

KYUSHO JUTSU BLACK BELT SELF STUDY

MODULE 2: TOP 10 PRESSURE POINTS



MASTER ALI

DIRECTOR FOR KYUSHO JUTSU MALAYSIA &
KYUSHO JITSU WORLD ALLIANCE (MALAYSIA)

CLASS NOTES –

FROM BEGINNER TO ADVANCED. THE MOST COMPLETE
KYUSHO JUTSU PROGRAM AVAILABLE, ANYWHERE!

K
Y
U
S
H
O

J
U
T
S
U

M
A
L
A
Y
S
I
A

急所術馬来西亞

TOP 10 PRESSURE POINTS



Lung 8 (LU-8)



LOCATION: FROM WRIST – 1 FINGER OVER AND SLIGHTLY DOWN

STRIKE FUNCTION: CAUSES HAND TO OPEN AND WEAKEN LEGS

WEAPONS – OPEN HAND KNIFE, KNUCKLE RAP, FOREARM

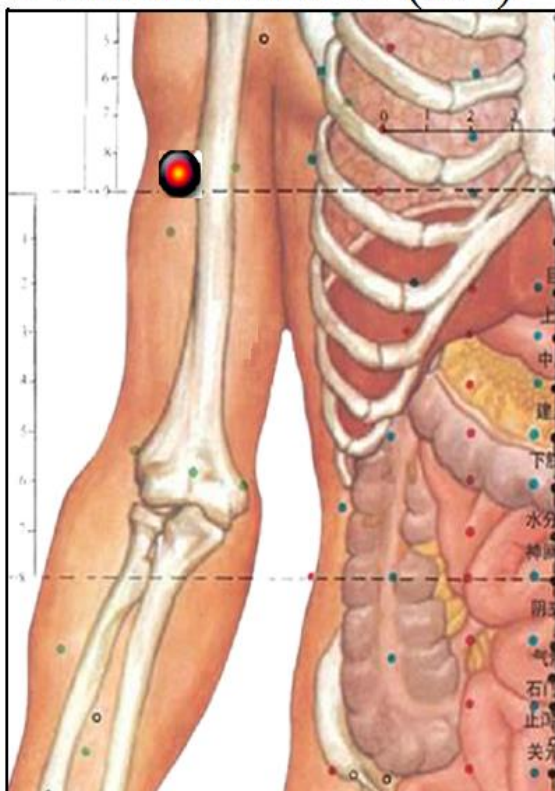
PRACTICE DRILLS :

1. ATTACKER GRABS YOUR HAND. TURN YOUR HAND UP AND STRIKE DOWN TO LU-8
2. ATTACKER GRABS YOUR OPPOSITE HAND
3. ATTACKER GRABS YOUR HAND FROM BEHIND
4. ATTACKER GRABS YOUR SHIRT – GRAB AND PRESS INTO LU8 AND PULL DOWN INTO THE ATTACKER'S BODY
5. ATTACKER GRABS YOU AROUND THE NECK FROM BEHIND – GRAB AND SQUEEZE LU8 AND PULL HANDS OFF.

OTHER APPLICATION USAGE: A WOMAN HOLDING HER HANDBAG AND SOME TRIES TO GRAB THE BAG – KNUCKLE OR OPEN HAND STRIKE THE ATTACKER. OR SOMEONE WANTS TO GRAB YOUR CHILDREN BY THEIR HAND, THEY CAN KNUCKLE RAP OR OPEN HAND STRIKE THE ATTACKER.

STRESS DRILLS –PRACTICE WITH 2 OR MORE PARTNERS - RANDOM GRAB FROM FRONT, SIDE AND BACK

Pericardium 2 (P2)



LOCATION: 2 FINGERS FROM THE ARM PIT GOING DOWN THE ARM

STRIKE FUNCTION: CAUSES PAIN TO THE ARM, NUMB THE ARM

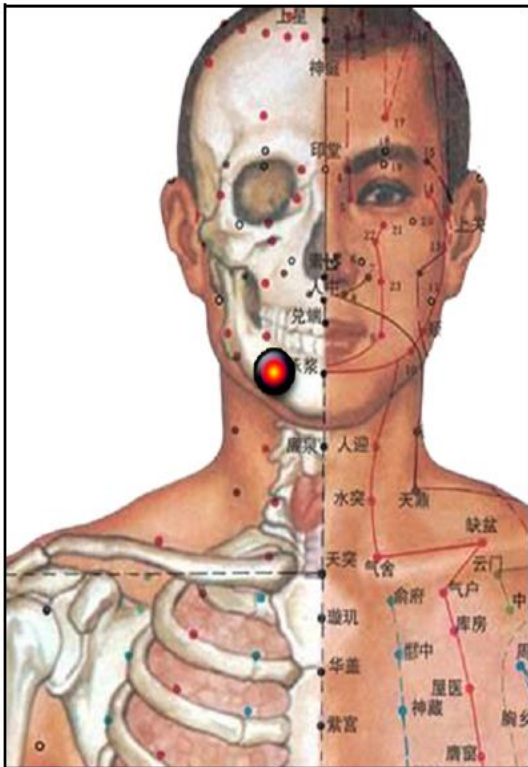
WEAPONS – OPEN HAND KNIFE, STRAIGHT PUNCH, ELBOW

PRACTICE DRILLS:

1. ATTACKER THROWS A HOOK PUNCH, BLOCK THEN STRIKE INTO P2
2. ATTACKER GRABS YOUR SHIRT, STRIKE TO P2
3. ATTACKER THROWS 1 PUNCH, STRIKE TO P2, THEN ATTACKER THROWS A SECOND PUNCH WITH OTHER HAND – STRAIGHT PUNCH OR ELBOW SECOND HAND

STRESS DRILLS –PRACTICE WITH 2 OR MORE PARTNERS - RANDOM GRAB FROM FRONT, SIDE AND BACK

Misc. Head & Neck 18 (MHN-18)



ALSO KNOWN AS: MENTAL NERVE

LOCATION: 1 FINGER DOWN FROM THE CORNER OF THE MOUTH

STRIKE FUNCTION: CAUSES HEAD TO DISORIENT AND CAN PRESS THIS POINT TURN THE HEAD.

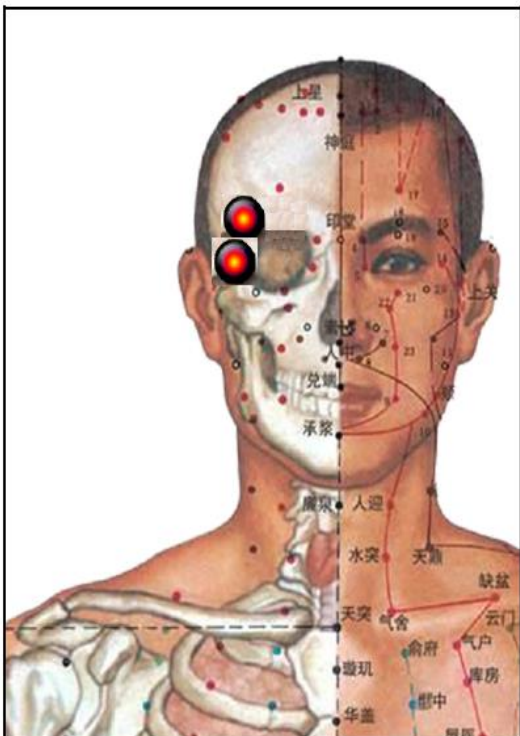
WEAPONS – OPEN HAND KNIFE, BACK FIST

SAFETY: PRACTICE WITHOUT STRIKING WITH YOUR TRAINING PARTNER.

PRACTICE DRILLS :

1. USING OPEN HAND KNIFE. STRIKE IN DOWN DIRECTION
2. ATTACKER GRABS YOUR SHIRT. STRIKE THE OPPOSITE SIDE OF THE ATTACKER'S MHN18
3. ATTACKER PUSHES YOU AGAINST A WALL – NO NEED TO GRAB L8 MAYBE DIFFICULT – JUST STRIKE MHN18
4. ATTACKER THROWS A PUNCH – AVOID PUNCH AND STRIKE TO MHN18
5. ATTACKER HAS YOU PINNED DOWN ON THE GROUND STRIKE TO MHN18 TO GET ATTACKER OFF OF YOU.

TRIPPLE WARMER 23 AND GALL BLADDER 1



LOCATION: TO THE OUTSIDE OF THE EYE.

STRIKE FUNCTION: CAN CAUSE DYSINESS, EVEN KO

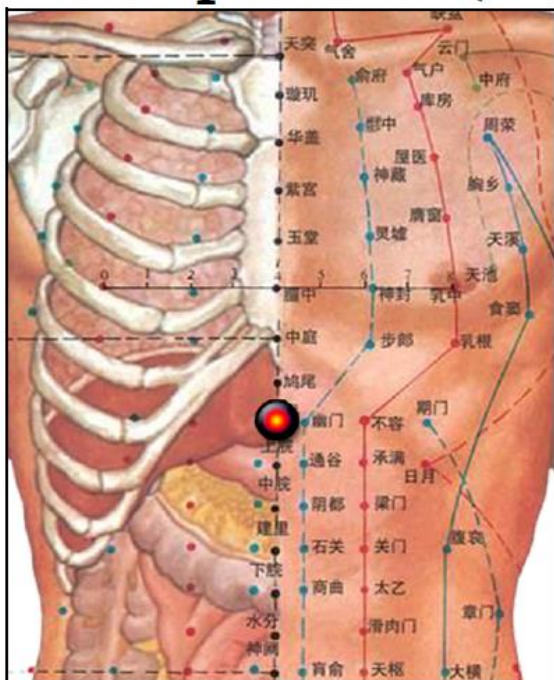
WEAPONS – OPEN HAND PALM

SAFETY WHEN STRIKING TO THE EYE AREA. PRACTICE WITHOUT STRIKING WITH YOUR TRAINING PARTNER.

PRACTICE DRILLS:

1. USING OPEN HAND PALM. STRIKE IN AND DOWN – SLAP EFFECT.
2. PRACTICE STRIK YOUR PARTNER'S SHOULDERS
3. ATTACKER THROWS A PUNCH, BLOCK AND STRIKE TO P2 AND THEN STRIKE TO TW23/GB1
4. ATTACKER GRABS YOUR SHIRT. STRIKETHEIR OPPOSITE SIDE THEN STRIKE LU8 TO RELEASE FROM GRAB AND MOVE OUT
5. ATTACKER PUSHES YOU AGAINST A WALL – SAME AS NUMBER 4 BUT STRIKE ONE SIDE
6. ATTACKER PUSHES YOU AGAINST A WALL – SAME AS NUMBER 4 BUT STRIKE BOTH SIDES OF HEAD.

Conception 14 (CV-14)



LOCATION: 2 FINGERS BELOW CENTER OF THE RIBS WHERE THEY JOIN

STRIKE FUNCTION: CAUSES PERSON TO DROP TO THE FLOOR.

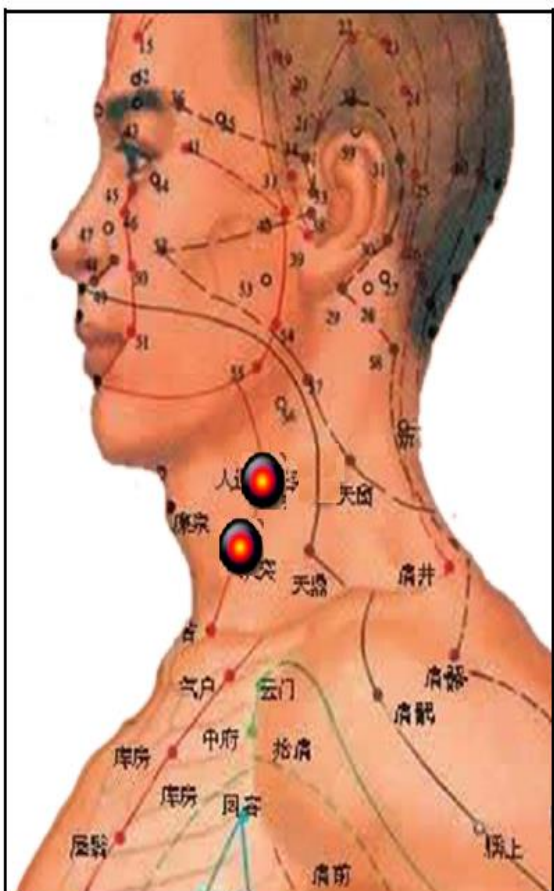
WEAPONS – STRAIGHT PUNCH

SAFETY WHEN STRIKING TO THE CHEST AND RIBS AREA

PRACTICE DRILLS:

1. ATTACKER THROWS A PUNCH, BLOCK AND STRIKE IN AND DOWN ON CV14
2. ATTACKER PUSHES YOU AGAINST A WALL. AND GRABS YOUR NECK WITH CHOKE HOLD. AND STRIKE IN AND DOWN ON CV14

STOMACH 9 AND 10 (ST9 AND ST10)



LOCATION: LEVEL WITH THE TIP OF THE ADAM'S APPLE

STRIKE FUNCTION: CAN LOWER THE BLOOD PRESSURE OF THE PERSON. CAN CONTROL THE PERSON AND CAUSE PERSON TO DROP TO THE FLOOR

WEAPONS – STRAIGHT PUNCH, KNIFE HAND, OPEN HAND THUMB KNUCKLE

STRESS SAFETY – **GO SLOWLY AND APPLY CAUTION WHEN STRIKING NECK AREA.**

DEMO:

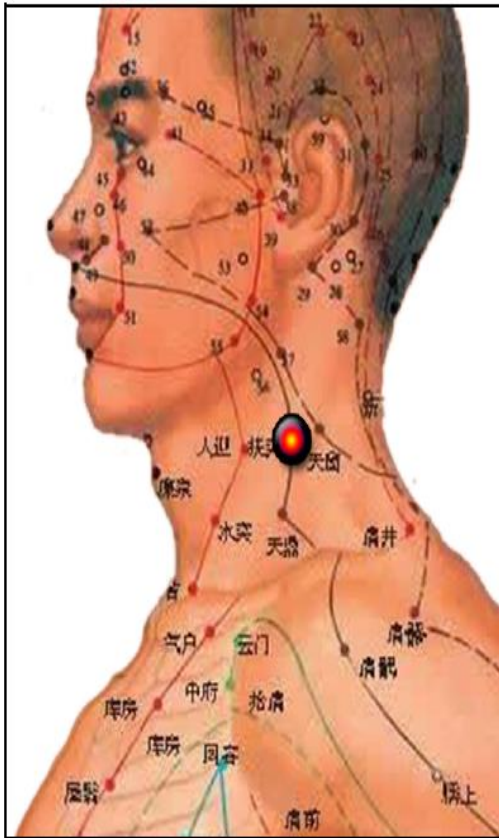
USING TWO FINGERS PRESS IN AND UP – BODY GOES BACK TWO
USING TWO FINGERS PRESS IN AND DOWN – BODY GOES IN

AS A THIRD PARTY TO HELP WHEN TWO PEOPLE ARE FIGHTING.
REMOVING SOMEONE FROM A FIGHT - PRESS IN AND GRAB

PRACTICE DRILLS:

1. ATTACKER THROWS A PUNCH, BLOCK AND AVOID THEN STRIKE IN AND DOWN TO ST9 AND ST10
2. ATTACKER GRABS YOUR SHIRT - STRIKE IN AND DOWN
3. ATTACKER PUSHES YOU AGAINST A WALL – USE BOTH THUMB KNUCKLES ON BOTH SIDES OF ATTACKER NECK - PRESS IN AND DOWN

Large Intestine 18 (LI-18)



ALSO KNOWN AS THE FRANKENSTEIN POINTS

LOCATION: ON THE SIDE OF THE NECK, DIRECTLY BELOW THE EAR, CENTER OF SIDE OF THE NECK

STRIKE FUNCTION: CAN CONTROL THE PERSON AND CAUSE PERSON TO DROP TO THE FLOOR

WEAPONS – STRAIGHT PUNCH, KNIFE HAND, OPEN HAND THUMB KNUCKLE

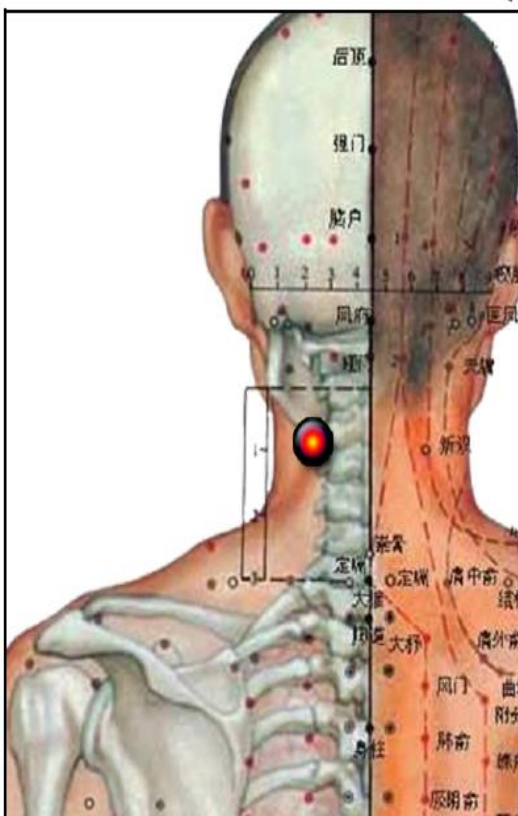
STRESS SAFETY – **GO SLOWLY WHEN PRACTICING WITH TRAINING PARTNER ON NECK AREA.**

WARNING: DO NOT STRIKE BOTH POINTS AT THE SAME TIME – CAUSE MAJOR RUSH OF PAIN TO THE HEAD.
ALTERNATE ONE SIDE STRIKE THEN THE OTHER SIDE.

PRACTICE DRILLS:

1. ATTACKER THROWS A PUNCH – BLOCK LU8 AND AVOID. THEN STRIKE LI 18
2. ATTACKER GRABS YOUR SHIRT - STRIKE LI18
3. ATTACKER THROWS A STRAIGHT PUNCH – AVOID AND GO OUTSIDE OF PUNCH THEN STRIKE TO LI18
4. ATTACKER PUSHES YOU AGAINST A WALL – USE BOTH THUMB KNUCKLES ON BOTH SIDES OF ATTACKER NECK - PRESS IN AND DOWN

Gall Bladder 20 (GB-20)



LOCATION: BEHIND THE BACK OF NECK, JUST BELOW THE HAIRLINE

STRIKE FUNCTION: STRIKE UP AND IN TOWARDS CENTER OF HEAD

WEAPONS – OPEN HAND KNIFE, OPEN HAND THUMB KNUCKLE

STRESS SAFETY – **GO SLOWLY WHEN PRACTICING WITH TRAINING PARTNER ON NECK AREA.**

PRACTICE DRILLS:

1. ATTACKER GRABS YOUR SHIRT– STRIKE TO L8 THEN STRIKE TO GB20
2. ATTACKER PUSH AGAINST WALL OPEN HAND THUMB KNUCKLE
3. FROM PUNCH – STRIKE TO P2, AS HAND DROPS START TO WALK AWAY AND STRIKE GB20

GALL BLADDER 31 AND SPLEEN 11



LOCATION:

SP11 ONE HAND UP FROM KNEE (INSIDE LEG)

GB31 WITH HANDS TO THE SIDE, POINT AT BOTTOM OF THE MIDDLE FINGER (OUTSIDE LEG)

STRIKE FUNCTION: STRIKE INTO THE LEG

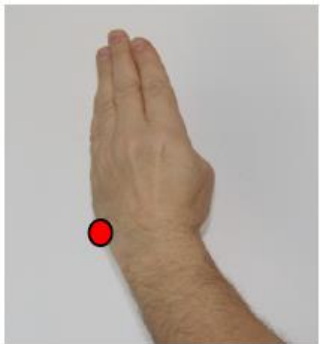
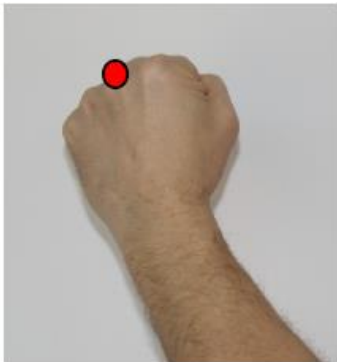



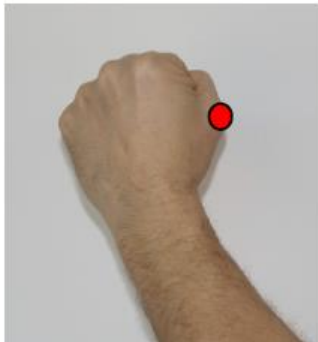
WEAPONS – KNEE STRIKE, FOOT STRIKE, STRAIGHT PUNCH, OPEN HAND KNIFE,

PRACTICE DRILLS:

1. ATTACKER GRABS YOUR SHIRT–GRAB LU8 AND HOLD TOP OF SHOULDER AS YOU KNEE INTO SPL11
2. YOU AND ATTACKER LOCKED IN WRESTLING STANCE –TO KNEE TO ATTACKER SPL11
3. YOU AND ATTACKER LOCKED IN WRESTLING STANCE – DUCK UNDER ONE ARM AS YOU STRAIGHT PUNCH STRIKE SPL 11 AND ESCAPE OUT.
4. YOU AND ATTACKER LOCKED IN WRESTLING STANCE – DUCK UNDER ONE ARM AS YOU KNEE STRIKE TO THE OUTSIDE GB31 AS UKE DROPS TO THE GROUP TAKE SECOND STRIKE TO GB20

THIRD PARTY INTERVENTION : 3RD PERSON COMES FROM BEHIND AND KNEE STRIKE INTO GB31 AS UKE DROPS TO THE GROUP TAKE SECOND STRIKE TO GB20

WEAPON STRIKES UTILIZED IN THIS TRAINING

 <p>OPEN KNIFE HAND</p>	 <p>BACKFIST</p>	 <p>ELBOW</p>
 <p>STRAIGHT PUNCH</p>	 <p>ULNA BONE KNUCKLE</p>	 <p>FIST – THUMB KNUCKLE</p>

THIS IS THE END OF THE MODULE BUT THE JOURNEY CONTINUES...

See you in Module 3: 10 Principles Of Kyusho Jutsu

(NOTE: THERE ARE NO VIDEOS ASSOCIATED WITH THIS DRILLS IN THIS GUIDE.
IT IS ONLY PROVIDED TO YOU FOR ADDITIONAL SELF-STUDY.)

I sincerely thank all those who have joined this module and hope the training that you have learned will help if you are ever in need.

Keep training.

Ganbatte (all the best)
Master Ali

WARNING!

These videos/class notes are presented for information only. The techniques shown here can cause serious injury or death if misused (death not so much but need to cover myself).

Practice these only with proper training and guidance and use slow, controlled movements with soft touches.

You take full responsibility for how you use this information.

USE AT YOUR OWN RISK!

