WARNING
The techniques depicted in this paper can be EXTREMELY DANGEROUS. It is not the intention of the author to encourage readers to attempt any of the techniques illustrated.

Striking points are given to you, the reader, for educational purposes only and must never be practiced or attempted without proper professional instruction from a certified Black Belt Instructor. Striking to any part of the head or body may result in serious injury, illness or disability to its receiver. For the reason that point striking may become deadly, you must receive one on one instruction from a qualified Instructor.

Martial arts applications

There are several types of pressure points, each of which is applied differently, and each one creates different effects. Some of the principles are discussed below:

Pain

Some points are painful because of the prevalence of nerves in the area. The body has a pain withdrawal reflex, whereby it reacts to pain by moving away from it. Martial artists make use of this. Applying pressure next to the collar bone, from above will cause the person to move downwards (away from the pain) whereas poking them in the gap between the jaw and neck (just below the ear) will make their body want to move upwards. Some points react more violently to pain from changes in the pressure (rubbing) rather than constant pressure.

Pressure

The baroreceptor in the carotid artery is pressure-sensitive allowing the body to control the blood flow into the brain. Pressure against this region will "trick" the body into thinking that blood pressure is too high and thus will constrict and lower blood pressure—which can cause blackout. Striking veins and arteries can also cause them to shut or tear, both of which will definitely cause black-out and possible death if not treated immediately.

Break

There are certain areas which are likely to lead to a break if struck properly. This includes the "loose rib", the philtrum. (Floating rib)
**Hyper-Extension**

There are joints that when struck, can be hyper-extended and even completely torn apart. This is a technique which can cause permanent damage and disfiguration to one's opponent usually focusing on the elbow and the knee. There are two types:

- brute force: This takes advantage of the vulnerability of the strike point, thereby causing the damage; and
- Golgi organs: A relatively gentle strike to the Golgi tendon at the back of the elbow, for example, triggers a reflex which immediately relaxes that tendon allowing the elbow to bend more easily in the wrong direction. If this is immediately followed by a solid strike to the elbow joint, the elbow can be broken with significantly less effort than through brute force.

**Brain shake**

The brain is actually a very vulnerable organ, which is why it is encased in the skull. The brain floats in fluid and balances on a very flexible spine. Certain techniques can actually shake the brain in a way which causes black out. The most commonly taught technique involves a strike just below the occipital ridge, at the correct angle in the correct direction. Other areas that are susceptible to such techniques are the temples and the top of the skull.

**Energy**

Some believe there are energy channels which flow around the body through acupuncture meridians, and an attack will impact the flows, and thus impact the body. This is called "chi", "ki" or "qi" in East Asian cultures and "Psi" in some western areas. Traditional Chinese medicine theory is based on the idea that specific pathway lines called meridians exist on the human body, along which are found many hundreds of acupressure points. Acupuncture is the most well known use of the meridian system. Pressing seizing or striking these points (or combinations of points) with specific intent and at certain angles can result in either heightening or diminishing Ki circulation in the body, according to this theory.
Femoral Nerve
The Femoral artery starts off in the lower abdomen, traveling down into the thigh, starting off as the Iliac artery which comes out of the abdominal aorta. It’s first off-shoot or branch is a deep artery called the profundafemoris as it continues down the thigh medial to the femur. Can be used so a light technique from front head lock.

**Location:** 10 centimetres above the knee on the inside of the thigh.

**Weapon:** Kick or knuckle rub.

**Depth:** 13mm to 18mm.

**Effect:** Leg collapse away from pressure; numb inner thigh, fainting slowing or stoppage of the breath and bending forwards from the waste and a bending of the knee.

Jugular notch
The suprasternal notch (fossa jugularis sternalis), also known as the jugular notch.

**Location:** This pressure point is located in the centre of the lowest part of the Neck, in the hollow. Where the clavicles join the sternum.

**Weapon:** Middle and index fingers together.

**Depth:** 20mm to 30mm.

**Effect:** Suppressed wind pipe / stoppage of Breath / temporary stunning, stepping backwards

**Strike direction:** In and down

Mastoid Nerve
This nerve centre can be used to stand some up from a sitting position by inserting your index fingers on both sides at the same time and lifting also can be used when on the ground in a side headlock.

**Location:** Hollow spot behind the ear lobe.

**Weapon:** Knuckles and thumb Digital pressure

**Depth:** 20mm to 30mm.

**Effect:** Severe pain

**Strike direction:** Rubbing and direct pressure.
Radial Ulnar loop
This pressure point is commonly used in Bearhugs from behind under arms to open the hands to apply joint locks. It is also used in wrist twists.

**Location:** Back of the hand.

**Weapon:** Knuckles and thumbs Digital pressure.

**Depth:** 5mm to 10mm.

**Effect:** Pain and withdrawing of the hand or the hand opens.

Subclavian nerve
A branch arising from the superior trunk of the brachial plexus and supplying the subclavius muscle. Used for escapes from side headlocks.

**Location:** In-between the clavicle and scapula.

**Weapon:** Fingers Digital pressure.

**Depth:** 5mm to 10mm.

**Effect:** Pain and withdrawing of the hand or the hand opens, will also make subject sit down.

Popliteal Fossa
Commonly used in side headlocks as a softer alterative.

**Location:** Is a space or shallow depression located at the back of the knee-joint.

**Weapon:** Digital pressure with knuckles or a strike

**Depth:** 10mm to 30mm.

**Effect:** Knee bends forward loss of balance.
Ulnar Nerve
The ulnar nerve is a nerve which runs near the ulna bone. When someone says "hitting their funny bone", it is the aggravation of this nerve that is being referred to. The ulnar nerve is the largest unprotected nerve in the human body (meaning, unprotected by muscle or bone), and the only unprotected nerve that does not serve a sensory function (those nerves specifically meant to perceive changes in the environment, such as nerves in the skin). Commonly used when applying arm bars.

**Location:** 30mm above the elbow on the outside or the arm

**Weapon:** Striking or rubbing with knuckles

**Depth:** 5mm to 10mm.

**Effect:** Weak wrist, pain

Subaxillary Bundle
Commonly used in grips to clothing and one hand strangles.

**Location:** Under the armpit

**Weapon:** spear hand or grab with thumb and fingers

**Depth:** 30mm to 50mm.

**Effect:** Pain and withdrawing of the arm.

Brachial Plexus
It is probably the most reliable place to strike someone to stun them. The brachial plexus is an arrangement of nerve fibres, running from the spine, formed by the ventral rami of the lower cervical and upper thoracic nerve roots, specifically from above the fifth cervical vertebra to underneath the first thoracic vertebra (C5-T1). It proceeds through the neck, the axilla (armpit region) and into the arm.

**Location:** Top of the shoulder near the neck

**Weapon:** Any part of the hand or arm may be applied—the palm heel, back of the hand, knife hand, ridge hand, hammer fist, thumb tip, or the forearm

**Depth:** 10mm to 20mm.
Effect: A blow here can inhibit the muscles of the neck, shoulder and arm, severely limiting the opponent’s ability to fight. A man can also be forced to their knees from the blow. Possible unconsciousness.