

PRESSURE POINTS 101

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The purpose of this paper is to familiarize the reader with using basic pressure points used for self defense. The points described are the fifty basic points taught by the Wae Moo Kwan and Sun Moo Kwan schools of the art of Hapkido. The following pages include a quick reference grid and anatomical charts showing the location of these points. The reference grid lists points starting at the top of the head down to the bottom of the foot. The information on the grid for each point includes body location, meridian location by number, method of use, Korean name and Chinese name.

Why do pressure points work?-East vs. West: There are two basic arguments in the martial arts community as to why pressure points are effective and useful. These arguments are primarily cultural in nature. In Eastern (Oriental) cultures the location of pressure points coincide with traditional Chinese medicine meridians used in acupuncture and acupressure and are thought to affect the energy flow of the body (Chi or Ki). Using the points in a martial sense is thought to disrupt this flow thereby upsetting the equilibrium and/or function of the body. In acknowledging the effectiveness of pressure points, those that support the Western culture point of view state the points are useful strictly due to their anatomical location. Nearly all pressure points lie at either the juncture of nerves near the surface or at crucial muscular-skeletal structures. Whichever school of thought you subscribe to, it must be remembered that pressure points must be used responsibly and with care.

Methods of use: All pressure points are not created equal. There are three basic methods to used to activate a pressure point. These include striking, pressing and grasping. Depending on the particular point it can be used by one, two or all three methods.

[Striking] When using the striking method on a pressure point means that contact on that point will be momentary. How you strike is up to you, but some items need to be taken into consideration. Pressure points are typically about the size of a pencil eraser. The more penetrating a weapon is the greater the effect on the point. For example, when striking the Top of Forearm (L-10) pressure point you can choose to strike in different ways; such as using a forearm block, a hammer fist or a middle knuckle strike. Each of these strikes is progressively more penetrating. The affect on the individual being struck will be progressively more severe.

[Pressing] Pressing a pressure point means that pressure is placed on only the top surface of a point. For example, the Front of Ear (SI-19) can be used two ways, either struck or in a control situation it can be utilized by pressing on the point with a middle knuckle fist. Pressing is used almost exclusively in control situations as the force you apply can be regulated as needed.

[Grasping] Also known as cavity presses, the grasping method entails using pressure in a pincer type motion on both sides of a pressure point. That being said, your hand must be large enough to get on both sides of a point in order to use this method. Primary pressure will be on the point itself with secondary pressure coming from the exactly opposite location. Though mainly used on the arms and hands, the neck area is vulnerable to grasping as well.

Note: It should be pointed out that all pressure points are bi-lateral (dual locations on both the right and left hand sides of the body. The only exceptions to this are the pressure points located on the Conception Vessel and Governing Vessel meridians.

PRESSURE POINTS

LOCATION	POINT	TYPE	KOREAN	CHINESE
TOP OF HEAD	GV-21	S	CHON JONG	QUIAN DING
TEMPLE	TW-23	S-P	SHI JUK KONG	SI ZHU KONG
LOWER FOREHEAD	BL-2	S	CHAM JUK	ZAN ZHU
BRIDGE OF NOSE	BL-1	S	CHONG MYONG	JING MING
PHILTRUM	GV-26	S-P	SU GU	SHUI GOU
JAW HINGE	ST-7	S-P	HA GWAN	XIA GUAN
MASTOID	GB-12	S-P	WAN GOL	WAN GU
FRONT OF EAR	SI-19	S-P	CHONG GONG	TING GONG
LARYNX	CO-23	S-P	YOM CHON	LIAN QUAN
WINDPIPE	ST-9	S-P-G	IN YONG	REN YING
FRONT SIDE OF NECK	LI-18	S-P-G	PU TOL	FU TU
REAR SIDE OF NECK	TW-16	S-P	CHON YU	TIAN YOU
BASE OF SKULL	GV-15	S-P	A MUN	YA MEN
BASE OF NECK	GV-14	S	TAE CHU	DA ZHUI
BASE OF THROAT	CO-22	P	CHON TOL	TIAN TU
CLAVICLE	ST-12	P	KYOL BUN	QUE PEN
TOP OF TRAPEZIUS	SI-15	S-G	KON JUNG YU	JIAN ZHONG SHU
TOP OF SHOULDER	GB-21	S	KON JONG	JIAN JING
TOP INSIDE SHOULDER	LU-2	S-P	UN MUN	YUN MEN
ARMPIT	HT-1	S-P-G	KUK CHON	JI QUAN
PECTORAL MUSCLE	ST-16	S-P	YONG CHANG	YING CHUANG
SOLAR PLEXUS	CO-15	S	KU MI	JIU WEI
FLOATING RIB	LV-13	S	CHANG MUN	ZHANG MEN
UPPER STOMACH	CO-11	S	KOL LI	JIAN LI
TWO INCHES BELOW NAVEL	CO-6	S	KI HAE	QI HAI
BESIDE 5TH THORACIC	BL-15	S-P	SHIM YU	XIN SHU
BESIDE 7TH THORACIC	BL-17	S-P	KYOK YU	GE SHU
BESIDE 10TH THORACIC	BL-19	S-P	TAM YU	DAN SHU
LOWER SHOULDER BLADE	BL-41	S-P	KYOK KWAN	GE GUAN
KIDNEY	BL-45	S-P	WI CHANG	WEI CANG
BESIDE 1ST LUMBER	BL-46	S-P	HWANG MUN	HUANG MEN
BACK OF WAIST	BL-47	S-P	CHI SIL	ZHI SHI
COCCYX (TAILBONE)	BL-35	S	HOE YANG	HUI YANG
GROIN	CO-1	S	HOE UM	HUI YIN
INSIDE ELBOW	HT-3	S-P-G	SO HAE	SHAO HAI
FRONT ELBOW	PC-3	S-P-G	KOK TAEK	QU ZE
TOP OF FOREARM	LI-10	S-P-G	SU SAL LI	SHOU SAN LI
WRIST - RADIAL SIDE	LI-5	S-P	YANG GYE	YANG XI
WRIST - ULNA SIDE	SI-5	S-P	YANG GOK	YANG GU
UPPER INSIDE WRIST	LU-8	P-G	KYONG GO	JING GU
LOWER INSIDE WRIST	PC-7	P-G	TAE RYONG	DA LING
HORSESHOE	LI-4	P-G	HAP KOK	HE GU
INSIDE UPPER THIGH	SP-12	S-P	CHUNG MUN	CHONG MEN
INSIDE UPPER KNEE	SP-10	S-P	HYOL HAE	XUE HAI
BACK OF KNEE	BL-54	S-P	WI JUNG	WEI ZHONG
INSIDE OF ANKLE	SP-6	S-P	SAM UM GYO	SAN YIN JIAO
OUTSIDE OF ANKLE	GB-39	S-P	HYON JONG	JUE GU
ARCH OF FOOT	ST-42	S-P	CHUNG YANG	CHONG YANG
BASE OF TOES	ST-44	S-P-G	NAE JONG	NET TING
BOTTOM OF FOOT	KI-1	P	YONG CHON	YONG QUAN

LUNG

Top Inside Shoulder

LU-2

C: Yun Men

K: Un Mun

Striking-Pressing

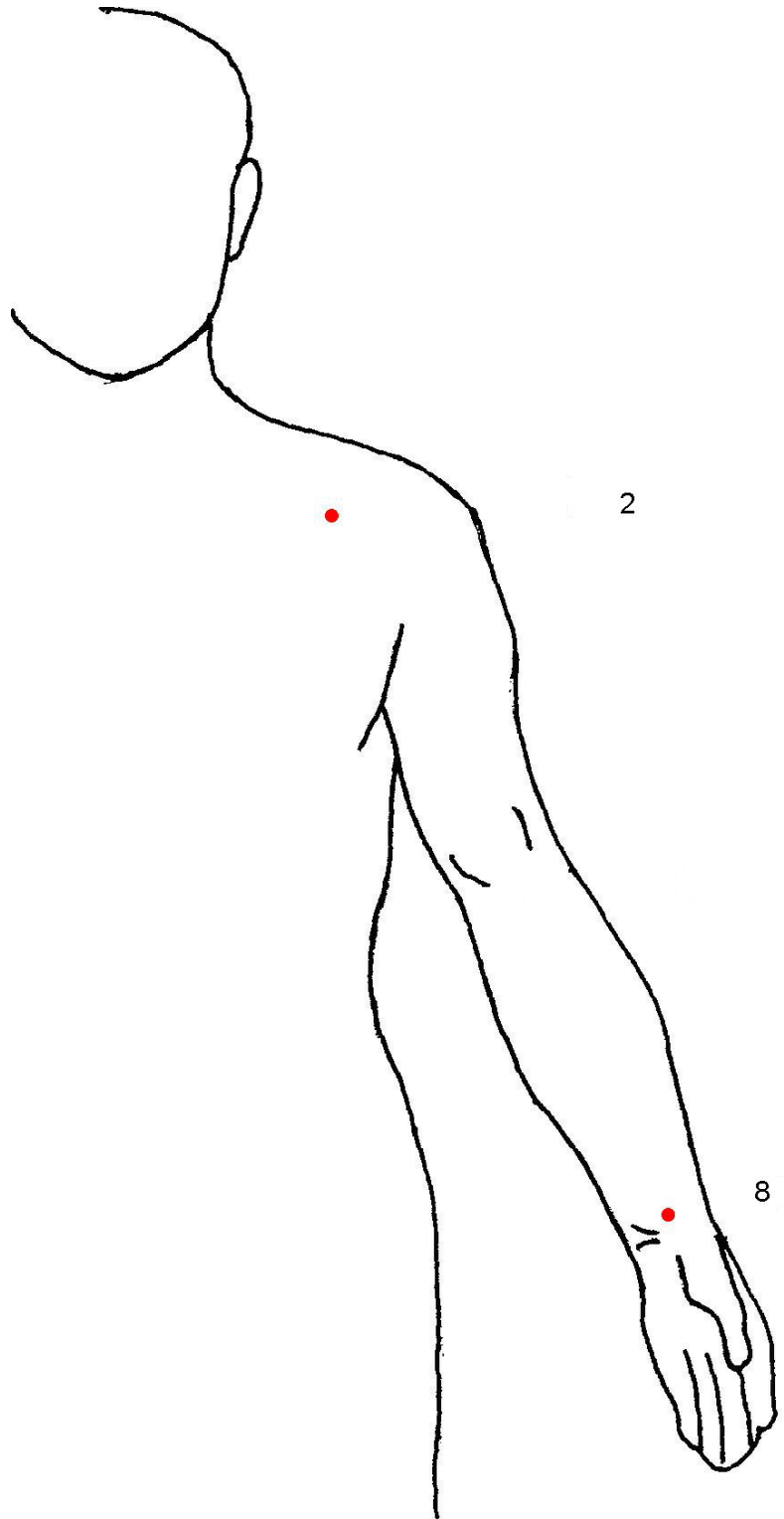
Upper Inside Wrist

LU-8

C: Jing Qu

K: Kyong Go

Pressing-Grasping



LARGE INTESTINE

Front Side of Neck

LI-18

C: Fu Tu

K: Bu Dol

Striking-Pressing-Grasping

Top of Forearm

LI-10

C: Shou San Li

K: Su Sal Li

Striking-Pressing-Grasping

Wrist-radial side

LI-5

C: Yang Xi

K: Yang Gye

Striking-Pressing

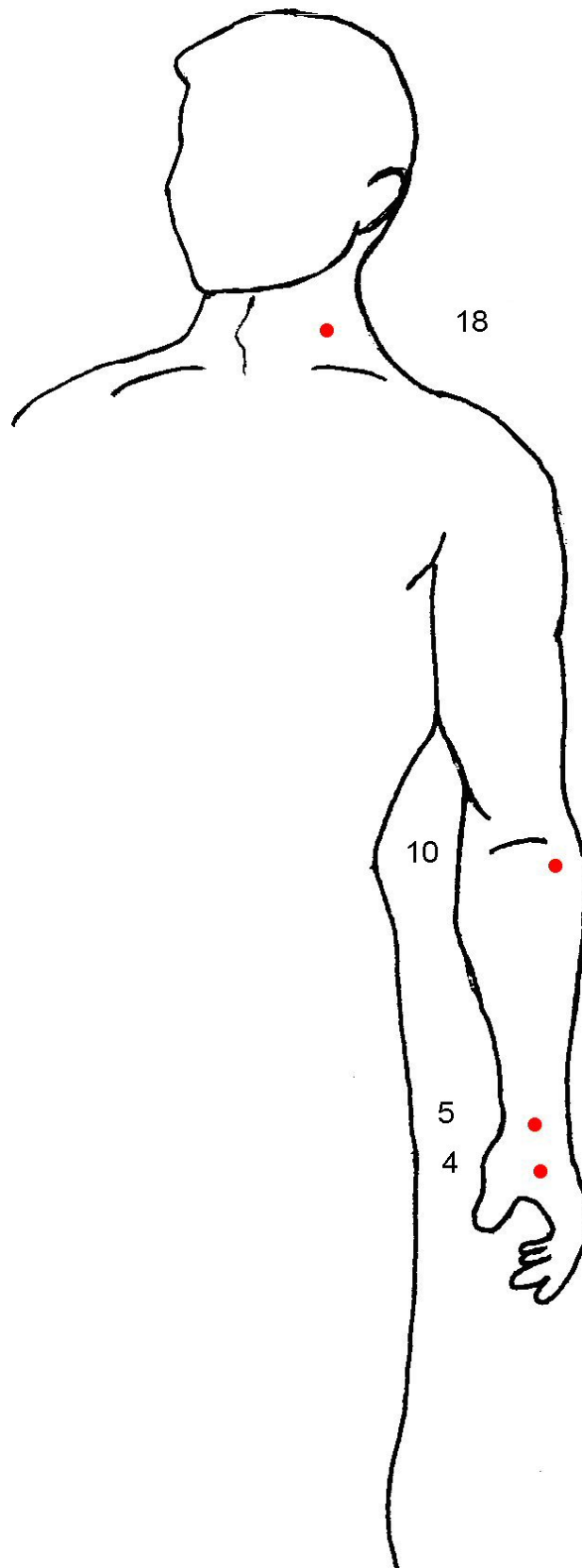
Horseshoe

LI-4

C: He Gu

K: Hap Kok

Pressing-Grasping



STOMACH

Jaw Hinge
ST-7
C: Xia Guan
K: Ha Gwan
Striking-Pressing

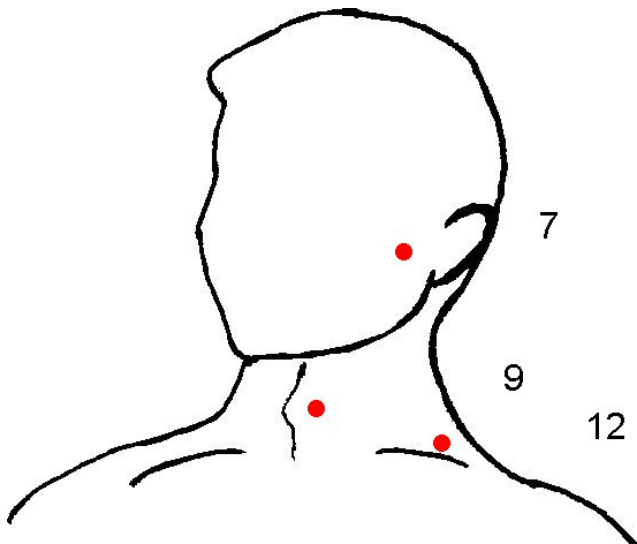
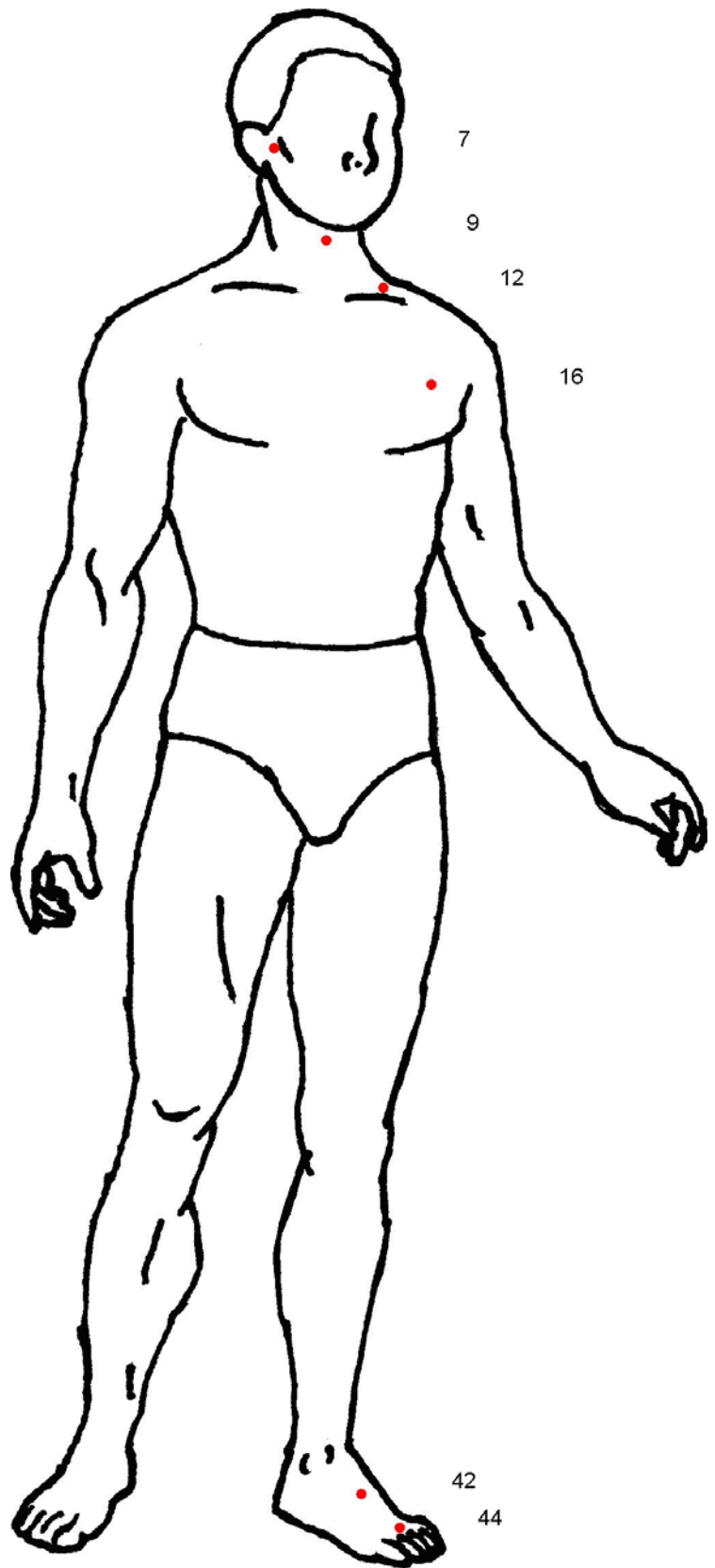
Windpipe
ST-9
C: Ren Ying
K: In Yong
Striking-Pressing-Grasping

Clavicle
ST-12
C: Que Pen
K: Kyol Bun
Pressing

Pectoral Muscle
ST-16
C: Ying Chuang
K: Yong Chang
Striking-Pressing

Arch of Foot
ST-42
C: Chong Yang
K: Chung Yang
Striking-Pressing

Base of Toes
ST-44
C: Net Ting
K: Nae Jong
Striking-Pressing-Grasping

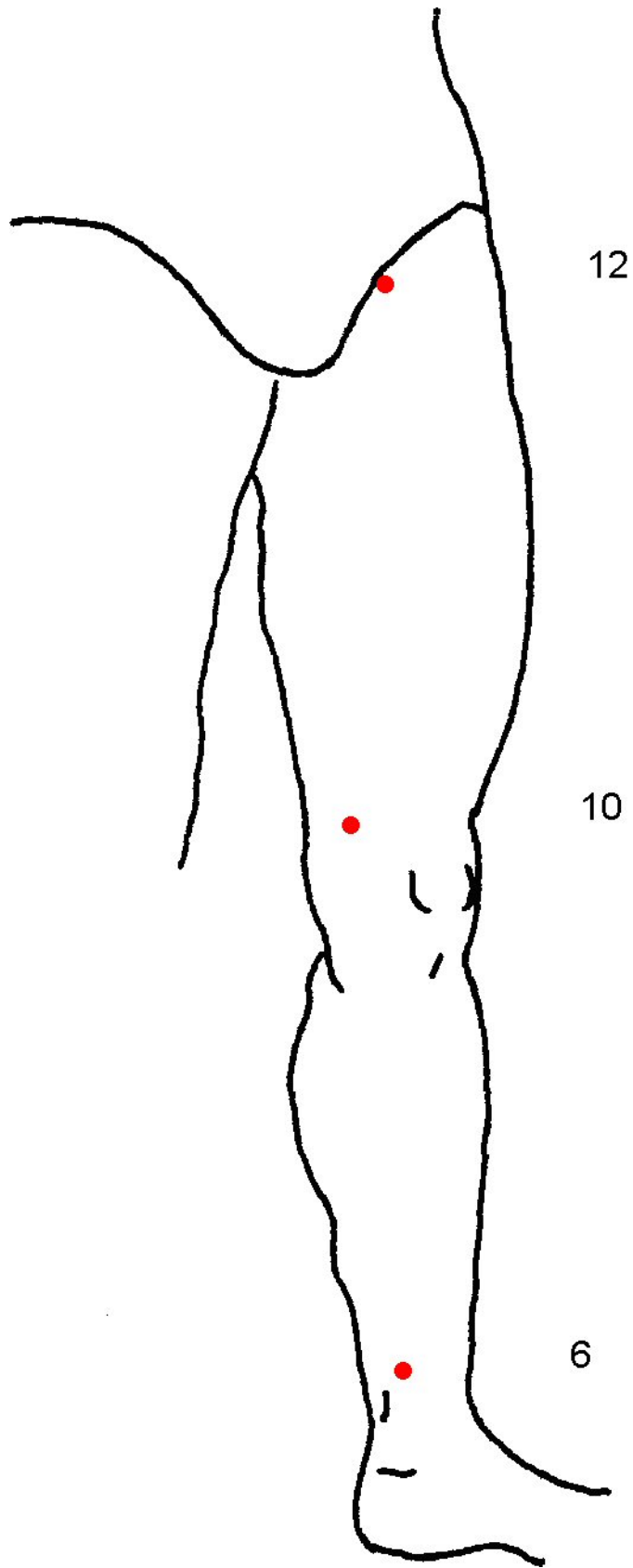


SPLEEN

Inside Upper Thigh
SP-12
C: Chong Men
K: Chung Mun
Striking-Pressing

Inside Upper Knee
SP-10
C: Xue Hai
K: Hyol Hae
Striking-Pressing

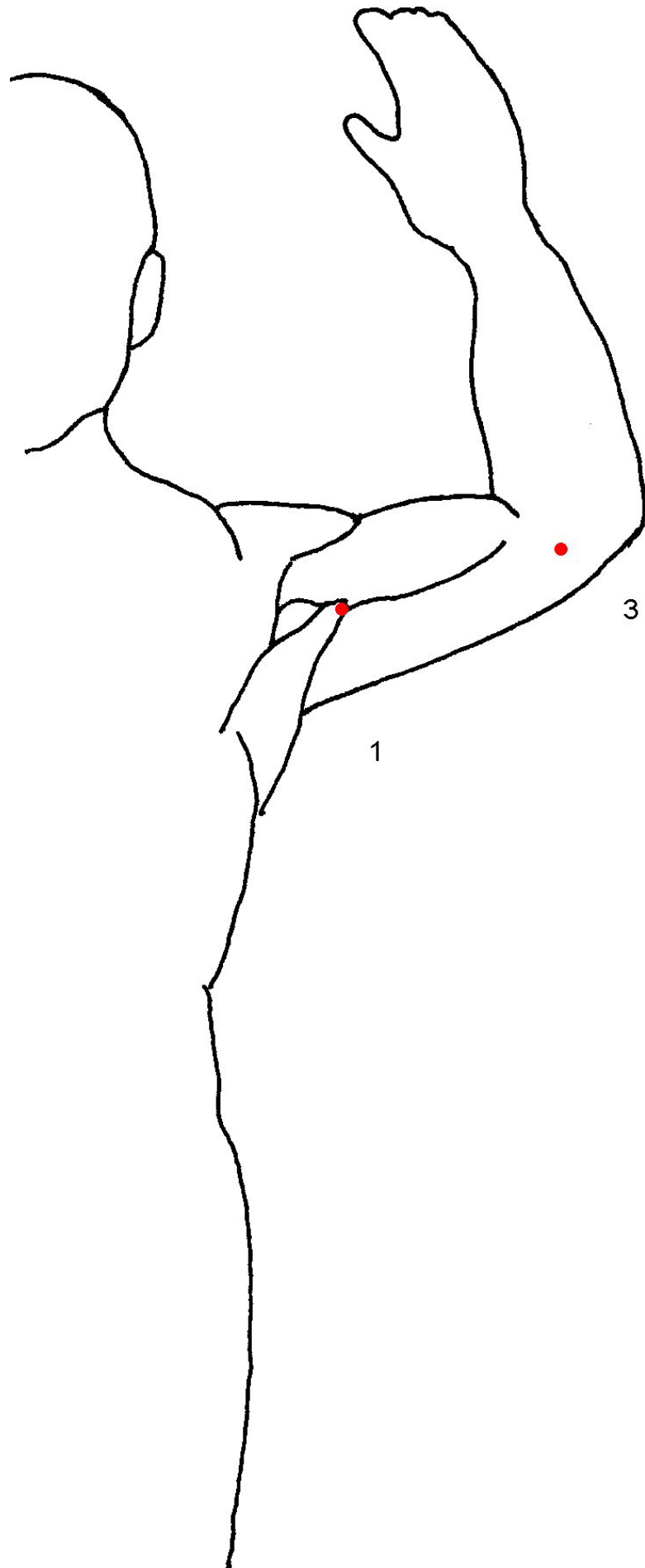
Inside of Ankle
SP-6
C: San Yin Jiao
K: Sam Um Gyo
Striking-Pressing



HEART

Armpit
HT-1
C: Ji Quan
K: Kuk Chon
Striking-Pressing-Grasping

Inside Elbow
HT-3
C: Shao Hai
K: So Hae
Striking-Pressing-Grasping



SMALL INTESTINE

Top of Trapezius
SI-15
C: Jian Zhong Shu
K: Kon Jong Yu
Striking-Grasping

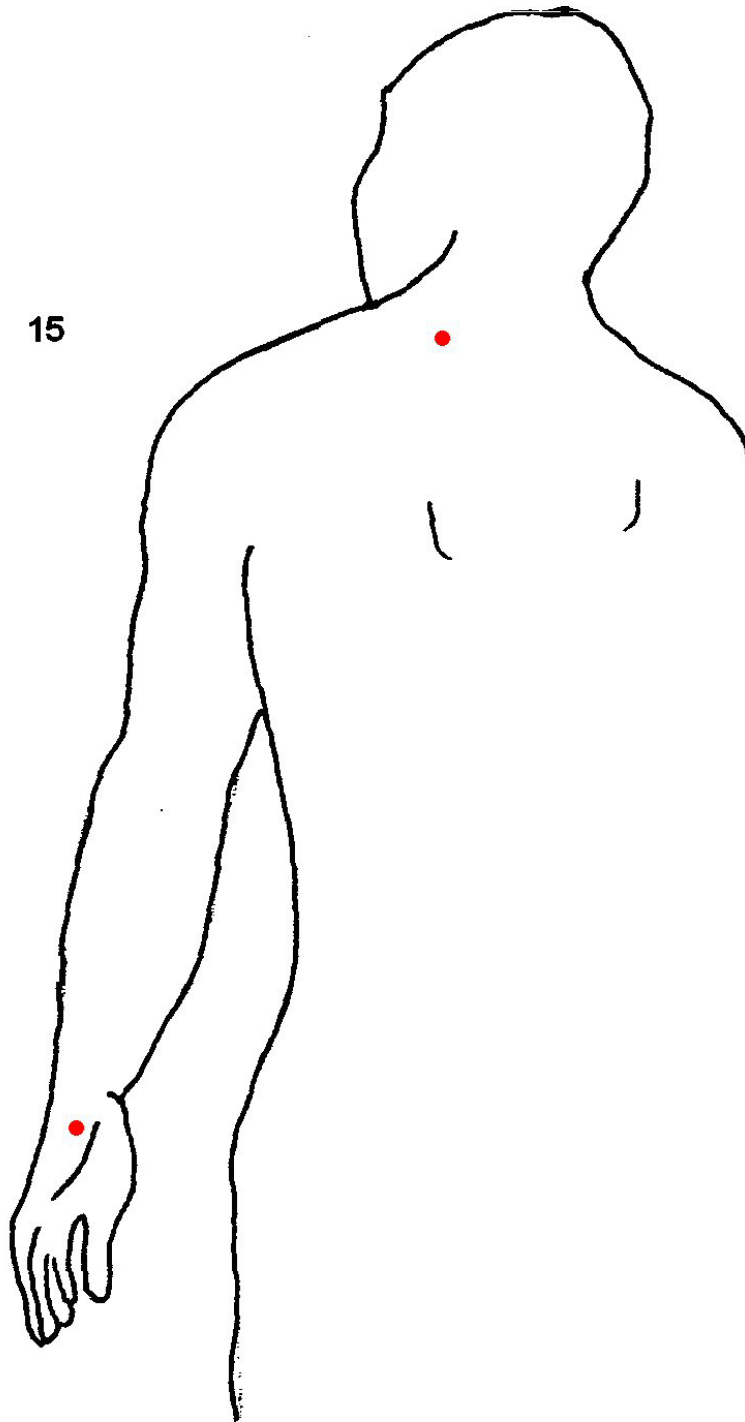
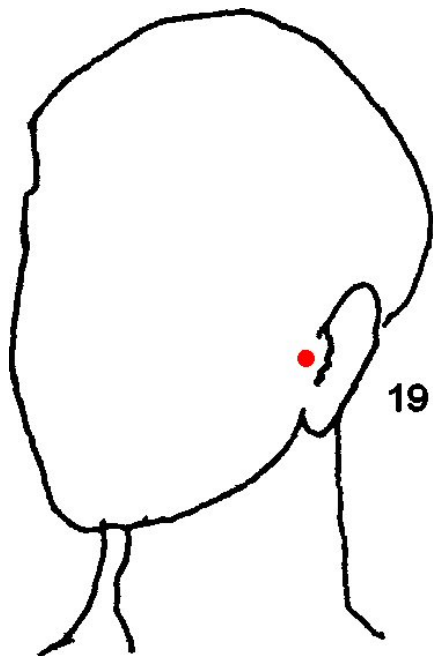
Wrist-ulna side
SI-5
C: Yang Gu
K: Yang Gok
Striking-Pressing

Front of Ear
SI-19
C: Ting Gong
K: Chong Gong
Striking-Pressing

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19



BLADDER

Lower Forehead
 BL-2
 C: Zan Zhu
 K: Cham Juk
 Striking

Bridge of Nose
 BL-1
 C: Jing Ming
 K: Chong Myong
 Striking

Beside 5th Thoracic
 BL-15
 C: Xin Shu
 K: Shim Yu
 Striking-Pressing

Beside 7th Thoracic
 BL-17
 C: Ge Shu
 K: Kyok Yu
 Striking-Pressing

Beside 10th Thoracic
 BL-19
 C: Dan Shu
 K: Tam Yu
 Striking-Pressing

Lower Shoulder Blade
 BL-41
 C: Ge Guan
 K: Kyok Kwan
 Striking-Pressing

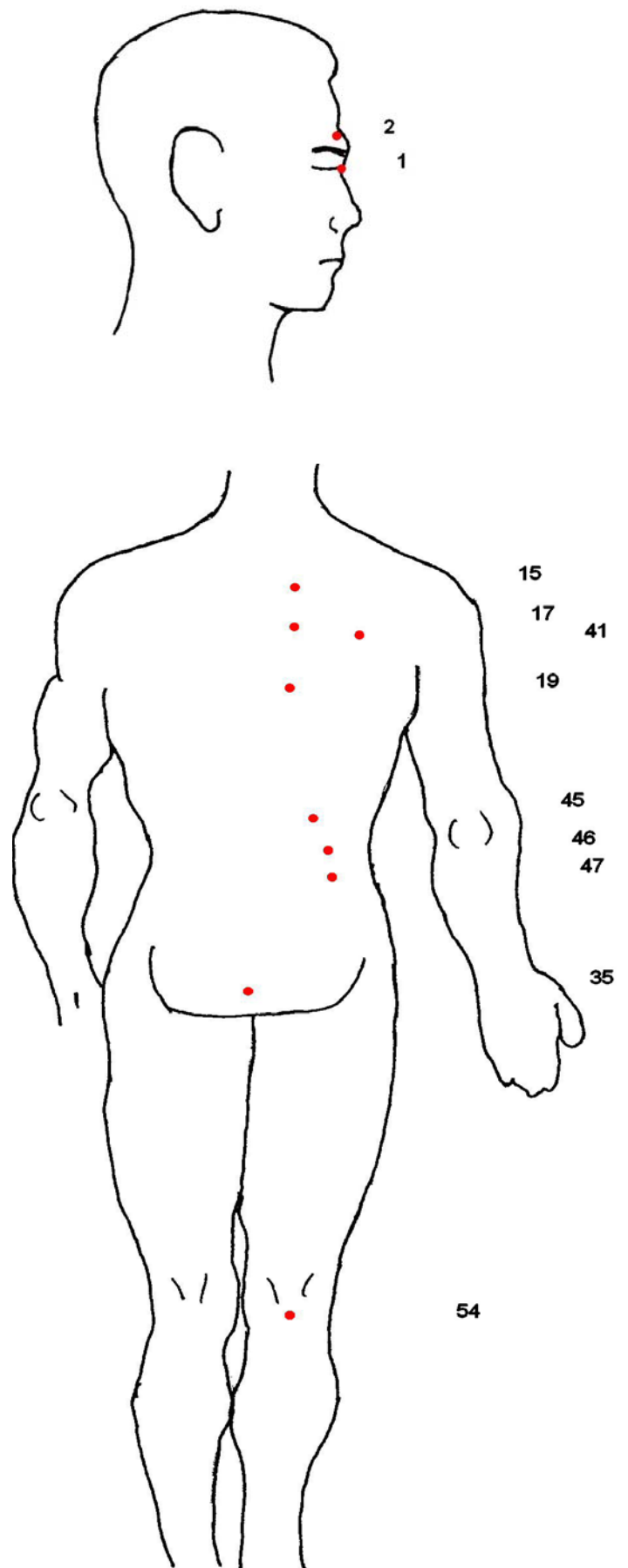
Kidney
 BL-45
 C: Wei Cang
 K: Wi Chang
 Striking-Pressing

Beside 1st Lumbar
 BL-46
 C: Huang Men
 K: Hwang Mun
 Striking-Pressing

Back of Waist
 BL-47
 C: Zhi Shi
 K: Chi Sil
 Striking-Pressing

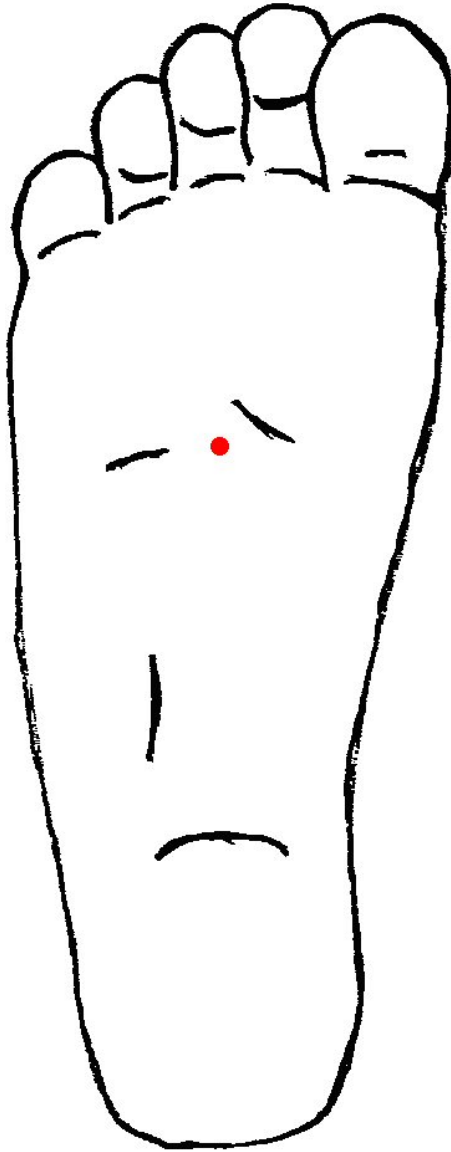
Coccyx (Tailbone)
 BL-35
 C: Hui Yang
 K: Hoe Yang
 Striking

Back of Knee
 BL-54
 C: Wei Zhong
 K: Wi Jung
 Striking-Pressing



KIDNEY

Bottom of Foot
KI-1
C: Yong Quan
K: Yong Chon
Pressing

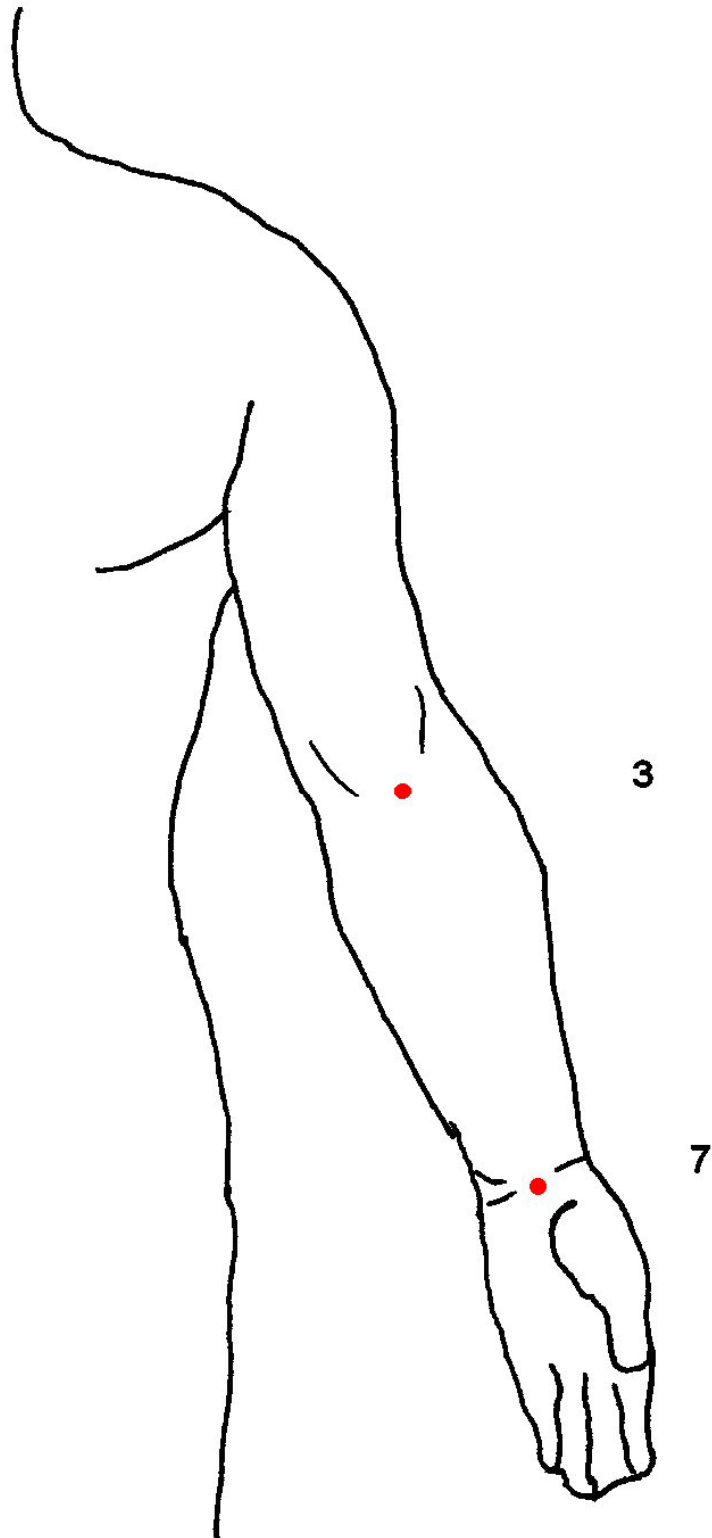


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PERICARDIUM

Lower Inside Wrist
PC-7
C: Da Ling
K: Tae Ryong
Pressing-Grasping

Front of Elbow
PC-3
C: Qu Ze
K: Kok Taek
Striking-Pressing-Grasping



TRIPLE WARMER

Temple

TW-23

C: Si Zhu Kong

K: Shi Juk Kong

Striking-Pressing

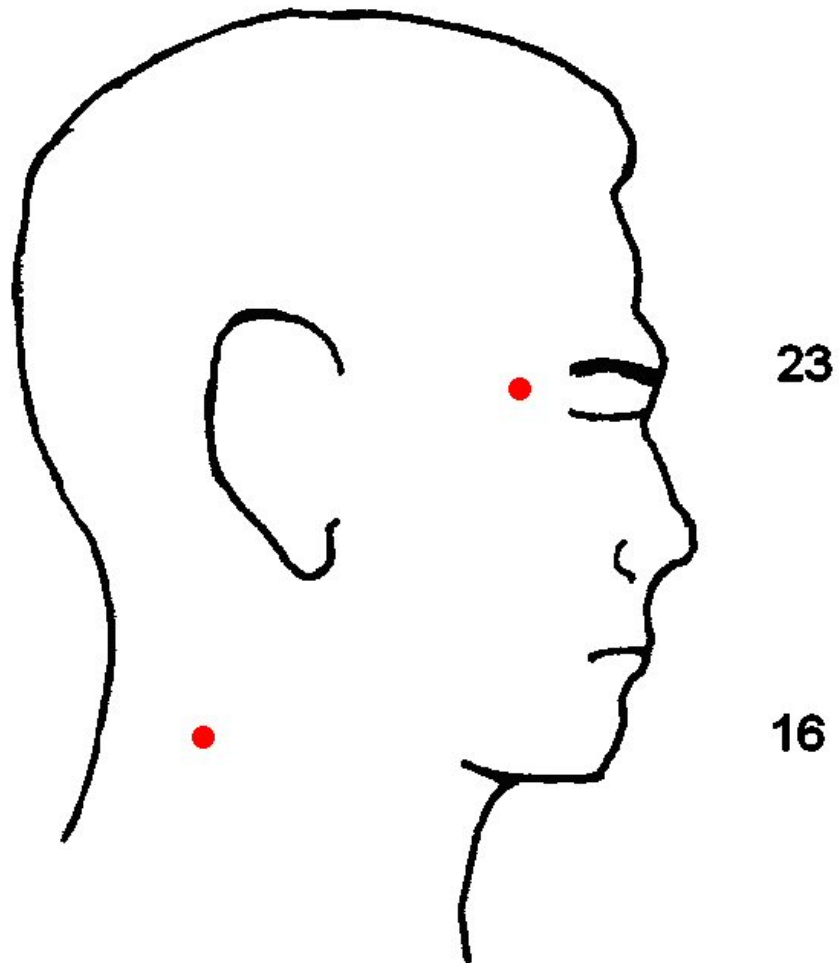
Rear Side of Neck

TW-16

C: Tian You

K: Chon Yu

Striking-Pressing

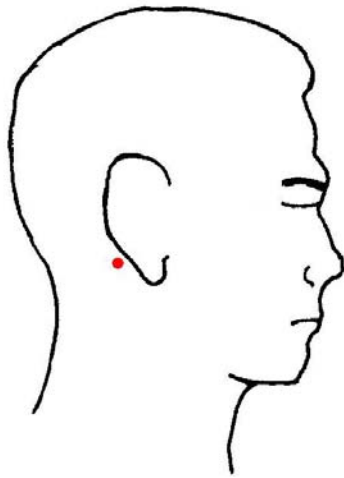


GALLBLADDER

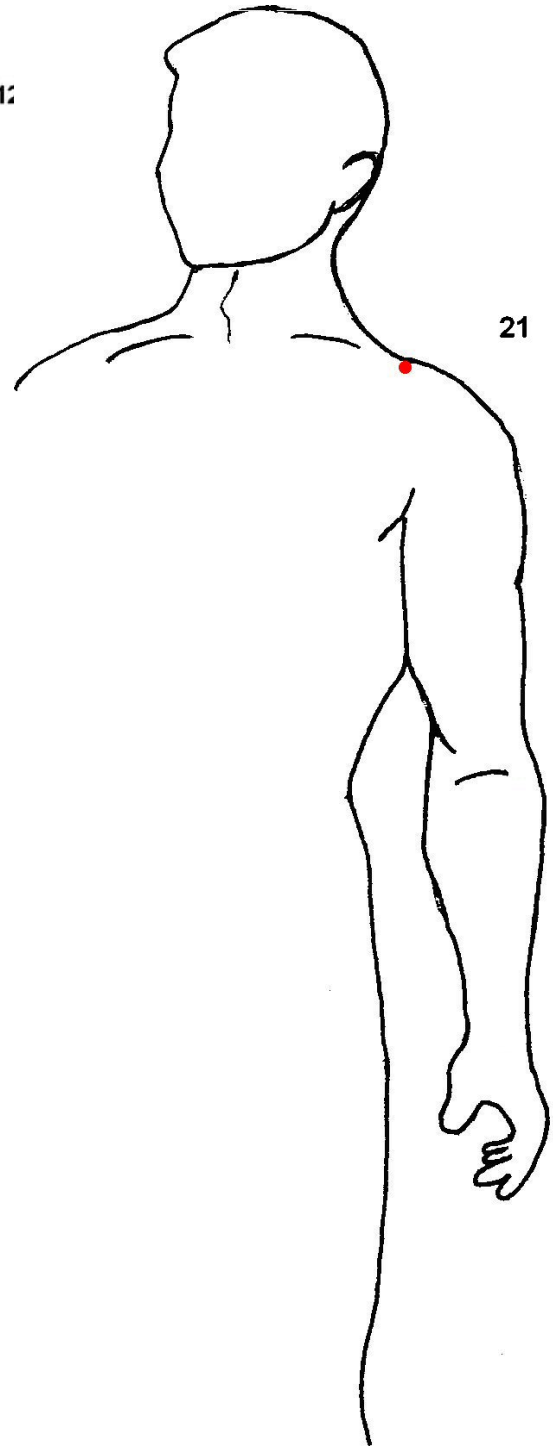
Mastoid
GB-12
C: Wan Gu
K: Wan Gol
Striking-Pressing

Top of Shoulder
GB-21
C: Jian Jing
K: Kon Jong
Striking

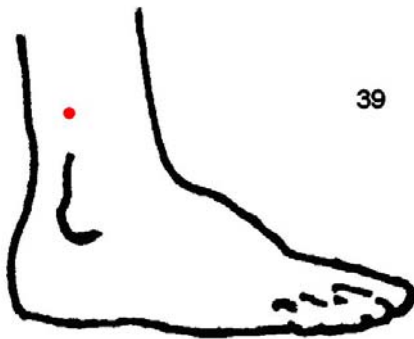
Outside of Ankle
GB-39
C: Jue Gu
K: Hyon Jong
Striking-Pressing



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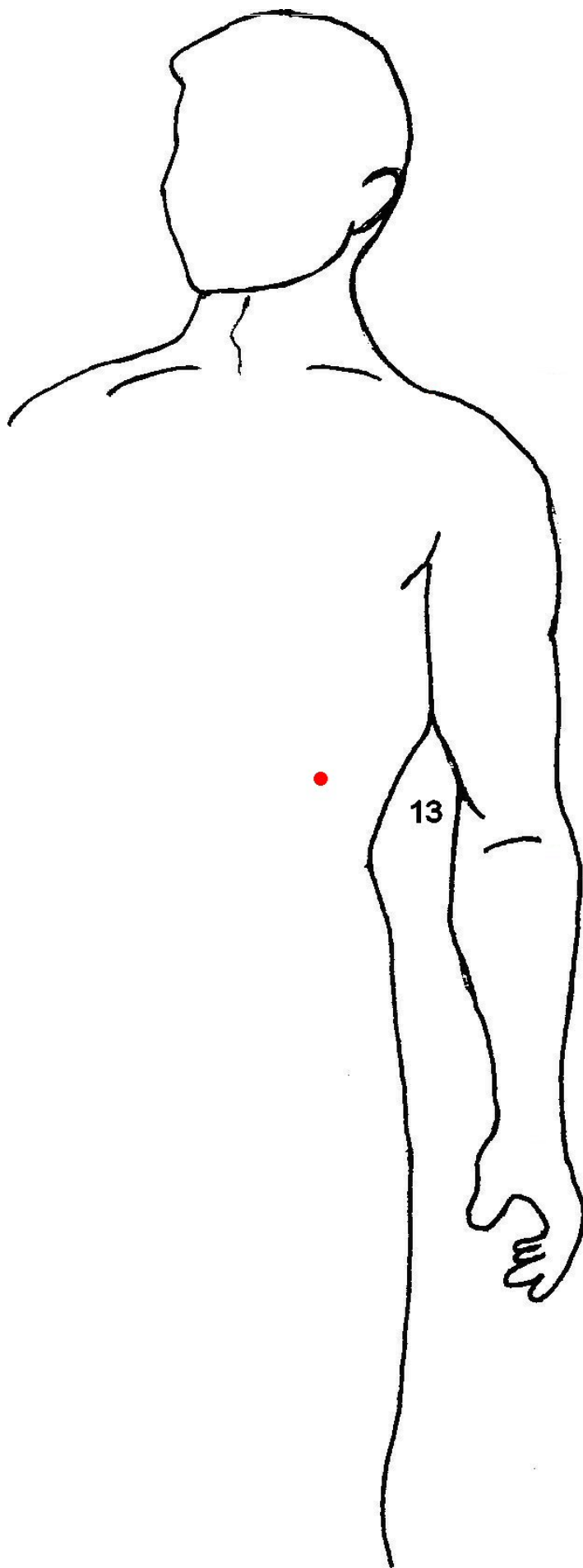
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LIVER

Floating Rib
LV-13
C: Zhang Men
K: Chang Mun
Striking



CONCEPTION VESSEL

Larynx
CO-23
C: Lian Quan
K: Yom Chon
Striking-Pressing-Grasping

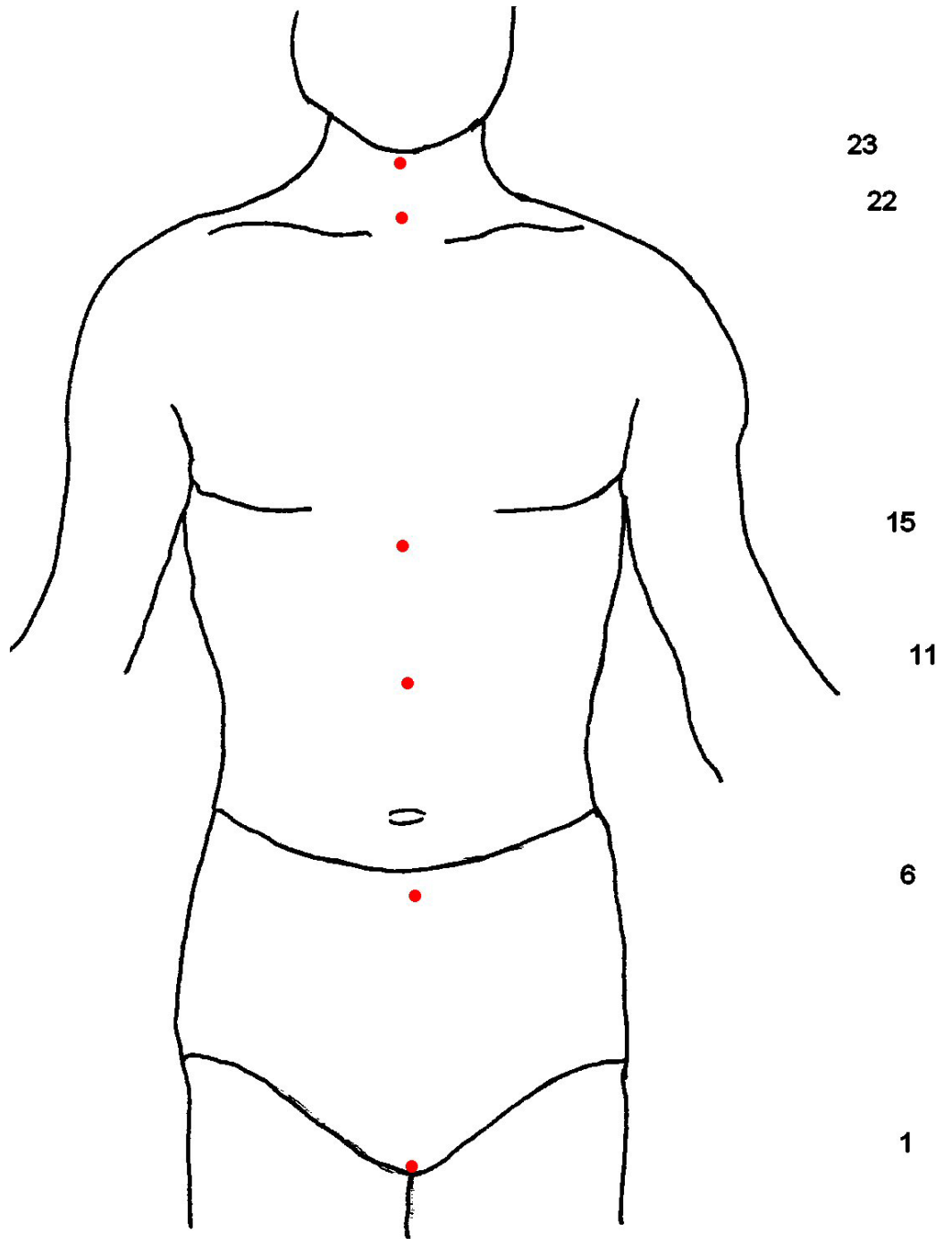
Base of Throat
CO-22
C: Tian Tu
K: Chon Tol
Pressing

Solar Plexus
CO-15
C: Jiu Wei
K: Ku Mi
Striking

Upper Stomach
CO-11
C: Jian Li
K: Kol Li
Striking

Two Inches Below Navel
CO-6
C: Qi Hai
K: Ki Hae
Striking

Groin
CO-1
C: Hui Yin
K: Hoe Um
Striking



GOVERNING VESSEL

Top of Head
GV-21
C: Quian Ding
K: Chon Jong
Striking

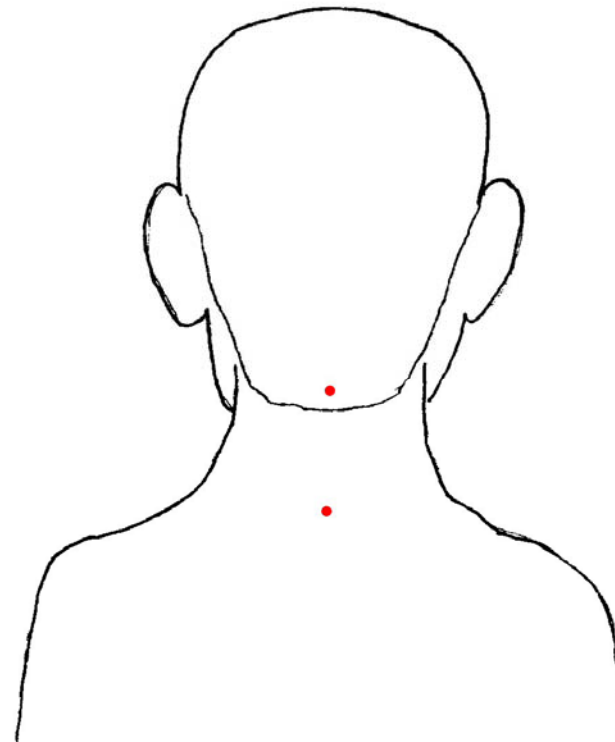
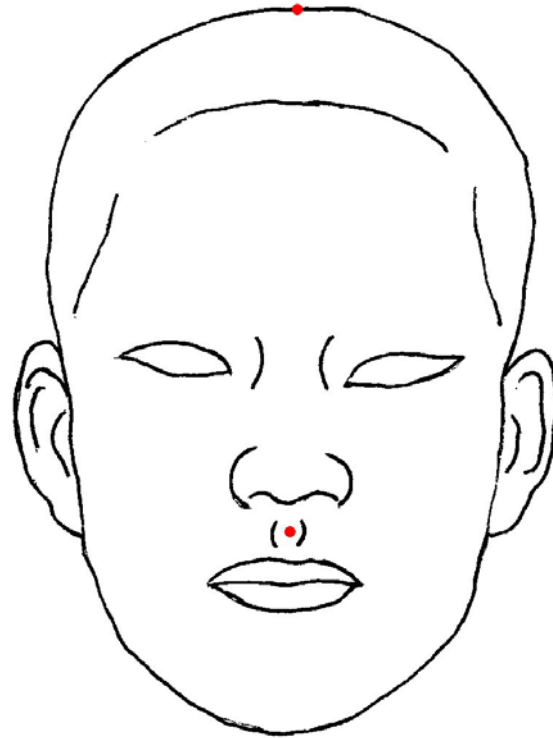
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Philtrum
GV-26
C: Shui Gou
K: Su Gu
Striking-Pressing

Base of Skull
GV-15
C: Ya Men
K: A Mun
Striking-Pressing

Base of Neck
GV-14
C: Da Zhui
K: Tae Chu
Striking

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