

INSTRUCTOR MANUAL

TACTICAL PRESSURE POINTS LEVEL TWO



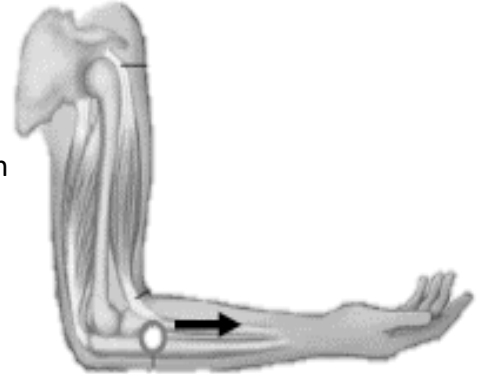
Master, James Halman

FORCE OPTIONS SELF-DEFENSE

PRESSURE POINTS PROGRAM LEVEL 2

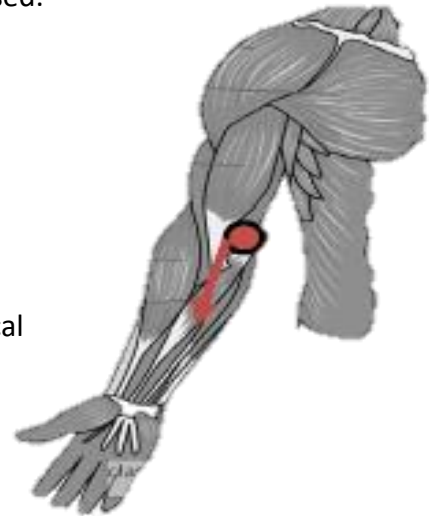
Lung 5 (L5)

- **Element:** Metal
- **Color:** White
- **Polarity:** Yin
- **Anatomy:** Branches of the radial recurrent artery and vein and the lateral cutaneous nerve of the forearm, directly above the main trunk of the radial nerve.
- **Location:** At the crease of the elbow, just lateral to the Biceps tendon at the origin of the brachioradialis muscle.
- **Activation:** Strike in an arc or crescent manner that cuts back towards the hand. This point may also be pressed. Hit with a hooking blow to bend the arm.



Heart 2 (H2)

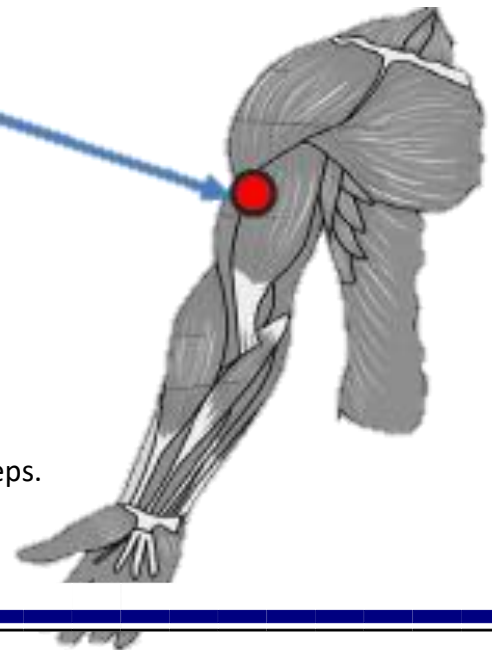
- **Element:** Fire
- **Color:** Red
- **Polarity:** Yin
- **Anatomy:** The Superior Ulnar collateral artery, the medial antebrachial cutaneous nerve and ulnar nerve.
- **Location:** Three AU proximal to the inside end of the Crease of the elbow, in the space between the Biceps and triceps.
- **Activation:** Strike or press to bend the elbow.



Pericardium 2 (P2)

- **Element:** Metal
- **Color:** White
- **Polarity:** Yang
- **Anatomy:** The muscular branches of the brachia! artery, the medial brachia! cutaneous nerve and the musculocutaneous nerve.
- **Location:** Two AU distal to the level of the fold of the armpit (axillary crease) along the midline of the biceps.

Between Triceps and Shoulder

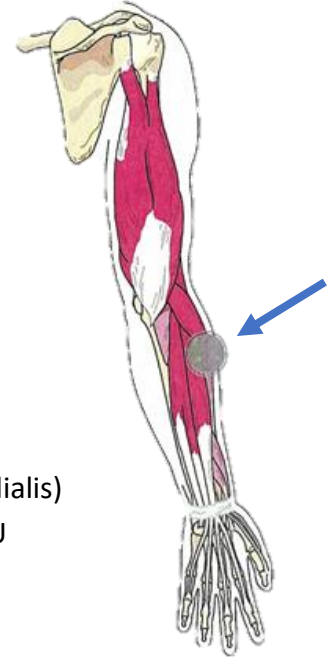


PRESSURE POINTS PROGRAM LEVEL 2

- **Activation:** Strike towards the bone (humerus) to numb the biceps.

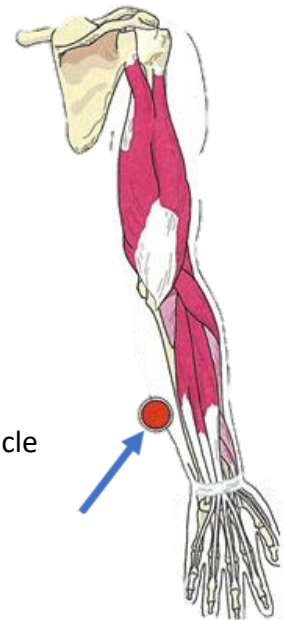
Large Intestine 10 (LI-10)

- **Element:** Metal
- **Color:** White
- **Polarity:** Yang
- **Anatomy:** The muscular branch of the musculo-spiral nerve, the antebrachial cutaneous nerve; a deep branch of the radial nerve.
- **Location:** Two AU distal from the outside end of the crease of the elbow (the lateral end of the transverse cubital crease), between the supinator longus muscle (also called the brachioradialis) and the extensor carpi radialis longus. It is approximately one AU distal from the elbow joint on the outside of the forearm
- **Activation:** Strike this point to produce numbness in the arm. Hit down toward the bone to cramp the arm.



Small Intestine 7 (SI 7)

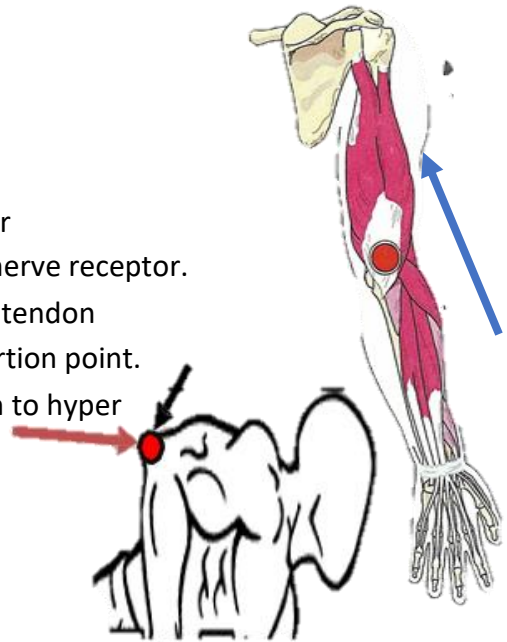
- **Element:** Fire
- **Color:** Red
- **Polarity:** Yang
- **Anatomy:** The branch of the medial antebrachial cutaneous nerve.
- **Location:** In the middle of the forearm, 5 AU up from the wrist along the ulna at the end of the extensor carpi ulnaris muscle
- **Activation:** Strike this point against the bone to release the hand.



PRESSURE POINTS PROGRAM LEVEL 2

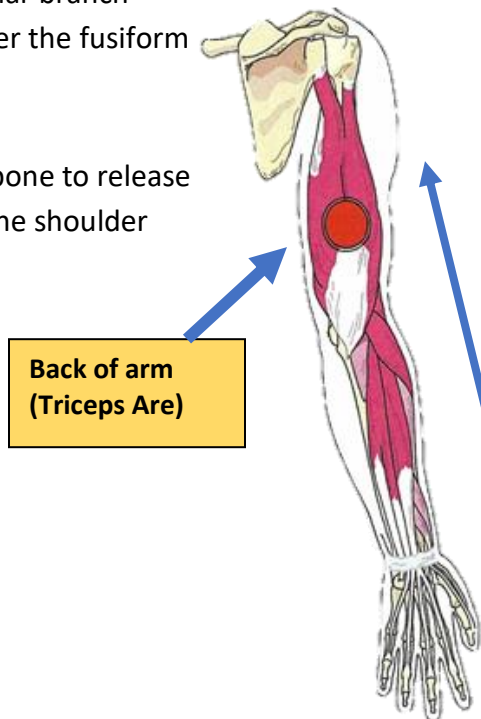
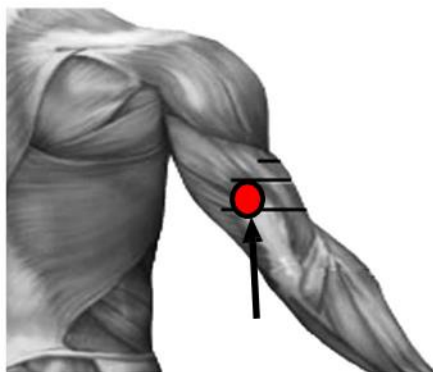
Triple Warmer 11 (TW 11)

- **Element:** Fire
- **Color:** Red
- **Polarity:** Yang
- **Anatomy:** The posterior brachial nerve, the muscular branch of the radial nerve, and the body of Golgi's nerve receptor.
- **Location:** Two AU above the tip of the elbow on the tendon of the triceps. A slight hollow can be felt at the insertion point.
- **Activation:** Rub this point in an up and down motion to hyper extend the elbow and lock the shoulder.



Triple Warmer 12 (TW 12)

- **Element:** Fire
- **Color:** Red
- **Polarity:** Yang
- **Anatomy:** The median collateral artery, the posterior brachial cutaneous nerve, and the muscular branch of the radial nerve. This point also lies over the fusiform fiber of the humerus bone.
- **Location:** In the middle of the triceps.
- **Activation:** Strike this target against the bone to release the shoulder and lock the elbow. above the shoulder when struck a dislocation may occur.



PRESSURE POINTS PROGRAM LEVEL 2