

TACTICAL PRESSURE

POINTS LEVEL ONE



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FORCE OPTIONS SELF-DEFENSE

PRESSURE POINTS PROGRAM LEVEL 1

Terminology

1.) AU: Anatomical Unit

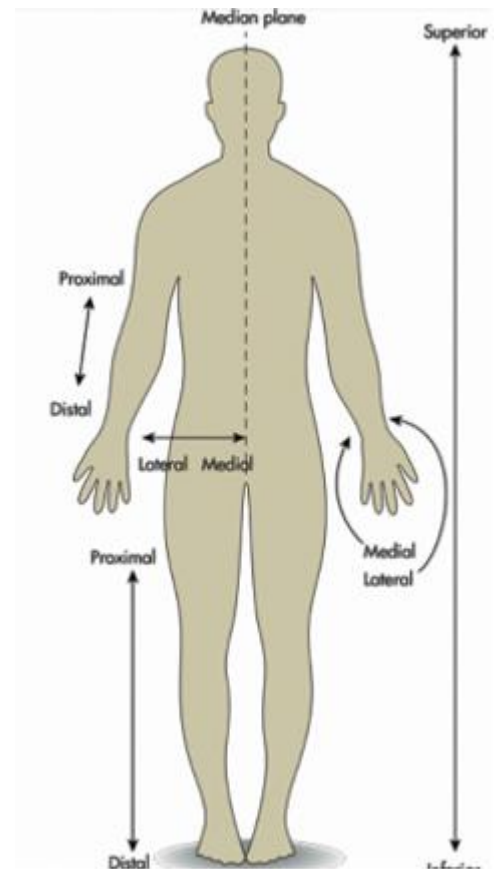
- 1 AU: Width of thumb
- 2 AU: Width of Two Fingers
- 3 AU: Width of Three Fingers
- 4 AU: Width of Four Fingers

2.) Polarity's (Directions)

- Yin: Towards You
- Yang Towards Them

3.) Anatomy Terms directional

- Proximal: Refers to away from the Heart
- Distal away from the heart
- Medial: towards the persons center line.
- Lateral: away from the persons center line.
- Superior and inferior: reference the body's vertical axis, and a body part higher than another or above it is said to be superior to it.



Pressure Point Principles: Three Defining Rules

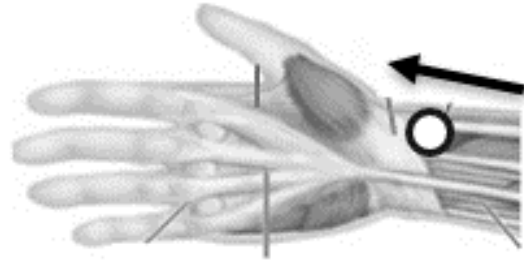
- 1.) **Redundancy:** You must never solely rely on vital targets/pressure points. All techniques must work because of the incorporation of multiple principles regardless of target activation.
- 2.) **Always chose economy of movement:** For example, never pass a target to hit, another target. Effectiveness is a direct result of proper body mechanics and application of principles. Techniques fail due the improper application of scientific principles, most often due to inefficient movement.
- 3.) **Responsibility:** There are moral and legal considerations in every situation. You will be held accountable for both your actions and inactions.

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Median Plane

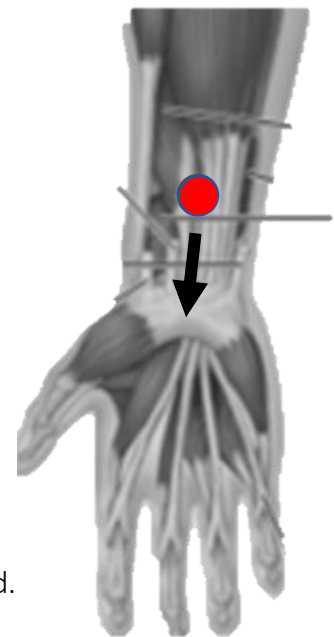
1.) Lung 8 (L8)

- Element Metal
- Color White
- Polarity Yin
- **Anatomy:** The lateral antebrachial cutaneous nerve, the superficial ramus of the radial nerve.
- **Location:** One AU proximal to the crease of the wrist in the depression by the radial artery (the place the nurse takes the pulse).
- **Activation:** Press into the depression next to the radial bone, and down toward the wrist to weaken the hand. Squeeze towards the hand to open the fist.




2.) Pericardium 6 (P 6) Median nerve motor point

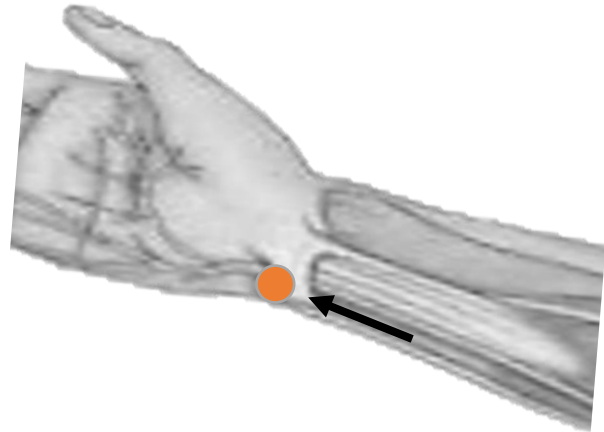
- Element Fire 🔥
- Color Red
- Polarity Yin
- **Anatomy:** The medial and lateral cutaneous nerves of the forearm. This point lies directly on the medial nerve.
- **Location:** Between the tendons of the flexor carpi radialis and the flexor digitorum profundus muscle two AU proximal to the center of the transverse crease in the wrist. This point can be found in the soft space between the tendons of the wrist.
- **Activation:** Press in and toward the fist to weaken the hand.




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3.) Heart 6 (H6)

- Element: Fire 
- Color: Red
- Polarity: Yin
- Anatomy: The ulnar nerve, and the medial antebrachial cutaneous nerve.
- Location: 1/2 AU proximal from the crease' of the wrist, on the inside of the forearm, against the ulnar bone and next to the tendon of the flexor carpi ulnaris.
- Activation: Press this point against the ulnar bone and toward the hand to weaken the grip and the wrist. This target is helpful in bending the wrist.



4.) Lung 6 (L6)

- Element: Metal 
- Color: White
- Polarity: Yin
- Anatomy: The lateral cutaneous nerve of the forearm, and a superficial branch of the radial nerve.
- Location: At about the middle of the radial bone, near the distal end of the brachioradialis.
- Activation: Strike into the bone to weaken a fist or to release a grip

