

GEORGE DILLMAN'S "To the Point"

with Chris Thomas JUNE, 2003 THE RULE OF THE SPECIAL POINTS

The essence of pressure fighting is the coordination of points. Most pressure point techniques utilize at least 3 points, each one increasing the vulnerability of the next. (A note here: points can be attacked either sequentially, or simultaneously, however, in terms of point selection, we generally *think* sequentially.) In preceding columns, we have described four principles of pressure point fighting. These are: 1) select points on the same meridian; 2) select points which are related to each other by the principle of Yin/Yang; 2) select points following the Cycle of Destruction from the Five Element Theory of Traditional Oriental Medicine; 3) select points following the Diurnal Cycle of ki flow.

The fifth principle of pressure point fighting is quite random. It is the Rule of the Special Points. The reason for this randomness is that there a variety of special points which must be learned on a case by case basis. For example, there are 100 Meeting Points (see below) many of which are very practical for use in fighting. These points are standard meridian points, but there are also other points which lie outside the meridian system (called "Extraordinary Points" by acupuncturists, a subject we will touch on in an upcoming column).

Among the most useful of the special points are those called the Front Alarm and Back Associated points. These points are related to specific bodily organs. In healing arts they are useful diagnostically because they become painful when there is a problem with the corresponding organ. In pressure point fighting they are used as a means to directly effect an organ. The Back Associated points are also used in pressure point revival, especially if a subject has been the victim of a technique which depends heavily on the transmission of ki.

Meeting Points are another very useful type of the special points. These are locations where different meridians connect to each other. A Meeting Point can be treated as if it belonged to each of the meridians which intersect there. An example of this is St-



As Bill Burch grabs George Dillman by the lapel, Dillman uses a middle-knuckle fist to press painfully into Burch's wrist at P-6/Neiguan.



As Burch's body responds to the activation of P-6/Neiguan, Dillman reaches for St-12/Quepen, located behind the collarbone where the Sternocleidomastoid muscle attaches

12/Quepen. It is located behind the collarbone, and is the Meeting Point of the Large Intestine, Small Intestine, Triple Warmer (Sanjiao), and Gall Bladder meridians with the Stomach meridian.

Normally, one would not think of moving from a point on the Pericardium meridian to a point on the Stomach meridian. Instead, the point selection rules would suggest following with another point on the Pericardium meridian; or following with a point on the Triple Warmer meridian (which is Pericardium's corresponding Yang meridian as well as being the subsequent meridian in the Diurnal cycle); or following with an attack to a point on the Lung or Large Intestine meridians (since these are "metal" element meridians weakened by Pericardium's "fire" element). The Stomach meridian, on the other hand, is related to Pericardium primarily in the positive sense that Pericardium's "fire" energy helps produce Stomach's "earth" energy. However, since St-12/Quepen is a direct link to 4 other meridians, it is directly effected by an attack to Pericardium by means of Yin/Yang and Diurnal Cycle through Triple Warmer, and Five Element Cycle of Destruction through Large Intestine. In fact, since St-12/Quepen is in essence a 5-in-1 point, it can be "set-up" from any of the organ meridians in the body, and used to "set-up" any of the organ meridians.

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

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muscle attacks.



Pressing in and down, Dillman generates great pain in Burch's body.

Following an attack to P-6/Neiguan with a different Stomach meridian point would not create such a dramatic response. This combination works because St-12/Quepen is the Meeting Point of the Large Intestine, Small Intestine, Triple Warmer (Sanjiao) and Gall Bladder meridians with the Stomach meridian.

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