

The Governor Vessel

GV 1: CHANGQIANG (Long Strength)

Midway between the tip of the coccyx and the anus. Chang means long and Qiang means strong, the spinal column is long and strong and the Point is located at the lower end of the spinal column below the tail bone.

When struck straight up in to the point. It can cause unconsciousness, and mental disorders and also physical disorders to the anus. It is a 'luo (connecting point) for the eight extra meridians so qi damage here is great. It is the 'sea of yang' point while the CV1 is called the 'sea of yin', so a strike here will also unbalance the whole energy system of the body. Not easy to get to though. Consider other points before this one in a self defense situation. Not good sticking your toe up into his anus if you should miss!

GV 2: YAOSHU (Lower Back's Hollow)

In the hiatus of the sacrum.

This point does mainly physical damage to the lower backbone, mainly the sacrum, it has to be struck quite hard to cause both physical damage and qi damage.

GV 3: YAORYANGGUAN (Lumbar Yang's Hinge)

Below the spinous process of the 4th lumbar vertebra, in the lumbodorsal fascia and the supraspinal and interspinal ligaments.

When a person has weak kidneys, you will notice that their legs are not too strong. And when and if you begin to have kidney problems, the first symptom is that your legs will become weaker. In particular your knees will begin to buckle when for instance stepping up higher stairs and you notice that before, you could bound up these stairs, now, you have difficulty. This is because the kidneys control the knees and when the kidneys begin to go so too do the knees. This point controls kidney qi and when struck, this control goes haywire weakening the knees and also the waist. So this point works really well with a strike to SP 19 which also acts upon the opposite leg (to the strike). A hard strike here of course will also damage the spinal discs in this area so permanent physical damage could result.

GV 4: MINGMEN (Life's Door or Gate of Life)

Below the spinous process of the 2nd lumbar vertebra, in the lumbodorsal fascia and the supraspinal and interspinal ligaments.

This is the 'gate of life' point and great damage can be done with a hard strike downwards to this point. The recipient will feel a 'ring' of pain going around the waistline and rising upwards into the head as this strike will affect the whole yang energy of the body and also will damage kidney jing thus making for a very sick attacker.

GV 5: XUANSHU (Suspended Axis)

Below the spinous process of the 1st lumbar vertebra.

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Great physical pain with a spreading sensation around to the front of the body and up into the lungs. This strike causes one to breath out deeply and to buckle up and fall down. It must however be struck right on the point using a smaller weapon such as a one knuckle punch.

GV 6: JIZHONG (Middle of Spine)

Ji here means spine and Zhong means middle. The spine has a total of 21 vertebra, this Point is below the spinous process of the 11th vertebra and is therefore in the middle of the spine.

This point will cause much the same damage as for GV 5. The only difference is that because of its location (same for the next two points) there will be an effect like being struck in the guts, as the lungs will also be affected physically.

GV 7: ZHONGSHU (Middle Axis)

This POINT is below the spinous process of the 10th thoracic vertebra and is like a pivot in the middle of the spine. Zhong means middle and Shu means pivot.

Same as for GV 6 only even more lung damage with coughing and gasping for breath. This strike will also have an effect on the brain with a rush of energy moving upwards to shock the brain and this can cause knock out.

GV 8: JINSUO (Sinew's Shrinking)

Below the spinous process of the 9th thoracic vertebra

Again, this will have much the same effect as for GV 7. Only with more lung damage. The eyes could also lose temporary sight should this strike be very hard. This strike can kill done hard enough using perhaps an elbow strike.

GV 9: ZHIYANG (Reaching Yang)

Below the spinous process of the 7th thoracic vertebra, in the supraspinal and interspinal ligaments.

This point will also affect the lungs causing coughing and qi drainage. it will also have an affect upon the liver and gall bladder. The qi flow will be disrupted and physical damage to the spine is also caused. Struck hard enough and the fight is over.

GV 10: LINGTAI (Spirit's Platform)

Below the spinous process of the 6th thoracic vertebra, in the supraspinal and interspinal ligaments.

This point strike will cause a loss of power by attacking the diaphragm. Not as much as a strike to CV 17 though. Obvious physical damage to the spine and central nervous system, and the heart may stop when a hard strike is felt. This point also has a damaging affect upon the communication between 'spirit and mind'. Thus causing a detached feeling that gets worse if left untreated.

GV 11: SHENDAO (Spirit's Path)

Below the spinous process of the 5th thoracic vertebra.

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Obvious physical damage to the spine. This point also causes mental disorders, too much worry and grief, mental depression and loss of memory which will get worse as time passes. Palpitation will also be a part of one's life when this point is struck and not treated.

GV 12: SHENZHU (Body's Pillar)

Below the spinous process of the 3rd thoracic vertebra, in the supraspinal and interspinal ligaments.

This point is a good point to cause lung damage. Coughing fits, and even asthma may be caused with this strike if left untreated. It will also have an effect upon the qi of the whole body causing qi imbalance which will lead to severe general illness over a period.

GV 13: TAODAO (Way of Happiness)

Below the spinous process of the 1st thoracic vertebra, in the supraspinal and interspinal ligaments.

This point has the potential to cause obvious spinal damage.

GV 14: DAZHUI (Big Vertebra)

Between the spinous process of the 7th cervical and the 1st thoracic vertebra, in the supraspinal ligament. Da means large and Zhui means vertebra, this Pt is below the prominence of the 7th cervical vertebra which is the largest of the vertebra.

When a downwards strike is felt, the recipient will feel a great drainage of qi causing him to want to sleep. A gross lack of energy is apparent and even the raising of an arm is difficult. Obvious spine damage. When struck upwards, this causes a rush of energy to the upper body causing confusion and tearing of muscles when they are used, as in the case where he tries to strike you etc. Profuse sweating is caused by both of these directions and weakness. This point can be tapped lightly with the fingers to cause someone who is perhaps tired, driving a car and needs to be 'revived'. Or you can place some ice over the point to cause sleep.

GV 15: YAMEN (Door of Muteness)

At the midpoint of the nape, 0.5cun above the natural hair line in the depression 0.5cun below GV 16.

Now we come to some of the most dangerous point strikes. GV 15 will cause knock out in the very least and death in the most. You can also strike to other dangerous points such as BL 10 and GB 20 at the same time, but why bother? This point all by itself will cause enough damage to send you to jail for using excessive force! In between knock out and death we have strange things like could cause the recipient to become mute! Extreme dizziness and even deafness and schizophrenia. It would be overkill to use this point.

GV 16: FENGFU (Wind's Dwelling)

Directly below the external occipital protuberance, in the depression between the trapezium muscles of both sides, 1 cun within the natural hairline at the back of the head.

If there is a more dangerous point than GV 15, then this is it. Its location is over important 'life centers' of the body such as the respiratory center located in the rhombic depression of the 4th

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ventricula. Again, knock out in the very least and death in the most. With things like dizziness and mental disorders in between. A long term effect of this strike is that the sensory organs will slowly lose their potency with the sense of smell being the first to go. This point has a direct connection to the "sea of marrow" or the brain, so any strike here is devastating. This strike should not be used in the case where you just wish to control the attacker. It must be a very serious situation to use this point.

GV 17: NAOHU (Brain's Household)

1.5 cun above GV 16, superior to the margin of the occipital protuberance.

This point is an extremely dangerous point. It is situated close to foramen magnum, said to be the 'gate of the brain'. Knock out in the least and death in the most. Dizziness to the extreme with falling down and aphonia in between the two extremes.

GV 18: QIANGJIAN (Between Strength)

1.5 cun above GV 17, midway between GV 16 and GV 20

A straight in strike will cause a shock wave to go into the brain thus causing knock out. This point is quite a well known knock out point and many have demonstrated its ability to cause knock out with relatively little pressure. Especially used with the set up strike this point causes the recipient to fall down and have a heavy feeling in his head, requiring much work to stand up again.

GV 19: HOUDING (Behind Top)

1.5cun above GV 18, 1.5cun behind GV 20 on the midline.

Even a light blow here right on target will cause shock to the brain as well as great local pain caused by an energy drainage. The pain here is so great that a light to medium blow will cause the recipient to have to sit down. It is fairly well protected at this point, but it is the shock wave that does the damage.

GV 20: BAIHUI (Hundred Meetings)

7 cun above the posterior hairline, at the intersection of the median line at the vertex with a line drawn from the angle of the jaw through the apex of the ear and over to the other ear apex. In the galea aponeurotica, to the left and right of which are commonly found parietal foramen.

Bahui is one of the points that are used for many healing applications, it is also a knock out point where a medium to hard strike is concerned. The point has to be struck right on using the heel palm or else you should use the whole palm in a slapping type motion to also get the "inner square" group of extra points. (Covered in the chapter on the extra points). It is however hard to get to unless you have the techniques to get at it. Local pain from qi drainage causing the legs to become weak. Will also cause the attacker to go into shock.

GV 21: QIANDING (Before Top)

1.5cun anterior to GV 20.

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Shock to the brain causing knock out. Power leaves the body and then the legs go weak. Can cause brain dysfunction and death using the correct weapon. Nausea.

GV 22.: XINHUI (Fontanel's Meeting)

3 cun anterior to GV 20, 2 cun posterior to the anterior hairline.

Blurred vision or temporary blindness. A shock wave travels down to the front of the chest causing disorientation. Pain will happen a few minutes after the strike.

GV 23: SHANGXING (Upper Star)

1 cun within the anterior hairline, 4 cun anterior to GV 20, on the midline. At the border between the left and right frontalis muscles.

This strike will cause momentary blindness or blurred vision as well as cause nasal problems in the long term. Local pain caused through qi drainage.

GV 24: SHENTING (Spirit's Hall)

On the midsagittal line of the head, 0.5cun within the anterior hairline.

This point can cause brain damage struck hard enough. Many people actually use head butts with this point, but they are looking for health troubles doing so. Always use the side of your forehead when giving a head butt. It is difficult to get a knock out as there is much protection here. Better to use GB 14 or 15.

GV 25: SULIAO (Plain Seam)

At the tip of the nose.

A whack on the nose is not nice any time. Causes yang qi drainage and shock. This is an obvious point to strike causing physical damage as well as great local pain and nose bleeding. In the healing area, this point can be used instead of GB 20 as a shock point and for low blood pressure. It will have an affect upon the lungs as the lungs are expressed in the nose. A whack here obviously causes the senses to be confused and similarly, healing using this point will clear the senses.

GV 26: RENZHONG (Philtrum)

Below the nose, a little above the midpoint of the philtrum (approximately 1 third the distance from the bottom of the nose to the top of the lip). In the orbicularis oris muscle.

This is a classic revival point for shock. However, when struck it gives shock and upsets the qi balance of the whole body. This area is very sensitive having a whole heap of nerves in this area. A hard strike here will cause death or knock out at the least with the whole body going into spasm from the nerve strike. You can test this point by having someone stand, bent at the waist. Try and push their waist to upright with them resisting. It is very difficult. Now, place only one finger across the point and press upwards, they will stand up immediately. Only a light tap here is enough to cause shock. It is one of the more dangerous points.

GV 27: DUIDUAN (Exchange Terminus)

On the median tubercle of the upper lip, at the junction of the philtrum and the upper lip.

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This is a good kyusho point as it is easy to get to. It's main feature in kyusho is that it causes shock to the whole system from the lower lumbar region to the brain causing mental disorders and confusion. The least is that it will knock his teeth out!

GV 28: YINJIAO (Gums Junction)

Between the upper lip and the upper labial gingiva, in the frenulum of the upper lip.

Not a point I would try to strike as it is on the inside of the mouth and other points are more dangerous. This is more of a healing point.

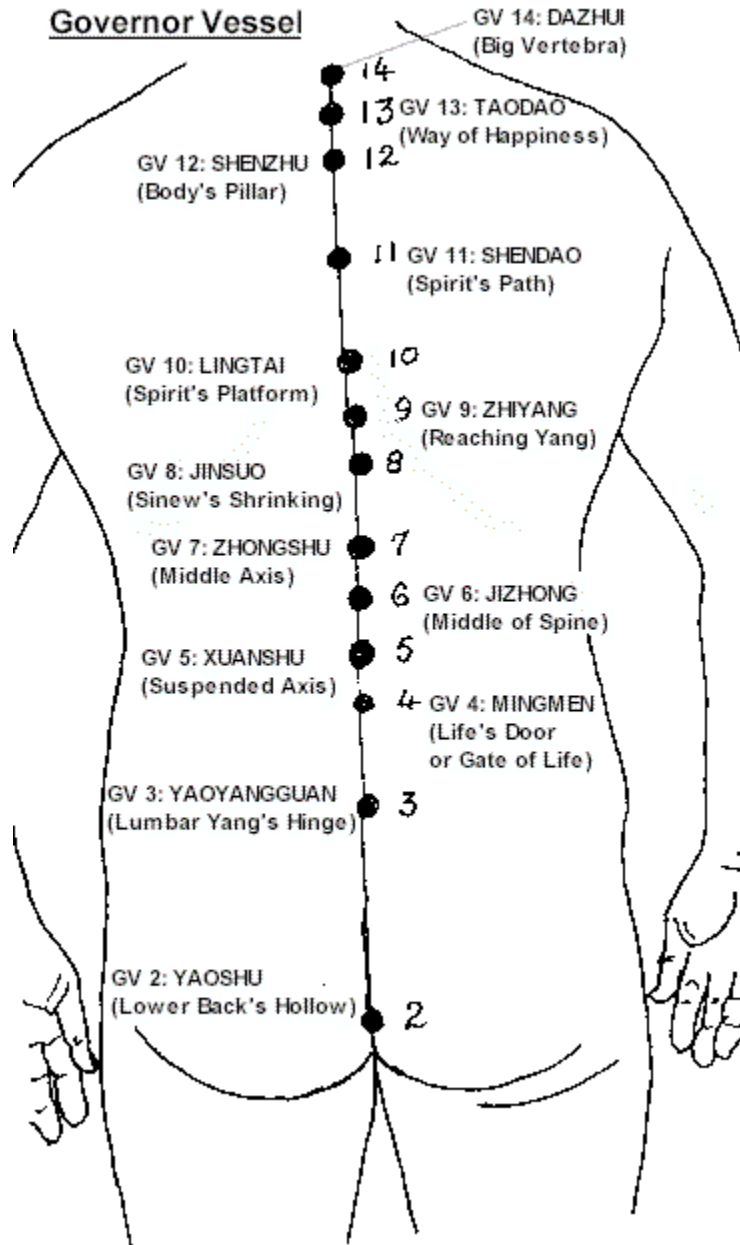
As you can see, the GV meridian like the CV meridian has many very dangerous points. Training in GV and CV strikes will probably be all that you would ever need for self defense in fact you will probably only ever be able to safely say that you would use four or five of these points automatically in a life of death situation.

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The Governor Vessel Pressure Points 2-14

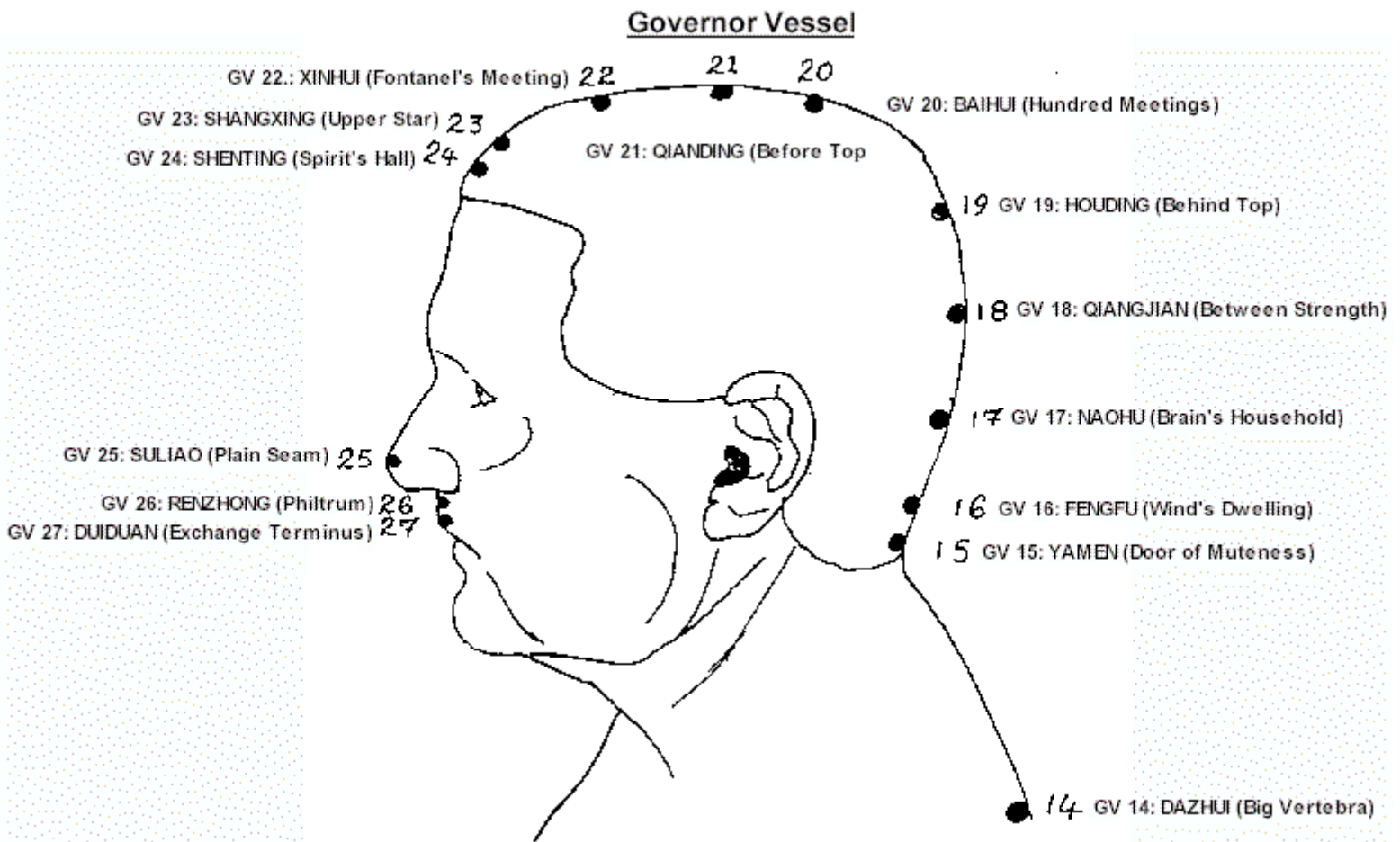


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The Governor Vessel Pressure Points 14-27

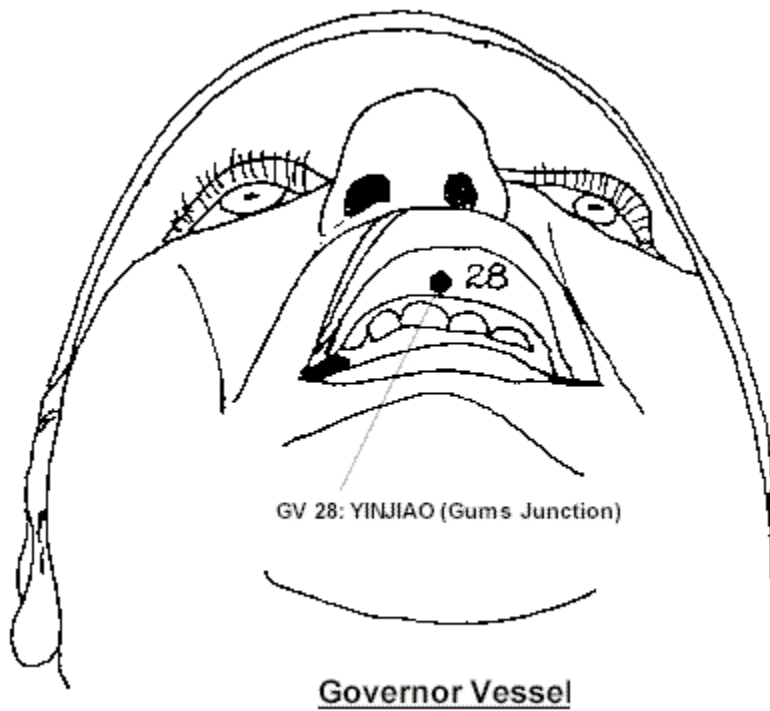


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The Governor Vessel Pressure Point 28



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