



MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU – PRESSURE POINT STUDY



8 th Kyu Yellow Belt	
Triple Warmer 3, 11, 12 Lung 8 & 9	What is? 1. A pressure Point. (An area on the body that is sensitive to rub, touch, or hit.) 2. A Meridian (A pathway pressure points are found on.) 3. A Vessel (A mass reservoir of energy.)

7 th Kyu Orange Belt					
How many Meridians and Vessels are there? 12 Meridians 2 Vessels	Small Intestine Triple Warmer Heart Pericardium	Lung Large Intestine	Gall Bladder Liver	Spleen Stomach	Kidney Bladder

6 th Kyu Purple Belt					
Elements associated with each meridian.	FIRE	METAL	WOOD	EARTH	WATER
		Small Intestine Triple Warmer Heart Pericardium	Lung Large Intestine	Gall Bladder Liver	Spleen Stomach

5 th Kyu Green	4 th Kyu Blue	3 rd Kyu Brown	2 nd Kyu Brown	1 st Kyu Brown
Heart 2, 3, 6 M-UE 28 Lung 1, 2, 5, 6, 8	Large Intestine 7, 10, 13 Lung 6, 7 Triple Warmer 3, 11, 12 Small Intestine 6, 7	Gall Bladder 31, 32, 33, 35, 36, 41 Spleen 6, 9, 10, 11, 12 Liver 12	Stomach 5, 9, 11 Small Intestine 18 Triple Warmer 17 Large Intestine 18 Gall Bladder 20, cluster Conception Vessel 22 Governing Vessel 26	Conception Vessel 3, 4, 5, 6, 17, 22 Spleen 21 Gall Bladder 24, 25 Liver 14 Triple warmer 23 Bladder 10 Pericardium 1