

The Stomach Meridian: Earth, Yang

ST 1: CHENGQI (Contain Tears)

Between the eyeball and the midpoint of the infraorbital ridge. The point is above the inferior border of the orbit, in the orbicularis oculi muscle, and in its deep position, within the orbit are the rectus inferior bulbi and the obliquus inferior bulbi muscles.

ST 1 is one of the more sensitive points and will be easily damaged by even a light blow to the area. Even a light blow is often enough to cause extreme nausea and a drainage of qi from the upper body. A medium strike here will cause a knock out and a hard strike can cause death. This is a point that will affect badly the Yang Ming through its connection to CO 20 and will in general drain the Yang qi from the body. The liver is also affected by a strike to ST 1 as the liver controls the eyes and whatever happens to the eye area also has an effect upon the liver.

ST 2: SIBAI (Four Whites)

Approximately 1 cun directly below ST 1, in the infraorbital foramen between the orbicularis oculi and quadratus labii superior muscles.

Again, this point is quite sensitive and will cause considerable local pain and qi drainage resulting in a knock out and severe nervous damage. When struck one feels a moving down sensation into the chest and then into the legs which will become weak as a result of the downward draining qi.

ST 3: JULIAO (Great Seam)

Directly below ST 2, at the level of the lower border of the ala nasi, on the lateral side of the nasolabial groove.

When struck hard enough, this strike will send a shock wave up into the front of the brain causing disorientation. It will also cause great nausea.

ST 4: DICANG (Earth Granary)

Lateral to the corner of the mouth, directly below ST 3, in the orbicularis oris muscle and in its deep position, in the buccinator muscle.

Again, this strike will shock the whole system when struck hard enough. It will cause a KO when struck hard. However, this strike must be quite accurate.

ST 5: DAYYING (Big Welcome, or Big Meeting)

Anterior to the angle of the mandible, on the anterior border of the masseter muscle, in the groove like depression appearing when the cheek is bulged 0.5cun anterior to ST 6.

Any strike to this area of the jaw will cause a knock out, especially if the point is associated with the GB MO. Obvious jaw damage is also apparent. But it is the shock to the brain that jaw strikes cause that is the main area of damage. This is why the jaw is always a common target in the movies etc.

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ST 5 is a great KO point. It sends a shock wave of qi into the brain either causing dizziness in the least or KO in the most or broken jaw etc. The direction must be straight in from the side to have the greatest affect. This point also has a connection to ST 9 via ST 1 and ST 8. Meaning "Great Meeting" for that reason. So we can get a knock out from both sides, from the action upon the heart via the carotid sinus at ST 9, and from the brain receiving too much yang qi. This point is called a 'big point' as it has abundant qi and blood, hence the great amount of qi going into the brain when struck.

It must also be mentioned that the stomach has Vagus nerve endings entering at the base of the stomach. A strike to ST 5 will also have an affect upon the Vagus nerve making this point one of the better KO points.

ST 6: JIACHE (Jaw Vehicle)

One finger breadth anterior and superior to the lower angle of the mandible where the masseter attaches at the prominence of the muscle when the teeth are clenched.

All strikes to the tip of the jaw are dangerous. Firstly a strike to ST 6 will cause an instant knock out, it is the classic knock out with people like John Wayne to Sean Connery making this strike famous. The reason it works so well is that this point is very close to the 'mind point' which will stop signals getting to the brain from the central nervous system. A strike here will also cause concussion by way of a shock to the brain causing KO, nausea and loss of memory.

A concussion is a violent jar or shock to the brain that causes an immediate change in the brain function, and can possibly include loss of consciousness. For a mild concussion, the signs and symptoms include temporary loss of consciousness; memory loss; and emotional instability. For a severe concussion, the signs and symptoms include prolonged unconsciousness; dilated pupils; change in breathing; disturbed vision and equilibrium; and memory loss. The extent of injury can only be determined by a physician. If the concussion is mild, the injured person may be sent home after examination, but only if a responsible person is present to stay with the injured person and watch for serious symptoms. Follow the doctor's instructions carefully if you are the responsible person, as there are several symptoms to watch for and report to the doctor if one or more after effects appear. The first 24 hours after the injury are critical, but serious after effects can appear later. The total extent of the injury may not be apparent for 48-72 hours. Complete recovery is likely with early diagnosis and treatment.

ST 7: XIAGUAN (Lower Hinge)

In the depression at the lower border of the zygomatic arch, anterior to the condyloid process of the mandible, located with the mouth closed. Below this point is the parotid gland and the origin of the masseter muscle.

Again, this point is a qi drainage point and will cause KO when struck with a smaller weapon such as a one-knuckle punch. A feeling down the front of the same side of the neck is felt, then a loss of power in the legs also. Ear problems are also apparent with this strike, and can last for years.

ST 8: TOUWEI (Head Support) (Head Safeguard)

Located 0.5cun within the anterior hairline at the corner of the forehead. 4.5cun lateral to the GV MO. The point is found in the galea aponeurotica on the superior margin of the temporalis muscle.

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This point will cause concussion with more nausea than any of the other head strikes due to its being a ST point. Great local pain is felt with a qi drainage, then KO. Death can occur if this strike is hard enough.

ST 9: RENYING (Man's Welcome)

Level with the tip of the Adam's apple, just on the course of the common carotid artery, on the anterior border of the sternocleidomastoideus muscle in the platysma muscle. 1.5cun lateral to the laryngeal prominence at the meeting of the anterior margin of sternocleidomastoid and the thyroid cartilage.

ST 9 is one of the major kyusho points. It is easy to get to, its effect is devastating ranging from knock out for a light blow to death for a heavy blow.

ST 9 is situated right over the *carotid sinus*. The carotid sinus is a baroreceptor, whose job it is to detect an increase in blood pressure. When it detects this increase, it sends a signal via the vagus nerve of which it is a part, to the *vasomotor* center of the brain, which initiates a vasodilatation, and slowing of the heart rate to lower the blood pressure to normal.

VASODILATATION: A widening or distension of blood vessels, particularly, arterioles, usually caused by nerve impulses (as in the case of a strike to ST 9) or certain drugs that relax smooth muscle in the walls of the blood vessel.

VASOMOTOR CENTER: A collection of cell bodies in the medulla oblongata of the brain that regulates or modulates blood pressure and cardiac function primarily via the autonomic nervous system. The carotid sinus is a pocket in the wall of the carotid artery at its division in the neck.

CAROTID SINUS REFLEX: The martial artist is concerned with a phenomenon called the carotid sinus reflex, the decrease of the heart rate as a reflex reaction from pressure on or within the carotid artery at the level of its bifurcation. This reflex starts in the sinus of the internal carotid artery.

CAROTID SINUS SYNDROME: This is a temporary loss of consciousness or a knock out that sometimes accompanies convulsive seizures because of the power of the carotid sinus reflex when pressure builds up in one or both carotid sinuses. (Or from a strike). This syndrome can be caused to activate artificially by striking to the area of the carotid sinus, ST 9.

ST 10: SHUITU (Water Prominence)

At the anterior border of the sternocleidomastoideus, midway between ST 9 and ST 11.

This point had always stood in the shadow of ST 9. It is however, just as dangerous as ST 9 and when struck spot on the point, is considered by many doctors to be even more dangerous. A strike here causes an immediate rush of yang qi to the head causing knock out, the face goes red and the tongue turns blue. A hard strike will cause knock out. Combine this strike with Neigwan and you have a most dangerous strike. This strike adds qi to the head. The recipient will fall down a split second after the strike. There is also an immediate shock to the head area.

ST 11: QISHE (Qi's Residence)

At the superior border of the sternal extremity of the clavicle, between the sternal head and the clavicular head of the sternocleidomastoideus muscle, directly below ST 9.

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ST 11 is called the "heart starter" because it does just that in emergency situations. However, this point will change whatever state the patient is in before striking to this point. So if someone is awake as in an attacker, then this point will stop his heart beating. If his heart has stopped, a hard thumb pressure into the collar bone at this point will sometimes be enough to start the heart again. So a strike downward into ST 11 will stop the heart from beating, so it is not a point to be playing around with. Combine this strike with a clockwise strike to his left pectoral and a counter clockwise strike to his right pectoral at ST 15 and 16 points, and you have a very dangerous heart stopper.

ST 12: QUEPEN (Empty Basin)

In the midpoint of the supraclavicular fossa, 4 cun lateral to the CV MO or In the depression at the middle of the superior border of the clavicle and directly above the nipple.

This is an interesting point as it is used to take the will to fight away. Anyone who has been struck here will agree about this, you just cannot carry on fighting after this point has been struck as usually, the clavicle which is quite a weak bone, will break causing great local pain and energy drainage. It also has an affect upon the communication between yin and yang in the whole body and drains yang qi as it is associated with GV 14, (meeting place of Yang).

It can be used with ST 11 to cause great qi loss. It can be used in a grappling situation to stop the fight, or in an attacking situation where you have to block and re-attack etc.

ST 13: QIHU (Qi's Household)

At the middle of the inferior border of the clavicle, on the mamillary line (4 cun lateral to the CV MO).

Whereas ST 12 drains qi, ST 13 adds Yang qi to the head causing loss of balance to the falling down point. With most of the ST points, it will also cause great nausea. This is one of those points where the qi is said to enter the meridian, so a strike here also unbalances the yin and yang energy in the whole body.

ST 14: KUFANG (Storehouse)

In the first intercostal space, on the mamillary line, 4 cun lateral to CV 20.

Immediately, the recipient feels a sickly feeling in the whole chest area, quickly growing to full nausea. The strike must be fairly hard to have an affect though.

ST 15: WUYI (Room screen)

In the 2nd intercostal space, on the mamillary line, 4 cun lateral to CV 19.

Stops the heart when used along with and at the same time struck as ST 16 which is just below it, so both points can be struck with the palm.

ST 16: YINGGHUAN (Breast's Window)

In the 3rd intercostal space, on the mamillary line, 4cun lateral to CV 18.

Same as ST 15.

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ST 17: RUZHONG (Middle of Breast)

In the middle of the nipple In the 4th intercostal space.

This point when struck has a devastating affect and will cause death when a medium to hard strike is used. In acupuncture, it is only ever given as a reference and not to be either needled or using moxa on it. The strike must be accurate to within a millimeter though. Immediately there is a sensation moving up the left side of the neck (if the left nipple is struck and visa-versa) and over the top of the back of the head to the other side of the forehead, followed by an extreme qi drainage resulting in knockout and loss of memory. If the strike has been hard enough, it could also result in mental illness which gets worse with age. This is not a nice point, and should never be played around with!

ST 18: RUGEN (Breast Root)

In the 5th intercostal space, directly below the nipple.

ST 18 must be struck quite hard to have any affect. Those affects are; headache, nausea and if struck on the left side a shock directly to the heart. If you combine this strike with LIV 14, which is easy as LIV 14 lies just lower than ST 18, then the affect is far greater in qi drainage.

ST 19: BURONG (Uncontainable)

6 cun above the umbilicus, 2cun lateral to CV 14.

If ST 18 was not too exciting, then ST 19 is just the opposite. This strike attacks the seat of power as does CV 17, only this strike is even more damaging to the diaphragm as it strikes to the muscles that work the diaphragm causing the recipient to feel like they have no power at all and so fall down, hard enough and this strike will cause death from suffocation.

ST 20: CHENGMAN (Support Fullness)

5 cun above the umbilicus, 2cun lateral to CV 13 and 1 cun below ST 19.

Attacks the seat of power causing knock out or death.

ST 21: LIANGMEN (Door of the Beam)

4 cun above the umbilicus, 2cun lateral to the CV 12.

This point can be protected somewhat by the abdominal muscles, however, it is also an 'electrical point' so will have an affect regardless. Causes great local pain and qi drainage and causes stomach and spleen problems due to its affect upon the Yang qi of those organs.

ST 22: GUANMEN (Gate)

3 cun above the umbilicus, 2cun lateral to CV 11.

This strike attacks the communication between upper and lower. So confusion over what the lower body is doing. A feeling of something draining from lower body is also apparent until the power to he legs has gone.

ST 23: TAIYI (Great Yi)

2 cun above the umbilicus, 2 cun lateral to CV 10.

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Same as for ST 22. Plus an adverse affect upon the bladder causing problems in later life and immediately. The recipient is likely to urinate when struck here using a smaller weapon such as a one knuckle punch.

ST 24: HUAROUMEN (Door of Slippery Flesh)

Location: 1 cun above the umbilicus, 2cun lateral to CV 9.

This point is protected by the abdominal muscles, however it will have an electrical affect which affects the colon. In other words, will cause the recipient to defecate not too soon after the strike, but with great pain.

ST 25: TIANSHU (Heaven's Axis)

2 cun lateral to the center of the umbilicus.

A 'mu colon point', this strike will affect the colon, it is on the border of protection and no protection, ie., the torso is well protected by muscle but below the navel there is relatively little protection. This strike can cause knock out when done hard. It will also cause diarrhea on the spot. This is a point that is capable of causing emotional disorders and also the physical symptoms that go with emotional disorders because it upsets the communication between Shen and Zhang fu, in this case between the Shen (Spirit) and Gallbladder and Triple Heater. In the first instance, the recipient will feel pain that will grow in a circle outward from the strike, then a great feeling of power loss.

ST 26: WAILING (Outer Tomb)

1 cun below the umbilicus, 2cun lateral to CV 7.

This strike will cause much the same damage as ST 25 as it is still right over the colon, there will be a little more physical damage as it is further down into the lower body. A hard strike will cause black out as it is an intestine strike. There are three organs which when in pain or struck, will cause a knock out. The Gallbladder, the intestines and the ureter.

ST 27: DAJU (The Great or, Big Huge)

2 cun below the umbilicus, 2cun lateral to CV 5.

This is a Shokanten point of Yang Ming and as such the strike will disrupt in this instance, the communication between the Shen (Spirit) and Colon/Stomach. It will cause emotional problems immediately and if not treated by an acupuncturist, will grow into emotional problems like not letting go of unwanted emotions (allowing them to grow and fester!) And also will cause emotional things like obsessiveness to extremes.

In the immediate will also cause great pain and qi loss and knock out if the strike is hard enough.

ST 28: SHUIDAO (Water Way)

3 cun below the umbilicus, 2cun lateral to GV 4. In the rectus abdominis muscle and its sheath.

This strike is dangerous. It will immediately cause knock out through the action on the colon causing an 'explosion' in the lower heater which will grow outwards to the rest of the lower abdomen. Needless to say that repeated strikes to any of the lower abdomen points can cause

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bowel cancers later in life! This point really shocks the whole lower heater, causing damage to the elimination system.

ST 29: GUILAI (Return)

4cun below the umbilicus. 2cun lateral to CV 3 In the lateral margin of the rectus abdominis muscle, the internal oblique muscle and the aponeurosis of the transverse abdomens muscle.

This is a special point for the genitals. It is opposite CV 3 which is a meeting point for the three 'yins'. It will affect the circulation of Kidney qi which in turn will affect the power of the whole body. It will cause stagnation of qi and thus a gradual loss of health. The immediate affect is a knock out by the action upon the genitals, hard enough will cause death.

ST 30: QICHONG (Pouring Qi)

5 cun below the umbilicus, 2cun lateral to CV 2, superior to the inguinal groove, on the medial side of the femoral artery. In the aponeurosis of the external and internal oblique muscles, and the lower region of the transverse abdominis muscle.

This is the 'Sea Of Nourishment Point' along with ST 36. It is also a point of the Chong Mai, or 'life force meridian'. Circulates 'yuan qi' to the stomach and hence to 'earth'. A strike here will cause the body's ability to fight off disease to be lower. And an overall lessening of qi to the internal organs will gradually grow. The free flow of qi is hindered by this strike. The opposite occurs when ST 30 and 36 are treated in a healing way. Immediately, there is a knock out from this strike and death can occur when a very heavy strike is taken. Even after treatment, the damage continues to grow if not treated also by an acupuncturist.

ST 31: BIGUAN (Hip Hinge or Thigh Gate)

Directly below the anterior superior iliac spine, in the depression on the lateral side of the sartorius muscle when the thigh is flexed, level with the perineum. Inferior and medial to the great trochanter of the femur, between the sartorius and the tensor fascia lata muscles.

This point is called the 'leg draining point' because that's what it does. It will cause the qi to the legs to be lessened greatly causing the recipient to have to sit down or fall down! This point can be used as an excellent set up point for a physical leg strike, bones will break easily when this point has been struck first.

ST 32: FUTU (Hidden Rabbit)

6 cun above the laterosuperior border of the patella, on the line connecting the anterior superior iliac spine and the lateral border of the patella. At the lateral, anterior aspect of the femur, in the middle of the belly of the rectus femoris muscle.

This strike is called in kyusho terms, leg paralysing point. This point can be struck with a palm straight across the thigh or using an implement such as a stick, the strike must be 180 degrees across the thigh. It paralyses the leg and shocks the whole system and will cause knock out when done hard enough because the brain is shocked for a moment not knowing what has happened.

ST 33: YINSHI (Yin's Market)

3cun above the laterosuperior border of the patella, on the line connecting the anterior superior iliac spine and the lateral border of the patella.

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Great local pain and subsequent qi drainage from the leg. This is also an electrical point that will send a rush of qi to the head causing confusion and possible blackout if the strike is hard enough.

ST 34: LIANGQIU (Ridge Mould OR Beam Mound)

2 cun above the laterosuperior border of the patella, between the rectus femoris and the vastus lateralis muscles of the thigh.

This is a xi-cleft point (stores Zhen qi) which normally promotes the circulation of qi to the whole body. However, when struck using adverse qi, it has the reverse affect. So power is lost through a hindrance of qi and blood. Local pain and loss of leg power is immediately apparent.

ST 35: DUBI (Calf Nose) OR XIYAN (Eyes of Knee)

When The knee is flexed, the point is in the depression below the patella and lateral to the patella tendon.

This point is a special point for knee problems in acupuncture. It is a trauma point. Local pain and knee injury immediately followed by severe kidney qi drainage and damage causing immediate loss of power and tiredness.

ST 36: ZUSANLI (Three Measures of the Leg)

3 cun below ST 35, one finger breadth from the anterior crest of the tibia. Between the tibialis anterior and the tendon of the extensor digitorum longus pedis.

This point is a major point in acupuncture and in kyusho. It is an earth and he point and 'sea of nourishment point' along with ST 30. A strike here will cause great weakness which will slowly get worse untreated. The spleen is also damaged. Obvious immediate physical leg damage and pain. But it is the internal organ problems that this strike causes that is the main area of attack.

ST 37: SHANGJUXU (Upper Void)

Location: On the lower leg 3 cun below ST 36, in the tibialis anterior muscle.

This point damages the colon function, it can cause defecation immediately if struck hard enough. It will also drag too much qi into the legs causing an imbalance in the whole system. This strike will also have an adverse affect on the flow of 'wei qi', that which protects us from external pathogenic attack. So our immune system will slowly become ineffective. Obvious immediate pain and qi drainage.

ST 38: TIAKOU (Line's Opening)

8 cun below ST 35, 2 cun below ST 37, midway between ST 35 and ST 41.

This is an interesting point. It has a dire affect upon the power of the upper body especially the shoulders. In some cases the arms would not work after this strike and had to be treated using the antidote of ST 12.

ST 39: XIAJUXU (Lower Void)

9 cun below ST 35, 3 cun below ST 37, one finger breadth out from the anterior crest of the tibia.

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This point affects the small intestine and will also cause paralysis of the legs when struck hard. It will also have an affect upon the wei qi and so cause problems with the immune system later as well. Immediate great pain wen this point is struck spot on.

ST 40: FENGLONG (Abundance and Prosperity)

Location: 8 cun superior and anterior to the external malleolus, about 1 finger breadth posterior or lateral to ST 8, between the lateral side of the extensor digitorum longus pedis and the peroneus brevis muscles.

Apart from local pain and qi drainage, this point also has an affect upon the spleen. It will cause a great imbalance between ST and SP and so weaken the body. This is a classic epilepsy treating point.

ST 41: JIEXI (Release Stream)

At the junction of the dorsum of the foot and the leg, between the tendons of the extensor digitorum longus and hallucis longus, approximately at the level of the tip of the external malleolus.

This is one of those points that seem harmless enough, but which will have a great affect upon the whole body when struck. It is a 'fire and jing' point. This strike will affect the stomach greatly causing nausea (like "I'm dying") enough to stop the fight. It will also drain qi from the lower extremities of the body thus causing the legs to be greatly weakened.

ST 42: CHONGYANG (Pouring Yang)

Distal to ST 41, at the highest point of the dorsum of the foot, in the depression between the 2nd and 3rd metatarsal bones and the cuneiform bone.

This point is an electrical as well as a physiological point. The strike will cause nerve damage with an immediate electrical shock wave rushing up the whole leg. This is also a 'yuan' or source point. It will cause great qi loss and local pain enough to stop anyone from attacking more.

ST 43: XIANGRU (Sinking Valley)

In the depression distal to the junction of the 2nd and 3rd metatarsal bones, directly above the lateral side of the 2nd toe.

This is a wood and shu point a normally promotes the free flow of qi all over the body. Wen struck using adverse qi, it will cause the reverse resulting in a loss of power so much so that the recipient must sit down. It could even cause things like rheumatism later in life. Great local pain and qi drainage.

ST 44: NETTING (Inner Court)

Proximal to the web margin between the 2nd and 3rd toes, in the depression distal and lateral to the 2nd metatarsodigital joint.

This is a water and yong point. (Spring or stream point). Striking this point will affect the way the qi is sent all over the body, so a strike here will cause power loss and great local pain. This strike has a strange affect in that it causes the recipient to feel as if he has been struck in the jaw. This

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could cause the brain to think that the jaw has been struck and cause KO. If left unchecked, this strike will cause all kinds of qi balance problems that will only get worse.

ST 45: LIDUI (Strict Exchange)

On the lateral side of the 2nd toe, about 0.1cun posterior to the corner of the nail.

This strike has some dire affects. It is a metal and cheng point and will have a great affect upon the muscles and tendons, so it can be used as a set up point for a joint lock where the tendons and muscles are being attacked. It will cause mind confusion and has been known to cause the nose to bleed profusely.

This is the end of the stomach meridian. Obviously there are points that you will strike that are close to other points on adjacent meridians etc. Most of the ST points do not have to be that accurate to make them work, and if you are not accurate, you will probably get some other point.

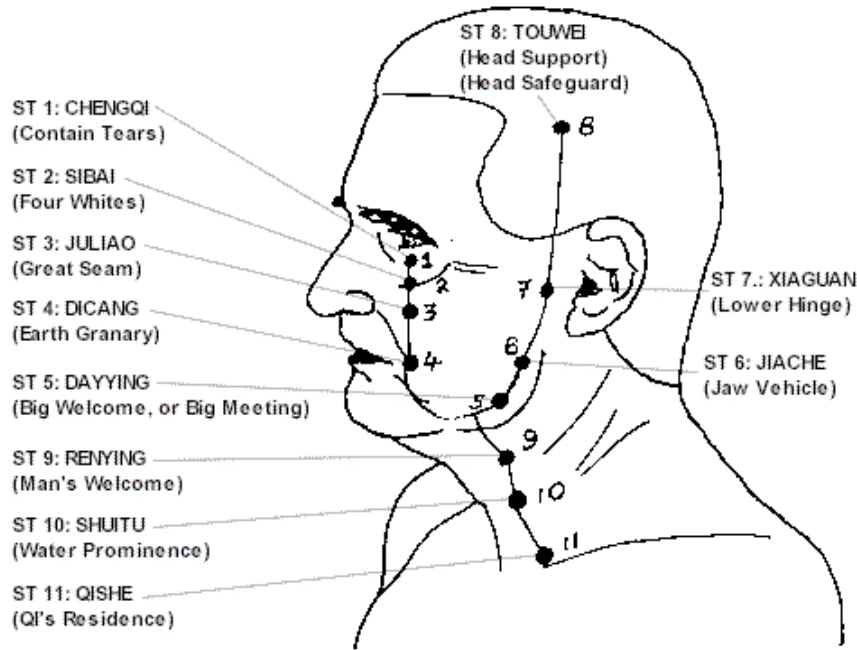
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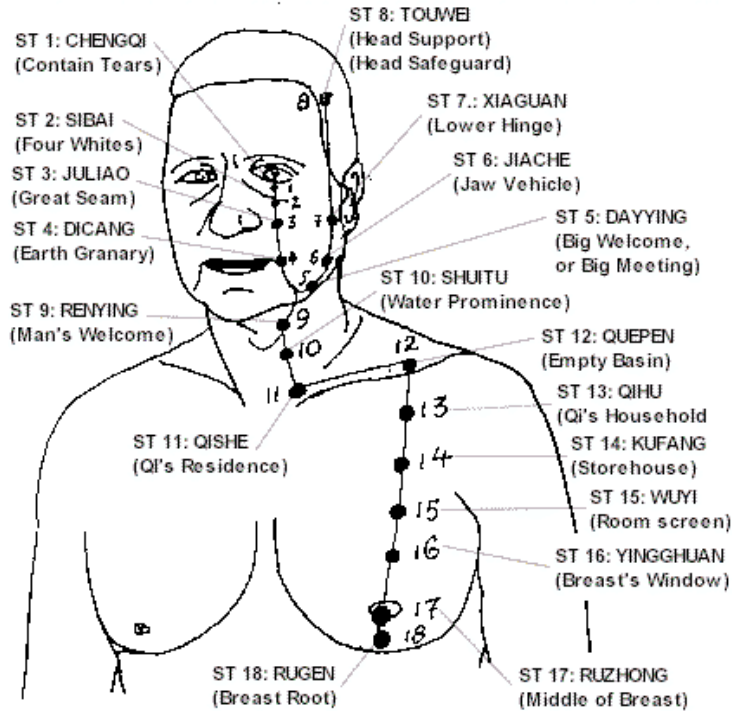
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Stomach Pressure Point 1-18

Stomach Meridian



Stomach Meridian

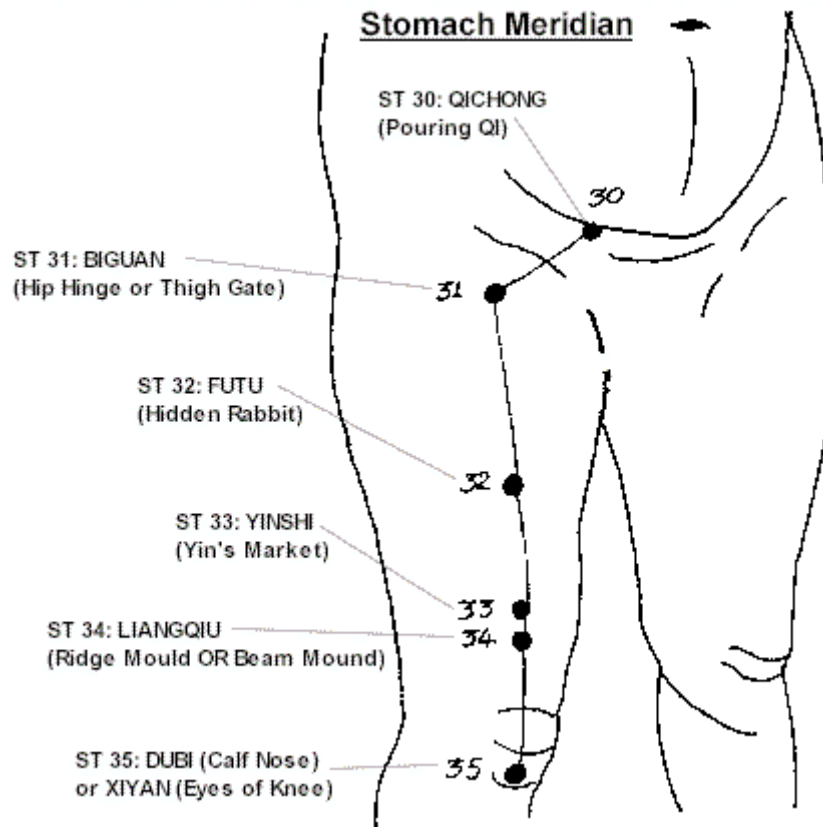


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Stomach Pressure Points 30-35

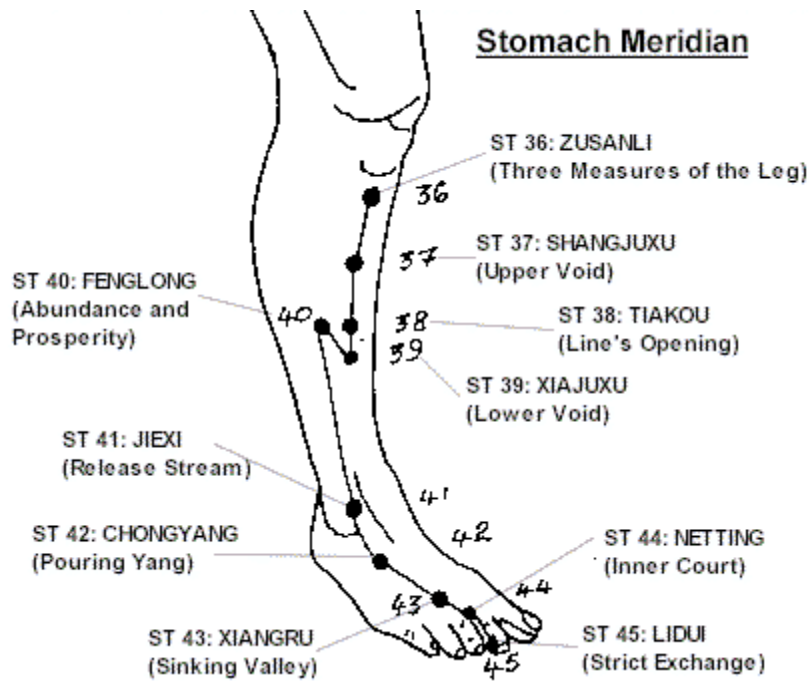


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Stomach Pressure Pints 36-45



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