

# The Small Intestine Meridian: Fire, Yang

## SI 1: HAOZE (Lesser Marsh)

On the ulna side of the little finger, about 0.1 cun posterior to the corner of the nail.

This is a metal and cheng point, it controls the muscle/tendino and divergent meridians. This strike can work as a delayed death touch as it can affect the body's defenses over a period of time. It will cause the recipient to become very angry as heat will be caused in the heart. This is more of a healing point than a kyusho point. It is also used to produce and to improve the quality of breast milk.

## SI 2: IANGU (Forward Valley)

When a loose fist is made, the point is distal to the metacarpophalangeal joint, at the junction of the red and white skin.

This is a water and yong point. A strike here will cause heat to rise in the body which will cause all kinds of problems, like heart disease, sores on the lips and tongue and general ill health. Its main function in kyusho is as a controlling point, used when one does not really wish to do great damage immediately in the case of a bouncer etc. One can never be sure as to which point is working here, whether it is purely the little finger being bent which causes the pain or the point that you are also attacking while doing the finger lock.

## SI 3: OUXI (Black Creek)

When a loose fist is made, the point is proximal to the head of the 5th metacarpal bone on the ulna side, in the depression at the junction of the red and white skin. Lateral to the abductor digiti minimi manus.

This point will cause considerable damage, but again it is not easy to get at. It is a wood and shu point and a master point for the Du Mai. (Extra Meridian). This strike will cause there to be a non communication between 'heaven' and 'earth', thus between upper and lower body. The senses will become confused immediately and the nerves and tendons will tense up making for an excellent set up point for a lock. This point will also have an adverse effect upon the liver. Immediately there will be great pain and qi drainage. It is also a great controlling lock point.

## SI 4: ANGU (Wrist Bone)

On the ulna side of the palm, in the depression between the base of the 5th metacarpal bone and the triquetral bone. Lateral to the origin of the abductor digiti minimi manus.

Like SI 3, this point has some dangerous properties, however it is not a point that I would use in a tight situation as it is difficult to get at. It is a yuan point and is used in healing in gall-bladder related problems. The long term effects of this strike will be a loss of innovation or the forming of ideas. It will also affect the heart by causing heat to accumulate as it has an affect upon the bladder also. Immediately, it will cause an energy loss and is a good controlling point. Another long term affect is that they eyes become sore, itchy and burning.

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**SI 5: ANGGU (Valley of Yang)**

On the ulna side of the wrist, in the depression between the styloid process of the ulna and the triquetral bone.

This point is an excellent set up point for a more dangerous strike such as ST 9 or SI 16 or ST 15, or CV 14. All points will cause death when SI 5 is activated first. It is a fire & jing point. A hard strike here however, has the ability to cause what is known as Yang Madness, a build up of stagnant Yang qi in the head.

**SI 6: ANGLAO (Nurishing the Old)**

Dorsal to the head of the ulna. When the palm faces the chest, the point is in the bony cleft on the radial side of the styloid process of the ulna. On the dorsal aspect of the ulna, above the head of the ulna at the wrist, between the tendons of the extensor carpi ulnaris and the extensor digiti minimi manus muscles.

This is a xi-cleft point and a strike here using adverse qi will cause the tendons in the whole body to become tense. One documentation that I read, said that one person who was chopped at this point had his knee ligaments torn and there was no leg attack at all. This point can also cause failing vision or an instant temporary blindness which makes it an excellent set up point.

**SI 7: HIZHENG (Branch of Uprightness)**

5 cun proximal to the wrist, on the line joining SI 5 and SI 8.

This is the first of the SI dangerous point strikes. It will add much yang qi to the heart and cause great immediate pain. A strike here can cause permanent blindness over a period. There is an immediate build up of heat in the heart causing great nausea and fainting. This is not a point to be played around with!

**SI 8: IAOHAI (Small Sea)**

Between the olecranon of the ulna and the medial epicondyle of the humerus. The point is located with the elbow flexed.

Again, this is a very dangerous point strike. It will cause considerable pain and qi drainage and when struck at the same time as LU 5 will cause knock out or even death. It is an earth and he point. It can also be used as an excellent controlling point using violent finger pressure which has the ability to immobilize an opponent so much that he will drop to the ground. Other points that work really well with SI 8 are: Neigwan, SI 16, The mind point, CV 4. Continuing headaches will also be caused until an acupuncturist has treated this situation. A No. 1 neurological strike works wonders with this point.

**SI 9: IANZHEN (Shoulder Chastity)**

Posterior and inferior to the shoulder joint. When the arm is adducted, the point is 1 cun above the posterior end of the axillary fold, at the lateral margin of the scapula below the infraglenoid tubercle. In the posterior deltoid muscle, and in it's deep position in the teres major muscle.

An immediate rush of energy to the head causing great nausea and fainting, a build up of stagnant qi at the base of the skull at GB 20 is also apparent causing the head to feel like it is exploding.

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### **SI 10: AOSHU (Scapula's Hollow)**

When the arm is adducted, the point is directly above SI 9, in the depression inferior and lateral to the scapular spine. In the deltoid muscle posterior to the glenoid fossa of the scapula, and in its deep position, in the infraspinatus muscle.

This strike will do great immediate physical damage due to the accumulation of tendons and muscles at this point. The damage is so great that it can cause knock out from the qi drainage and pain. Extreme scapular damage is done.

The deltoid muscle is a thick triangular muscle which cups the shoulder joint. It is attached to the clavicle (collar bone) and scapula (shoulder blade) at its upper end, and to the shaft of the humerus (upper arm bone) at its lower end. The muscle is divided into three portions: an anterior (clavicular) portion, and acromial (middle) portion, and a posterior portion. The posterior portion is located on the back of the shoulder. Almost any movement of your shoulder and upper arm involves the deltoid muscle. The anterior portion is used to raise the arm from the body and to lower it again. The acromial portion is a powerful abductor and the posterior portion is used to move the arm backward.

### **SI 11: IANZONG (Heaven's Ancestor)**

In the infrascapular fossa, at the junction of the upper and middle third of the distance between the lower border of the scapular spine and the inferior angle of the scapula. In the infraspinatus muscle.

This point is one of the major point strikes on the back as it is capable of taking out the whole arm and draining much qi. Even a medium strike here with either a large weapon such as a palm or a small one such as a finger will cause considerable damage to the back and arm.. Immediately, you feel like an electrical shock running down your arm and then the paralysis sets in.

### **SI 12: BINGFENG (Holding Wind)**

*Bing means to receive, Feng means Wind, this point is also translated as Facing or Controlling Wind.*

In the center of the suprascapular fossa, directly above SI 11. When the arm is lifted the point is at the site of the depression.

This point when struck quite hard will cause an energy rush to the head which can cause knock out. There will be a sickly feeling in the upper body for some time afterwards. The scapular can be knocked out of position with tendon damage as well.

### **SI 13: UYUAN (Crooked Wall)**

Location: On the medial extremity of the suprascapular fossa, around midway between SI 10 and the 2nd thoracic vertebra spinous process. On the superior margin of the spine of the scapula, in the trapezium and supraspinatus muscles.

This point is more dangerous than SI 12 in that it will drain qi rather than add it. A feeling like something is draining from the whole upper body is felt which causes the fight to be over. The lungs can be physically damaged with this strike. Scapular damage is also imminent with a medium to hard strike.

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**SI 14: IANWAISHU (Shoulder's Outer Hollow)**

3 cun lateral to the lower border of the spinous process of the 1<sup>st</sup> thoracic vertebra, on the vertical line drawn upwards from the medial border of the scapula.

This point strike will put a shock into the upper body causing the lungs and heart to falter. Extreme nausea will result with vomiting and later even death if untreated, especially if used with CV 14.

**SI 15: IANZHONGSHU (Mid Shoulder Hollow)**

2 cun lateral to the lower border of the spinous process of the 7<sup>th</sup> cervical vertebra (GV 14). At the end of the transverse process of the 1<sup>st</sup> thoracic vertebra, superficially in the trapezium and in its deep position, in the levator scapulae muscle.

A severe qi drainage from the upper body will result, causing knock out if the strike is quite hard. Nervous damage can occur as it is quite close to the backbone at the neck. Nausea will also result.

**SI 16: IANCHUANG (Heaven's Window)**

In the lateral aspect of the neck, on the posterior border of the sternocleidomastoideus muscle, posterior to CO 18, 3.5 cun lateral to the laryngeal prominence.

This is a 'window of the sky point'. It is one of the more deadly SI points causing instant death when struck hard. Medium strikes will cause emotional imbalance and heart problems. A strange side effect of this strike is that the recipient will laugh when struck! This is because of the imbalance of emotions when the 'shen' is disconnected to the body. This is a point not to be played around with!

**SI 17: IANRONG (Heaven's Contents)**

Posterior to the angle of the mandible, in the depression on the anterior border of the sternocleidomastoideus muscle and the inferior margin in the posterior belly of the digastric muscle.

Again, this is one of the more deadly points. It is very close to the vagus nerve and will cause knock out quite easily and it is right over the external carotid artery which will cause a 'blood KO'. It is also a 'window of the sky point'. When this point is struck, the head feels like it will explode especially if the strike is a lock around the neck using the knife edge of the palm. This is a well known neck locking point in the jujitsu area and has been demonstrated a number of times in public. Just a quick blow up under the angle of the jaw and it's a knock out.

**SI 18: UANLIAO (Cheek Seam)**

QUAN means ZYGOMA and LIAO means foramen. Directly below the outer canthus, in the depression on the lower border of the zygoma, level with CO 20.

Using a smaller weapon such as a one knuckle punch, this strike will cause knock out. It shocks the brain and causes a rush of qi up the back of the neck to the brain causing confusion, hence the knock out.

**SI 19: INGGONG (Palace of Hearing)**

Between the tragus and the mandibular joint, where a depression is formed when the mouth is

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slightly open. At the anterior of the middle of the tragus, and the posterior margin of the condyle of the mandible.

This point seems to do nothing more than give someone a headache and tinnitus! It is well protected by bone here. A little lower, it's a different story though. GB 2 is a very dangerous point.

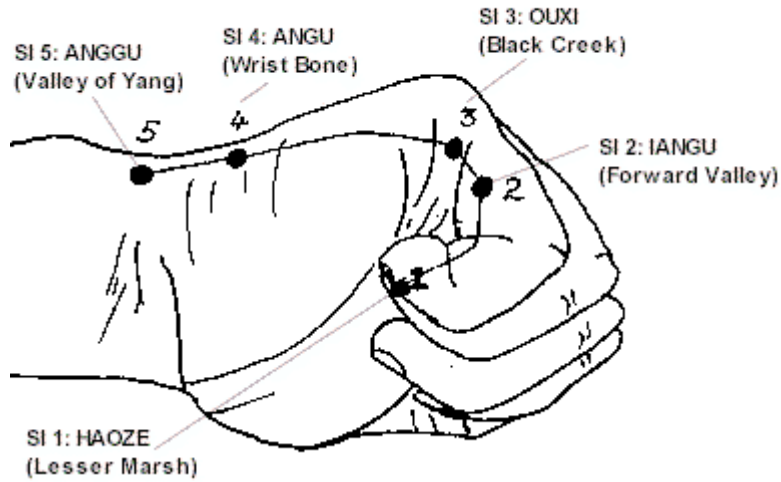
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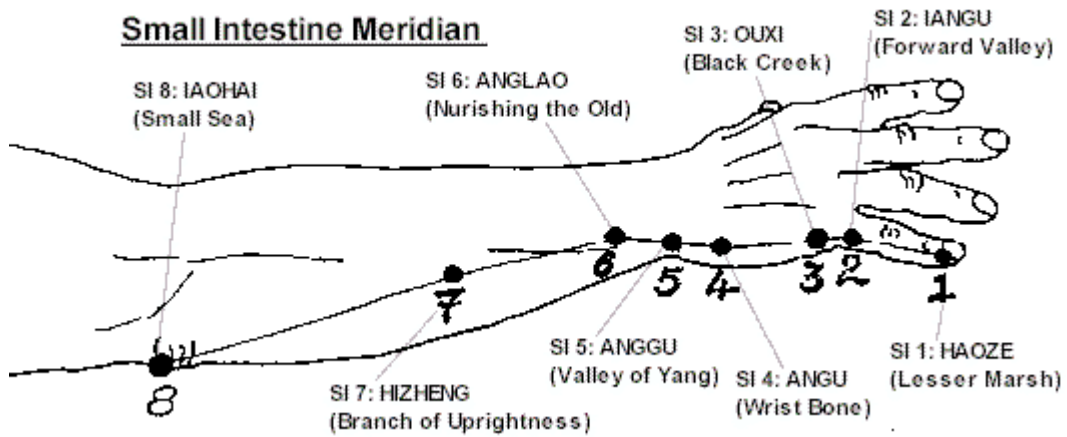
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# The Small Intestine Pressure Points 1-8

## Small Intestine Meridian



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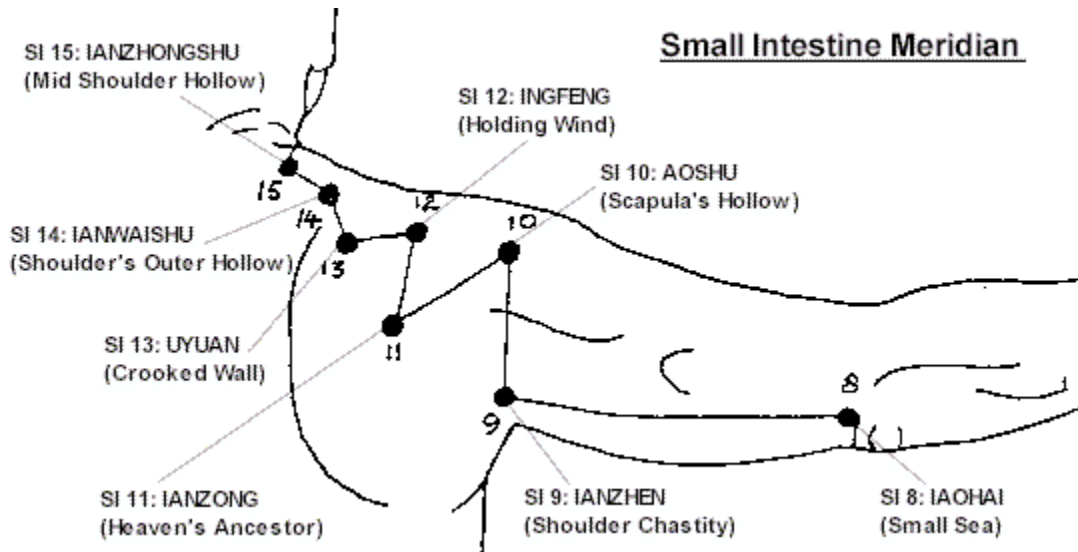


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## The Small Intestine Pressure Points 8-15

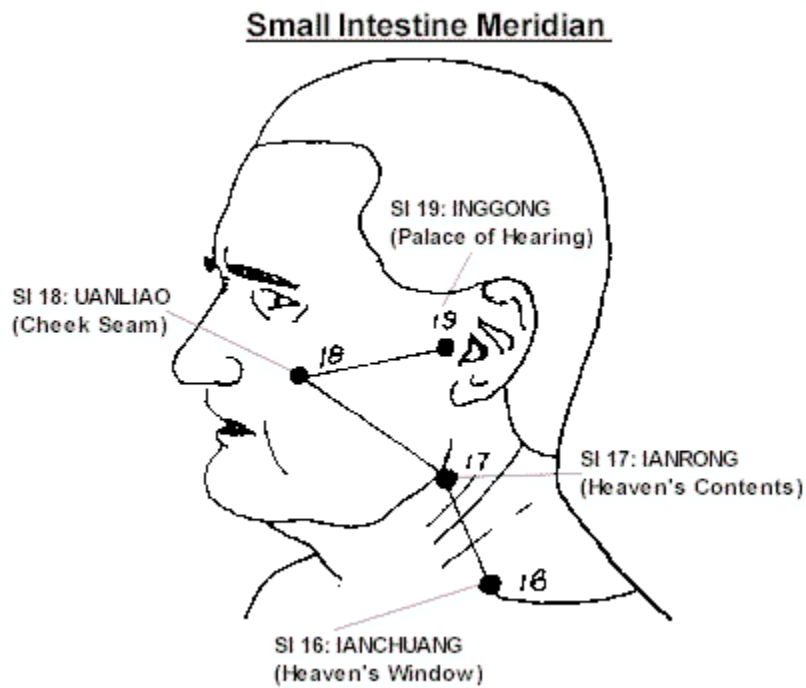


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## The Small Intestine Pressure Points 16-19



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