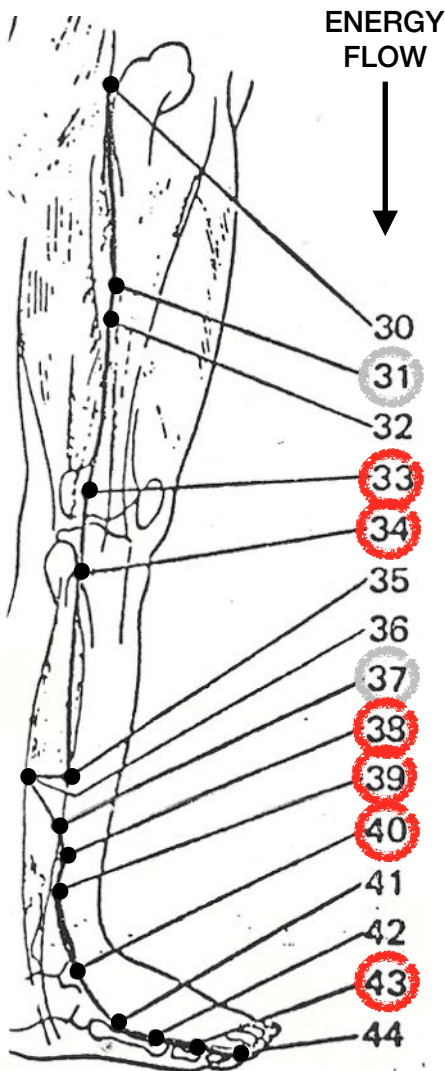
GB24 is the alarm point for the Gall Bladder Meridian, and it lies in the 7th intercostal space just below LV14 in the 6th intercostal space (i.e. the alarm point for the Liver Meridian); together, these two form the dangerous 67 Rib Cluster that can be accessed easily while performing a host of self-defense techniques; strike into the edge of the medial costal angle with an outward movement to drive the rib cartilage into these points; this cluster is especially dangerous because GB24 is a linking point between the Gall Bladder and Bladder Meridians and LV14 is a linking point between the Liver and Spleen Meridians: a strike into these 2 points affects both yin and yang simultaneously while working the destructive cycle (wood > earth > water) and the reverse constructive cycle (water > wood).

GB25 is the alarm point for the Kidney Cluster, and it lies at the tip of the smaller of the 2 floating ribs; along with B23, it forms the Kidney Cluster; use an open hand with Ushiro-ate to strike or push both cluster points at once.

GB26 can be found by tracing a straight line out from the navel to the spot where one touches the ribs; strike in from the side of the body to shock the system and cause disconnect between the body's upper and lower halves.



GALLBLADDER MERIDIAN - YANG / WOOD / 11 (cont'd)



GB31 is on the outside of the thigh and can be found by standing upright with the arm hanging limply along the side of the leg: GB-31 will lie at the tip of the middle finger; this is the prime target of the Muay Thai kick, and a strike here into the side of the thigh causes “dead leg.”

GB33 lies in the depression between the tendons on outside of the knee just above the patella when the knee is flexed; strike straight in from the outside of the knee with a low kick to drain ki and zap leg support; TW12 and P6 are great setup points for GB33.

GB34 can be found in the depression toward the front and just below the head of the fibula when the leg is flexed; kick across the knee at a 45-degree angle from the front to collapse the knee; follow-up to the Liver Meridian is brutal.

GB37 is at the edge of the fibula about halfway up the outside of the calf; kick straight into the side of the lower shin with the instep to cause great local pain and disorient the attacker; set up with a stomp to LV3 or a strike to the 67 Rib Cluster; be very careful with this point, a hard strike at the correct angle can cause momentary blindness or long-term damage to one’s eyesight.

GB38 / GB39 / GB40 fall below GB37 and descend the lower shin to just forward of the ankle bone; strike GB38 down and into the leg at an angle, raking the GB Meridian to GB40; this combination will drain energy from the whole leg area; since GB39 also connects to the Stomach and Bladder Meridians, a hard raking strike to this area can cause KO or death; a stomp straight down into the foot atop GB40 will shock the entire system and freeze the leg.

GB43 is a classic kuzushi point that lies in the crevice just behind the web of the 4th and 5th toes; a hard stomp here effects great local pain and can cause the opponent to faint, especially if used with the Forehead Cluster, LV13, or the Wrist Torque Cluster; if the attacker is wearing sandals or open-toed shoes, striking GB43 will zap the will to fight.

Alarm Point	GB24
Associated Point	B19
KO Points	ALL
Yin Connections	Setup: LU, H, P Follow-up: LV, SP, K
Destructive Cycle	Setup: METAL (LU, LI) Follow-up: EARTH (ST, SP)
Diurnal Cycle	Setup: TW Follow-up: LV
Clusters	Scalp Top (GB17, GB18), Scalp Side (GB8, GB9, GB10), Scalp Hairline (GB4, GB5, GB6), Forehead (GB13, GB14, GB15), Temple (GB1), Upper Jaw (GB2), 67 Rib (GB24), Kidney (GB25), Outside Shin (GB38, GB39, GB40)



LIVER MERIDIAN - YIN / WOOD / 12

LV14 is the alarm point for the Liver Meridian, and it lies in the 6th intercostal space; along with GB24 (the alarm point for the Gall Bladder Meridian in the 7th intercostal space), it forms the dangerous 67 Rib Cluster that can be accessed easily while performing a host of self-defense techniques; strike into the edge of the medial costal angle with an outward movement to drive the rib cartilage into these points; this cluster is especially dangerous because GB24 is a linking point between the Gall Bladder and Bladder Meridians and LV14 is a linking point between the Liver and Spleen Meridians: a strike into these 2 points affects both yin and yang simultaneously while working the destructive cycle (Wood → Earth → Water) and the reverse constructive cycle (Water → Wood).

LV13 is the alarm point for the Spleen Meridian, and it lies at the free end of the longer of the two floating ribs roughly where the elbow touches the side of the body; strike diagonally upward to effect the internal cycle of destruction: Wood (Liver) → Earth (Spleen).

LV12 is in the inguinal crease below SP12; striking downward from SP12 into LV12 will fold the body and is far more effective than a strike or kick to the groin; striking these points simultaneously on both sides is a dangerous bunkai application of the "double punch" at the end of a classic martial arts bow.

Alarm Point	LV14
Associated Point	B18
KO Points	LV9, LV14
Yang Connections	Setup: GB, LI, SI, TW Follow-up: ST, B
Destructive Cycle	Setup: METAL (LU, LI) Follow-up: EARTH (ST, SP)
Diurnal Cycle	Setup: GB Follow-up: LU
Clusters	67 Rib (LV14), Inguinal Crease (LV12), Inside Shin (LV5)

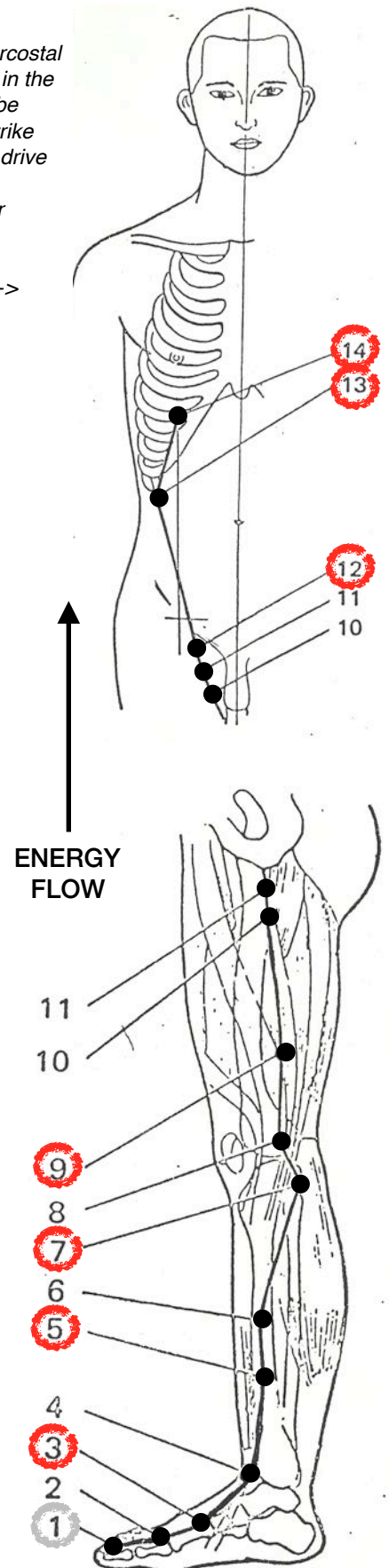
LV9 is a common KO point that can be used by most people with little kyusho-jitsu knowledge; it lies above the knee in the slight depression between the two major muscles on the inside of the thigh; strike inward to the inside of the thigh with a knee or a hip kick, or rake downward through the center of the knee to effect kuzushi; the Wrist Torque Cluster is a great setup for LV9.

LV7 is in the middle of the inside of the leg where the knee hinges; strike with a nami-gaeshi hip kick from back to front to fold the knee and cramp the calf muscle.

LV5 is part of the Inside Shin Cluster (with SP6, K7, K8); kick this area from the inside or rake downward to completely rob the leg of energy and stop the fight; follow-up to any upper yang meridian for more disastrous results.

LV3 can be found at the top of the foot between the two bones leading to the first and second toes; press or stomp this point downward to immobilize and disorient the attacker; this point is best targeted when the attacker is wearing open-toe sandals or shoes.

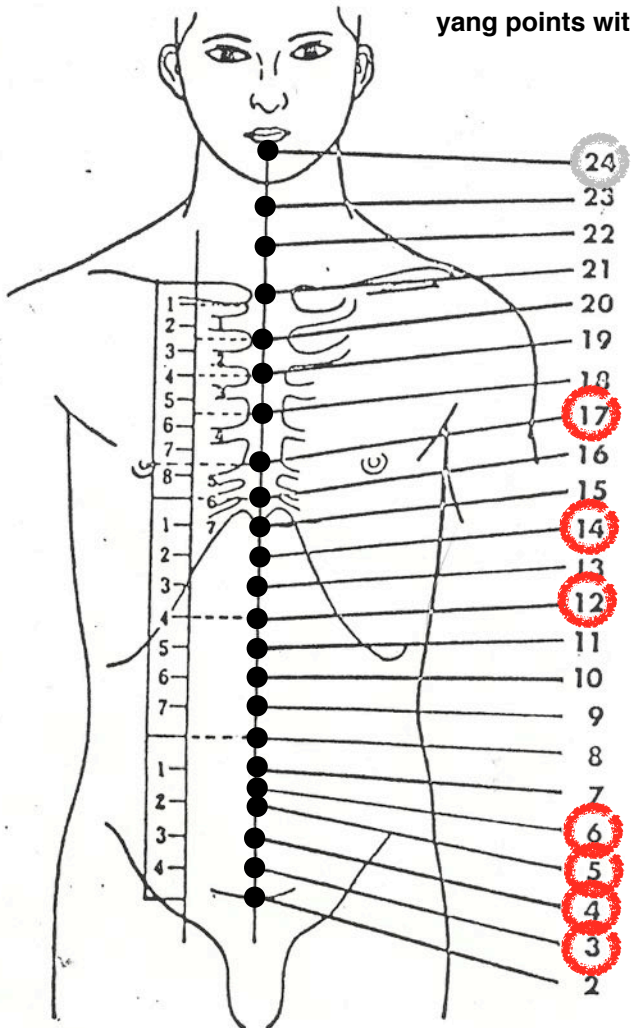
LV1 lies toward the inside corner of the nail on the big toe; stomp the big toe to immobilize the attacker; a follow-up with LV13 can be disastrous; for enhanced effect, set up LV1 with a push downward into the solar plexus.





CONCEPTION VESSEL MERIDIAN - YIN SOURCE

The two centerline meridians are not related to any specific organ but are important in the regulation and flow of ki. The Conception Vessel Meridian begins halfway between the anus and the genitals and travels up the front of the body along the centerline to end at CV24 just below the bottom lip. The Conception Vessel Meridian is the body's yin source, and all yin meridians are related to it; it also houses six organ alarm points. Effect ki kuzushi by setting up or following up yang points with the Conception Vessel Meridian.



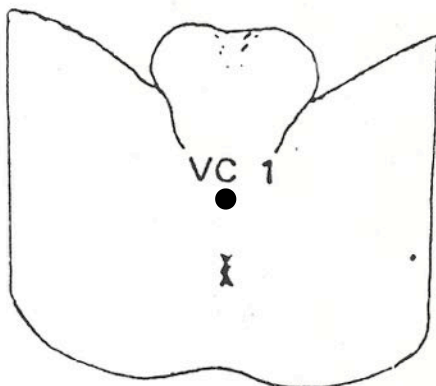
CV24 can be tapped with a light strike just before targeting SP6 to greatly increase pain and kuzushi.

CV17 is a very dangerous point located on the sternum, level with the nipples; it is the alarm point for the Pericardium Meridian and an intersection point for the Spleen, Kidney, Small Intestine, and Triple Warmer Meridians; strike this point with a palm directly.

CV14 lies in the heart of the solar plexus, the classic chudan strike; it is also the alarm point for the Heart Meridian; a natural 3/4-turn punch fits perfectly into the solar plexus, and a direct strike to C14 will drain ki and take the opponent's breath; strike with the lower hand when performing Gyakugamae-ate.

CV12 is the alarm point for the Stomach Meridian; activate with a straight-in standalone strike or with the lower hand while performing Gyakugame-ate.

CV3, CV4, CV5, CV6 form the Tanden Cluster, the center of the body's ki; CV3 is the alarm point for the Bladder Meridian; CV4 is the alarm point for the Small Intestine Meridian; CV5 is the alarm point for the Triple Warmer Meridian; strike in and down to fold the body and effect severe ki drainage; set up with SP6 for maximal effect.

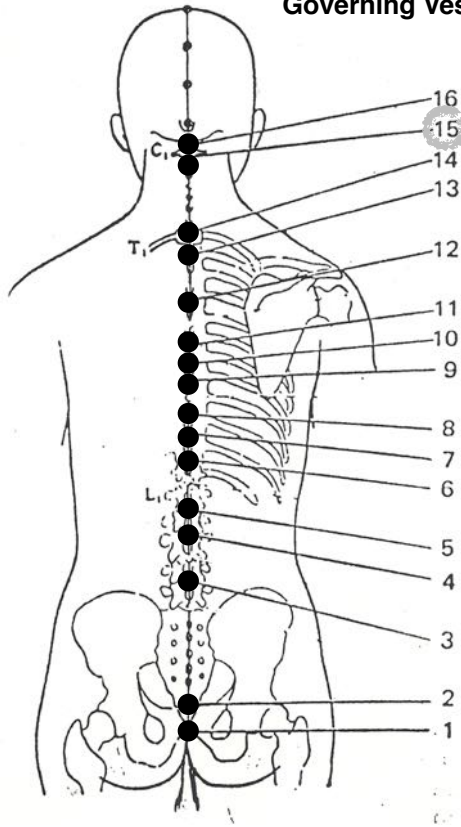


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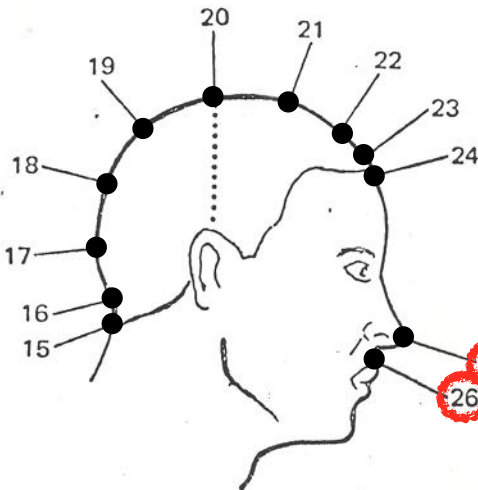
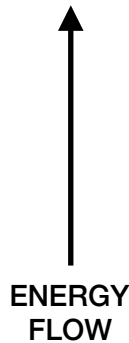


GOVERNING VESSEL MERIDIAN - YANG SOURCE

The two centerline meridians are not related to any specific organ but are important in the regulation and flow of ki. The Governing Vessel Meridian begins at the tip of the tailbone and runs up along the spine and over the head to terminate inside the upper lip. The Governing Vessel Meridian is the body's yang source, and all yang meridians are related to it. Effect ki kuzushi by setting up or following up yin points with the Governing Vessel Meridian.



GV15 / GV16 are very dangerous points (that is at the base of the skull); a strike downward with the elbow from an Ude-garamé pin could yield disastrous results.



GV25 is at the tip of the nose while the Ganbi special point is in the cartilage at the end of the nasal bone; dig into GV25 while stretching downward on Ganbi from behind to effect a brutal Ushiro-ate.

GV26 is a rub point located in the depression between the nose and the upper lip, intersecting the Large Intestine and Stomach Meridians; dig into this point with the knuckles to control the opponent's head; utilize this point when escaping a classic headlock.

