

## FSSD PRESSURE AND PINCH POINTS

### NOTE

**NOT ALL PERSONS REACT CORRECTLY TO FORCE APPLIED ON PRESSURE AND PINCH POINTS IT IS DEPENDANT ON THE PERSONS TOLERANCE TO PAIN AND THE CORRECT APPLICATION OF THE TECHNIQUE**

The only way to correctly apply the majority of these techniques is to constantly practice them. It is possible to do most of these techniques on yourself.

Pressure placed on a joint directly opposite to the natural hinge or folding direction of a joint is usually utilised as a control method

A general rule for finding hitting points of the body is "the three-inch rule". If you know one point on the human body every three inches from that point in a up, down, left, right direction there are 4 more, that gives you 5 points!

Also from any of your new points you can find two more in this way you can find all of the hitting points.

#### **Ribs Under Pectoral Muscle.**

Technique type: spear hand, short punch, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

#### **Eyes**

Technique type: two finger open spear hand, full punch, **pressure from thumb**

#### **Stomach**

Technique type: spear hand, short punch, full punch, elbow strikes, two knuckle half fist, half fist

#### **Groin**

Technique type: spear hand, full punch, elbow strikes, ridge hand, sword / knife hand, two knuckle half fist, half fist

#### **Soft Spot Below The Ears**

(Adjacent To The Jaw Hinge)

Technique type: extended or bent thumb, **pressure from thumb**

### **Under collarbone near shoulder (front, and down)**

Technique type: spear hand, two knuckle half fist, half fist (spear hand strike for downwards direction - strike goes between the shoulder and the collar bone)

### **Front Of The Shoulder**

Technique type: full punch, elbow strikes, two knuckle half fist, half fist

### **Upper Arm (inside and outside)**

Technique type: spear hand, short punch, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

### **Middle Of Shoulder Joint**

Technique type: full punch, elbow strikes, vertical sword / knife hand, two knuckle half fist, half fist

### **Bottom Of Chin (in soft tissue area)**

Technique type: spear hand, two knuckle half fist, half fist, **pressure from thumb in an upward direction**

### **Directly under armpit**

Technique type: spear hand, full punch, two knuckle half fist, half fist

### **Sternum**

Technique type: short punch, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

### **Solar Plexus**

Technique type: spear hand, short punch, full punch, elbow strikes, two knuckle half fist, half fist

### **Inside Ridge Of The Hipbone**

Technique type: spear hand, two knuckle half fist, half fist

### **Side Of The Hip**

Technique type: spear hand, short punch, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

### **Ridge Of The Eye Socket**

Technique type full punch, elbow strikes, two knuckle half fist, half fist, **pressure from thumb**

### **Base Of The Nose**

Technique type: spear hand, elbow strikes, two knuckle half fist, half fist, **pressure from thumb or finger nails (press where the base of the nose meets the top lip in an upwards and inwards motion.**

### **Clapping Of The Ears**

Technique type: cupped hands, **pressure from thumb into the ear hole**

### **Bridge Of The Nose**

Technique type: short punch, full punch, elbow strikes, two knuckle half fist, half fist, back fist

### **Around The Stomach**

Technique type: spear hand, short punch, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

### **Inside And Outside Of Upper Leg**

Technique type: spear hand, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

### **Just Above And Below The End Of The Clavicles**

Technique type: spear hand, two knuckle half fist, half fist

### **Notch between the clavicles**

Technique type: spear hand, two knuckle half fist, half fist

### **Elbow Joint**

Technique type: full punch, two knuckle half fist, half fist, **pressure from thumb (squeeze)**

### **Inside The Swell Of Cheekbone (between nose and cheek)**

Technique type: spear hand, short punch, full punch, elbow strikes, two knuckle half fist, half fist

### **Middle Of The Chest**

Technique type: spear hand, short punch, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

### **Ribs Under The Armpit**

Technique type: spear hand, full punch, two knuckle half fist, half fist

**Base of the thumb** (outside edge, between bottom thumb knuckle and wrist).

Technique type: elbow strikes, two knuckle half fist, **pressure from thumb (squeeze)**

### **Ribs Under The Chest Muscles (On The Front And Back)**

Technique type: spear hand, short punch, full punch, elbow strikes, sword / knife hand, two knuckle half fist, half fist

### **Top Of The Foot Just Above Toes**

Technique type: stamp, hammer fist, ***elbow block (only on a kick - must be very accurate to try this block)***

## **LETHAL STRIKE AREAS**

### **Temple**

Technique type: extended thumb, folded thumb, punches, knife / sword hand strikes, **pressure from thumb**

### **Side Of The Neck**

Technique type: double knuckle half fist strike, sword / knife hand strike, half fist.

### **Base Of The Neck (Rear)**

Technique type: double knuckle half fist strike, sword / knife hand strike, half fist.

### **Base Of The Skull**

Technique type: double knuckle half fist strike, sword / knife hand strike, half fist.

## **Adams Apple Region**

Technique type: 'v' hand strike, **lethal strikes - half fist, sword / knife hand (applied from the side) ridge hand (applied from rear over the shoulder).**

## **Soft spot on top of the head**

Technique type: **lethal strikes - hammer fist, down elbow, vertical sword / knife hand, clasped double fist**

## **EXAMPLES OF STRIKE AND PRESSURE POINT TECHNIQUES**

### **Wrist Strike.**

Location: one half inch from the crease in the wrist on the small finger side.

Direction: in and down against the bone.

Depth: 0.3 to 0.5 of an inch.

Technique type: fore knuckle strike, palm heel strike, **thumb pressure**

Effect: pain, and the wrist will bend.

### **Forearm Strike.**

Location: mid forearm, 5 inches up from the wrist on the thumb side of the forearm

Direction: straight in against the bone.

Depth: 0.5 to 0.8 of an inch

Technique type: fore knuckle strike, palm heel strike. **Thumb pressure**

Effect: pain, opening and/or loosening of the fist

### **Inside Elbow Strike.**

Location: when the elbow is flexed, the point is located in the depression on the elbow joint (inside of elbow)

Direction: in and upwards in the direction of the elbow fold.

Depth: 0.3 to 0.5 of an inch

Technique type: fore knuckle strike, **thumb pressure**

Effect: pain and numbness.

### **Front Shoulder Joint Strike.**

Location: in the gap between the shoulder and the arm joints - front of the shoulder directly above the armpit.

Direction: slightly downwards.

Depth: 0.5 to 1 inch.

Technique type: one-knuckle fist strike, two knuckle half fist, half fist

Effect: numbness

### **Shoulder Blade Strike.**

Location: strike is made into the area between the shoulder blade and the spine (soft tissue area).

Depth: 0.5 to 1.0 of an inch.

Technique type one or two knuckle punch.

Effect: destruction of the arms energy, energy drain from the arm and or body, numbness.

### **Alternate Shoulder Blade Strike.**

Location: strike is made into the area between the shoulder blade and the spine

Direction: the strike goes under the shoulder blade (soft tissue area).

Depth: 0.5 to 1.0 of an inch.

Technique type spear hand strike.

Effect: destruction of the arms energy, energy drain from the arm and or body, intense pain.

### **Rear Jaw Strike.**

Location: corner of the jaw, between the jaw hinge and the neck

Direction: upwards and inwards.

Depth: 0.5 to 0.7 of an inch.

Technique type spear hand strike, sword / knife hand strike,

Effect: intense pain, jaw dislocation, unconsciousness

### **Side Neck Strike.**

Location: side of the neck, level with the Adams apple.

Direction: straight in, or 35 degrees downwards

Depth: 0.3 to 0.7 of an inch.

Technique type: double knuckle half fist strike, sword / knife hand strike, half fist.

Effect: fainting, unconsciousness. **(with a powerful strike, death)**

### **Rear Neck Strike.**

Location: base of neck or base of skull

Direction: straight in, or 35 degrees downwards for base of neck and 35 degrees upward for base of skull

Depth: 0.5 to 1 inch.

Technique type: double knuckle half fist strike, sword / knife hand strike, half fist.

Effect: fainting, unconsciousness. **(with a powerful strike, death or permanent paralysis)**

## **QUICK REFERENCE CHART**

| <b>PRESSURE OR PINCH POINT</b>   | <b>EFFECTS</b>  |
|--|---|
| The hollow below the ear and opposite the jaw hinge, pressure should be applied with the thumbs  | Causes sever pain and possible loss of consciousness  |
| Eye sockets and eyes, pressure should be applied with the thumbs preferably whilst gripping the head with the fingers on either side of the head   | Causes sever pain and possible loss of consciousness and blindness                                    |
| The hollow just behind the collar bone (both from the direction of the neck and the chest)   | Causes sever pain and possible loss of consciousness  |
| The inside of the upper arm (midway between the elbow and arm pit) pressure should be applied with the thumb and preferably from behind the person | Causes sever pain and possible loss of consciousness, loss of arm function whilst pressure is exerted |
| The inside of the elbow directly above the bone pressure should be applied with the thumb and preferably from behind the person                    | Causes sever pain and possible loss of consciousness, loss of arm function whilst pressure is exerted |
| The back of the hand, midway between the wrist and knuckles and in line with area between the second and third finger                              | Causes sever pain and possible loss of consciousness  |
| Pinching of the deltoid muscles (those muscles that run down the neck and across the top of the shoulders) make sure you have the                  | Causes sever pain and possible loss of consciousness  |

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|---|---|
| muscle and not just the skin  |   |
| Ear holes (press the fingers or thumb into the ear hole as hard as possible then pull them out as swift as possible)  | Causes sever pain and possible loss of consciousness, possible bursting of the ear drum |
| Pinching and twisting of either the top or bottom lips (make sure you don't put your fingers in the mouth or you will bet bitten)   | Causes sever pain and possible loss of consciousness                                    |
| <b>MALES ONLY</b> pressure to the floating rib (the small half rib at the bottom of the rib cage)   | Causes sever pain and possible loss of consciousness difficulty in breathing            |
| <b>Solar plexus</b>   | Causes sever pain and possible loss of consciousness difficulty in breathing            |
| <b>Genital area (both male and female)</b>  | Causes sever pain and possible loss of consciousness, difficulty in breathing           |
| <b>Any part of the chest ½ inch either side of the centre</b>   | Causes sever pain difficulty in breathing   |
| <b>When a person is face down on the floor pressure can be applied by the fingers or thumb within ½ inch of the spine anywhere along the spinal column. Pressure to the spine itself should only be applied by the closed fist, heel of the hand or knee (care must be taken when pressing directly onto the spine or permanent damage can occur)</b> | Causes sever pain difficulty in breathing, paralysis or death                           |