

Instructors Manual

Pressure Point Systems for Zen Kenpo Ryu

Ju-Jutsu

Techniques are to be demonstrated for use by Military,
Police and Advanced students of Zen Kenpo Ryu Ju-
Jutsu/ Only!

Caution! Must be taken by all instructors in the
teachings of the content of this manual.

Pressure Points

(1) ***Top of the head.*** The skull is weak where the frontal cranial bones join.

A forceful strike causes trauma to the cranial cavity, resulting in unconsciousness and hemorrhage. A severe strike can result in death.

(2) ***Forehead.*** A forceful blow can cause whiplash; a severe blow can cause cerebral hemorrhage and death.

(3) ***Temple.*** The bones of the skull are weak at the temple, and an artery and large nerve lie close to the skin. A powerful strike can cause unconsciousness and brain concussion. If the artery is severed, the resulting massive hemorrhage compresses the brain, causing coma and or death.

(4) ***Eyes.*** A slight jab in the eyes causes uncontrollable watering and blurred vision. A forceful jab or poke can cause temporary blindness, or the eyes can be gouged out. Death can result if the fingers penetrate through the thin bone behind the eyes and into the brain.

(5) ***Ears.*** A strike to the ear with cupped hands can rupture the eardrum and may cause a brain concussion.

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(6) ***Nose.*** Any blow can easily break the thin bones of the nose, causing extreme pain and eye watering.

(7) ***Under the nose.*** A blow to the nerve center, which is close to the surface under the nose, can cause great pain and watery eyes.

(8) ***Jaw.*** A blow to the jaw can break or dislocate it. If the facial nerve is pinched against the lower jaw, one side of the face will be paralyzed.

(9) ***Chin.*** A blow to the chin can cause paralysis, mild concussion, and unconsciousness. The jawbone acts as a lever that can transmit the force of a blow to the back of the brain where the cardiac and respiratory mechanisms are controlled.

(10) ***Back of ears and base of skull.*** A moderate blow to the back of the ears or the base of the skull can cause unconsciousness by the jarring effect on the back of the brain. However, a powerful blow can cause a concussion or brain hemorrhage and death.

(11) ***Throat.*** A powerful blow to the front of the throat can cause death by crushing the windpipe. A forceful blow causes extreme pain and gagging

or vomiting.

(12) **Side of neck.** A sharp blow to the side of the neck causes unconsciousness by shock to the carotid artery, jugular vein, and vagus nerve. For maximum effect, the blow should be focused below and slightly in front of the ear. A less powerful blow causes involuntary muscle spasms and intense pain. The side of the neck is one of the best targets to use to drop an opponent immediately or to disable him temporarily to finish him later.

(13) **Back of neck.** A powerful blow to the back of one's neck can cause whiplash, concussion, or even a broken neck and death.

b. **Middle Section.** The middle section extends from the shoulders to the area just above the hips. Most blows to vital points in this region are not fatal but can have serious, long-term complications that range from trauma to internal organs to spinal cord injuries.

(1) **Front of shoulder muscle.** A large bundle of nerves passes in front of the shoulder joint. A forceful blow causes extreme pain and can make the whole arm ineffective if the nerves are struck just right.

(2) **Collarbone.** A blow to the collarbone can fracture it, causing intense pain and rendering the arm on the side of the fracture ineffective. The fracture can also sever the brachial nerve or subclavian artery.

(3) **Armpit.** A large nerve lies close to the skin in each armpit. A blow to this nerve causes severe pain and partial paralysis. A knife inserted into the armpit is fatal as it severs a major artery leading from the heart.

(4) **Spine.** A blow to the spinal column can sever the spinal cord, resulting in paralysis or in death.

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(5) **Nipples.** A large network of nerves passes near the skin at the nipples. A blow here can cause extreme pain and hemorrhage to the many blood vessels beneath.

(6) **Heart.** A jolting blow to the heart can stun the opponent and allow time for follow-up or finishing techniques.

(7) **Solar plexus.** The solar plexus is a center for nerves that control the cardiorespiratory system. A blow to this location is painful and can take the breath from the opponent. A powerful blow causes unconsciousness by shock to the nerve center. A penetrating blow can also damage internal

organs.

(8) **Diaphragm.** A blow to the lower front of the ribs can cause the diaphragm and the other muscles that control breathing to relax. This causes loss of breath and can result in unconsciousness due to respiratory failure.

(9) **Floating ribs.** A blow to the floating ribs can easily fracture them because they are not attached to the rib cage. Fractured ribs on the right side can cause internal injury to the liver; fractured ribs on either side can possibly puncture or collapse a lung.

(10) **Kidneys.** A powerful blow to the kidneys can induce shock and can possibly cause internal injury to these organs. A stab to the kidneys induces instant shock and can cause death from severe internal bleeding.

(11) **Abdomen below navel.** A powerful blow to the area below the navel and above the groin can cause shock, unconsciousness, and internal bleeding.

(12) **Biceps.** A strike to the biceps is most painful and renders the arm ineffective. The biceps is an especially good target when an opponent holds a weapon.

(13) **Forearm muscle.** The radial nerve, which controls much of the movement in the hand, passes over the forearm bone just below the elbow. A strike to the radial nerve renders the hand and arm ineffective. An opponent can be disarmed by a strike to the forearm; if the strike is powerful enough, he can be knocked unconscious.

(14) **Back of hand.** The backs of the hands are sensitive. Since the nerves pass over the bones in the hand, a strike to this area is intensely painful. The small bones on the back of the hand are easily broken and such a strike can also render the hand ineffective.

c. **Low Section.** The low section of the body includes everything from the groin area to the feet. Strikes to these areas are seldom fatal, but they can be incapacitating.

(1) **Groin.** A moderate blow to the groin can incapacitate an opponent and cause intense pain. A powerful blow can result in unconsciousness and shock.

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(2) **Outside of thigh.** A large nerve passes near the surface on the outside

of the thigh about four finger-widths above the knee. A powerful strike to this region can render the entire leg ineffective, causing an opponent to drop. This target is especially suitable for knee strikes and shin kicks.

(3) **Inside of thigh.** A large nerve passes over the bone about in the middle of the inner thigh. A blow to this area also incapacitates the leg and can cause the opponent to drop. Knee strikes and heel kicks are the weapons of choice for this target.

(4) **Hamstring.** A severe strike to the hamstring can cause muscle spasms and inhibit mobility. If the hamstring is cut, the leg is useless.

(5) **Knee.** Because the knee is a major supporting structure of the body, damage to this joint is especially detrimental to an opponent. The knee is easily dislocated when struck at an opposing angle to the joint's normal range of motion, especially when it is bearing the opponent's weight. The knee can be dislocated or hyperextended by kicks and strikes with the entire body.

(6) **Calf.** A powerful blow to the top of the calf causes painful muscle spasms and also inhibits mobility.

(7) **Shin.** A moderate blow to the shin produces great pain, especially a blow with a hard object. A powerful blow can possibly fracture the bone that supports most of the body weight.

(8) **Achilles tendon.** A powerful strike to the Achilles tendon on the back of the heel can cause ankle sprain and dislocation of the foot. If the tendon is torn, the opponent is incapacitated. The Achilles tendon is a good target to cut with a knife.

(9) **Ankle.** A blow to the ankle causes pain; if a forceful blow is delivered, the ankle can be sprained or broken.

(10) **Instep.** The small bones on the top of the foot are easily broken. A strike here will hinder the opponent's mobility.

(1) **Jugular notch pressure point.** Located at the base of the neck just above the breastbone; pressure to this notch can distract and take away his balance. Pressure from fingers jabbed into the notch incurs intense pain that causes an the opponent to withdraw from the pressure involuntarily.

(2) **Suprascapular nerve motor point.** This nerve is located where the trapezius muscle joins the side of the neck. A strike to this point causes intense pain, temporary dysfunction of the affected arm and hand, and mental

stunning for three to seven seconds. The strike should be a downward knife-hand or hammer-fist strike from behind.

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(3) ***Brachial plexus origin.*** This nerve motor center is on the side of the neck. It is probably the most reliable place to strike someone to stun them. 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. A proper strike to the brachial plexus origin causes—Intense pain. Complete cessation of motor activity. Temporary dysfunction of the affected arm. Mental stunning for three to seven seconds. Possible unconsciousness.

(4) ***Brachial plexus clavicle notch pressure point.*** This centre is behind the collarbone in a hollow about halfway between the breastbone and the shoulder joint. The strike should be delivered with a small-impact weapon or the tip of the thumb to create high-level mental stunning and dysfunction of the affected arm.

(5) ***Brachial plexus tie-in motor point.*** Located on the front of the shoulder joint, a strike to this point can cause the arm to be ineffective. Multiple strikes may be necessary to ensure total dysfunction of the arm and hand.

(6) ***Stellate ganglion.*** The ganglion is at the top of the pectoral muscle centered above the nipple. A severe strike to this centre can cause high-level stunning, respiratory dysfunction, and possible unconsciousness. A straight punch or hammer fist should be used to cause spasms in the nerves affecting the heart and respiratory systems.

(7) ***Cervical vertebrae.*** Located at the base of the skull, a strike to this particular vertebrae can cause unconsciousness or possibly death. The harder the strike, the more likely death will occur.

(8) ***Radial nerve motor point.*** This nerve motor point is on top of the forearm just below the elbow. Strikes to this point can create dysfunction of the affected arm and hand. The radial nerve should be struck with the hammer fist or the forearm bones or with an impact weapon, if available. Striking the radial nerve can be especially useful when disarming an opponent armed with a knife or other weapon.

(9) ***Median nerve motor point.*** This nerve motor point is on the inside of the forearm at the base of the wrist, just above the heel of the hand. Striking

this center produces similar effects to striking the radial nerve, although it is not as accessible as the radial nerve.

(10) ***Sciatic nerve.*** A sciatic nerve is just above each buttock, but below the belt line. A substantial strike to this nerve can disable both legs and possibly cause respiratory failure. The sciatic nerve is the largest nerve in the **FM 21-150**

body besides the spinal cord. Striking it can affect the entire body, especially if an impact weapon is used.

(11) ***Femoral nerve.*** This nerve is in the center of the inside of the thigh; striking the femoral nerve can cause temporary motor dysfunction of the affected leg, high-intensity pain, and mental stunning for three to seven seconds. The knee is best to use to strike the femoral nerve.

(12) ***Common peroneal nerve motor point.*** The peroneal nerve is on the outside of the thigh about four fingers above the knee. A severe strike to this center can cause collapse of the affected leg and high-intensity pain, as well as mental stunning for three to seven seconds. This highly accessible point is an effective way to drop an opponent quickly. This point should be struck with a knee, shin kick, or impact weapon.

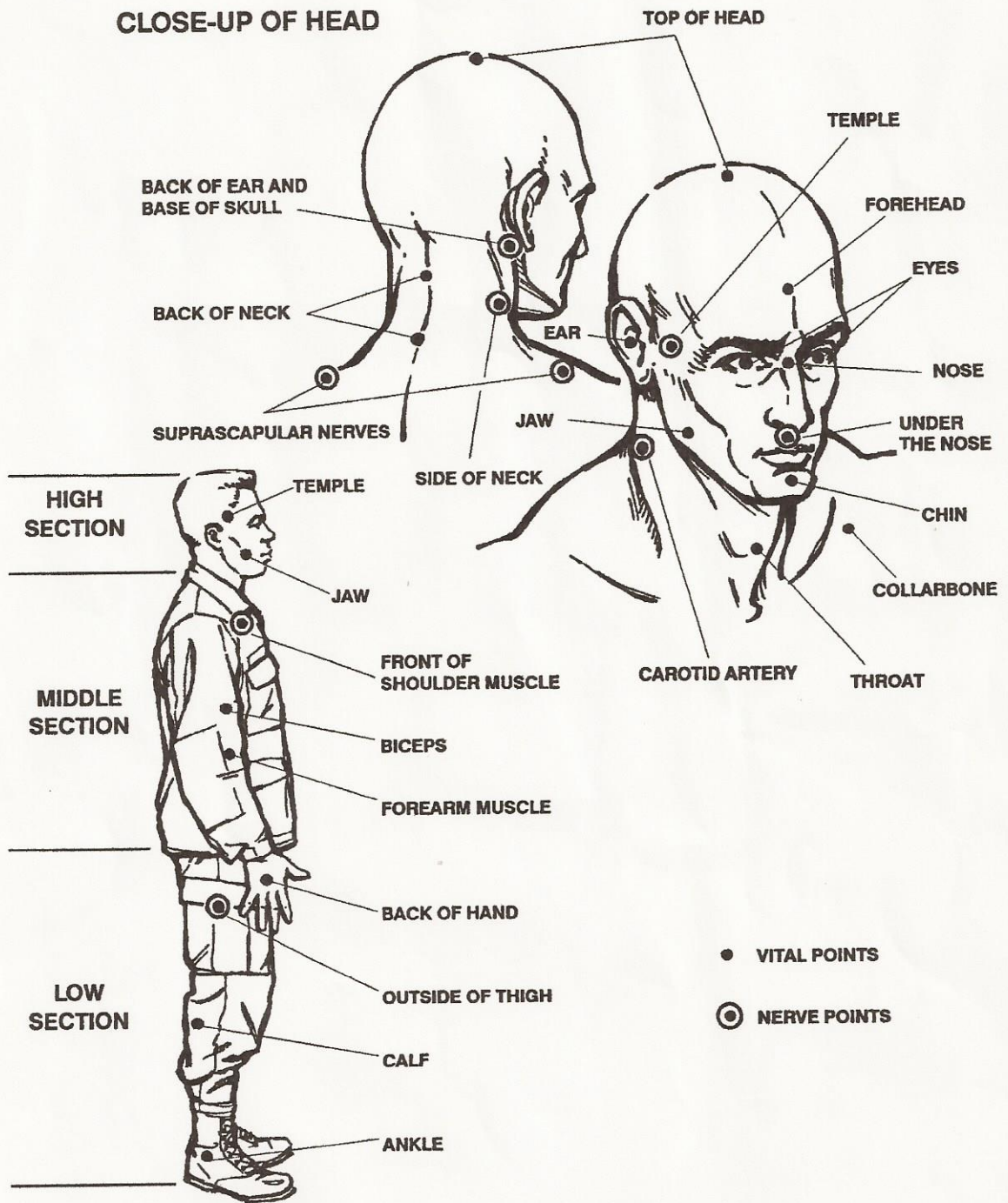


Figure 4-1. Vital targets.

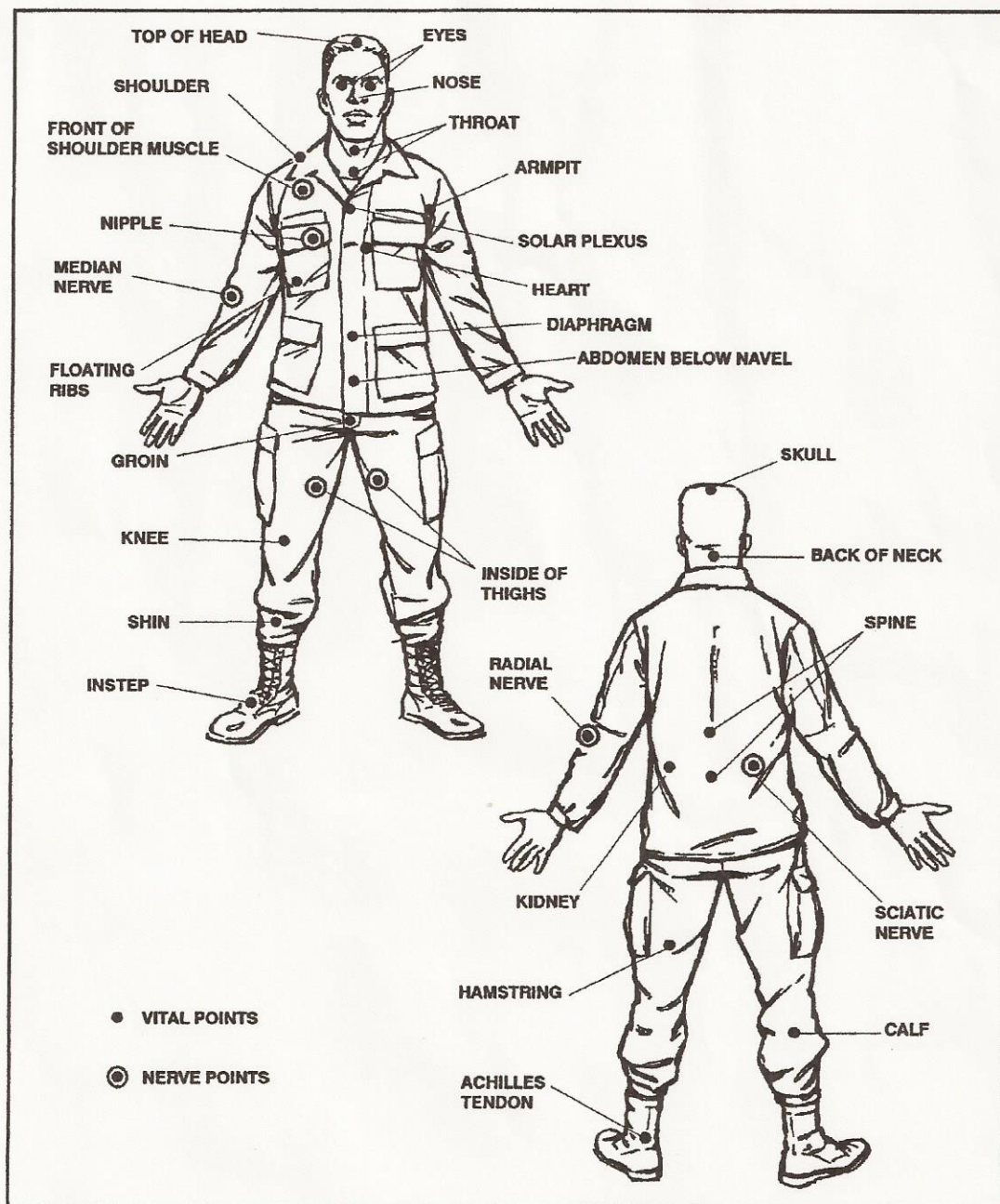
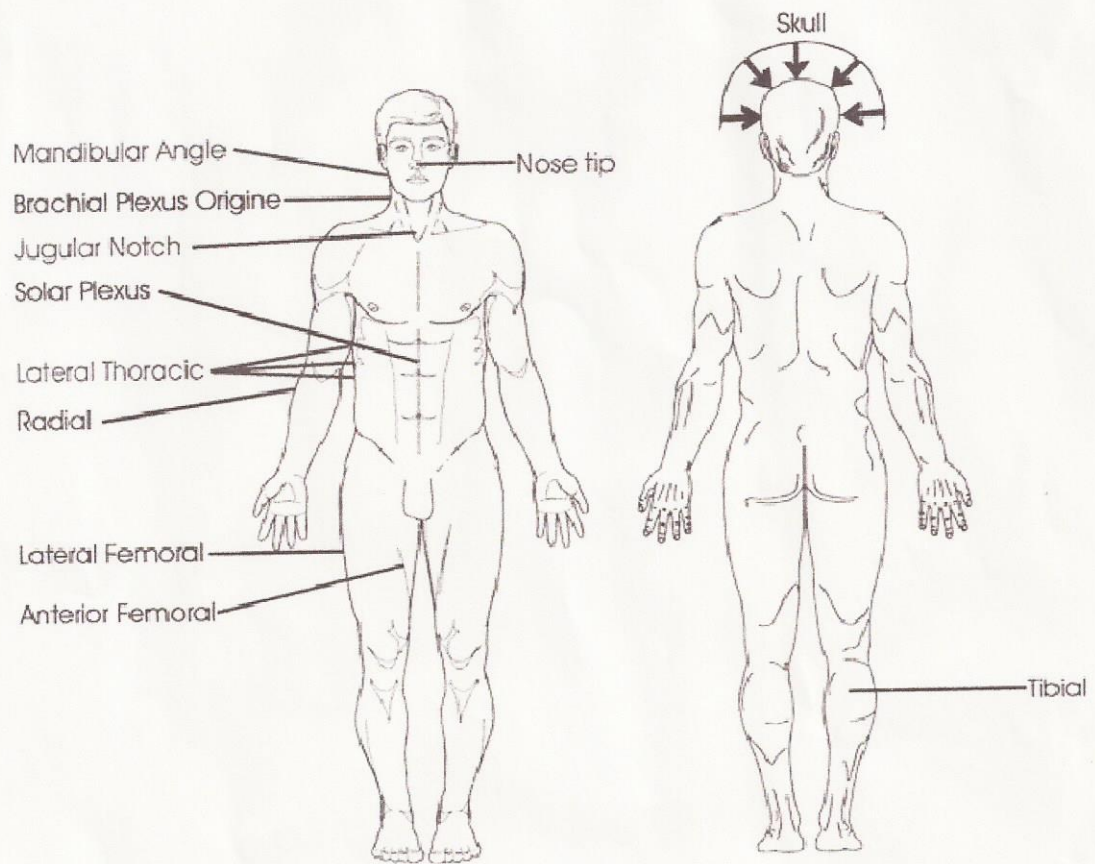


Figure 4-1. Vital targets (continued).



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Target	Type of Target	Application	Location of Target
Mandibular Angle	Nerve Pressure Points	Surface pressure Deep pressure	At base of earlobe behind mandible.
Nose tip	Nerve Pressure Points	Surface pressure Deep pressure	Where the cartilage meets the nose bone.
Jugular Notch	Nerve Pressure Points.	Surface pressure Deep pressure	Directly above the manubrium, in the trachea area.
Lateral Thoracic	Nerve Pressure Points.	Surface pressure Deep pressure	Midway between the armpit and waist on the lateral surface of the trunk.
Lateral Femoral	Nerve Motor Points.	Striking techniques	Six to eight inches above outside of knee.
Radial	Nerve Motor Points.	Striking techniques	Two inches below the elbow joint on top of forearm.
Brachial Plexus Origin	Nerve Motor Points	Surface pressure Deep pressure Striking techniques	Middle side of neck, between the two groups of the sternocleidomastoid muscles.
Skull	Nerve Motor Points	Striking techniques	Rigid framework of bones in head protecting the cranium region.
Anterior Femoral	Nerve Motor Points	Striking techniques	Four to six inches above inside of knee.
Tibial	Nerve Motor Points.	Striking techniques	Two inches below top part of calf muscle.
Solar Plexus	Nerve Motor	Striking techniques	Upper part of abdomen behind