

## VITAL POINT STRIKES

**Vital Point:** is a pressure sensitive point on the surface of the human body. They allow you to use pain to influence the actions and reactions of an opponent.

When fighting, these things matter:

1. Size
2. Power
3. Speed
4. Aggression

However, by practicing and understanding vital point strikes, your power can be 3-5X more effective.

Vital Points follow NERVES, PLEXUSES, and BLOOD VESSELS.

**Lethal Points:** damage Central Nervous System and Cardiovascular System. Fatal consequences occur usually due to secondary hemorrhages.

**Paralyzing Points:** cause temporary paralysis of an area of the body or incapacitating trauma.

**Tactical Points:** reduce your opponent's capacity or stamina, or to force them to react in a way advantageous for you.

**Pain Tolerance:** the measure of the amount of pain a person can endure before breaking down emotionally or physically giving up.

Factors that affect it:

- Biology (red/blonde/brunette)
- Culture
- Environment
- Physical Condition (fever/illness/dehydration)
- Mental Condition ("mind over matter" vs. Anxiety)

The #1 rule: once engaged in a fight, strike the most vulnerable targets in the shortest time to cause maximum damage to the opponent.

### Physical Manifestations of Fear:

- Face: Fixed stare, eyebrows up or down, clenched teeth, squinting, dilated pupils, tight lips.
- Posture: clenched fists, raised arms, hunched shoulders, tense, expanded chest.
- Increased sweating
- Increased respiratory rate
- Pale face or arms (blood diverted to vital organs, brain and spinal cord)
- Dry mouth (decreased saliva)

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### Weapons:

1. Hands
  - a. Fingers: Poke or pinch
  - b. Closed hand punch, open, or cupped
  - c. Knuckles
2. Elbows
  - a. All directions: up, down, rear, lateral
3. Knee
4. Foot
  - a. Heel
  - b. Ball
  - c. Dorsum
  - d. Side
5. Head Butt

### 12 Vital Plexuses

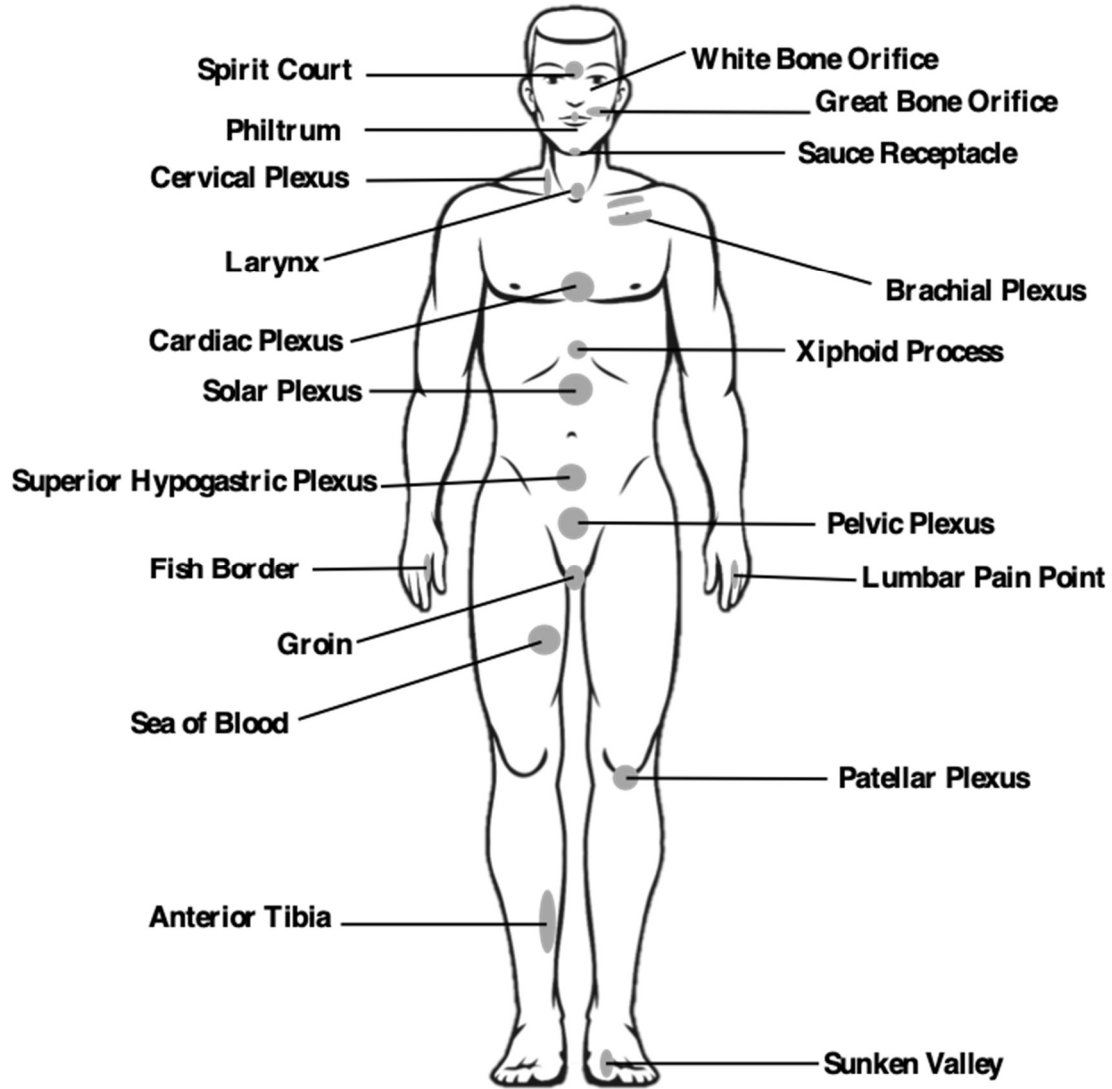
1. **Anterior**
  - a. Temporal
  - b. Cervical
  - c. Brachial
  - d. Cardiac
  - e. Celiac (Solar) hit when they inspire
  - f. Superior Hypogastric
  - g. Pelvic
  - h. Patella
2. **Posterior**
  - a. Pulmonary
  - b. Sub-trapezial
  - c. Lumbar
  - d. Sacral

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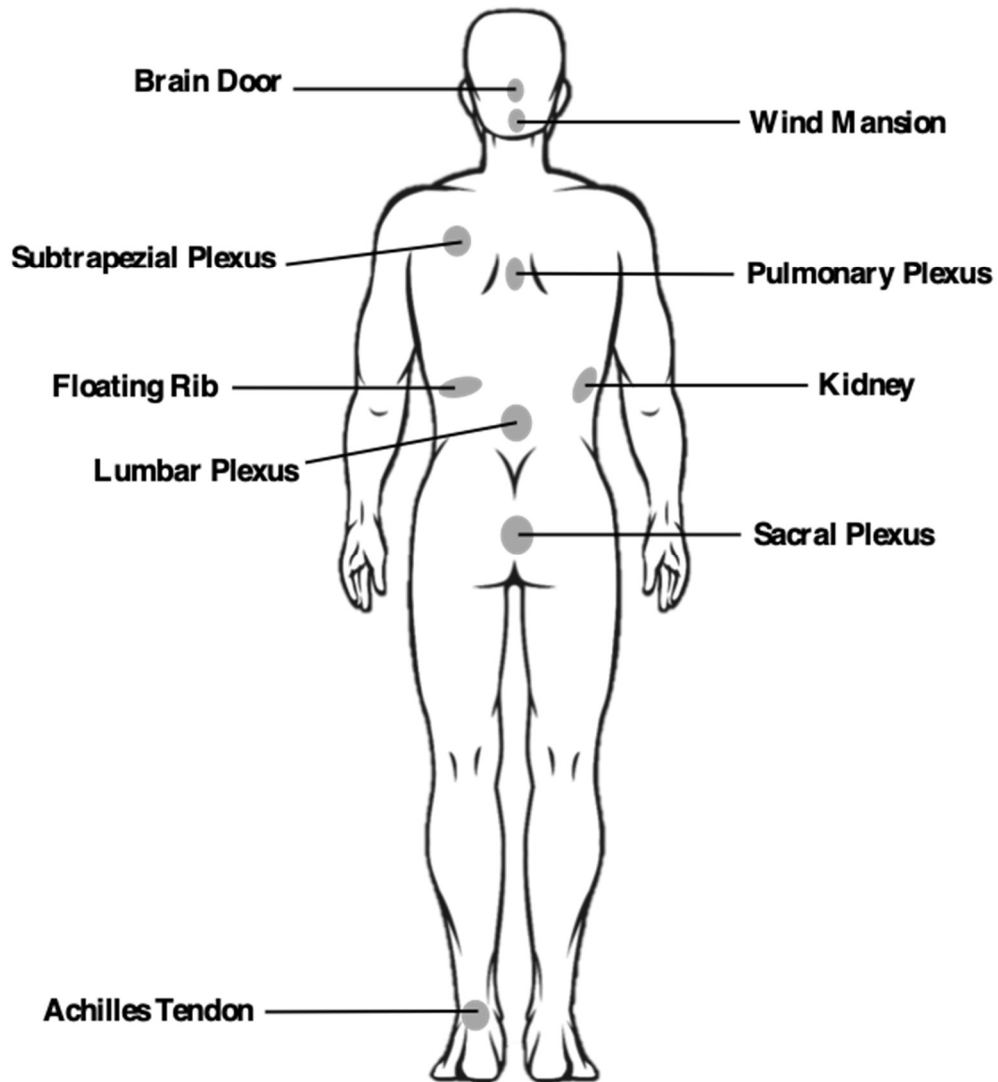
### Vital Points

1. Spirit Court (mid forehead frontal nerve)
2. White bone orifice (tip of nose)
3. Philtrum (upper lip)
4. Sauce Receptacle (tip of chin)
5. Great Bone Orifice (cheek bone, facial and infraorbital nerves)
6. Eyeball
7. Temple
8. Eardrum (and auricle)
9. Brain Door (Brain-brainstem junction)
10. Wind Mansion (C1-C2 junction)
11. Adam's Apple (Thyroid cartilage)
12. Celestial Chimney (Trachea/ "dolphin")
13. Groin
14. Floating Rib
15. Kidneys
16. Four Rivers (between the ulna and radius 5cm below the olecranon on medial side)
17. Crooked Pond (brachio-radialis nerve)
18. Fish Border (on hand at the base of the thumb)
19. Lumbar Pain Point (dorsum of the hand L/R ulnar/radial nerve)
20. Sea of Blood (Inner Thigh)
21. Patella
22. Anterior Tibia (Shin)
23. Achilles Tendon
24. Sunken Valley (Anterior Foot)

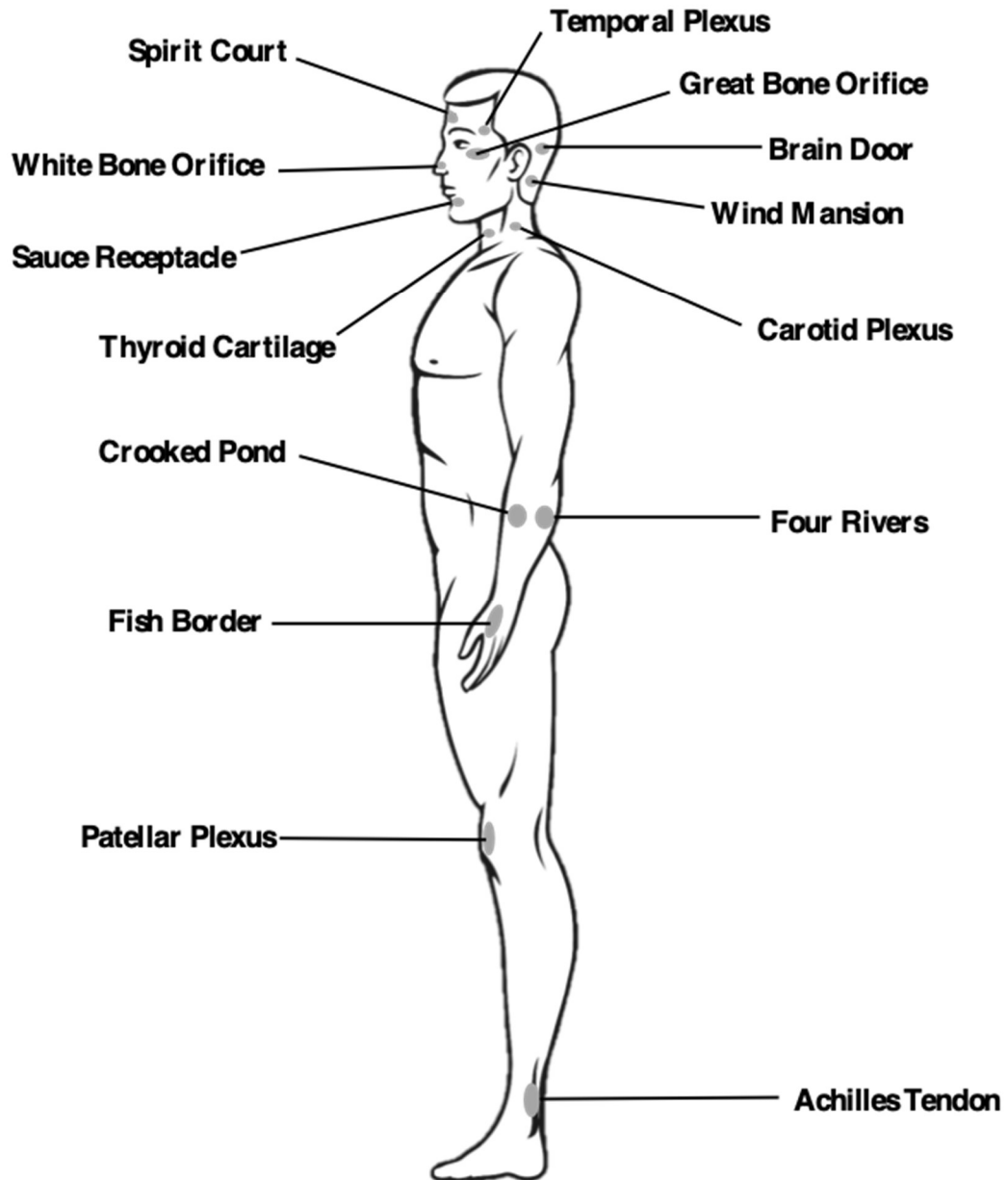
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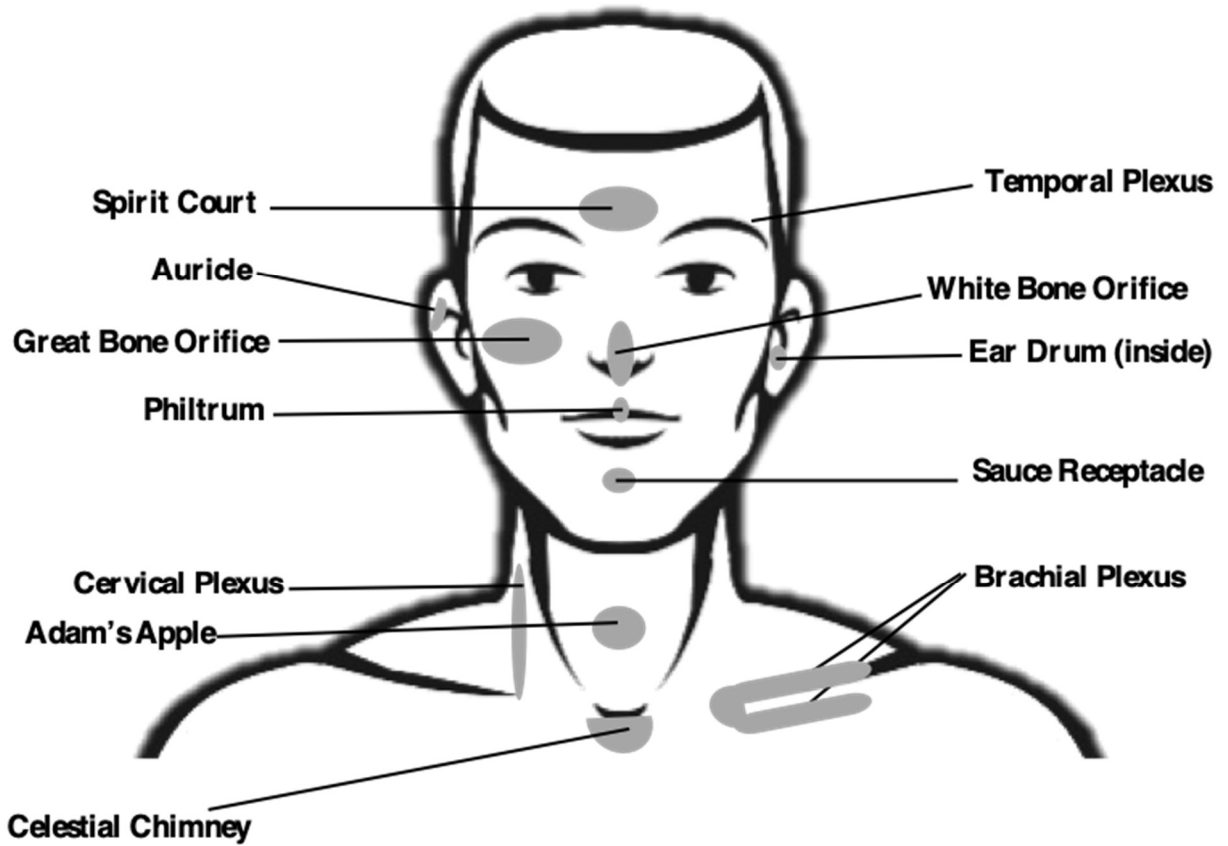
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