

# GEORGE DILLMAN'S "To the Point"

with Chris Thomas AUGUST, 2003 THE EXTRAORDINARY POINTS

When properly stimulated, a meridian pressure point will produce four results. These are: Area Control, Kinesthetic Response, Systemic Compromise, and Relational Artifact. Consider as an example, an attack to the point LI-10/Shousanli, located just outside and below the crease of the elbow. First, this strike would cause the muscles of the forearm to cramp up, and the elbow to flex. This is the result of Area Control. Second, the knees would buckle and the lower abdominal region would move back. This is the Kinesthetic Response, the reaction of the body structure. Third, Large Intestine (both the physical organ and its energetic function) would be weakened. This is Systemic Compromise. Fourthly, other pressure points on the Lung, Large Intestine, Stomach, Liver and Gall Bladder meridians would become vulnerable to follow-up attack. This is Relational Artifact.

There are over 700 pressure points on the meridians, and, in addition to these, there is another large group of points which are not a direct part of the meridian system. These are called extraordinary points. Because the extraordinary points are not a part of the meridian system, they are used primarily for Area Control, and secondarily for Kinesthetic Response. However, (though there are exceptions) they do not effect specific systems (Systemic Compromise) or set up other points (Relational Artifact). This would seem to make these point less generally useful for fighting, but they often produce such significant local results as to be very useful. In fact, many of the points included in traditional pressure point lists are extraordinary points. The temple, for example, is the extraordinary point M-HN-9/Taiyang, and the "third eye" (the point located centrally between the eyebrows) is the extraordinary point M-HN-3/Yintang. In many traditional pressure point formulas, there are 108 points used in fighting, 72 of which are non-lethal, and 36 of which are lethal. Both M-HN-9/Taiyang and M-HN-3/Yintang are listed among the 36 lethal points.

Each of these points has a Chinese name, and an alpha-numeric designation. The alpha-numeric designation seems somewhat awkward at first, but does make sense once the code is



Mel Abraham attacks Kim Dillman with a right punch which she deflects with her left forearm.



Dillman's deflecting movement is designed to "strip" ki from Abraham's head. This brings his head down, and creates vulnerability in the head points. She then attacks the inside of his nose at the extraordinary point M-HN-14/Bitong with the knuckle of her thumb.

explained. The first letter of the designation will be either an N (for New point) or an M (for Miscellaneous point). The next two letters will be one of the following combinations: HN (for Head/Neck); UE (for Upper Extremity); BW (for Back/Waist); CA (for Chest/Abdomen); LE (for Lower Extremity). And finally, the numbering of the points gives an indication of where on the various body areas the points are located, as the numbers *tend* to climb from distal to proximal (towards the body) on the extremities, and from superior to inferior (top to bottom) on the body.

A very useful extraordinary point to learn first is M-HN-14/Bitong. This point is located on the side of the nose at the top of the nasolabial groove. It is innervated by the anterior ethmoidal nerve, the infratrochlearis nerve, and a branch of the infraorbital nerve. It is attacked with a strike from the side. Since M-HN-14/Bitong does not lie on a meridian, it is usually set-up by actions designed to “strip” chi/ki from the head, such as a raking parry which scraps along the arm meridians away from the body and towards the hands.

Because of its location at the margin of the nasal bone, a strike to M-HN-14/Bitong is interpreted by the body as a message that the nasal bone is about to break. This causes the body to pull the head sharply away from the strike. Because of the involvement with the anterior ethmoidal nerve, which branches off from the ophthalmic nerve, the eye (on the side of the strike) will squeeze shut and begin to tear up. The eye’s ability to focus can also be compromised for up to twenty minutes. As a result, the subject can experience disorientation, though generally not a loss of consciousness.



**A very slight strike from the side to M-HN-14/Bitong produces a dramatic effect.**

**M-HN-14/Bitong is located on the side of the nose at the highest point of the nasolabial groove.**

*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.*

*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](http://www.dillman.com)*