

INTRODUCTION TO PRESSURE POINTS IN CLOSE QUARTER COMBAT

by JASON DORN

Pressure Points, two words often surrounded by controversy in the Worlds of martial arts, self protection & unarmed combat. I can see why.

A quick google search can throw up a great deal of info, much of it nonsense. If more fuel is needed then search youtube. Here you'll find demonstrations of 'no touch knockout' or 'simple gentle touches that work in real situations'. I am sure readers of The Circuit don't buy into this. But sadly many people do!

Forget The Myths

Let's just forget all the myths and nonsense for a moment and look at some realities.

Although we use the term Pressure Points, let's not look at them as having magical or mystical properties. Instead let's look at them as weakness in the structure and/or function of the human body.

Instead of focusing on all the talk about the 'pressure point knockout' lets instead consider that striking these targets will give us a predictable response from which to work from.

Let's not think of 'no touch and chi balls' lets think we're going to strike or manipulate these points with as much force as is 'reasonable in the circumstances'.

What Do You Strike Now?

I am always amused when people tell me pressure points don't work. I cannot offer any argument if this is based on the nonsense outlined at the start of this article. However if you are practicing some sort of unarmed combat (and if not why not?) you must be aiming strikes at specific targets right? Using control and restraint you must be applying specific manipulations right?

Well isn't this anatomical weakness you are taking advantage of? If we can't agree on this then my future articles may well be lost on you. I hope not!

Future Articles

I am producing a series of articles for The Circuit focusing on pressure points in close quarter combat. It is my aim to provide you with useable information. Information you can work with in your training sessions, and ultimately information

you can apply should the need arise.

We're going to take a trip around the body looking at targets from head to foot. Of course the targets are no good without specifics on how to attack them. So we'll look at the very best methods to attack these areas to take advantage of weak areas.

I'll provide you with some very basic anatomical information relating to the area. This will be useful for any of you that take a deeper interest and want to research the subject further. If not just ignore that and adopt the 'just hit here' approach!

Make A Start Right Now

You can make a start applying one of the key principles right now. The areas we will be examining respond to attacks of a specific angle and direction. That is to say we need to know the specific angle to maximise results when attacking certain targets on the body.

This isn't that complicated, is very easy to learn and remember. But for now a good thing to practice would be angled strikes simulated as either in and down (in towards the body/head and down through the body/head) at angles of 30/45 degrees.

You can practice these with a partner on focus pads which helps add movement for realism. They can also be practiced on a bag. Also any sparring you do try to work the points you learn and the specific angles into your strikes.

You should practice punches, hammer fist (bottom of fist) strikes, palm strikes, slaps and forearm strikes. Practice these full power trying to deliver your force through the targets we will be learning in future articles.

Further Considerations

For any 'use of force' it is worth considering the law relating to reasonable force. There is plenty of useful information available relating to this.

It's also worth getting clued up on positional asphyxia and excited delirium relating to any physical intervention / control and restraint.

There is a wealth of information relating to these subjects available on the internet.

Thanks for taking the time to read my brief introduction to pressure points. Now we've got that out of the way and laid the foundation we can start to look at actual target areas and how we can use them.

We'll kick off with a simple strike that is well worth adding to your arsenal.

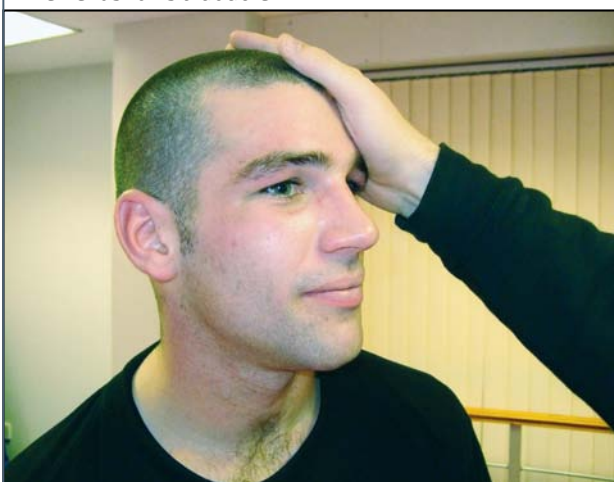
The first is a strike we call a 'stun' which is delivered to a cluster of points on the head. In traditional terminology (if you want to research the subject further) these points are known as the gall bladder (GB) cluster. This cluster is made up of the points GB-13, GB-14, GB-15. GB-14 is just above the eye, 13 and 15 are just on the hairline.

In western anatomical terms we have branches of the frontal nerve and or the frontal artery and vein in this area.

The best way to strike this area is to hit it with a torque action applying the strike with the fleshy part at the base of the thumb. As you connect just twist the hand outwards. Another way is to simply just slap into the target area! Whichever way you do it (try both) you should be attacking in a slightly in and down direction. You (or rather your partner) will know when it is right!

Take a look at the pictures. The first picture shows the target being struck with a simple strike with one hand.

The next shows a double



Strike 1!
The single cluster



Strike 2!
The double cluster

strike with both hands!

Practice With Care!

It is very important that we take care of our training partners when practicing these strikes. But by the same token it is important we get a feel for the techniques, as after all feeling is believing. I always recommend starting off with a gentle tap perhaps around 10% of your power, ensuring all the correct mechanics and angle and direction is in place. If everything is correct you should

get a bit of a feeling from being stuck here. So from there you can put a little more into it, and shouldn't really need to go full power to feel the effects. Of course with consent and a good head guard (we use Top Ten) you can get closer to a powerful strike. But obviously a good hit to this area can cause neck trauma too, so play nicely!

When you are comfortable with the strikes (single and double) you can practice them on the pads, first static, then a little more dynamic with movement. It should go without saying that applying this stuff on the move is critically important. You can and indeed should put together some scenarios based on your own and others experiences and risk assessments. Drill these, learning to locate the targets with control first, then on the pads or strike equipment. Put some protective gear on and turn up the heat a little.

You should be finding that once you have stunned with this shot it does buy you time in that your training partner won't be 'up for it' and will be stunned for a number of seconds. A good hit can put them out of it altogether, which is of course the ideal; however we have to plan to follow up. We'll cover further specific targets you can strike in further articles. But for now you should be doing something, programming yourself to follow

up. Again scenarios are important so come up with some. Are you going to strike them again? Maybe take them down? Perhaps team restraints? I'm sure you get the picture.

Next time we'll look at a couple of further targets that you can add to the info in this article. Over time I hope to put them together with further articles on various aspects on fighting arts such as punching, kicking, wrestling etc which I teach on a regular basis.

Please feel free to get in touch if you are having difficulty with any aspect of the material, I will be glad to help.

Jason Dorn has been involved in various aspects of security. He currently focuses his time on teaching personal security and protection skills and physical intervention, drawn from real experience and 25+ years in martial arts. He is available to teach these skills nationally and internationally. Check out: www.paragonprotect.co.uk

Additionally he is owner and chief instructor at: www.paragonacademy.co.uk

Close Protection Officers

SW Shaun West
Security Consultant and Frontline Close Protection Officer

To whom it may concern

For all of your security and personal protection needs. Please contact

Phone: 0845 643 5755
Mobile: +44 (0) 7830 109 601

Email: sw@shaunwest.co.uk
Web: www.shaunwest.co.uk