

# GEORGE DILLMAN'S "To the Point"

with Chris Thomas February, 2003

## "The Yin/Yang Principle"

Probably the most ubiquitous concept in the martial arts is the duality known as yin and yang. Yin and yang are understood philosophically as the primordial forces of balance and interplay. Yin is soft, dark, cool, calm, yielding, insubstantial, feminine. Yang is hard, bright, hot, active, forceful, solid, masculine.

The concept is widely applied in the combative disciplines. In tai chi chuan (taijiquan) the aggressor is perceived as being the yang element. The tai chi practitioner seeks to win by yielding, becoming the yin element. In certain hard styles of karate, strenuous body toughening methods are practiced so that the practitioner will be stronger and harder than any potential attacker. So in this case, the attacker would be the yin element, and the defender the yang element seeking to overwhelm with forcefulness.

This observation raises a very important point: yin and yang do not exist in isolation. Nothing is yin or yang until there is something else to compare it to. It becomes yin or yang relative to an object of interaction. So, if the same attacker faced both the karate practitioner and the tai chi practitioner, the attacker would become the yang element in one encounter, and the yin element in the other.

In pressure point fighting there are two aspects of yin and yang which are taken into consideration. The first is what might be termed *general dichotomies*. These are things like "up verses down," "left verses right," "front verses back." To apply this concept one would seek to attack these dichotomies. A strike to a point on the right arm might be followed with an attack to a point on the left leg, a strike rising to hit one pressure point might be followed by a strike which drops on another point. If it works to follow a strike to a pressure point on, say, the Lung meridian by attacking another point on that same meridian (see "To the Point # 2" on the Meridian Principle), it should work even better to make the follow-up attack to a Lung meridian point on other side of the body (since

| Yang Channels   | Yin Channels |
|-----------------|--------------|
| Large Intestine | Lung         |
| Stomach         | Spleen       |
| Small Intestine | Heart        |
| Bladder         | Kidney       |
| Triple Warmer   | Pericardium  |
| Gall Bladder    | Liver        |
| Governor        | Conception   |



1: Will Higginbotham grabs George Dillman by the lapels.



the Lung meridian is bilateral).

The second – and more formal – aspect of yin and yang in pressure point fighting is the use of paired meridians. The 14 primary meridians are matched together in 7 pairs. One meridian in each pair is yin and the other yang. To borrow a metaphor from electricity, connecting the yin and yang meridians (by attacking pressure points on each) is like short-circuiting an electrical system – an action which typically results in a blown fuse.

An example of this in usage would be against a two hand lapel grab. A strike to the point S-5/Daying is a common response to this attack. Since the Stomach meridian (yang) is paired with the Spleen meridian (yin), a natural follow-up would be an attack to a point on the Spleen meridian. And, since S-5/Daying is on the head, the general dichotomy of yin and yang suggest a Spleen point on the leg as desirable. In a very natural way, a point on the inner thigh – Sp-11/Jimen – presents itself as a choice target.

**CAUTION:** *The pressure point techniques presented here are for informational and educational purposes only. Please do not attempt any pressure point knock out techniques without the direct supervision of a qualified DKI instructor.*

*George Dillman is perhaps the world's leading authority on pressure point fighting. He has studied martial arts for over 40 years, and is a karate pioneer.*

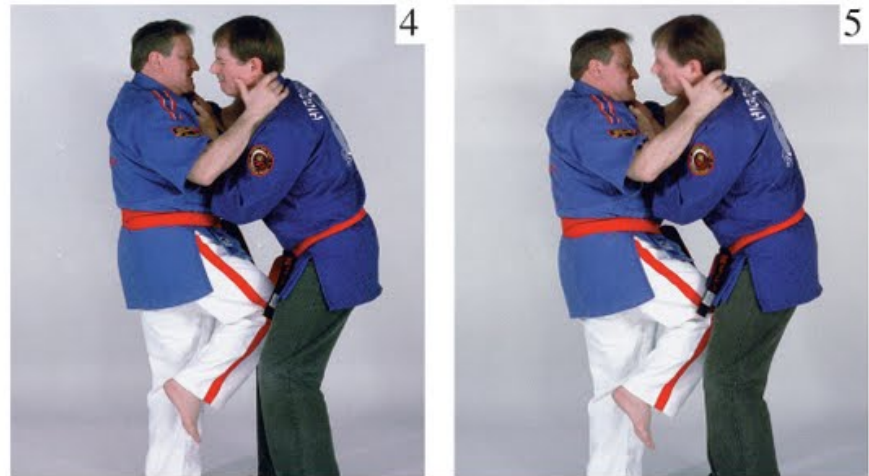
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*Together, George Dillman and Chris Thomas have produced 6 books on pressure point fighting.*

*For more information, check out [www.dillman.com](http://www.dillman.com)*



**2-3: Dillman strikes with both palms to the right and left S-5/Daying. By attacking both sides Dillman is exploiting a general yin/yang dichotomy – namely, right vs. left.**



**4-5: Since the Stomach meridian is yang, Dillman next attacks a point on the Spleen meridian (Stomach's yin pair). Also, following the general dichotomy of yin and yang, he chooses a leg point to contrast with the initial head level attack. Sp-11/Jimen is located on the inner thigh and is easily reached with a knee strike.**