

Triple Heater Meridian: Fire, Yang

TH 1: GUANCHONG (Gate's Pouring)

On the lateral side of the ring finger, around 0.1 cun posterior to the corner of the nail. Guan here means bend as the ring finger cannot be stretched out alone Guan here is referring to the ring finger, Chong means gushing, the Pt is near the tip of the ring finger and is the JING WELL PT where Qi of the meridian originates and gushes upwards along the channel.

To receive a blow to the ring finger, perhaps you might hit it with a hammer? You will cause an imbalance in the meridian which will cause your day to be 'off'. It will not kill you, but will have to be dealt with if balance is to be regained.

TH 2: EMEN (Fluids Door)

Proximal to the margin of the web between the ring and small fingers. The point is located with a clenched fist.

This point will do internal damage and help the lock to work even better. This lock can be used by small children on adults literally to take them to their knees. This is a water and yong point and when attacked will cause great qi disruption to the body especially the movement of fluids throughout the body.

TH 3: HONGZHU (Middle Island)

When the hand is palm down, the point is on the dorsum of the hand between the 4th and 5th metacarpal bones, in the depression proximal to the metacarpophalangeal joint in the 4th interosseous muscle.

This is a wood and shu point and will have a reaction up on the hearing when struck. It will also help in the execution of a finger lock making this lock work much better causing more damage. It also has an affect upon the sides of the body so you could use this point to cause the attacker to buckle in at the sides and then strike the side of the body especially at GB 25 causing great internal damage and knock out.

TH 4: ANGCHI (Pool of Yang)

At the junction of the ulna and carpal bones, in the depression lateral to the tendon of extensor digitorum communis muscle. With the hand supine, this PT can be found directly above the transverse crease on the dorsal side of the wrist, in a hollow above the 3rd and 4th metacarpal bones, between the tendons of extensor digitorum and extensor digiti minimi manus muscles.

This point is a 'yuan' point. It will cause damage to the tendons and cause damage to the 'life force'. It is not good to be struck here if you have had either a vasectomy or had your uterus out. It will cause great pain and qi drainage, it is an excellent set up point, if you can get at it as this point must be struck right on the point using a smaller weapon such as a one knuckle punch. The qi drainage can be so bad that the recipient has to sit down.

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TH 5: AIGUAN (Outer Gate)

2 cun above TH 4, between the radius and ulna and extensor digitorum and extensor hallucis longus muscles.

When struck, this point makes you feel like collapsing or lying down. The qi drainage and pain are incredible when struck right on with a smaller weapon. This is a 'Luo' point and a master point of Yang Wei Mai (extraordinary meridian). So this point has a connection with many other meridians because it is linked by Yang Wei Mai. It will unbalance the yin and yang of the body.

TH 6: HIGOU (Branch Supporting Ditch)

3 cun above TH 4, 1cun above TH 5, between the radius and ulna and the extensor digitorum and extensor hallucis longus muscles. With the palm down the point is found on the radial side of the extensor digitorum muscle. Zhi means limbs and Gou means ditch, here Zhi is referring to the upper limbs and the ditch is between the radius and ulna.

This is a fire and jing point. When struck using adverse qi, this point will cause the sides of the body to be weakened and also cause intestinal problems at some later stage. It will hinder the flow of qi throughout the body and cause heat to rise in the middle and upper heaters causing mind and breathing problems. Immediately though, the strike will cause intense pain and qi drainage to the point where the recipient will have to sit down. Usually used as a set up point though.

TH 7: UIZONG (Meeting of the Clan)

3 cun proximal to the wrist, about 1 finger breadth lateral to TH 6 on the radial side of the ulna.

This is a xi-cleft point or an accumulation point. A strike to any xi-cleft point causes the qi to explode everywhere causing great qi disruption all over the body. So this point is an excellent set up point. Immediately, there is great pain to the point of the recipient having to sit down.

TH 8: ANYANGLUO (Three Yang Connection)

4 cun above TH 4, between the radius and ulna and between the exterior digitorum and the origin of the abductor pollicis longus muscles.

This point is one of the only points that cannot be built up to resist attack. A strike here can cause death if it is hard enough. Used with CV 24 and PC 6, this is a deadly combination. Immediate qi drainage with great pain and a 'feeling' that rises up into the chest and then into the head.

TH 9: IDU (Four Ditch)

When the hand is palm down, the Pt is 5 cun below the olecranon (elbow), between the radius and ulna and the extensor carpi ulnaris muscle of the forearm.

This is more of a nerve and muscular strike when struck using a smaller weapon. It will take out the arm that us struck. There is also a feeling of sinking and it has been known to cause a person to fall down because of the qi drainage at this point.

TH 10: IANJING (Heaven's Well)

When the elbow is flexed, the point is in the depression about 1 cun superior to the olecranon of the elbow. In the cavity above the olecranon at the posterior aspect of the lower end of the

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humerus and the superior margin of the olecranon prominence of the ulna, in the tendon of the triceps muscle.

This is an earth and 'he' point. The communication of the whole system will be damaged because this point attacks the whole three heaters. Weak areas of the body will begin to show up after a short time.

TH 11: INLENGYUAN (Cooling Gulf)

1 cun above TH 10.

This point can be used to weaken the elbow joint. In fact, most elbow breaks can be made using this location rather than the more common one of right on the elbow. The reason is that this point causes the elbow joint in particular to become weaker.

TH 12: IAOLUO (Melting Luo River)

On the line joining the olecranon and TH 14 mid way between TH 11 and TH 13.

The damage here is to the whole arm. This point is used as a set up point to drain qi from the whole body as well as a major point for arm locks and breaks. It is very easy to take the largest man down using this point in conjunction with an arm lock. When struck using a slightly upwards direction, it will cause a huge amount of qi to be pumped into the head thus it has the potential to cause a knock out.

TH 13: AOHUI (Shoulders Meeting)

On the line joining the olecranon process (TH 10) to TH 14, 3 cun below TH 14, in the depression on the posterior inferior aspect of the deltoid muscle. Nao means muscle prominence of the upper arm.

This point is a point of the extra meridian "Yang Wei Mai" and as such can be used with other points to form devastating multiple strikes. (See the section on the extra meridians). It is also connected to CO 14 making for a most dangerous combination when these two points are struck. We have an energy (qi) input point, (CO 14) and a TH point (TH 13) being struck one after the other (CO 14 first) causing the 'mother' qi to be blocked as well as the whole qi system to be unbalanced. After this strike, the fight is usually over.

TH 14: IANLIAO (Shoulder Seam)

Posterior and inferior to the acromion, in the depression about 1 cun posterior to CO 15. In the deltoid muscle. Jian means shoulder and liao means foramen, this point is in a foramen on the shoulder.

This is also a Yang Wei Mai point, so a strike here also has an effect upon many other points including SI 12. Great scapular damage is felt with a nauseous feeling caused by the connection to SI 12. This point is well protected, but using a percussive strike that will send a shock wave inside of the body, will get in where a normal physical strike will not.

TH 15: IANLIAO (Heaven's Seam)

Midway between GB 21 and SI 13, on the superior angle of the scapula. Tiao means heaven and

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You means foramen, upper is referred to as heaven and the Point is in a foramen above the shoulder blade.

Because of the connection with ST 12, this point will cause the will to fight to be lessened. However, it will do much more than that because it is a TH point. It will also damage the whole qi system. Local pain all over the upper back area causing a sick feeling in the stomach.

TH 16: IANYAO (Heaven's Window)

Posterior and inferior to the mastoid process, on the posterior border of the sternocleidomastoideus, level with SI 17, and BL 10. Near the hairline, in the posterior margin at the insertion of the sternocleidomastoid muscle.

Here we have one of the more dangerous point strikes. This will cause a knock out all by itself by shocking the brain. It will also cause death if it is struck hard. It is a window of the sky point and so will have a great effect upon the brain by placing too much yang qi into the brain causing confusion or knock out. Emotional problems will also instantly seem far greater than they are. Many people who have been struck here say that they forgot the reason for beginning the confrontation in the first place. This point is the major point for all of those points called 'window of the sky points'. **This point is very dangerous and should be avoided at all costs unless your life is threatened!**

TH 17: IFENG (Shielding Wind or Wind Screen)

Posterior to the lobule of the ear, in the depression between the mandible and mastoid process.

Here we have one of the most deadly strikes. It is difficult to get at if you don't know how but when struck, there is no return! However, this point can also be used as a controlling point for door attendants or bouncers, police etc.

If you are attacked in a hotel by someone who is perhaps under the influence of drugs or alcohol, slap him in the face at a neurological shutdown point, then, holding his head still with one hand, take your other hand and using the fingers, stick them into the point and pull forward. He will go with you! If he should resist or try to strike you, dig a little deeper and he will fall to the ground.

TH 18: IMAI (Feeding the Vessels)

In the center of the mastoid process, at the junction of the middle and lower thirds of the curve by TH 17 and TH 20, posterior to the helix at the root of the auricle.

This is also a very dangerous strike as the brain is shocked. A hard strike here can cause death. A knock out will occur with a medium strike here.

TH 19: UXI (Skull's Rest)

Posterior to the ear, at the junction of the upper and middle thirds of the curve formed by TH 17 and TH 20, behind the helix or 1 cun above TH 18 behind the ear.

Combine this strike with TH 18 and you have a recipe for death when a hard blow is felt. With a medium shot, the recipient is knocked out or is totally disorientated. This is because of the location of the point with reference to the physical parts of the brain. The brain is shocked and shuts down. Your palm can strike both points at the same time.

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TH 20: IAOSUN (Angle of Regeneration)

Directly above the apex of the ear, within the hairline of the temple. Jiao here means corner and Sun means reticular collateral, this Pt is on the temporal region corresponding to the ear apex, where the reticular meridians are distributed.

This point must be struck fairly hard to have any effect. But when it does have an effect, it is substantial. Extreme dizziness and falling down with great nausea. A knock will occur with a medium to hard strike.

TH 21: RMEN (Ear's Door)

In the depression anterior to the supratragic notch and slightly superior to the condyloid process of the mandible. The point is located with the mouth open. Er means ear and Men means door, this Pt is in front of the ear, like a door to the ear.

This strike causes a sickly feeling to slowly move down the whole chest area, much like the feeling one gets when attacked in a 'controlling manner' at TH 17. Struck hard, it will cause knock out. This sickly feeling will turn into a nagging pain after some time, causing the recipient to feel like they are having a heart attack. You must use the antidote to right this condition.

TH 22: ELIAO (Harmony's Seam)

Anterior and superior to TH 21, level with the of the auricle, on the natural hairline of the temple where the superficial temporal artery passes.

This point is much the same as TH 21, only there is also great local pain and qi drainage. because of its location, it can cause knock out, but the strike must be quite hard. Using a palm strike to this point, you will also get a number of other points like GB 3, which when struck together will cause death.

TH 23: IZHUKONG (Silken Bamboo Hollow)

In the depression at the lateral end of the eyebrow, on the lateral border of the zygomatic process of the frontal bone, in the orbicularis oculi muscle. Sizhu means slender bamboo and Kong means space, the Pt is at the lateral end of the eyebrow , which looks like a slender bamboo and it is in a shallow depression.

This point is one of the very dangerous variety and will cause a knock out very easily when struck in the correct direction. The heel of the palm must strike just above the corner of the eye in the hollow above the eye bone, then it glances downwards over the side of the eye. You must catch the heel palm in that hollow striking to the upper edge of the eye bone. When struck right on, it doesn't need too much power to cause a knock out. A hard strike will cause death however. This point will drain qi dramatically from the lower heating space and also from the middle heating space.

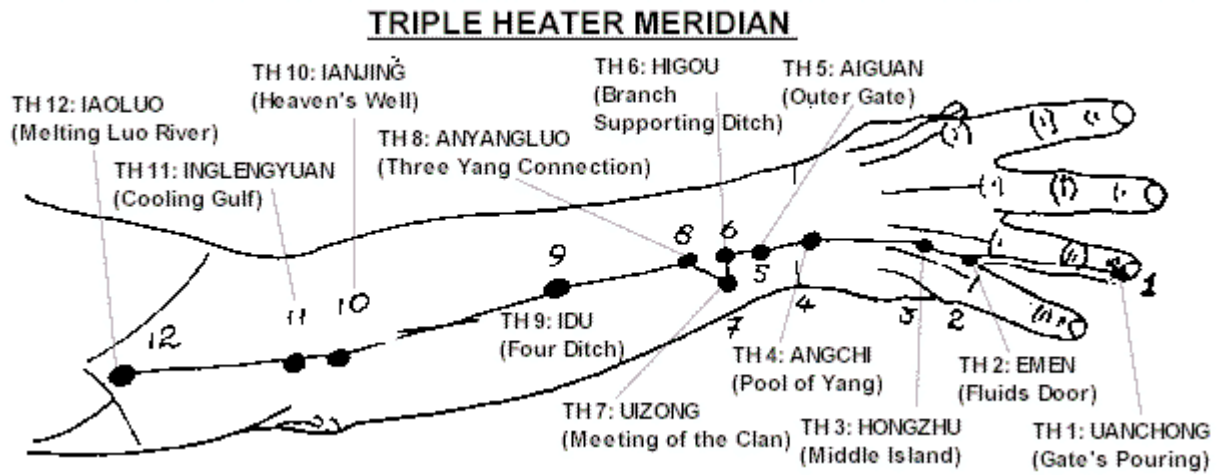
Immediately, the recipient feels great local pain, then a split second later, there is a sinking feeling in the chest and abdomen as the qi is drained, then the knees go and the knock out occurs. Even after the recipient has been revived, the legs are shaky. When this point is struck slightly inwards towards the eye, still with a downwards motion, it can cause blindness

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The Triple Heater Pressure Points 1-12

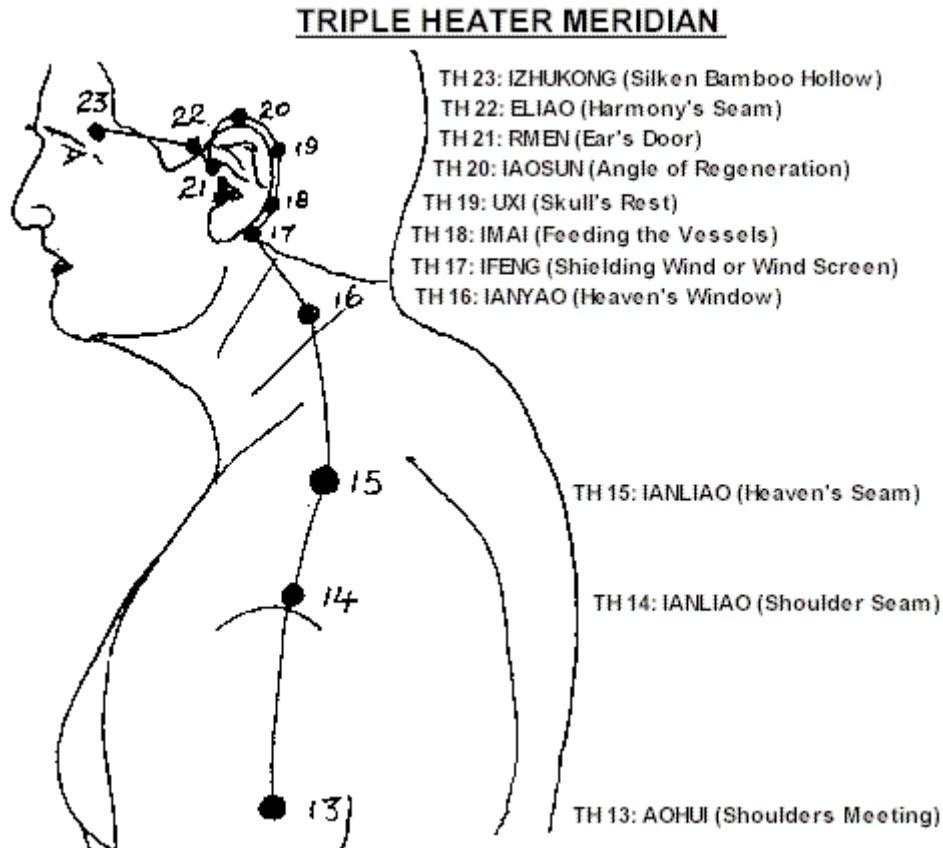


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The Triple Heater Pressure Points 13-23



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