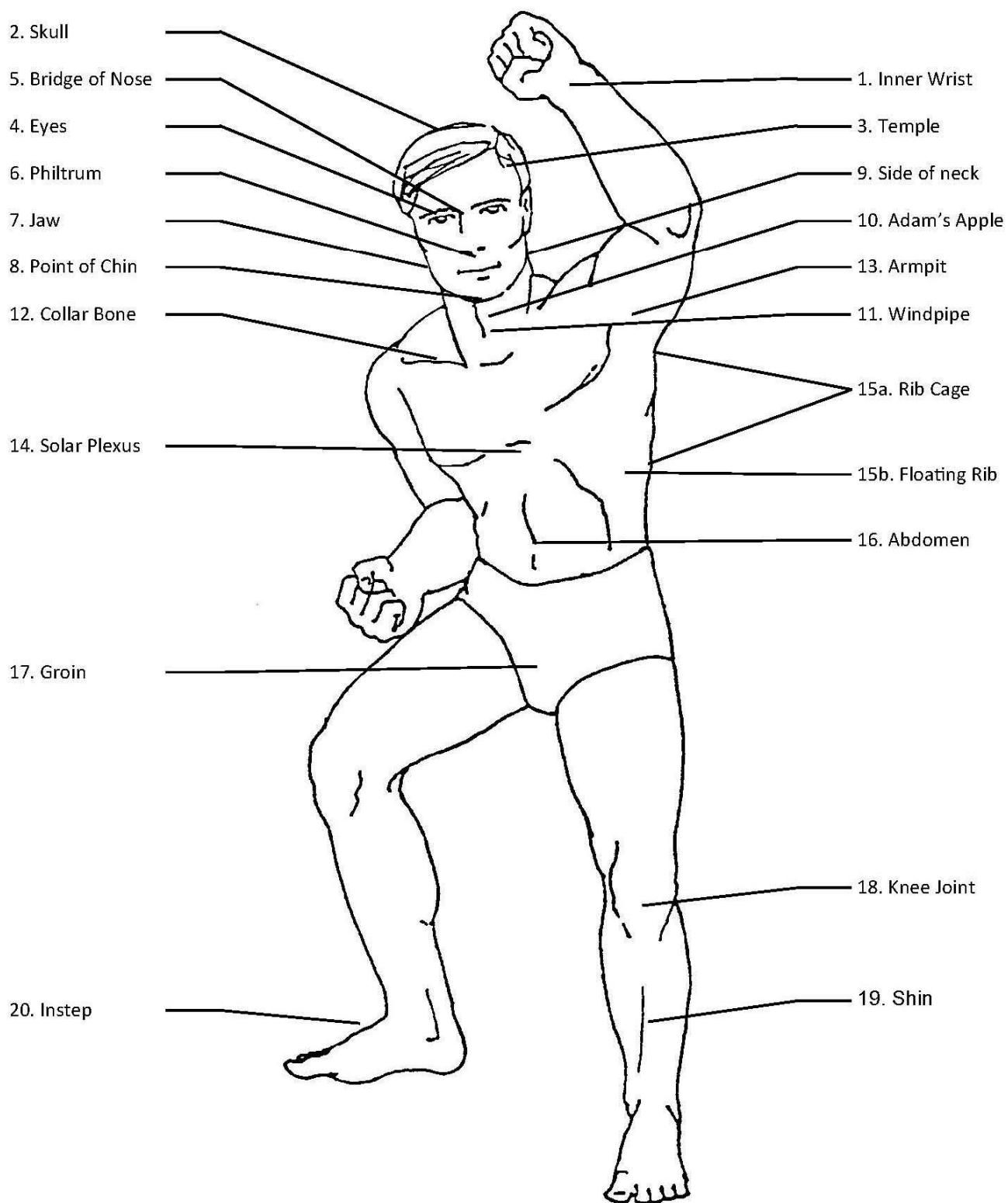


Chapter 8
VITAL POINTS

WESTERN PACIFIC TANG SOO DO



METHODS OF ATTACKING VITAL POINTS

1. INNER WRIST

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle)
FOOT	Front, Roundhouse Kick (ball, instep)

2. SKULL

HAND	Hammer Fist, Soo Do
FOOT	Axe Kick
OTHER	Elbow

3. TEMPLE

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel
FOOT	Roundhouse (ball, instep), Side, Hook, Outside Crescent Kick
OTHER	Elbow, Knee

4. EYES

HAND	Spear Hand, One Knuckle Fist (middle)
FOOT	Roundhouse (ball), Hook Kick
OTHER	Elbow

5. BRIDGE of NOSE

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel
FOOT	Roundhouse (ball, instep), Side, Hook, Axe Kick
OTHER	Elbow, Knee, Forehead, Back of Head

6. PHILTRUM (under the nose)

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel, Horizontal Spear Hand
FOOT	Front, Roundhouse (ball, instep), Side, Hook Kick
OTHER	Elbow, Knee, Forehead

7. JAW

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel, Crane's Head
FOOT	Front, Roundhouse (ball, instep), Side, Hook, Back, Inside Crescent Kick
OTHER	Elbow, Knee

8. POINT of CHIN

HAND	Fore Fist, Back Fist, Hammer Fist, Palm Heel
FOOT	Front, Roundhouse (ball, instep), Side, Back Kick
OTHER	Elbow, Knee, Back of Head

9. SIDE of NECK

HAND	Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel
FOOT	Roundhouse (ball, instep), Hook, Outside Crescent Kick
OTHER	Elbow

10. ADAM'S APPLE

HAND	Fore Fist, Ridge Hand, Soo Do, One Knuckle Fist (middle), Spear Hand
FOOT	Front, Roundhouse (ball, instep), Side, Hook Kick
OTHER	Elbow

11. WINDPIPE

HAND	Fore Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Spear Hand
FOOT	Front, Roundhouse (ball, instep), Side, Hook Kick
OTHER	Elbow, Knee

12. COLLAR BONE (clavicle)

HAND	Hammer Fist, Soo Do
FOOT	Axe Kick
OTHER	Elbow

13. ARMPIT

HAND	Fore Fist, One Knuckle Fist (middle), Spear Hand
FOOT	Front, Roundhouse (ball), Side, Back Kick
OTHER	Elbow

14. SOLAR PLEXUS

HAND	Fore Fist, Back Fist, Hammer Fist, Soo Do, Palm Heel
FOOT	Front, Roundhouse (ball), Side, Back, Hook Kick
OTHER	Elbow, Knee

15. FLOATING RIB / RIB CAGE

HAND	Fore Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel, Spear Hand
FOOT	Front, Roundhouse (ball), Side, Back, Hook Kick
OTHER	Elbow, Knee

16. ABDOMEN

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel, Horizontal Spear Hand
FOOT	Front, Roundhouse (ball, instep), Side, Back, Hook Kick
OTHER	Elbow, Knee

W E S T E R N P A C I F I C T A N G S O O D O

17. GROIN

HAND	Ridge Hand, Hammer Fist, Soo Do
FOOT	Roundhouse (ball, instep), Hook Kick
OTHER	Elbow, Knee

18. KNEE JOINT

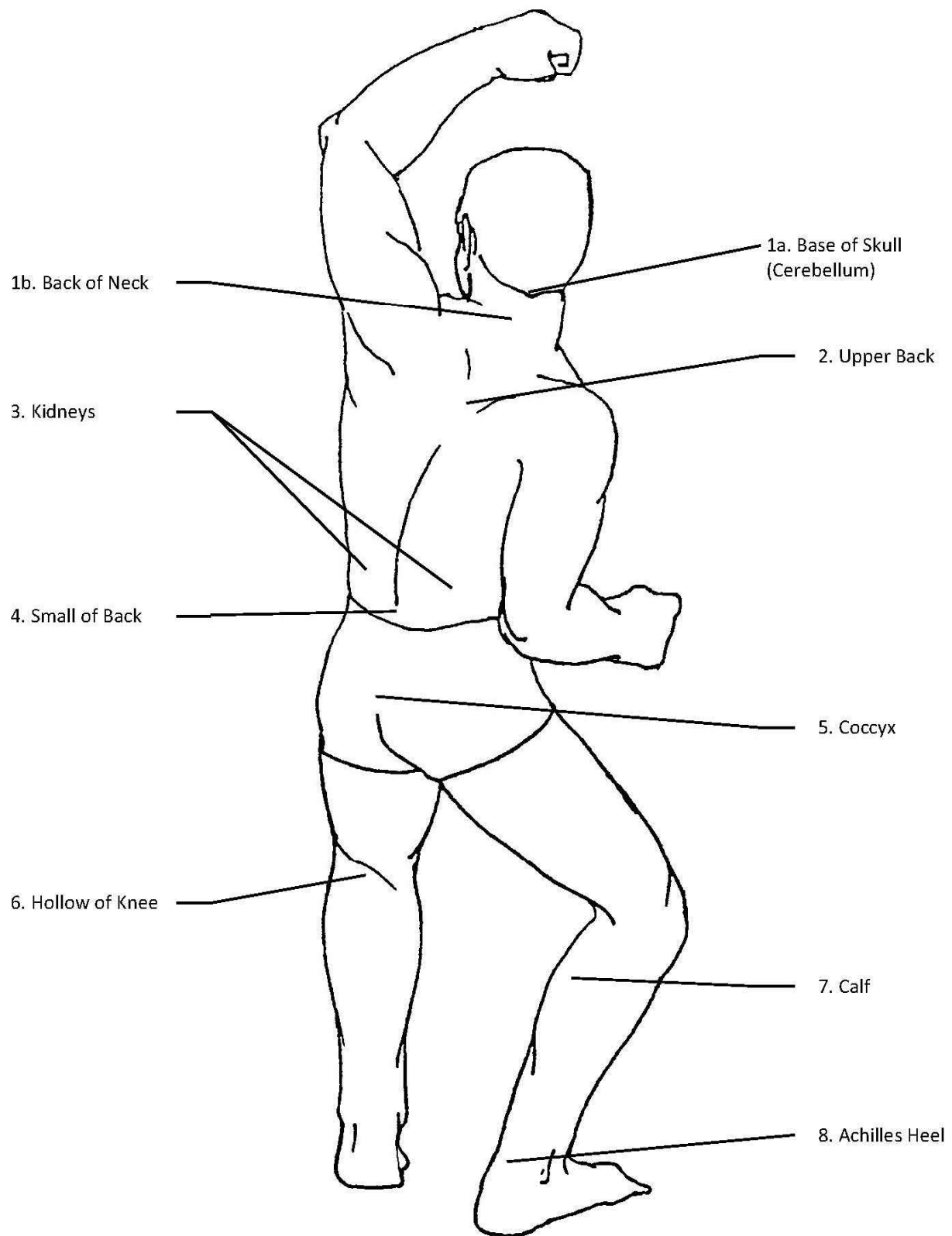
HAND	One Knuckle Fist (middle), Spear Hand
FOOT	Front, Roundhouse (ball), Side, Back, Hook Kick
OTHER	Elbow, Knee

19. SHIN

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, Palm Heel, Vertical Spear Hand
FOOT	Front (ball, instep), Roundhouse (ball), Back Kick
OTHER	Knee

20. INSTEP

FOOT	Front, Roundhouse (ball), Side Kick
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1. **BASE of SKULL (cerebellum) / BACK OF NECK**

HAND	Fore Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle)
FOOT	Roundhouse (ball, instep), Hook Kick
OTHER	Elbow

2. **UPPER BACK**

HAND	Fore Fist, Hammer Fist, One Knuckle Fist (middle), Palm Heel
FOOT	Front, Roundhouse (ball), Hook Kick
OTHER	Elbow

3. **KIDNEYS**

HAND	Fore Fist, Hammer Fist, One Knuckle Fist (middle), Soo Do
FOOT	Front, Roundhouse (ball), Hook Kick
OTHER	Elbow, Knee

4. **SMALL OF BACK**

HAND	Fore Fist, Back Fist, Ridge Hand, Hammer Fist, Soo Do, One Knuckle Fist (middle), Palm Heel, Spear Hand
FOOT	Front, Roundhouse (ball, instep), Side, Back, Hook Kick
OTHER	Elbow, Knee

5. **COCCYX (tailbone)**

FOOT	Front, Roundhouse (ball), Side, Back, Hook Kick
OTHER	Knee

6. **HOLLOW of KNEE**

FOOT	Front, Roundhouse (ball), Side, Back Kick
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7. **CALF**

FOOT	Front, Roundhouse (ball, instep), Side, Back Kick
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8. **ACHILLES' HEEL**

FOOT	Front, Side, Stomp Kick
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