

# Notes on Vital Points From Rick Clark Seminars

Danny Abramovitch

December 6, 1994

During the February 18 & 19, 1994 Rick Clark seminars in northern California Susan<sup>1</sup> scribbled down some notes. I added a few notes and some brief sketches. These are my extended notes drawn from these brief notes taken at the seminars. I have checked the points against Rick's book<sup>2</sup>, but not everything at the seminars was in the book. The explanations are certainly not as complete in the book as in the seminars.

## Notes:

- A few of the points and grapples come from Rick's November seminars in northern California.
- I have tried to tie some of these points to those used in Suro Mike Inay's PSNA class.

## Safety Rules for Vital Points Practice from Rick's Book

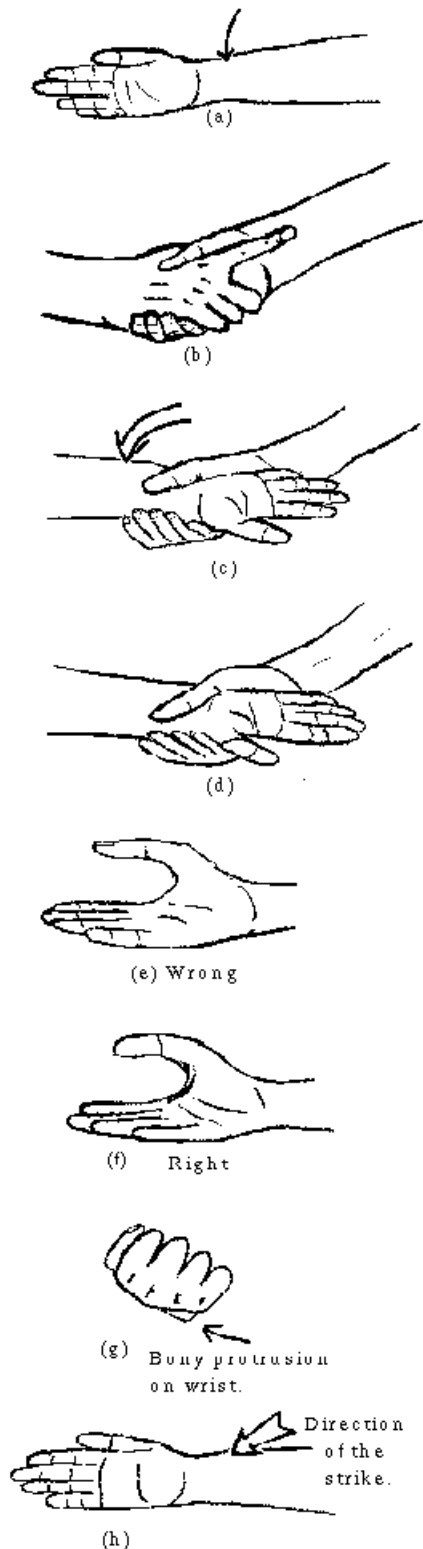
- Never strike pressure points on an individual who is over 40 years of age.
- Never strike pressure points on an individual who is using any kind of drugs, legal or illegal.
- When practicing pressure point techniques, never cross points. What this means is that if you are hitting pressure points on the left arm do not strike points on the right arm. Or do not strike points on the body or legs once an arm has been struck. You must wait a full 20 minutes before you can strike points on other parts of the body.
- Never strike pressure points on a person who is in poor health or who has any congenital health problems.
- Do not practice pressure points techniques for more than 15 minutes per week.
- Never strike a pressure point unless you understand the full consequences of the strike.
- Never strike pressure points with anything more than the lightest tap.
- Never strike pressure points unless you are under the supervision of an instructor who is fully qualified in pressure point techniques.

---

<sup>1</sup>Susan Alters, my spouse and note taking partner.

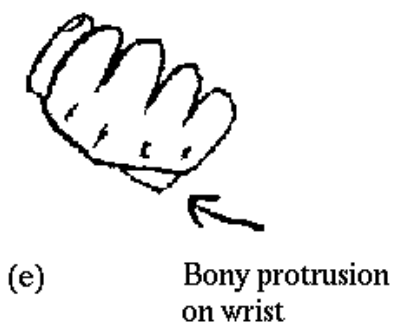
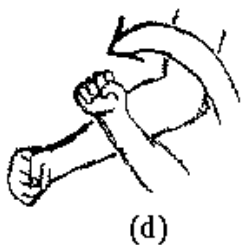
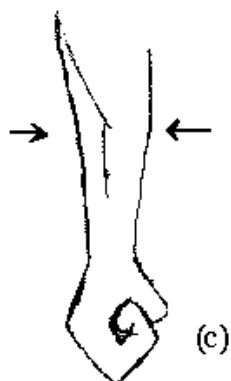
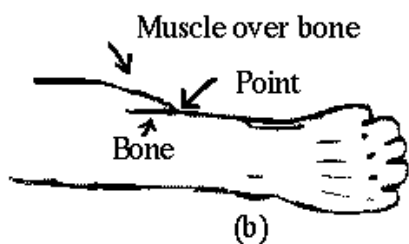
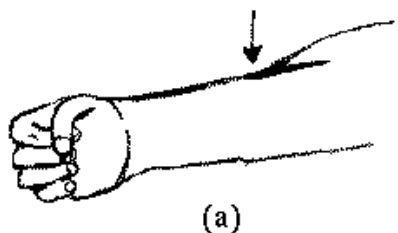
<sup>2</sup>*Martial Arts for the University: A Textbook for Basic Judo, Ju-Jitsu, Karate, Tae Kwon Do, Modern Arnis and Vital Points*, Kendall/Hunt.

## Points on the Arm



## Lung 7

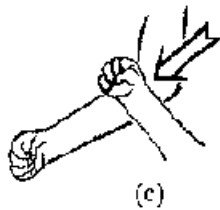
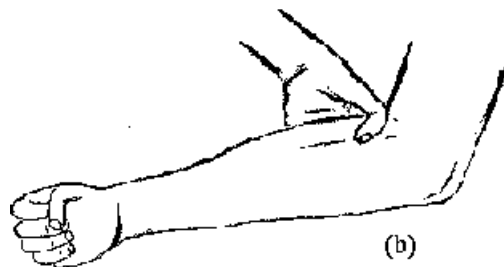
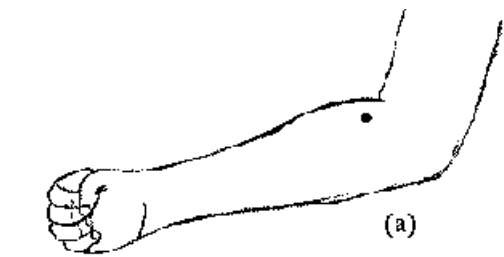
- About 1" up from the hand, on the radius side of the arm is where this point is found (a).
- A good way to find this point is to shake hands with your partner. Extend your index finger until you can feel your partner's pulse (just on the inside of the radius bone (b).
- This point can be grabbed with a cross hand grab. The thumb applies the pressure as the flat of the hand applies counter pressure on the back of the wrist. You can rotate into this, then squeeze down (c) & (d).
- Note that the bony side of the thumb is used to apply pressure (f) rather than using the padded bottom of the thumb (e).
- When you apply pressure on this, your partner should feel pain and drop down.
- This grip is a good lead in for shiho nage.
- This point can also be struck with a shuto, back-fist, or bony protrusion on the back of the wrist (g).
- The strike needs to come back and in at a 45 degree angle i.e. relative to the arm you strike from their elbow towards their hand at a 45 degree angle.
- This point, when struck will cause the hand to open up.
- If they are gripping something, striking this will open the hand and release the grip.



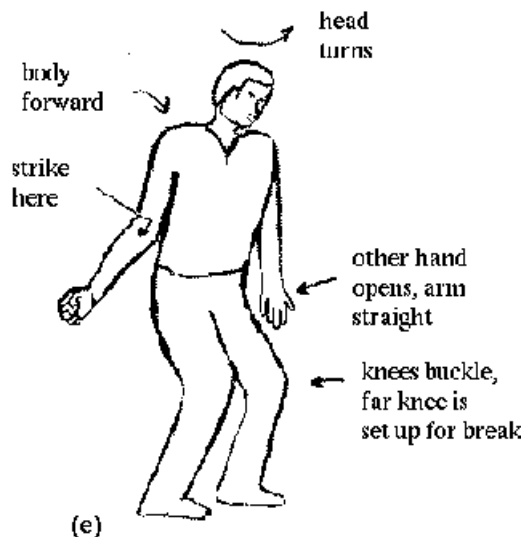
### Additional Lung Point

- On the forearm at the intersection between the radius bone and muscle that wraps over it (a) & (b).
- If they make a muscle, follow the bone up until it intersects with the muscle. The point is there (c).
- You can roll this point by using the bony protrusion on the wrist (e) as shown in (d). Start on the underside and roll around the arm. If you don't start underneath the arm, you may miss the point.
- This point can also be struck using either with the bony protrusion (e) or a backfist. The strike needs to be down and back towards the wrist at a 45 degree angle. The angle is critical.
- The effect of rolling this point is that the person (recipient) will drop straight down.
- The effect of striking this point towards the fingers at a 45 degree angle is to make it hard for the recipient to make a fist. Thus, if they strike something hard with that hand, there is a good chance the hand will break. The effect lasts roughly 20 minutes.
- This is a useful spot to use on muscular people because it is hard to cover this point with muscle.

## Lung 5

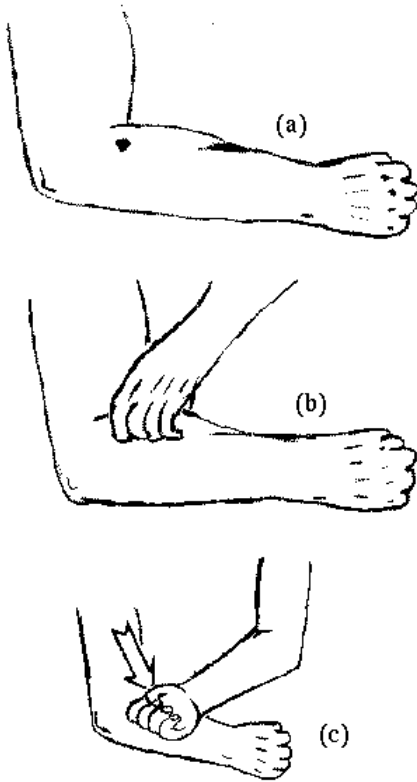


Bony protrusion  
on wrist.

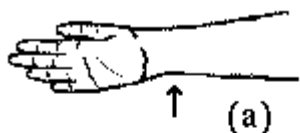


- Below the elbow, about 3/4". There is a ropey sinewy muscle at the top of the arm (a).
- You can access this point by reaching with your adjacent hand (your left on their right) and digging the thumb under the muscle (b).
- You can also strike this with cross hand. Again the bony protrusion on the wrist (d) can be used. Again, the strike comes down and back towards the wrist at a 45 degree angle (c).
- There are several effects of striking this point towards the fingers at a 45 degree angle (e):
  - The arm will bend.
  - Recipient's leg on the side not struck will open up - setting it up for a break.
  - The body and head come forward and their chin will turn away from the arm that has been struck.
  - This will expose the neck points that have been set up by striking this arm point.
  - The hand on the arm that has not been struck will open up and the unstruck arm will straighten out and move back.
- Striking at a 45 degree angle to the outside of the body sets up the arm for a break using the push point above the elbow. (Golgi tendon reflex.)
- This point and Lung 7 can be struck at the same time with the draw/chamber motion of a double knife hand block. The forward motion of the block strikes the neck points.

## Large Intestine 11

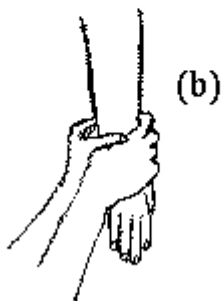


- This point is on the opposite side of Lung 5 (a). In fact, this is best located at the same time that Lung 5 is located. When reaching for Lung 5 with the thumb of the adjacent hand, the index finger will be on this point (b). It is under the ropey muscle/tendon that runs across the top of the forearm.
- This can be used as a push point or struck with a backfist. The strike should be back down towards the fingers at a 45 degree angle.
- This can also be struck with an elbow, for instance on the way down for a down block.
- The effect of the strike is greatly increased by firmly grabbing the lung points on the arm.
- The effect of the strike is to numb the arm.
- When opponent has their arm up in guard position, striking this with a backfist will drop their arm.
- Bill Dewart says that he uses this in sparring to set up a scissor takedown.

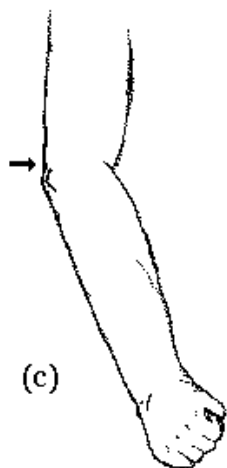


### Heart 7

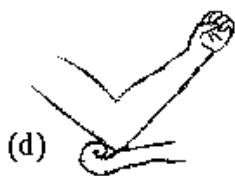
- This one is on the opposite side of the wrist from the first thumb point (Lung 7). It is just below the wrist bone near the pinky (a).
- You can do a wrist grab on this point and Lung 7 simultaneously by pushing both thumbs into this point (use sides of thumbs) and using your fingers on Lung 7.
- This point controls the wrist. Pressing on this point will allow you to bend the wrist. The point can be used for wrist locks and throws.



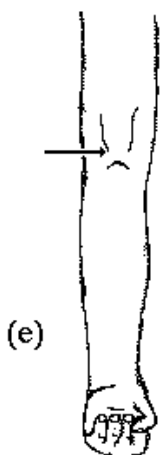
### Golgi's Tendon (Ulna Press Point)



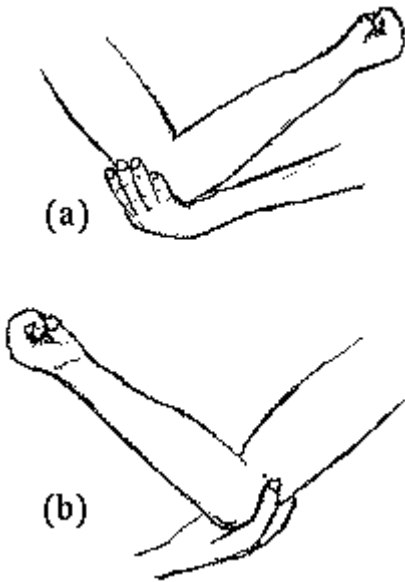
- This is a press point right above the back of the elbow. Striking this point does nothing.
- Rubbing this point with knuckles will cause an involuntary muscle relaxation.
- This sets up the arm for a lock or a break.
- This can be used in several situations:



- Cup fist under elbow.
- Knuckles will be on Golgi's Tendon.



- Same side wrist grab. Respond with down block.
- Cross hand wrist grab. Respond with down block.
- Get knuckles, ulna, etc. on pressure point and roll it to drop opponent.
- Hold their wrist with cross hand. Use adjacent arm for kage tsuki (short hook punch). Your radius activates the point.
- Hold their wrist with cross hand. With adjacent hand age uke (rising block) breaks the arm.
- On down blocks, your non-blocking hand holds their wrist.



### Heart 7

- To find this point, place your cross hand under your opponent's elbow, cupping it. The thumb will be able to push on this point.
- It is about  $\frac{3}{4}$ " from the elbow joint, in the direction of the body, on the inside of the arm.
- If the pinky is pointing towards you, this point will be on that line.
- This point can be tapped lightly with knuckles from underneath.
- Alternately, you can hold their right arm with your right arm and do a left backfist.
- This point should be struck at a  $45^\circ$  angle towards the outside.
- Pressing the point will make the whole arm go numb.
- A strike could cause a heart attack.
- If set up by other points, the effect is very powerful.
- Striking the point towards the fingers will set up the opposite knee for a break and the neck for a knockout.
- This point can be used in defense against rear strangle. Then either ippon seoi or uki otoshi to follow up.
- Can be used on rear hand choke, ippon seoi.
- Can be struck with ude uke or kage tsuki.