

Bladder Meridian: Metal, Yin

BL 1: JINGMING (Eyes Bright)

0.1 cun superior to the inner canthus, in the medial palpebral ligament and in its deep position in the rectus medialis bulbi. Outside corner of the eye.

This point is particularly nasty. Its immediate effect for even a light strike is nausea, then a rapid energy loss, possible loss of sight. Because of its connections to many other meridians, internal qi damage is also done to those associated organs. Struck hard, will cause the qi to stop flowing causing death.

Because this point stimulates the "wei qi" (that which protects us externally from internal attack by disease etc.,) a strike here will cause the immune system to pack it in, thus causing damage later by disease attack. The whole energy system is put out of balance.

BL 2: ZANZHU (Gathered Bamboo / Drilling Bamboo)

In the Supraorbital notch at the medial end of the eyebrow, in the frontalis & corrugator supercillii muscles.

Again, this point is extremely dangerous as it is an extreme qi drainage point. Not only physical damage to the eye area but also great qi damage will result. A light strike here will cause headaches for months. When struck in an upward way, the head feels like it is exploding, knock out or even death when struck hard. Nausea.

BL3: MEICHONG (Eyebrow's Pouring)

Directly above the medial end of the eyebrow, 0.5 cun within the anterior hairline, between GV 24, and BL4.

This strike shocks the brain causing a knock out or a broken neck if the strike is hard enough. It is also an energy drainage point. The area of the brain where this point is over is the cerebrum which pretty well controls all of the conscious physical functions of the body, so a strike here would cause the body to be out of control.

The area is right over the front part of the Cerebrum:

BL 4: QUCHAI (Discrepancy)

1.5cun lateral to GV 24, at the junction of the medial third and the lateral two thirds of the distance between GV 24 and ST 8, within the natural hairline.

This point will also shock the brain causing it not to know what is happening so it shuts the body down. You could easily strike to BL 4 and BL 3 with the same strike. The blow has to be substantial as this part of the skull is well protected. Physical neck damage will also occur.

BL 5: WUCHU (Five Places)

1.5cun lateral to GV 23, directly above BL 4, 1 cun within the natural hairline.

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The distance from the midpoint of the anterior hairline to the midpoint of the posterior hairline is measured as 12cun. If the anterior hairline is indistinguishable, it may be measured from the glabella (the extra point YINTANG) by adding another 3cun.

A little further back than BL 4 so this strike needs less force. Local pain is felt, followed by a qi drainage that moves down the body, causing nausea when it reaches the stomach. KO if struck hard enough.

BL 6: CHENGGUANG (Support Light)

1.5cun posterior to BL 5, 1.5cun lateral to the GV MO, 2.5cun above the natural hairline.

This point is the one you bang when you are under the house fixing something and get up suddenly. The pain and qi drainage is great. You just have to sit down until the body's qi comes back to normal and the pain subsides. BL 6 is right over the frontal fontanel, so it will also cause damage to the skull structure causing great pain and qi drainage.

BL 7: TONGTIAN (Reaching Heaven / Penetrating Heaven)

Draw a line approximately from the rear of the ear up to 1.5 cun from the middle line of the skull. Or 1.5 cun posterior to BL 6. 1.5cun posterior to BL 6, 1.5cun lateral to the GV MO. 4cun with the hair line. The point is in the Galea aponeurotica, 1 cun anterior to GV 20.

This point when struck literally knocks you senseless. If only a medium strike, the brain is knocked into a state of confusion for a moment. Any harder and this confusion and senselessness lasts longer. So it can be used as a point strike by itself or as set up point for a more potent strike.

BL 8: LUOQUE (Decline)

On the top of the head, 1.5cun posterior to BL 7, 1.5cun lateral to the GV MO, 5.5cun within the hairline.

Great local pain with a qi drainage down the side of the body where the strike was. Hard enough will cause KO. Nausea in the least.

BL 9: YUZHEN (Jade Pillow)

1.3cun lateral to GV 17, on the lateral side of the superior border of the external occipital protuberance.

At a physical level, this point works much the same as GB 19 in that it shocks the brain causing knock out. The electrical damage is slightly different in that an accurate strike here using a smaller weapon will cause great qi drainage from the upper chest area causing nausea in the least and heart failure in the most.

BL 10: TIANZHU (Heavenly Pillar)

1.3cun lateral to GV 15, within the posterior hairline on the lateral side of the trapezium in the origin of the trapezium and in its deep position in the semispinalis capitis muscle.

Warning! Do not play around with this point!

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A most dangerous point. When we view the old James Bond movies, he always uses the chop to the back of the neck, because the director of those films knew that this point works. It will cause a knock out in the least. A "disconnected" feeling will also be felt because of a build up of yang qi in the head blocking emotional energy. The recipient will also feel like there is no air getting from the lungs to the rest of the body. Use this point with ST 9 and CV 17 and you have a very dangerous cocktail. Death will occur instantly when these three points are struck. BL 10 will cause death all by itself however. The three points together stop the qi from flowing.

BL 10 is just below the Medulla Oblongata: The Medulla Oblongata is the lowest part of the brain stem. It is about two centimeters long. The nerve fibers cross here, causing one side of the brain to receive information from the opposite side of the body. This is the control center for many vital bodily functions.

Because of the location of BL 10 near the Medulla Oblongata, this could explain why this strike affects the breathing so much.

BL 11: DASHU (Big Shuttle)

1.5cun lateral to the lower border (Big Shuttle) of the spinous process of the 1st thoracic vertebra, about 2 finger breadths from the GV MO. Superficially this point is located in the Trapezius, Rhomboid, poster superior Serratus muscles, and in its deep position in the Longissimus muscle.

Again, this is a deadly point, so do not play around with it! This point affects the bones and therefore also the kidneys. So it can be used as a set up point for a bone strike. (Arm break, or leg break etc.). Immediate nausea caused from the action on the kidneys. Qi drainage. Used in conjunction with ST 37 and ST 39, death occurs. And at some later stage, blood disorders can occur, like leukemia.

BL 12: FENGMEN (Winds Door)

1.5cun lateral to the lower border of the spinous process of the 2nd thoracic vertebra. In the Trapezius, Rhomboid & posterior superior Serratus, & in the deep position the Longissimus
Innervation: Superficially, the medial cutaneous branches of the posterior rami of the 2nd & 3rd Thoracic nerves, deeper, their lateral cutaneous branches.

Again, this point causes great damage both physically and mentally and qi wise. The qi circulation is immediately impaired and can take some time to re-adjust. A strike here opens up the spine to external attack.

BL 13: FEISHU (Lungs Hollow)

1.5cun lateral to the lower border of the 3rd thoracic vertebra.

This is a "shu" point which means; "an associated affect point on the bladder meridian. This point is directly related to the lungs and therefore will cause the lungs to be damaged. The lungs are part of the 'power' system of the body and so power is greatly reduced with this strike. The recipient feels like they have had the proverbial 'kick in the guts', gasping for air and buckling over. The kidneys are also affected as is the flow of qi and especially the 'wei qi' that which protects us from external pathogenic attack. So a strike here could cause the recipient to get diseases easily.

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BL 14: JUEYINSHU (Absolute Yin Hollow)

1.5cun lateral to the lower border of the spinous process of the 4th thoracic vertebra. In the Trapezius and Rhomboid muscles and deeper, in the Longissimus muscle.

This point has a direct relationship with the pericardium meridian. A strike here will cause the heart to be affected in the instant term as well as in the long term because it affects the way that the pericardium protects the heart from perverse qi. This point also has an affect upon the relationship of the mind to the "shen" or spirit, and depending upon how hard it is struck will upset the "humanity" of the recipient. It will also affect the "Kidney Jing". Anyone who has perhaps diabetes or some other disease that affects the kidneys, knows what a damaging affect weak kidneys have on the body. In many ways, we can still perform with other organs not at peak condition, but with weak kidneys, your power is shot. And a strike to this point has an instant affect upon the overall power of the body by weakening Kidney Jing.

BL 15: XINSHU (Heart's Hollow)

1.5 cun lateral to the lower end of the 5th thoracic vertebra. In the Trapezius and Rhomboid muscles & deeper, in the Longissimus muscle.

The heart is damaged with this strike. The immediate damage is heart failure. The 'seat of power', the lungs and diaphragm will also be damaged thus immediately also causing the affect of the old kick in the guts. Combine this point with any of the other back bladder points and you have a really dangerous combination..

BL 16: DASHU (Governing Hollow)

1.5cun lateral to the lower border of the spinous process of the 6th thoracic vertebra. In the trapezium, latissimus dosi & Longissimus muscles.

The affects of this strike are not immediate unless the strike has been very hard. But the qi drainage will occur some time later causing the recipient to feel very weak. **So be warned! If this strike is done in the afternoon or early evening, it could cause death if the qi drainage occurs after midnight.**

BL 17: GESHU (Diaphragm's Hollow)

1.5cun lateral to the lower border of the spinous process of the 7th thoracic vertebra. At the inferior margin of the trapezium, and in the latissimus dosi & Longissimus muscles.

The damage here is great in that it will affect the power of the body. Immediate loss of power is felt in the legs especially, then rising up into the arms. This is in the case of a downward strike. Should the strike be upwards, then the person will have trouble eating and swallowing.

BL 18: GANSHU (Liver's Hollow)

1.5cun lateral to the lower border of the spinous process of the 9th thoracic vertebra. In the latissimus dosi muscle, and between the Longissimus & iliocostalis muscles.

Striking to this point with a smaller weapon such as a one knuckle punch will allow 'wood to invade earth'. (The exact opposite of what healing does at this point). This will cause great nausea at the stomach and intestine area. This strike can also cause momentary or permanent blindness due to the action upon the liver as BL 18 is a 'Liver Shu Point'. It also affects the Gall bladder.

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Immediate knock out with this strike as the brain thinks that the liver and gall bladder have been damaged greatly, and so shuts the system down while it works out what is wrong.

BL 19: DANSHU (Gall Bladder's Hollow)

1.5cun lateral to the lower border of the spinous process of the 10th thoracic vertebra. In the latissimus dorsi muscle, between the ilocostalis & Longissimus muscles.

This point works in much the same way that BL 17 does. Only this point has a greater affect upon the digestive system and so greater nausea is felt. Should you wish to stop the fight instantly, then this point will work, causing not so much real damage with a light to medium strike. The nausea that is caused is enough to stop the fight. Combine it with GB 25 or LIV 14 and the recipient is in real trouble! This point has been known to also result in spasm in the middle of the back causing the attacker not to be able to continue the confrontation, he is doubled up in pain.

BL 20: PISHU (Spleen Hollow)

1.5cun lateral to the lower border of the spinous process of the 11th thoracic vertebra. In the latissimus dorsi muscle, between the Longissimus & iliocostalis muscles.

This is quite an amazing point to strike. It is commonly called the "vomit" point in kyusho circles. This point attacks just about every organ in the whole body and also attacks "earth". It will cause great nausea and vomiting by attacking the stomach and digestive organs, it will attack the liver and gall bladder and in particular the spleen which causes the liver to become 'hot'. One of the jobs for the spleen is the transportation of qi, hence this point's ability to attack all organs. The liver becomes hot and so affects 'earth' which in turn damages further the spleen and so a viscous cycle is set up. **Do not play around with this point!**

BL 21: WEISHU (Stomach's Hollow)

1.5cun lateral to the lower border of the spinous process of the 12th thoracic vertebra. In the lumbodorsal fascia, between the Longissimus and iliocostalis muscles.

Great power loss is felt when this point is struck. Again, extreme nausea is felt as well as liver damage.

BL 22: SANJIAOSHU (Triple Burner's Hollow)

1.5cun lateral to the lower border of the spinous process of the 1st lumbar vertebra. In the lumbodorsal fascia, between the Longissimus and iliocostalis muscles.

This is a special point for the metabolism of water. It also affects the whole triple heater, literally, the whole body's qi flow. So a strike here not only causes instant effects such as extreme qi drainage, but also long term affects such as body lubrication, which in turn could cause things like joint diseases.

BL 23: SHENSHU (Kidney's Hollow)

10.5cun lateral to the lower border of the spinous process of the 2nd lumbar vertebra. In the lumbodorsal fascia, between the longissimus and iliocostalis muscles.

This is the Shu Point of the kidneys. So great kidney damage is done. Not as much as a strike to GB 25, but enough to cause considerable kidney failure or blood in the urine.

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BL 24: QIHAISHU (Sea of QI Hollow)

1.5cun lateral to the lower border of the spinous process of the 3rd lumbar vertebra. In the lumbodorsal fascia, between the longissimus and iliocostalis muscles.

The immediate damage of this strike is that the power in the legs goes, as well as power in the back. So the recipient falls down.

BL 25: DACHANGSHU (Colon's Hollow)

1.5cun lateral to the lower border of the spinous process of the 4th lumbar vertebra. In the lumbodorsal fascia, between the longissimus and iliocostalis muscles.

This is the Shu point of the colon and as such great colon damage can occur. Immediately nausea is felt, so much so that the recipient cannot carry on. Great local pain is also felt at this point thus draining qi from the lower heater. At a later time, if this condition is not fixed, the person will go into stagnation and then into decay through the action of the colon not being able to get rid of bad qi. It is the job of the colon not only to get rid of physical waste, but also internal qi waste.

BL 26: GUANYUANSHU (Hinge at the Source)

1.5cun lateral to the lower border of the spinous process of the 5th lumbar vertebra. In the sacrospinalis muscle.

This point is the 'Shu of the door of vital essence'. This is called the 'life force' point because of its action upon the 'Chong Mei' one of the eight extra meridians. The immediate effect is lower body damage particularly to the leg on that side. An energy drainage will occur thus causing nausea. In the long term however, it is a bit more dangerous as this strike will affect the whole qi system, in particular the life force system. The qi flow in the Chong Mei will be damaged and slowly be blocked so that the qi will have to find another route. Later in life, illness will start to creep in, more hospital and operations etc.

BL 27: XIAOCHANGSHU (Small Intestine's Hollow)

At the level of the 1st posterior sacral foramen, 1.5cun lateral to the GV MO. Between the origins of the sacrospinalis and gluteus maximus muscle.

The damage here is immediate. Nausea and even vomiting will occur with a medium to hard strike. Structural damage will also occur as a purely physical level.

BL 28: PANGGUANGSHU (Bladder's Hollow)

At the level of the 2nd posterior sacral foramen, 1.5cun lateral to the GV MO, in the depression between the medial border of the posterior superior iliac spine and the sacrum. The point is between the origins of the sacrospinalis and gluteus maximus muscles.

Apart from causing qi drainage and certain knock out with a hard strike, this point is directly related to the bladder. At a deeper level, this strike will disrupt the body's mechanism for maintaining homeostasis. The bladder is directly affected and its job of eliminating waste fluids is blocked, along with its function of eliminating perverse energy such as excess heat, damp or cold. This will prolong colds and flu etc.

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BL 29: ZHONGLUSHU (Mid Spine Hollow)

At the level of the 3rd posterior sacral foramen, 1.5cun lateral to the GV MO, between the origins of the sacrospinalis and gluteus maximum muscles.

The sacrum is the large flat bone just above the coccyx. It has great physical importance as well as spiritual importance. A strike here straight in will cause the structure of the whole body to be affected adversely. The legs will not work correctly and will cause the recipient of a hard strike to have to sit down in great pain.

BL 30: BAIHUANSHU (White Circle's Hollow)

At the level of the fourth sacral foramen, 1.5cun lateral to the GV MO. In the gluteus maximus muscle and the inferior, medial margin of the sacrotuberous ligament.

The physical damage to the coccyx is obvious with this strike. The dislocated or broken coccyx will cause the fight to be over.

BL 31: SHANGLIAO (Upper Hole)

The Points, BL 31 To BL 34 are collectively called BALIAO meaning, "Eight Seams".

In the 1st sacral foramen, roughly midway between the posterior superior iliac spine and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.

This point is closer to the spine than BL 27 so it will cause considerable spine damage with a hard strike.

BL 32: CILIAO (Second Bone) (Part of BALIAO)

In the 2nd posterior sacral foramen, about mid way between the lower border of the posterior superior iliac spike and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.

This point is an interesting one. It will cause the legs to give way in the immediate term, then the whole body will become weakened through a lack of qi. It will also cause paralysis of the muscles almost immediately with a hard strike.

BL 33: ZHONGLIAO (Middle Hole, Part of BALIAO)

In the 3rd posterior sacral foramen, between BL 29 and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.

The physical damage is much the same as for BL 29, however, more spinal damage will occur as it is closer to the spine, especially if the strike is aimed at a slight angle towards the backbone. The lower heater is damaged at a qi level thus causing the elimination organs to malfunction.

BL 34: XIALIAO (Lower Hole) (part of BALIAO)

In the 4th posterior sacral foramen, between BL 30 and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.

The damage here is the same as for BL 33.

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BL 35: HUIYANG (Meeting of Yang)

0.5cun lateral to the Lip of the coccyx.

Obvious coccyx damage which will also cause elimination problems. Knock out caused by the pain and qi drainage of having the coccyx broken. This point will also affect the "Upper Heavenly Flow" of qi, so the 'spiritual side' of the recipient will be damaged later in life.

BL 36: CHENGFU (Receive Support)

In the middle of the transverse gluteal fold below the buttock. At the inferior margin of the gluteus maximus muscle.

This point has the capacity to send huge amounts of yang energy up and into the head when struck with a smaller weapon, thus causing nausea and can cause a KO is struck hard enough. It is not a point that is often used as it is difficult to get to and requires a great amount of pressure.

BL 37: YINMEN (Door of Abundance)

6cun below BL 36, on the line joining BL 36 to BL 40, in the semitendinous muscle.

There is not too much great damage done here other than local damage to the leg.

BL 38: FUXI (Floating Xi)

1 cun above BL 39, on the medial side of the tendon of biceps femoris. The point is located with the knee slightly flexed.

This point presents considerable damage locally as well as internally. A strike here will cause great knee and leg damage as well as problems with the elimination organs in the form of gastric problems. Apart from the BL 38 strike, you will probably also strike to KD 10 which will cause even greater problems.

BL 39: WEIYANG (Commanding Yang)

When the patient is prone, this Point can be found 1 cun lateral to BL 40, on the medial border of the tendon of biceps femoris in the popliteal fossa.

This point is closer to the back of the knee and acts up on the bladder causing the recipient to urinate on the spot! It will cause damage to the bladder which will need attention, otherwise it will get worse as the person gets older. Knee damage is obvious. Kidney damage will also occur as a result of four points being struck with this strike. BL 38 and 39, BL 40 and KD 10. Warning! This combination of points can cause death through kidney failure.

BL 40: WEIZHONG (Commanding Middle)

Midpoint of the transverse crease of the popliteal fossa, in the fascia of the popliteal fossa between the tendons of biceps femoris and semitendinous. Locate the POINT in the prone position with the knee flexed.

This point is the earth point and also a 'He' point, (gathering together). A strike here will cause spasm in the tendons of the whole body if struck hard enough, or local spasm if light. At some later stage, nervous disorders will become apparent. Excessive yang energy will also cause heating problems within the body. A knock out has been known to occur when this point is

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struck. It is not a point to play around with just to see what happens! An immediate rush of energy to the head is felt and blackout could occur.

BL 41: FUFEN (Appended Part)

3cun lateral to the lower border of the spinous process of the 2nd thoracic vertebra. This is about 4 finger breadths (of patient) lateral to the mid-line of the spine.

This point is opposite BL 12, so you could easily strike both BL 12 and BL 41. This point, along with BL 42 and 43, is right over what is known as the "Power Band". This is the area of the back which when struck, damages the structure of the whole upper body. A strike here will seriously drain qi from the body causing the recipient to fall down. Great local pain is also felt as this is an 'electrical point'.

BL 42: POHU (Soul's Household)

3cun lateral to the lower border of the spinous process of the 3rd thoracic vertebra.

This point does the same damage as BL 41. However, more lung damage is done, thus draining more qi from the upper body. This point is also closer to where the heart lies under, so a sudden strike will also send a shock wave into the heart thus causing it to stop either momentarily or forever!

BL 43: GAOHUANGSHU (Vital's Hollow)

3cun lateral to the lower border of the spinous process of the 4th thoracic vertebra. At the end of the medial border of the spine of the scapula, in the trapezium and rhomboid muscles, in the deep position the iliocostalis muscle.

This is the shu point of the 'vital center'. (That area just below the heart). A strike here will cause great weakness because it also affects the Lung Qi, draining it. The whole Qi system is slowed down, i.e., the production of qi is slowed, thus causing the great weakness. The recipient will fall down from instant weakness.

BL 44: SHENTANG (Spirit's Hall)

3cun lateral to the lower border of the spinous process of the 5th thoracic vertebra.

This point is also a weakening point. A strong strike will cause the recipient to fall down. It works on the lungs shocking them.

BL 45: YIXI (Surprise)

3cun lateral to the spinous process of the 6th thoracic vertebra.

Again, this is a weakening point and if used in conjunction with LU 5 or LU 8 and HT 5 will cause great weakness from Qi drainage.

BL 46: GEGUAN (Diaphragm's Hinge)

3cun lateral to the lower border of the 7th thoracic vertebra, approximately at the level of the inferior angle of the scapula.

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Great damage is done to the structure of the upper body causing him not to continue the fight. This strike will also affect the heart and lungs bringing great qi drainage. Physically, you can also damage the muscular system around this area causing chronic instant spasm, causing him to drop quickly. The qi drainage is also caused because the diaphragm is attacked and the diaphragm is the 'seat of power'.

BL 47: HUNMEN (Soul's Door)

3 cun lateral to lower border of the spinous process of the 9th thoracic vertebra.

Great lung damage is done here. The affect will be immediate in that he falls down. However, there are long lasting affects with this strike so be WARNED! The recipient could have long lasting lung deficiency later into life. Things like asthma, chronic bronchitis could occur etc.

BL 48: YANGGANG (Yang's Parameter)

3cun lateral to the lower border of the spinous process of the 10th thoracic vertebra.

Obstruction of the 'yang' qi is the effect of a strike here, causing the recipient to fall down. The immediate effect is that the lungs are damaged and he cannot breathe!

BL 49: YISHE (Will's Residence)

3cun lateral to the lower border of the spinous process of the 11th thoracic vertebra.

This strike has the same affect as BL 48 affecting the lungs. It also has an immediate affect upon the mind, causing the mind to become confused and not be able to carry through with ideas that pop up. So, in a martial sense, he might think to strike you, but is unable to formulate the necessary body movements to do so.

BL 50: WEICANG (Stomach's Storehouse)

3 cun lateral to the lower border of the spinous process of the 12th thoracic vertebra.

This point attacks the stomach physically and qi wise. Immediately, the recipient feels a 'swelling' in the head caused by Yang energy rushing upwards. Local pain which will go away only to return some minutes later as extreme pain across the lower back. This strike affects the 'earth' and so he loses his grounding and will easily be knocked over.

BL 51: HUANGMEN (Vitals' Door)

3cun lateral to the lower border of the spinous process of the 1st lumbar vertebra.

A little lower than BL 50, this point attacks what is called the 'vital centers'. If it is used in conjunction with BL 22 will stop the heart.

BL 52: ZHISHI (Will's Dwelling)

3cun lateral to the lower border of the spinous process of the 2nd lumbar vertebra. In the latissimus dorsi and iliocostalis muscles.

This strike is an interesting one as it has physical damage as well as spiritual damage. The physical damage is also interesting. When his right BL 52 is struck, it will cause his left leg to be instantly weakened. Even a light to medium strike here will cause the leg to falter for a moment

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enabling you to get in quickly for a more devastating shot. When his left BL 52 is struck it will damage his right leg. This is also the point for damaging the will. Where St 12 is the point for damaging his will to fight, this point damages the will to do anything.

BL 53: BAOHUANG (Placenta and Vitals)

3cun lateral to the lower border of the spinous process of the 2nd sacral vertebra, level with BL 32.

This point does much the same damage as BL 28.

BL 54: ZHIBIAN (Order's Edge)

Directly below BL 53, 3cun lateral to the spinous process of the 4th sacral vertebra. In the gluteus maximus muscle and the inferior margin of the piriformis muscle

If you are able to strike to BL 54, 30 & 34, there will be a great qi drainage causing the recipient to fall down. This is a three point strike to caution should be taken and this method should not be played around with!

BL 55: HEYANG (Confluence of Yang)

2cun directly below BL 40, between the medial and lateral heads of the gastrocnemius, on the line that joins BL 40, to BL 57.

This is one of those points that doesn't look like it would do much damage. However, the damage is great. It can cause in the immediate, leg damage from muscle spasm in the whole lower leg. It will also cause a yang energy surge to the brain thus causing black out.

BL 56: CHENGJIN (Support Sinews)

In the center of the belly of the gastrocnemius, midway between BL 55 and BL 57.

The gastrocnemius muscle consists of a lateral head, a medial head, and their single tendon of insertion. Each head is a thick muscular column, separated from the other by the back of the knee. As they descend, they come together. The medial head is larger and wraps around the leg more towards the front than does the lateral head. The muscular heads end at or slightly above the middle of the leg, where they attach to their tendon. The tendon descends and fuses with the tendon of the soleus, which lies just beneath it, forming the Achilles tendon. The gastrocnemius muscle raises the heel, which lifts the body. It also assists, though minimally, in flexing the knee joint.

As with all of the points on the calf, this point creates a shock to the whole system, thus making it good for getting out of holds as in a grappling situation etc. It can be struck with a toe kick straight in to cause great leg damage especially to the muscles of the lower leg.

BL 57: CHENGSHAN (Support Mountain)

If patient lies prone, this point can be found by stretching the foot as if standing on tip-toe. This reveals a triangular shaped hollow in the middle of the calf, about midway between the Point BL 40 and the heel. The point is at the top of this triangle, at the lower border of the separation of the 2 bellies of the gastrocnemius muscle.

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This point when struck causes the whole leg to give way under the pressure of the body. It is a great point for when in a grappling situation causing immediate pain with an 'unknown factor'. i.e., the brain senses that something bad is happening but cannot quite work out what. So mixed signals go to the brain causing the recipient to have to let go etc. A good kick here will cause great lower leg damage and the loss of that leg in the immediate. It can also cause anus problems later in life, causing the anus sphincter to become weakened.

BL 58: FEIYANG (Soaring Flying High)

7cun directly above BL 60, on the posterior border of the fibula, approximately 1 cun inferior and lateral to BL 57. In the gastrocnemius and soleus muscles.

This point is known as 'the shock point' in kyusho terms. A quick violent grab or strike here and the recipient is shocked for a few moments while you have time to attack elsewhere. Great for grappling or for striking. You must however, be fairly accurate. The leg will not work after a strike here. The whole balance of yin and yang qi is upset with this strike, it can even cause insanity, temporary or permanent when struck hard enough.

BL 59: FUYANG (Tarsal Yang)

3cun directly above BL 60, on the lateral aspect of the gastrocnemius muscle.

This is an accumulation point (Xie Cleft). It has an affect upon the head and will cause headaches, eye damage and a fullness of the head causing black out if struck hard, apart from immediate physical damage to the lower leg causing the fight to be finished.

BL 60: KUNLUN (Kunlun Mountains)

In the depression midway between the lateral malleolus and the Achilles tendon, in the peroneus brevis muscle.

This point is interesting as it has an effect upon the 'power band' between the shoulder blades. A strike here will cause nervous disorders and an immediate weakening of the upper body. The arms just don't do what you want them to do. This is a 'fire and jing' point so traditionally it will help balance out fire and water in the body. However, when struck using negative qi, this point will cause an imbalance in the whole body. Extreme local pain followed by an energy drainage causing the recipient not to be able to carry on with the fight.

BL 61: PUSHEN (Serve and Consult)

Posterior and inferior to the external malleolus, directly below BL 60, in the depression of the calcaneum at the junction of the red and white skin.

The point is also an energy drainage point and will cause great local pain as well as qi drainage causing him to sit down.

BL 62: SHENMAI (Extending/Expressing Vessel)

In the depression at the inferior margin of the lateral malleolus of the ankle.

All of the foot points are very painful and as such drain qi, but none so much as this one. It will cause tendon and nerve damage.

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BL 63: JINMEN (Golden Door)

Anterior and inferior to BL 62, in the depression lateral to the cuboid bone.

This is another xie cleft point (accumulation point). It is not a good point for self defense as it has to be fairly accurate and doesn't cause that much local pain relatively speaking. It also has an affect upon the 'wei qi' which protects the body from pathogenic attack etc.

BL 64: JINGGU (Capital Bone)

On the lateral side of the dorsum of the foot, below the tuberosity of the 5th metatarsal bone, at the junction of the red and white skin, at the inferior margin of the lateral abductor digiti minimi pedis.

This is a 'yuan' or ancestral or source point. It will cause the recipient to feel quite weak from kidney damage.

BL 65: SHUGU (Restraining Bone)

On the lateral side of the dorsum of the foot, posterior and inferior to the head of the 5th metatarsal bone, at the junction of the red and white skin.

This is a wood and Shu point. A strike here will cause mental confusion, blurred vision, and in the end continuous headaches. The eyes will slowly become worse. Will also have an adverse affect upon the wei qi.

BL 66: ZUTONGGU (Connecting Valley of the Foot)

In the depression anterior and inferior to the 5th metatarsal phalangeal joint.

This is a water and yong point. (Spring or stream point). It will also cause blurred vision and headaches later. So it is a good set up point.

BL 67: ZHIYIN (End of Yin)

On the lateral side of the little toe, about 0.1 cun posterior to the lateral corner of the toenail.

This is a metal and cheng point and the root point of 'tai yang' and extra meridian. It will have an adverse affect upon the muscles and tendons in the whole body and causes mind confusion as well as blurred vision. This point, if struck on a pregnant woman will have an adverse affect upon the fetus. It will have an adverse affect upon the kidneys causing weakness in the whole body.

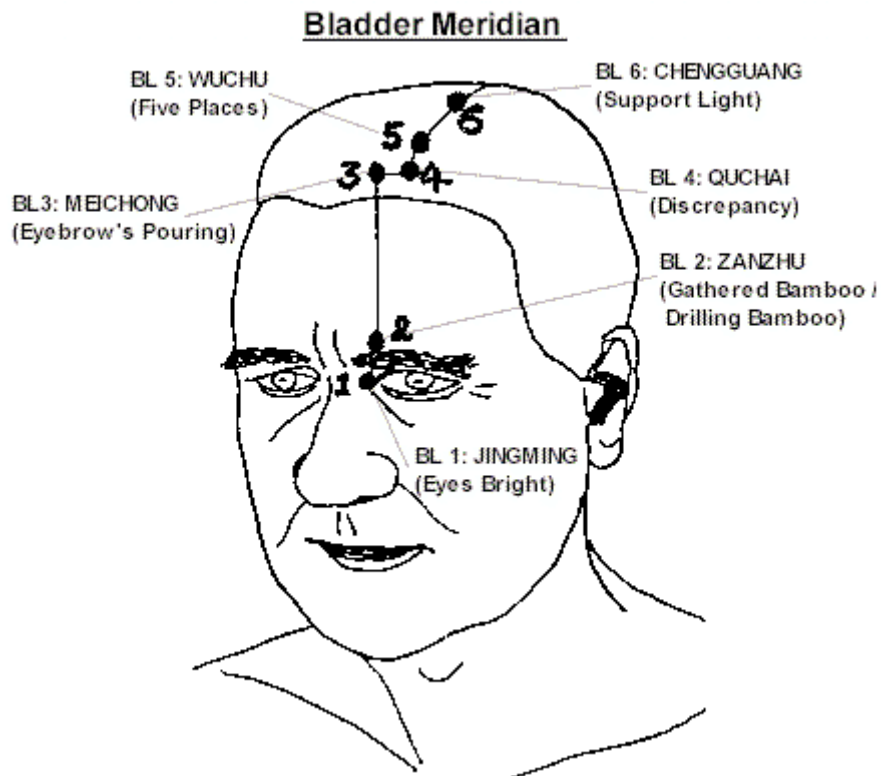
This is the last of the Bladder points. Be careful with these points as the Bladder points more so than other points can cause long lasting physical damage.

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Bladder Pressure Points 1-6

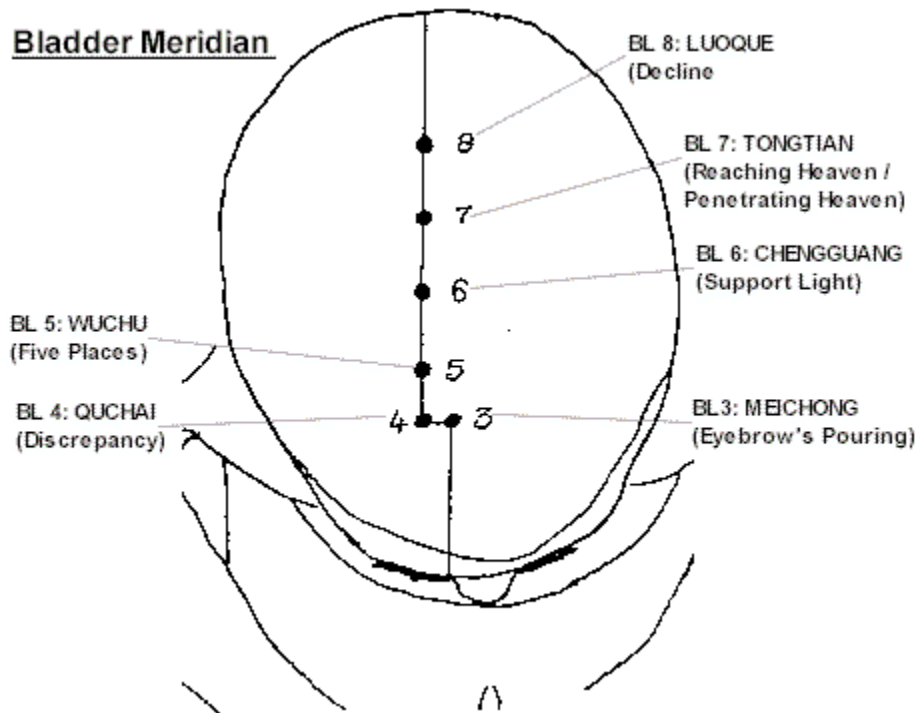


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Bladder Pressure Points 3-8

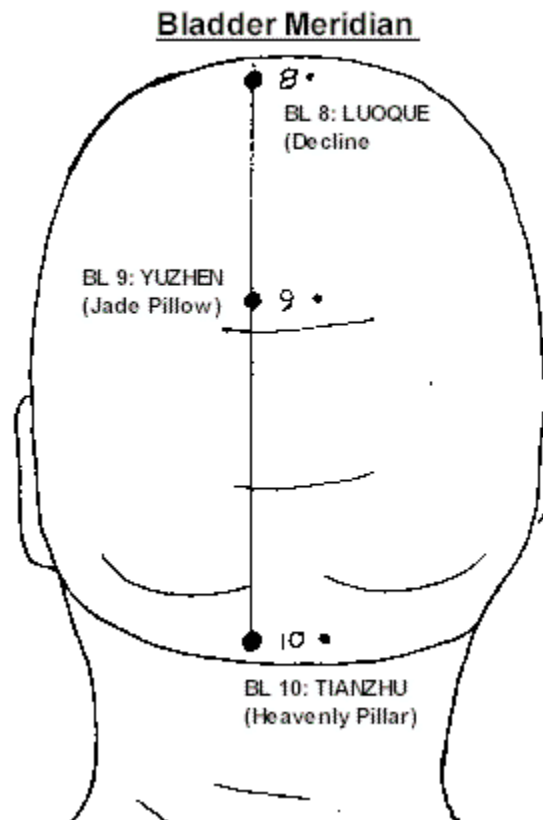


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Bladder Pressure Points 8-10

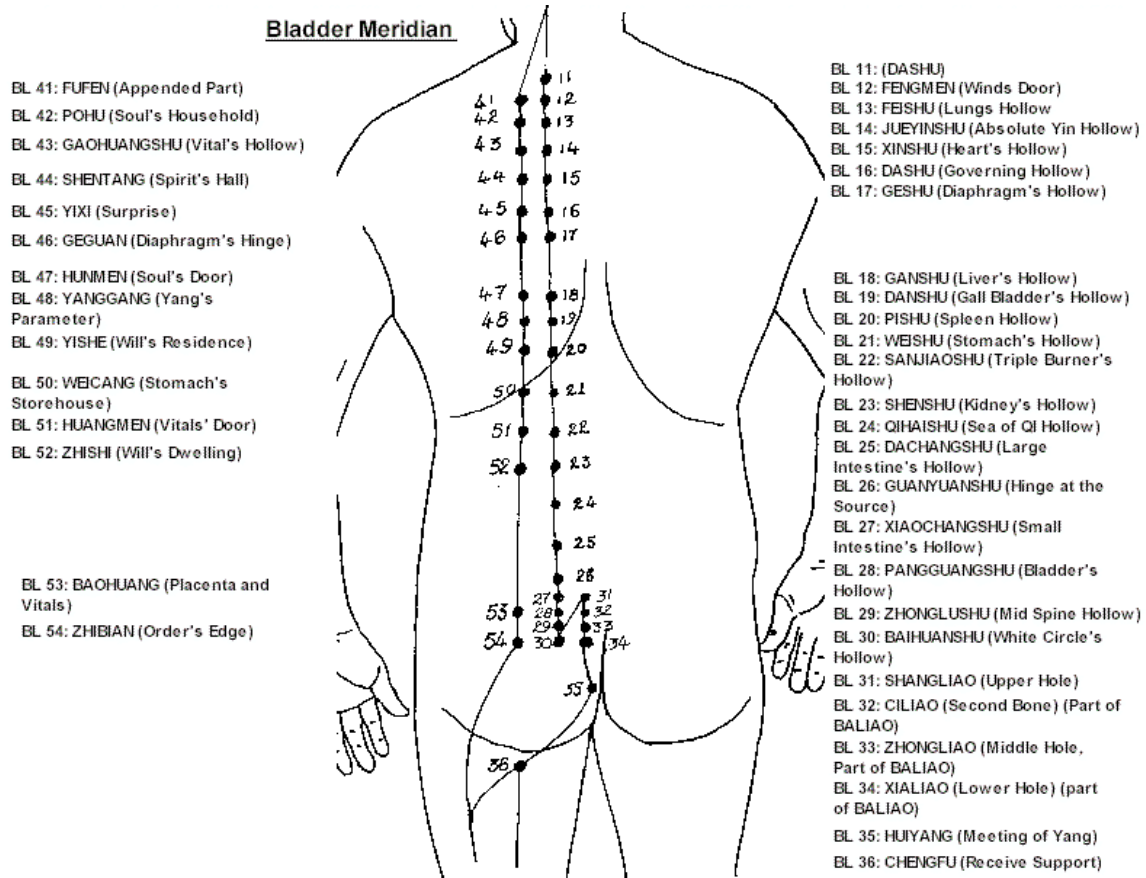


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Bladder Pressure Points 11-36 / 41-55

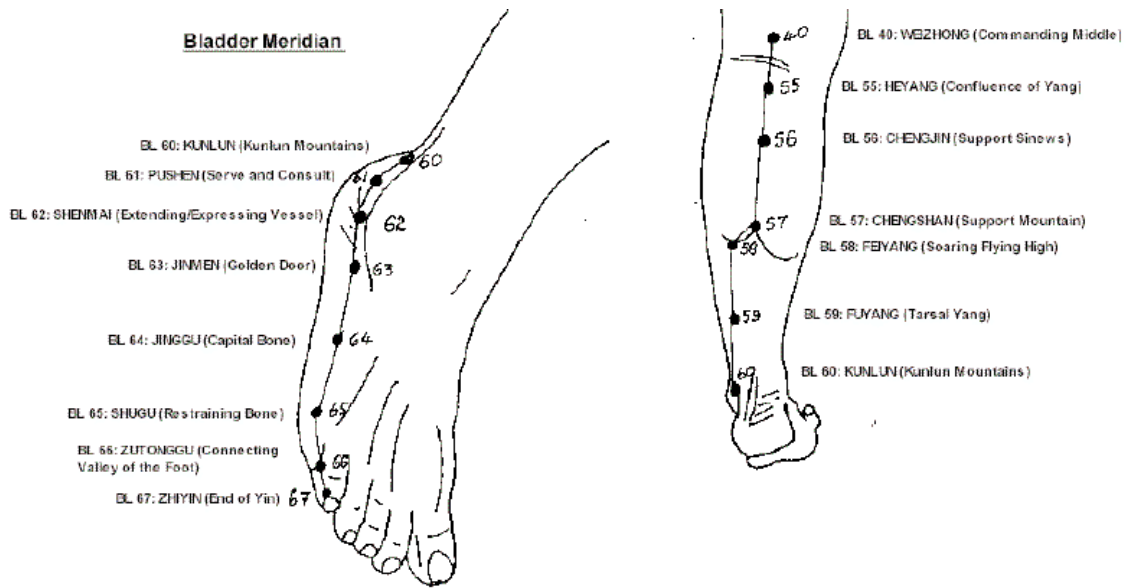


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Bladder Pressure Points 55-67



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