

GEORGE DILLMAN'S "To the Point"

with Chris Thomas **OCTOBER, 2002**

THE MERIDIAN PRINCIPLE

People who don't know much about pressure points are often heard talking "knowingly" about them. It's easy to spot these "experts" because they will speak of pressure points as if they are isolated and independent targets – "Well, there's a pressure point here. And there's another one over here..." The real secret of pressure point fighting is that pressure points are used together to compliment each other. The simplest expression of this concept is, "One point causes pain. Two points cause the pain to meet in the middle. Three points cause a knock out."

When we talk about one pressure point, we will often use the language of anatomy and physiology. However, when we speak of how points work together, we generally find it more helpful to use the terminology of Traditional Oriental Medicine (TOM). The reason is that oriental medicine uses symbolic language to describe the relationship between things. By understanding these relationships and applying them in our pressure point techniques, we are able to enhance our effectiveness.

One of the principles of TOM which we use is the meridian principle. Internal energy (*ki* or *chi*) is said to travel through specific channels in the body called meridians. Along the meridian are points – gates, if you will – where the energy can be manipulated. These are the pressure points. There are 12 meridians, each of which is associated with an organ of the body (in TOM the concept of an *organ* includes not only the anatomical structure, but its function and purpose). There are 8 other non-organ meridians, but only two of these – the two centerline meridians – have their own unique set of pressure point. The other non-organ, or "extraordinary" meridians connect across organ meridians (similar to the way lines of latitude intersect lines of longitude on a globe). To show how meridian points can be used together, let's consider two points on the Stomach meridian.

St-4/Dicang is located to the side of the mouth, at the end of the naso-labial groove – roughly at the outside edge of a man's moustache. Anatomically, this point is located at a terminal branch of the Buccal nerve. The method is to press this point, usually with the thumb. The result is moderate pain, and a reflexive turning of the head away from the pressure.

Located behind the collar bone, at the clavicular head of the Sternocleidomastoid muscle is the pressure point St-12/Quepen. Anatomically, this point is related to the Supraclavicular nerve. In acupuncture terms it is a point of intersection, connecting the Stomach meridian with four other meridians. The method for using this point is to hook behind the collarbone, and dig down with the fingertips. The result is a significant amount of pain. However, by itself, the pain can be resisted.

While the effect of pressure on St-4/Dicang is relatively modest, and the pain of pressing St-12/Quepen is significant but not unbearable, the combination of the two points is excruciating. The method is to begin by pressing on St-4/Dicang. Immediately as the head begins to turn away – which indicates that the point has been effectively activated – press into St-12/Quepen, and work both points simultaneously. The resulting pain and body response will be significant.

George Dillman is perhaps the world's leading authority on pressure point fighting. He has studied martial arts for over 40 years, and has been one of karate's major personalities for decades.



St-4/Dicang is located just lateral to the corner of the mouth, roughly along the edge of a moustache. Press in toward the teeth, and slightly toward the mouth to create moderate pain, and a turning of the head.



St-12/Quepen is located behind the collarbone where the Sternocleidomastoid muscle attaches. Press inward to generate pain.



To amplify the pain and effectiveness of these two points, begin by pressing St-4/Dicang until you get a reaction. Then continue pressing as you dig into St-12/Quepen. The results will be significant and dramatic.

Chris Thomas has studied martial arts since 1970. He is a well known martial arts journalist whose articles and essays have appeared around the world. Together, George Dillman and Chris Thomas have written 6 books on pressure point fighting.

For more information, check out www.dillman.com