



WHERE AND HOW TO STRIKE EFFECTIVELY

Module 6

This section will give you clear and precise instruction of 'where' to strike and 'how' to strike the vital points, and where they are on the attackers body.

This is not intended to be a comprehensive manual covering all the different points and their functions.

All the points here are tried and tested. You can rely on the fact that they work, and work very well.

Just study and practice the basic points detailed here, and you will quickly master all that is necessary to take down an opponent with the minimum effort,

Take heed! The points on the neck can kill if hit hard - its your choice!

Note: The following illustrations depict some of the most useful vital points in combat. Not all of the points that exist, of which there are many hundreds. Those shown are commonly used in knockout and fatal techniques, and are for study only!

When striking in reality, you must strike right through whatever your target as you want optimum results. So relax and drive your attack through your attacker (much like the Chinese 'Heavy Hand').

To explain what I mean by Heavy Hand Imagine striking a baseball, and immediately contact is made with the ball you stop the bat! Or serving at tennis, and not following the serve through but halting it dead upon contact with the ball! How much of the potential force do you think will be transferred to the ball? Not Much.

So if you do that with your fist, hand or foot, how can you expect to deliver much impact power to the target?

Now strike hard and follow right through the target to get maximum penetration and full delivery of the technique's inertia.

You must train your instinctive reactions to be the right one.

BE CAREFUL! You will not have to strike with more than half your normal power if you do it correctly! So when practicing use extreme caution.

KYUSHO ATEMI-WAZA (VITAL POINT STRIKING TECHNIQUES)

Knowledge of Vital Points or Kyusho is essential in both understanding the more complex interpretation of self-defense and in dealing with more powerful opponents in life threatening situations.

In short, a vital point is that part of a body which, when struck with sufficient force, angle and accuracy, can render the opponent incapacitated, unconscious or even dead. Many explanations exist to describe the effect, from Eastern philosophies, to Western science. The important point however is the drastic effect on the nervous system, if properly practiced.

Kicking and Punching.

This should be seen as a last resort, with grappling and throwing as something to be dreaded. In this instance, here are the weapons available to you and the target sites you should try for.

WEAPON	TARGET
Head (forehead, back of head)	Nose (from bear hug), Front or rear.
Elbow	Solar Plexus, side of jaw, head, temple, face
Heel of Palm	Nose, Jaw, Groin, floating ribs, kidneys
Little finger edge of fist	Nose, temple, jaw, neck side, ribs, kidneys, groin, inside/outside leg
Fingers (gouge)	Eyes, throat. Keep away from mouth,
(Pinch)	Armpit/Inner thigh, upper arm
(Push or jab)	Throat (hollow), Centre when off balance
(Grab)	Groin, hair,
Knuckles (grind)	Ribs, temple, back of hand, kidneys
Knees (if close)	Groin, inner/outer thigh, head, kidneys, lower back
Feet (kick and scrape)	Shin, instep, groin, knee, inner/outer thigh
Forearms	Block strikes by hitting to side, knock aside grabs, use as clubs

Trying to use a fist if you don't work out on the heavy punching bag regularly can be a painful experience and so it has not been included here as a weapon. All of the above require no special skills beyond the willingness to use them and use them viciously if need be. Remember, a REASONABLE response is a defense under the law, but don't worry about legal defense until after you survive the attack. If you honestly think you need to do it, do it. The jury will likely agree with you.

6. Grappling or Throwing.

Be realistic, unless you are very fast, very well trained and in practice, you don't want to get to this point deliberately. Here are a few suggestions if it happens anyway.

If you're on the ground, get onto your back and keep your assailant away by kicking at the legs, then squirm around so that your head can't be grabbed.

When falling down, don't catch yourself, instead try to spread out the impact into the soft parts of your body, slide down to the ground if possible.

To break a hold, grab one finger and bend it back. Grind a knuckle into the back of the hand. Twist a wrist out past the thumb (don't twist into the fingers). It's worth trying this with a friend.

Spin your whole body around on one foot to knock off a grab to the arm. Use an elbow to the solar plexus or groin to create a little room to spin around in.

Use any of the suggestions in Kicking and Punching in order to make enough space to squirm out and run. Don't waste time.

Scream!

ATTACKS TO THE GROIN.

It is not the testicles alone that make a strike to a man's genital area sometimes so disabling, it's the congregation of nerves in that area of the body. These are the same for man or woman.

Also, when striking to the male genital area in a self-defense situation with hand blow, it is better to keep an open hand and fingers than a closed fist. This increases the probability of "ringing" the testicle, which are designed to otherwise swing out of the way. The knee strike is your best attack to the groin, but don't count on it dropping your assailant,

People vary widely in their sensitivity to this strike. The effects of a strike to the female groin are also debilitating, so why isn't it discussed more often as a so-called target to be defended or attacked? {As in the male.) The male groin may be a more effective target but most women aren't aware of the pain involved from being hit in this area because they quite frankly have never been hit there.

I believe most males have been hit in the groin at least by incidental contact at some time in their lives {sports and just mishaps) and know the consequences.

Not so with women. A lot of women are of the belief that because there are no testicles, a blow to this area would have little affect. This is not true AS STATED FROM A GIRL WHO HAD BEEN KICKED IN THE GROIN, YOU DON'T NEED TESTICLES TO WIND UP ON THE MAT IN A FOETAL POSITION. However, keep in mind that anyone who has been in fights or just active is mentally conditioned to block these places. (Especially the groin for males)

Learn accurate eye striking with the thumb slightly protruding from the hand. This strike if it lands in the eye will drop or incapacitate ANYONE, and does not demand any upper body Strength.

Accuracy and stealth are weapons here. And of course a mindset that refuses to be victim.

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Make a list below of where and how you would strike:

Head (forehead, back of head)	Nose (from bear hug), Front or rear.
Elbow	Solar Plexus, side of jaw, head, temple, face
Heel of Palm	Nose, Jaw, Groin, floating ribs, kidneys
Little finger edge of fist	Nose, temple, jaw, neck side, ribs, kidneys, groin, inside/outside leg
Fingers (gouge)	Eyes, throat. Keep away from mouth,
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Notes: