

Pressure Point Science

Vital Point Striking (Kyusho) Introduction

At D.S.S.I., Shihan Sensei DeValentino stresses Kyusho and Tuite, the striking and manipulation of vital points (pressure points) as part of a practical approach to self-defense. Kyusho and Tuite have been derived from the Chinese applications of Dim Mak and Chin Na which in turn are based on Traditional Chinese Medicine. A recognized authority on Dim Mak is Australian Taiji Master Erle Montague. Master Montague has dedicated the past eight years of his life to sharing the knowledge he acquired while studying with the Chinese masters on Mainland China. His comprehensive website at <http://www.taijiworld.com> stands as an excellent resource for the true student of martial arts.

The following information, derived from Master Montague's website, provides an overview of vital point/pressure point theory found in Traditional Chinese Medicine and its application in the martial arts. We humbly thank Master Montague for allowing us to share his copyrighted material on our website in an effort to help further the knowledge of martial artists everywhere. For the complete text of these notes and much more please visit <http://www.taijiworld.com>.

The meridians are related as follows:

<u>Meridian</u>	<u>Element</u>	<u>Polarity</u>
Lung	Metal	Yin
Colon (or Large Intestine)	Metal	Yang
Stomach	Earth	Yang

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Spleen	Earth	Yin
Heart	Fire	Yin
Small Intestine	Fire	Yang
Bladder	Water	Yang
Kidney	Water	Yin
Pericardium	Fire	Yin
Triple Heater	Fire	Yang
Gall Bladder	Wood	Yang
Liver	Wood	Yin

<u>YIN ORGANS</u>	<u>YANG ORGANS</u>
Lung	Colon (or Large Intestine)
Spleen	Stomach
Heart	Small Intestine
Kidney	Bladder
Pericardium	Triple Heater
Liver	Gall Bladder

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<u>MERIDIAN</u>	<u>ALARM (MU) POINT</u>	<u>ASSOCIATED (SHU) POINT</u>
LUNG	LU-1	BL-13
COLON (or Large Intestine)	ST-25	BL-25
STOMACH	CV-12	BL-21
SPLEEN	CO-13	BL-20
HEART	CV-14	BL-15
SMALL INTESTINE	CV-4	BL-27
BLADDER	CV-3	BL-28
KIDNEY	GB-25	BL-23
PERICARDIUM	CV-17	BL-14
TRIPLE HEATER	CV-24	BL-22
GALL BLADDER	GB-24	BL-19
LIVER	LIV-14	BL-18

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A Description of the Units of Measurementmb knuckle. Perhaps this is easier to understand. See measurement diagrams below.

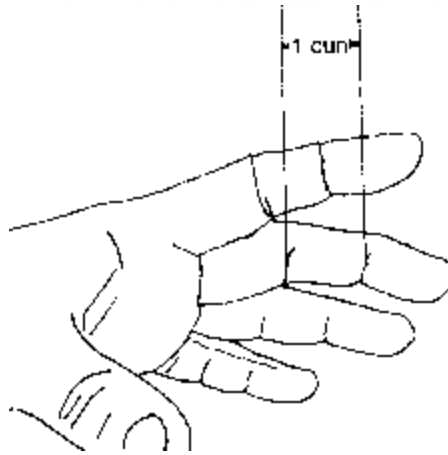


Diagram 1

The width at the first distal thumb knuckle is also 1 cun. This may be the easiest way to measure.

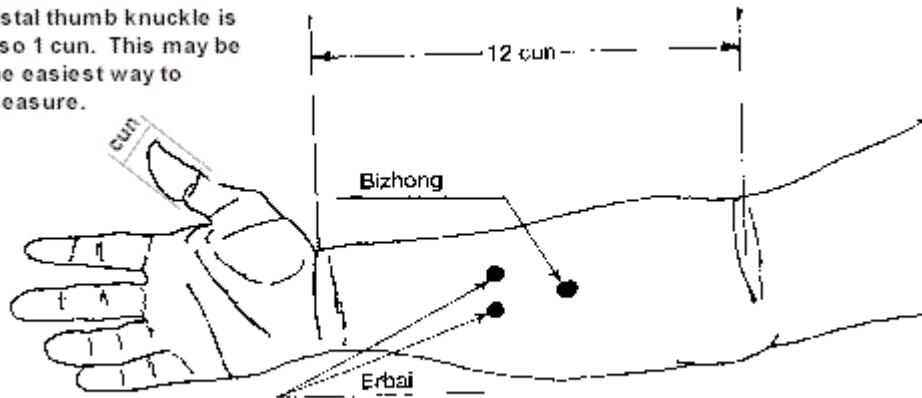


Diagram 2

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