

# GENERAL STRIKE POINT LOCATIONS AND DESCRIPTIONS

## **Forehead**

This area is a good non-lethal means of subduing an opponent.

It is a target area only recommend for physically strong individuals, there are many far more effective areas women and others can target.

The best kind of strike is an open-handed palm attack, aiming to have the heel of the palm impact just above the bridge of the nose.

A hit in this fashion is almost sure to cause concussion, while a powerful strike is capable of knocking an adult out cold.

### Striking the Eye

The eye can be either poked or clawed, initially the victim will snap the head back and away from the attack.

The second reaction will be to step backwards with the foot corresponding to the eye that has been struck.

If poked in the right eye the victim will step backwards with the right foot one full step. Then both hands will cover the injured eye, the closets hand will cover first.

## **Nose**

There are several different ways to hit this vulnerable and most are quite effective.

A straight on punch will cause sever pain to the recipient, giving you a chance to withdraw, while making your attacker think twice.

## **Jaw**

Any blow that affects your ability to breathe will result in opening the mouth. For example any blow to the lung, diaphragm, sternum, solar plexus, throat, ribs and nose will cause the mouth to open.

When the mouth is open 4 pounds of pressure can break the jaw. Strike the jaw at the point where it connects to the skull, in front of the lower ear.

## **Pneumogastric Nerve**

The pneumogastric nerve starts beneath the ear and runs down the outside of the neck.

Striking forcefully to the left side of the neck will cause the person to lean away from the strike, lift up the left foot stumble and fall.

A sharp snapping motion, like a knife hand strike, will cause the eyes to roll back in the head, the knees to buckle and the victim to fall down.

## **Striking the Throat**

Attack the windpipe with a knuckle punch or finger/spear thrust is extremely dangerous and can cause death.

The safest strike if necessary is a “V” strike, this is carried out by opening the thumb out from the hand and hitting with the area between the thumb and index finger in such a manner that the thumb and fingers pass to the sides of the throat

Being struck in the windpipe causes you to take a full step backwards and then rotate away from the attacker assailant.

### **Clavicle (collar bone)**

The clavicle is the bone extends from the base of the neck to the shoulder.

The muscle around is extremely tender and vulnerable to pressure.

An attack can be launched in a number of ways.

Either a downward jab applying pressure with the thumbs, a forward thrust with an open hand (with the heel of the hand hitting the clavicle itself), a hammer fist or sword hand strike to the clavicle itself.

A carefully directed attack in this region will severely hamper you opponent's ability to strike you with punches.

### **Lung**

The location of the lung shot is on the side of the rib cage, just below the chest. This strike will knock the wind out of a person, therefore affecting the ability to breathe.

The person will react by leaning towards the side that has been struck. He will step back 1/2 step and rotate towards the side that was hit.

Normally the lung shot is done on the right side, because the heart is on the left. The effect of the lung shot on the diaphragm and breathing system should deter a person's will to fight.

### **Heart**

The heart shot will have the same effect as the lung shot. If it is hit hard enough, it can knock a person out.

The heart shot is a good knockout point because it is easier to hit than the head.

Most people tend to be headhunters and think the only knockout blow is one delivered to the head. The head is much more mobile than the torso, thus you're less likely to make contact to the head than to the body.

The response to the heart shot is the same as the lung shot, except the person freezes up and possibly collapses depending upon the impact of the strike

### **Sternum**

The sternum is located between the solar plexus and the throat in the centre of the chest. A strike to this target area affects the breathing system.

The sternum is held together with cartilage. If you strike and separate the cartilage, it will separate the ribs, which will incapacitate the attacker because of difficulty in breathing.

This must be a powerful blow. The person will step back one full step and arch backwards.

### **Solar Plexus**

The Solar Plexus is located below the sternum and above the stomach.

A sufficient blow to this area will result in bending straight over between the legs and bringing the head straight down.

The hardest blow will also cause the victim to drop to his knees.

Do not stand in too closely in front of the opponent when delivering a blow to this area. When the recipient bends forward you may receive an accidental head butt.

## **Ribs**

Again, this is an area for stronger individuals to target.

Aim for the lowest (and therefore the smallest) ribs on the outer sides of the chest.

Strike straight on, remembering to twist your wrist and shoulders with a punch in order to gain the maximum power from the strike. Alternately use a sword hand or ridge hand strike to the rib.

At the very least, this should hurt your assailant and take the wind out of his attack for several seconds,

In most cases with a very powerful blow this will lead to the fractured rib puncturing a lung or other vital organ

## **Bladder**

Striking the above the groin and below the navel will affect the bladder.

The opponent will squat down. When struck in the bladder the head will come down, when struck in the groin the head will go back.

This shot will take away strength and may cause the opponent to urinate however, the pain is less intense than a groin shot.

## **Kidneys**

Although a shot to the kidneys is very effective, they are hard to reach and protected by the ribs. There are many far more effective areas to target.

A shot to the kidneys will cause a deep sensation of pain and drain a person's energy. A well-placed blow can send a man to the floor but usually only causes him to arch backwards and grab towards the injured area with the nearest hand.

There are several strike methods that can be used but they are primarily dependent on your position to the opponent.

Strike methods include elbow strikes, punches, ridge and sword hand strikes.

## **Striking the Bicep**

Attack the centre of the bicep with a punch or knife hand strike. This will cause the recipient of the blow to straighten out the arm and possibly turn towards the injured nerve.

The harder the blow the more the subject will turn and want to grab the muscle with the other hand.

An effective blow to this pressure point will incapacitate the arm making it difficult to flex, lift or strike with.

## **Striking the Forearm (Radial Nerve)**

This nerve is located on the thumb's side of the arm and extends from the back of the wrist on the thumb's side to a few inches below the elbow.

This pressure point is used frequently in defence against grabs. This pressure point causes the grip to weaken helping you escape from a hold.

A very forceful blow will result in letting go of the object, and incapacitate the hand

## **Triceps (back of upper arm)**

The musculospiral nerve is located in the middle of the triceps.

A blow to this portion of the arm inhibits the ability to straighten the arm forcefully. The common reaction to being struck here is to reach and grab the injured muscle.

## **Elbow Joint**

This is not a pressure point although there are numerous pressure points immediately above and below the elbow.

By forcefully striking an extended arm at the elbow you will cause a dislocation of the joint.

This causes the recipient to take a small step backward on the injured side and begin to stoop toward that side.

## **Groin**

When struck in the groin several reactions will take place. The knees will bend, the back will arch, the butt will stick out, the head will lean back exposing the throat and the victim will grab his groin.

Usually the mouth will open after this strike leaving the jaw susceptible to great damage. Hitting the groin twice can induce vomiting.

Sometimes the victim may drop and roll around. It is also possible to knock someone unconscious with this blow.

## **Internal Saphenous Nerve**

This nerve is located along the inside of the thigh and runs down to the inside of the calf.

When you strike the inner thigh it will weaken the leg, the person will bring his hands down towards the thigh that was struck, and he'll bring his head down.

If it's struck with a thrusting, downward motion to the inner thigh, it will cause him to fall.

If struck with a snapping kick, going upwards into the inner thigh it will cause his leg to rise up. He will lift the leg up bring his head down, and rest all his weight on the other supporting leg. The only difference is that he'll also flare the leg out exposing the groin for a moment.

If you strike the inner part of the calf, it will weaken the foot, so the person will have a hard time supporting his weight on that foot. This shot will also create an opening for a groin attack.

## **Greater Sciatic Nerve**

This is a major nerve that runs from the end of the buttocks all the way down the centre of the hamstring.

Striking this nerve will affect the entire leg causing it to give out.

When struck here the recipient will raise the leg forwards and upwards, then the back will arch. The leg will go numb and if weight is put on the leg the recipient will fall down backwards.

## **Knee Joint**

This is intended to dislocate the joint. It is done by striking the joint in a direction that the joint was not designed to go, by kicking and stomping or driving through the knee. The knee must be straight! This dislocation can cause permanent damage.

## **External Saphenous Nerve**

This nerve is located half way down the calf on the inside of the leg.

This is a very painful blow. It weakens the foot therefore the response is a shifting of the weight to the other foot.

It will also affect the person's ability to walk. He will no be able to put his full weight on that foot.

## **Knee Cap**

In order for a kneecap strike to work, the leg must be straight. When the leg is straight the kneecap is floating.

Kick the kneecap straight on or from the side. A simple piston like kick, with the toes of your shoe kicking the kneecap up towards the thigh is the easiest, way of doing it.

Your foot is almost always lower than the knee. Don't drive through the knee, just kick to the surface.

You only want to kick the leg that has the body weight on it. It won't break the knee joint, but it will separate the kneecap.

The person will grab the knee with both hands and drop down. The reaction is to bend the knee, which will force kneecap off to one side helping to create the injury.

## **Knees**

Like the elbow, this is one of the weakest joints on the body

The best way to attack it is to kick the inside or outside of the knee.

A straight (soccer style) kick to the knee cap (forcing the knee cap upwards)

This is a permanently debilitating attack that when applied with full force could result in your opponent needing a knee reconstruction operation

## **Knee Joint (struck from behind)**

Stomp into the hollow of the knee from the rear and drive through, dislocating the knee and crushing the kneecap on the ground.

When kicked in the manner the recipient's leg will bend and wrap around your foot. After the kneecap smashes into the ground the person will fall backwards into a kneeling or praying position.

## **Shin**

All of the information given about the ankles applies the shins, except that virtually any kicking style is effective against this weak-spot.

You can include a shin scrape by the edge of you shoe as a method of attacking this region.

## **Ankle bone**

This area is extremely sensitive to kicks or blows with hard objects, because the bone is close to the skin.

Beware however, for only a strong blow with heavy shoes will do sufficient damage to incapacitate your attacker - a soft blow may end up putting you off-balance.

The blow is best delivered by a low roundhouse kick. You should aim to kick just above the ankle.

## **Tarsal Bone (top of foot)**

Breaking the tarsal bone makes it very difficult to stand and walk.

There is virtually no padding around the bone and it is easily crushed. This is an ideal target against a large opponent.

Attack this target with by stomping and driving with your heel. When the tarsal bone is broken the recipient will raise the foot up and grab towards it. The head will also come downward.