

The Gall Bladder Meridian: Wood, Yang

GB 1: Tonqziliao (Bone Of The Eye.)

.5 cun lateral to the outer edge of the canthus of the eye. (Diagram No. 1 at the end of this chapter).

Anatomy: The point is in the orbicularis muscle. The nerves in the region include the zygomaticofacial, zygomaticotemporal and the temporal and frontal branches of the facial nerve.

Struck on its own, this point will give extreme nausea, loss of memory, possible death. It is very dangerous, even with light strikes. Depending upon the strike used, you can of course give damage to the eyes as well.

GB 2: Tinghui (Confluence of Hearing)

In front of the intertragic notch, directly below "Tinggong" (SI 19, see diagram at end of SI chapter), at the posterior border of the condyloid process of the mandible. Locate the point with the mouth open. (Diagram 1, end of this chapter).

Struck on its own, this point will give extreme nausea and dizziness. Death will occur only if the point is struck hard.

GB 3: Shangquan (Guests & Hosts)

This is the temple point. On the superior border of the zygomatic arch, in the depression which can be felt in the bone. Anatomical: The zygomatic branch of the facial nerve and the zygomaticofacial nerve, the zygomatico-orbital artery and vein.

Being the temple, this is an extremely sensitive area and will cause death when struck hard and will knock out when struck lightly or medium.

GB 4: Han Yan (Satisfying Jaw)

Within the hairline of the temporal region, $\frac{1}{4}$ of the distance from ST 8 to GB 7. Or one cun below ST 8. Movement can be felt at this point when chewing.

This point, because of its location will cause death at the most and extreme dizziness in the least causing the recipient to fall down through the dizziness.

GB 5: Xuanlu: (Suspended Head)

In the middle of the curve between ST 8 and GB 7.

This point does much the same as for GB 4, however, it is a little more effective in causing dizziness and death depending upon how hard it is struck. If GB 4, 5, 6 & 7 are struck simultaneously, it is a devastating strike.

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GB 6: Xuanli (Suspended Balance)

On the hairline between GB 5 and GB 7.

This point is getting close to a point just above the ear which will cause a 'delayed death strike'. Delayed death strikes have been talked about in a mystical sense for years. However, most of these strikes are scientifically proven as is the case with the strike to GB 6 and other points in this region of the head. There is a small artery called the "Middle Meningeal artery" on the side of the head around this area, about $\frac{3}{4}$ of an inch above the ear, which when struck will burst causing blood to seep into the brain. It takes around 3 days to fill the brain sufficiently to cause death. *If this artery has been broken, it is diagnosed by looking at the pupils, if they change in size.* This area of the head also houses much important brain stuff, so a strike to this area is not only an electrical strike, thus affecting the qi system of the body, but also an excellent physiological strike.

GB 7: Qubin (Crook Of The Temple)

On the hairline in front of the ear apex, one finger width anterior to TH 20.

Again, because of the location of this point, a delayed death strike may occur even with a medium powered blow. Because of its connection to the Small Intestine, a knock out will probably occur because of the action upon the heart through the small intestine connection. This point is an extremely dangerous point because of its location at the base of the brain. Other points will also be struck, such as GB 4, 5 and 6. So the damage will be made greater when these points are also struck at the same time using the palm strike.

GB 8: Shuaigu (Leading To Valley)

Superior to the apex of the auricle, 1.5 cun within the hairline. Or 1.5 cun above TH 20 which is on the head where the ear apex would touch if pressed inwards.

Knock out will occur with relatively lighter strikes, medium strikes will cause a loss of the sense of being. Person doesn't know where they are or even who they are etc. Death will occur when struck really hard. This point is also a delayed death strike being in close proximity to the small artery (middle meningeal artery) mentioned earlier.

GB 9: Tianchong (Heavenly Assault)

.5 cun posterior to GB 8, 2 cun within the hairline.

Instant knock out because of the location of the point, death could occur if struck hard enough. This is an energy drainage point.

GB 10: Fubai (Floating White)

Posterior and superior to the mastoid process, in the middle of the curved line drawn from GB 9 to GB 11. Or an easier way to find it, is on a horizontal line drawn at the level of the eyes that runs towards the back of the head. The point is behind the ear on the squamosal suture which is the joint between the parietal bone and the temporal bone of the skull.

Shocks the brain and affects the motor nervous system. Struck hard enough will cause death in the most and KO in the least.

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GB 11: Qiaoyin (Cavity Of Yin)

Midpoint on a line connecting GB 10 and GB 12. It is found in a small hollow behind the ear.

The damage is the same as for GB 10 as it is in the same area of the head.

GB 12: Head Wangu (Finished Bone)

In the depression posterior and inferior to the mastoid process, 0.7 cun below GB 11 and level with GV 16.

At the least a KO, at the most death. In between these two extremes, you can cause headaches for days after the strike. It takes the qi away (drains) from the upper body with even a light blow lasting painfully for days and the recipient lacks energy for days. When struck upwards into the head, this is one of the more dangerous points to strike because of its anatomical location.

GB 13: Benshen (Head Above The Tears)

.5 cun inside the hairline and .5 cun medial to ST 8, directly above the outer canthus of the eye. If you drew a line along GB 7,6,5 & 4 then went another inch up towards the head, this is close to GB13.

GB 13 is part of what is called the triangle strike. I.e., we not only strike to GB 13, but also hit at the same time, GB 14 and 15. The combination of the Colon strike with the three Gall Bladder strikes causes what is known as *adverse cyclic qi disruption*. This sends 'adverse' qi (that which causes the body to disintegrate rather than to build), into the head and brain, which will cause not only immediate brain dysfunction, but also delayed dysfunction that could last for years if death is not immediate.

GB 14: Yangbai (Yang White)

1 cun above the middle of the eyebrow on a line directly above the pupil of the eye in the depression on the superciliary arch.

If this point is struck straight in, it will cause physical damage to the neck. Struck upwards, brings too much Yang energy into the head and causes a sort of state like sunstroke, nausea, black out and even death. When struck downwards causes KO by draining energy from the head. This point is also right over the part of the brain that makes us different to animals. So a strike to this area will also affect the way we think, work, move etc.

GB 15: Head Lingi (Base Of God)

.5 cun inside the hairline and directly above the pupil when looking ahead

Causes the head to feel as if it is swelling up, or being pumped up like a balloon. Causes the recipient to not know where they are for a second or two if struck mildly, or KO if struck heavily.

GB 16: Muchuang (Window Of The Eyes)

1 cun posterior to GB 15 in straight line with GB 14 and 15.

This point is particularly nasty because of its location to the brain. When struck, the recipient feels immediate local pain because it is also an 'electrical point'. i.e., all kyusho points are

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'electrical points' whereby they cause some damage to the energy system of the body. Some points however, are located over or very near to physiological areas of the body that are particularly sensitive to being struck, like the brain. The strike is done straight down into the brain and because of its location, very close to the Frontal Coronal, the sutures formed by the knitting together of the skull plates from birth. So this can cause a broken skull! This is also the area just above the 'hypothalamus' where among other important things, the reflexes are developed. It is also right over where 'pre-motor decisions are made, like "I am now going to pick up this cup". So strikes to this area will affect the reflexes and coordination and also the ability simply to make decisions.

This part of the cerebrum is also in charge of body movement. So a strike anywhere here impairs body movement.

GB 17: Zhengyin (Principle Yin)

Keep going backwards in a line parallel with the skull 1 cun back from GB 15.

Much to same damage as for GB 16 because of its location to the brain parts. This point has a slightly better effect upon the reflexes, as it is closer to the part of the cerebrum that controls movement. So motor actions are damaged. Also causes local pain through the electrical part of this strike. Knock out as well as death for a very hard strike.

GB 18: Chengling (Support The Spirit)

1.5 cun posterior to GB 17 on the line connecting GB 15 and GB 20. Approximately 5 cun posterior to the hairline of the forehead. Or approximately 1 cun posterior and 1.2 cun lateral to GV 20.

Even a light blow here can cause a KO. A strike to this point scatters the qi of the upper body, causes nausea and affects the way the tantien distributes the qi. Because of the location over the side of the brain, this point strike will cause considerable brain dysfunction when struck hard enough.

GB 19: Naokong (Brain Cavity)

Directly above GB 20 level with GV 17 on the lateral side of the external occipital protuberance. Or look at the back of the head just above the neck. The bit that sticks out the most, saying "hit me hit me" is GB 19.

The damage is immense to this point. The whole brain is shocked causing KO even with lighter strikes. This point needs no other set up point, but sometimes works well with a slice down the arm first.

GB 20: Fengchi (Pool Of Wind)

In the posterior aspect of the neck, below the occipital bone, in the depression between the upper portion of the sternocleidomastoideus muscle and the Trapezius muscle.

Again, the damage caused by striking this point in the correct direction is immense. We not only get the 'electrical' disruption, but also the physiological damage caused by its location at the base of the brain. Any strike upwards here will cause a KO with even a light to medium strike. Very hard strikes and brain damage will occur, even death.

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GB 21: Jianjing (Shoulder Well)

Midway between GV 14 and the acromion of the shoulder, at the highest point of the shoulder.

This point is also a healing point in that it is used to heal a strike in an upward direction to GB 14. It drains qi (energy) from the head and so alleviating the problem caused by the strike. Sunstroke is also an indication of too much yang qi in the head. So we also know how to heal this condition by medium strike down onto GB 21, then a violent swipe out over the shoulders.

However, if too much pressure is used on someone who does not have the condition of too much yang energy in the head, then we will drain too much qi from the head causing light headedness in the least and a KO in the most, although it has to be struck fairly hard. The medium result of this strike is for the recipient to drop straight down onto the ground. GB 21 is also associated to the 'accessory never' which runs down the back of the side of the neck. This nerve is also prominent in causing knock outs from a neurological shut down strike at the back of the neck.

GB 22: Yuanye (Gulf's Fluids)

On the mid-axillary line, 3 cun below the axilla and in the 5th intercostal space.

This is a particularly sensitive area as there are lymph nodes in this area. It is an extreme qi drainage point so the recipient cannot carry on after being struck even lightly in this point. If death is not instant, it will occur some time later. Causes the heart to falter or stop instantly.

GB 23: Zhejin (Flanks Sinews)

1 cun anterior to GB 22, approximately level with the nipple on a male in the 4th intercostal space.

Drains qi from the body, even a medium power strike is enough to cause the attacker not to be able to continue. This point when struck with GB 22 is disastrous.

GB 24: Riyue (Sun Moon)

Inferior to the nipple, between the cartilage of the 7th and 8th ribs, one rib below LIV 14.

This point is a death point or will cause a KO if only struck medium.

GB 25: Jingmen(Door Of The Capital)

Located on the lateral sides of the abdomen, on the lower border of the free end of the twelfth rib.

As this is a 'mu' point for the kidneys any strike here will affect the kidneys. This point in particular will cause great kidney damage when struck from the side, more-so than when the kidneys are struck from the lower back area. (Traditional kidney strike). From the side, the strike sets up a shock wave which damages the kidneys. Struck hard, will cause death through kidney failure, light to moderate strikes will cause bleeding from the penis and great pain in the kidney area. It is difficult to get an electrical reaction from this point.

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GB 26: Daimai (Girdle Vessel)

Directly below the free end of the eleventh rib, where LIV 13 is located, level with the umbilicus. The point lies in the external oblique muscle & the internal oblique & transverse abdominal muscles.

Draw a line across from the navel and where you touch the ribs, that's the point.

Causes the whole central torso to be shocked with pain in the gall bladder area, hard enough will cause death. This strike will cause the heart to stop.

GB 27: Wushu (Five Pivots)

In the lateral sides of the abdomen, in front of the anterior superior iliac spine, 3 cun below the level of the umbilicus approximately level with CV 4. In the external & internal oblique muscles and the transverse abdominal muscle.

Knock out or damage to the kidneys. Hospitalization if strike is hard.

GB 28: Weidao (Meeting Path)

Anterior and inferior to the anterior Iliac spine, 0.5 cun anterior and inferior to

GB 28 has a greater physical effect upon the bladder which can burst when struck in the correct direction.

GB 29: Juliao (Bone of Lodging)

Midway between the Anterosuperior iliac spine and the great Trochanter. Locate the point with the patient lying on her side. At the anterior margin of the tensor fascia lata, and in its deep position in the Vastus lateralis muscle

A strike to this point only, will cause the upper right side of the body to become paralyzed. This will also cause a KO. When combined with strike to GB 12 will cause spasm in the whole upper body.

GB 30: Huantiao (Jumping Circle)

At the junction of the mid and thirds of the distance between the Great Trochanter & the Hiatus of the Sacrum (GV 2). When locating this point the patient is on their side with their leg flexed. The point is in the Gluteus Maximus and inferior margin of the Piriformus muscle.

This will cause a KO and leg damage with nausea and perhaps bladder problems, even years after the strike.

GB 31: Fengshi (City Of Wind)

in the mid-line of the lateral aspect of the thigh, 7 cun above the transverse popliteal crease. When the patient is standing erect with hands by their sides, the point is located where the tip of the middle finger touches the leg. Beneath the Tensor fasciae latae, in the vastus lateralis muscle.

This strike causes a 'dead leg' where the leg becomes paralyzed. It can cause a KO as well as affecting the heart by slowing it down or stopping it. In order to affect the heart though, the strike must be accurate using a small weapon such as the ball of the foot or a big toe.

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GB 32: Femur Zhong (Middle Ditch)

In the lateral aspect of the thigh, 5 cun above the transverse popliteal crease, between the muscle vastus laterals. 2 cun below GB 31.

Causes KO, or takes out the knee on that side. Nausea and heart is affected.

GB 33: Xiyangguan (Yang Hinge/Gate)

When the knee is flexed, the point is 3 cun above GB 34, lateral to the knee joint in the depression between the tendons of muscles Biceps Femoris & the Femur. In the hollow above the lateral condyle of the femur, at the posterior aspect of the Iliotibial band and the anterior aspect of biceps femoris tendon

Knock out, great tendon damage around the knee, the tendons could be completely torn away from the bone. This is the ideal strike to the leg as the tendons holding the lower leg on, are torn and the recipient cannot carry on with no leg support. This strike will drain qi greatly.

GB 34: Yanglingguan (Fountain Of The Yang Mound)

In the depression anterior & inferior to the head of the fibula when the leg is flexed. Anterior to the capitulum of the fibula. between peroneus, longis & extensor digitorum longus pedis muscle.

Aggravates the liver greatly causing hospitalization. KO and destroys the leg.

GB 35: Yangjiao (Yang's Intersection)

Seven cun above the lateral malleolus, on the poster border of the fibula, within the distance between the tip of the lateral malleolus and GB 34, level with GB 36 and BL 58. In the lateral aspect of the leg, the distance between the tip of the lateral malleolus and the mid point of the knee is seen as 16 cun.

Knock out when struck right on the point with a small weapon. Obvious leg damage. This is a particularly nasty strike as it causes damage later in life due to the slow damage caused to the point. All "Xie cleft" points react in this way. Extreme local pain which can cause the nervous system to shutdown for a period until the brain works out what is wrong. So this strike can also be used as a neurological shutdown point strike. (Those points or groups of points which when struck all by themselves, causing the whole nervous system to shut down, causing the body to drop.

GB 36: Waiqiu (Outer Mould/External Region)

Seven cun above the lateral malleolus, on the anterior border of the fibular, or midway between GB 34 & the lateral malleolus, in front of GB 35 and level to it at the anterior border of the fibula.

This is also a "Xie cleft" point so it has much the same damage as GB 35.

GB 37: Guangming (Bright Light)

Five cun directly above the tip of the external malleus, on the anterior border of the fibula. Between the extensor digitorum longus pedis and peroneus brevis muscles.

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When struck with a larger weapon such as the instep kick, this will cause KO is struck very hard, and also physical damage to the shin area. Local pain is felt greatly when struck right on the point as well as liver and gall bladder damage. This point is also poignant to eye damage or healing depending upon how it is used. It will cause severe eye damage slowly over several years. A quick sharp strike using a small weapon will cause momentary blindness.

GB 38: Yangfu (Yang's Help) Fire & Jing Point.

Four cun above and slightly anterior to the tip of the External malleolus, on the anterior border of the fibula & the tendons of peroneus longus & brevis.

Knock out, when struck in the correct direction. Leg damage, can break the shin. A good strike here can cause headaches for weeks.

GB 39: Xuanzhang or Juegu (Suspended Bell)

3 cun above the tip of the Lateral malleus, In the depression between the posterior border of the fibula and the tendons of peroneus longus & brevis. Just above the ankle on the outside of the leg. This is the last GB point above the ankle.

This is an interesting point all by itself. It causes great damage to the brain. At a lesser level, it can simply make the recipient feel totally disorientated and at a larger level, will cause mental problems later and immediately.

A strike here, will cause energy to be drained from the whole leg area immediately, and a few minutes later, the whole body will be drained causing KO or death. So do not play around with this point!

GB 40: Qiuxu: (Mound of Ruins or Grave Mould) Or (Region Of The Eminence)

Location anterior and inferior to the lateral malleolus, in the depression on the lateral side of the tendon of extensor digitorum longus. At the origin of extensor digitorum brevis pedis. Side of the foot, forward of the ankle bone.

Struck really hard, this point can cause paralysis in the whole body, or in just the leg being struck. It is able to cause heart failure and knock out. Warning! Do not play around with this point.

GB 41: Zulinqi or Foot Linqi (Near tears on the foot) or (Lying Down To Weep).

In the depression distal to the junction of the 4th & 5th metatarsal bones, on the lateral side of the tendon of extensor digiti minimi of the foot. About 2 inches back in a straight line from the little toe.

This point is a master point for the extra meridian called "Dai Mai" or girdle meridian which runs around the waist. So a strike to this point will have an effect upon that meridian. One of the Dai Mai's functions is to control the communication between "upper" and "lower". So a strike here, not only produces great local pain or a knock out, it also causes there to be no communication between the torso and legs. So great non co-ordination is the result. So you could use this point as a set up strike to a more deadly blow.

GB 42: Diwuhui (Five Terrestrial Reunions) (Earth's Fifth Meeting)

0.5 cun anterior to GB 41, found in the space between the 4th & 5th metatarsal.

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This point is much the same as for GB 41, except that it can cause disorientation when struck exactly on the point using perhaps the heel.

GB 43: Xiaxi (Harmonious River)

0.5 cun behind the margin of the web of the 4th and 5th toes. On the crevice between the 4th and 5th toes.

This is a water and "Yong" (stream or spring point) point. So it could be used to affect many other points. It produces great heating in the head, like as if sunstroke has occurred. The person faints because of this. Local pain as well.

GB 44: Foot Qiaoyin (Yin Cavity)

Lateral side of the tip of the 4th toe. 0.1 cun proximal to the corner of the nail.

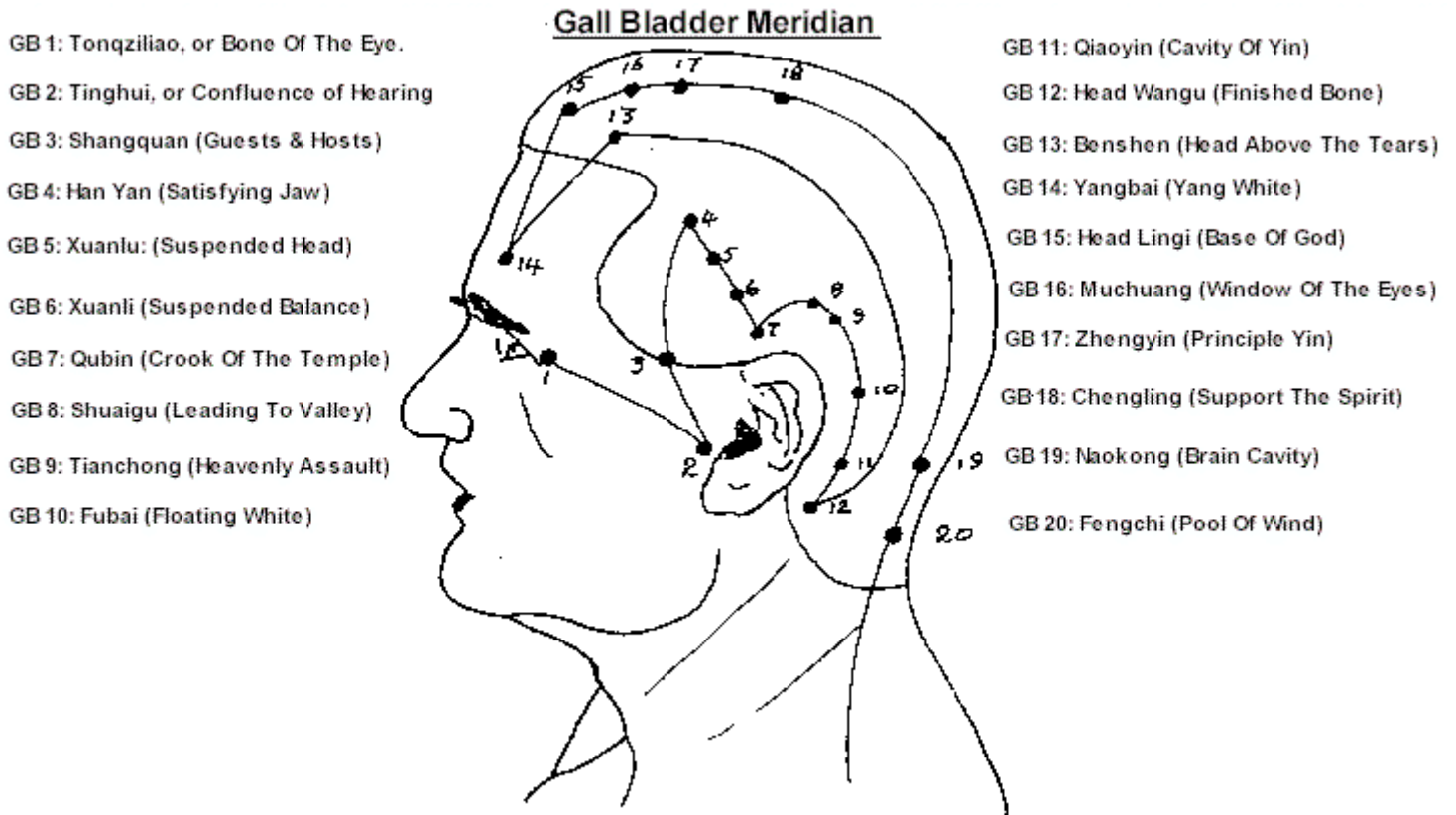
This is a metal and cheng point. (Cheng. To complete, or extremity point, other names are 'jing point' or well point.) It has a great affect upon the muscles and tendons, therefore, a strike here has great physical damage to these areas. It is a good strike should you be setting up a tendon or muscle strike later. Great local pain, as well as pain later in the leg. Can cause KO if struck hard enough. Extreme nausea through this point's action upon the liver.

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The Gall Bladder Pressure Points 1-20

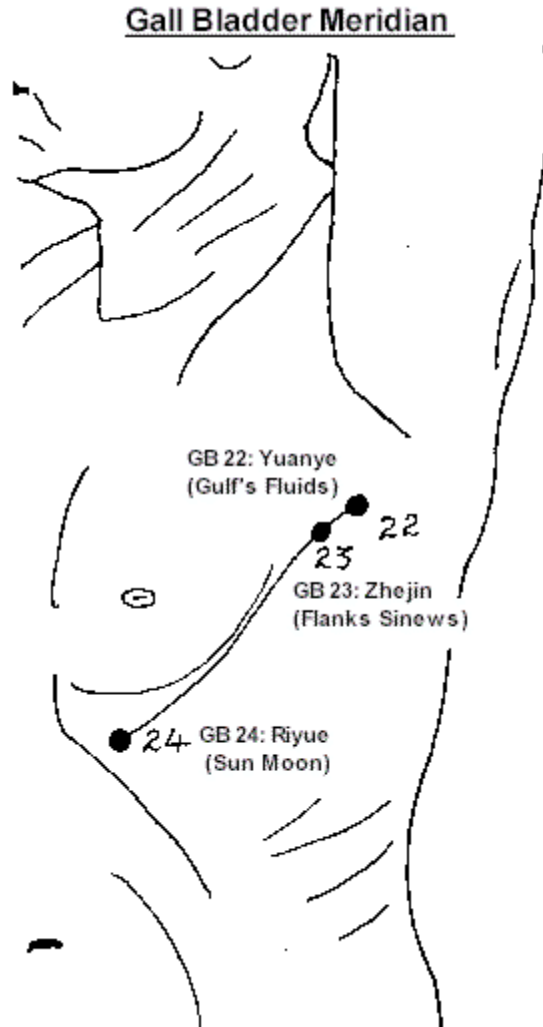


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The Gall Bladder Pressure Points 22-24

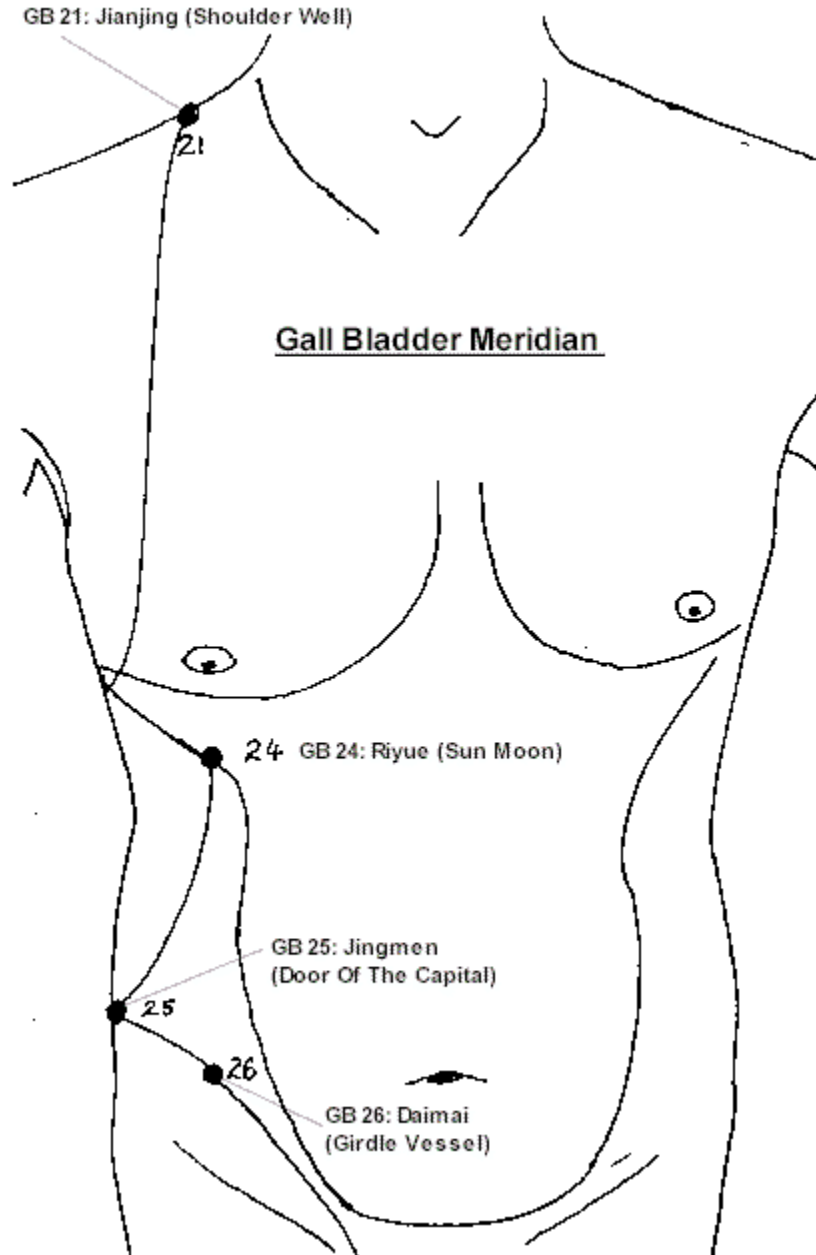


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The Gall Bladder Pressure Points 21-26

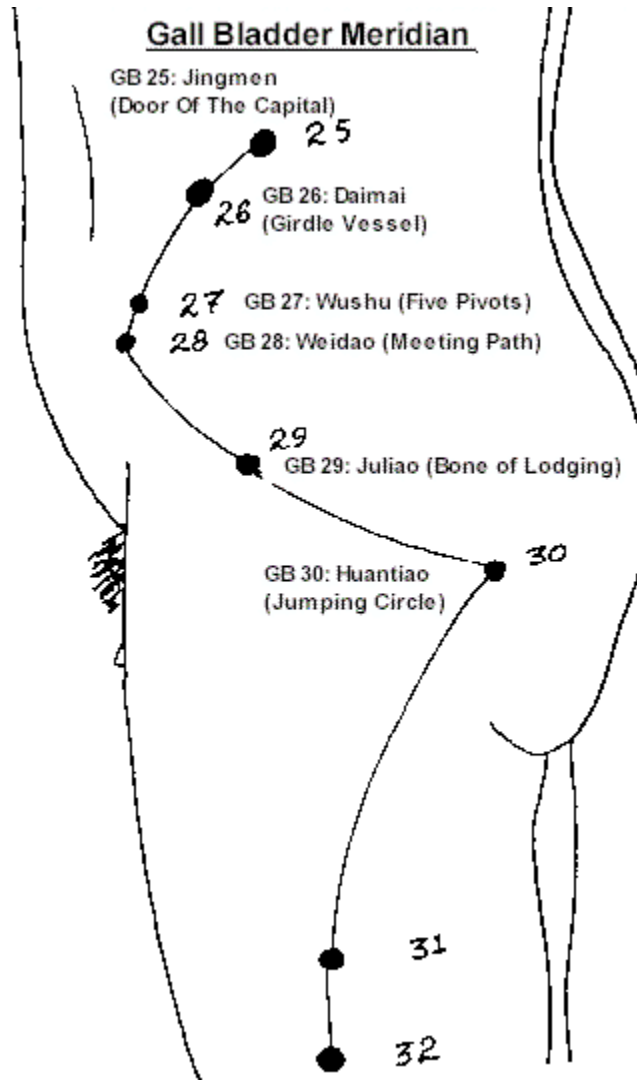


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The Gall Bladder Pressure Points 25-32

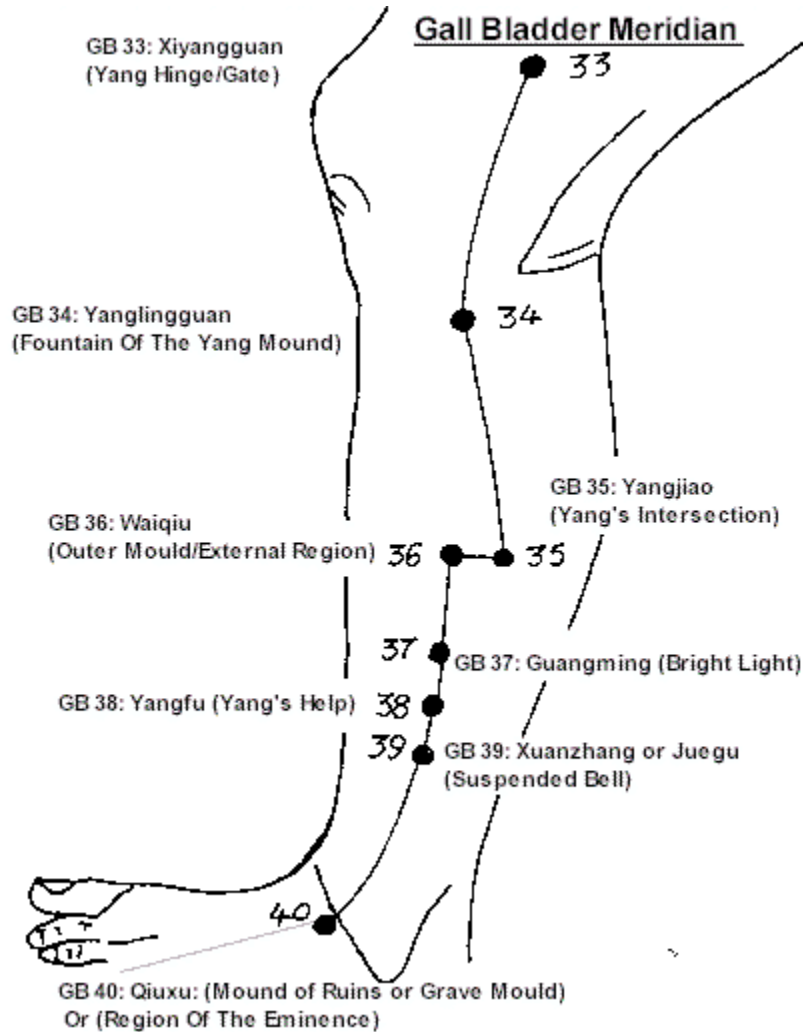


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The Gall Bladder Pressure Points 33-40

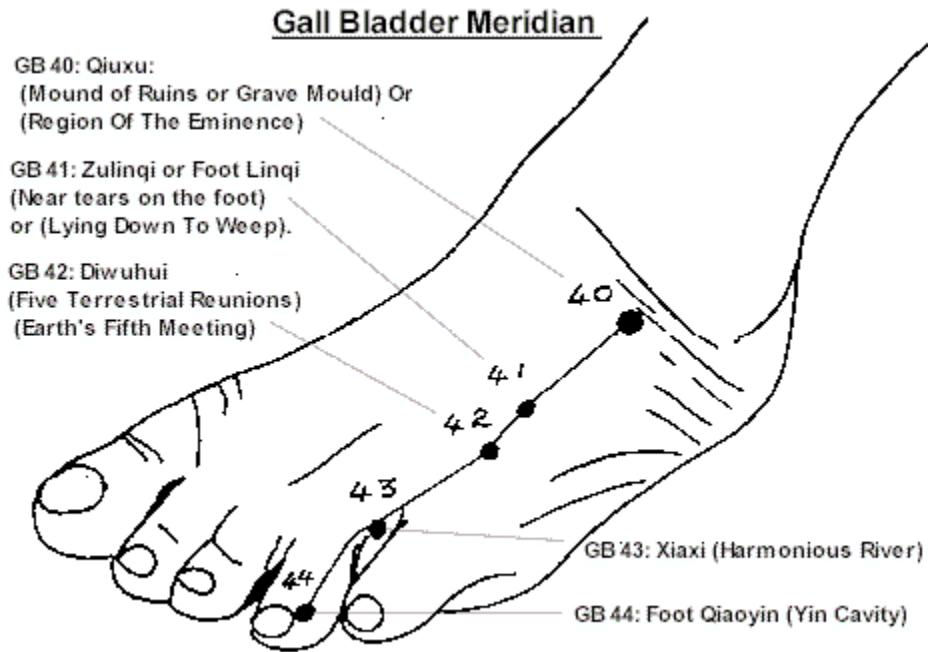


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The Gall Bladder Pressure Points 40-44



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