

GEORGE DILLMAN'S "To the Point"

with Chris Thomas OCTOBER, 2003 ANGLE AND DIRECTION

One of the most important secrets of pressure point fighting is called "angle and direction." This refers to the path which must be followed to effectively stimulate a particular point. Very few points are attacked horizontally or vertically. Most are attacked on some diagonal. An excellent target to focus on as part of a discussion of angle and direction is the nose.

Generally, it is taught that one should punch straight into the nose as if to smash it flat against the face. However, an examination of a broken nose reveals that it breaks when struck from the side, rather than when it is struck straight on. This makes perfect sense when the anatomy of the nose is taken into account. The nose is structurally strong from front to back. But, because the nasal bones are relatively thin, they are weak laterally.

There is another piece of foolishness often taught as a "secret" technique. It is to smash the nose upward and drive the nasal bone into the brain. This might work if it was a steering wheel at 70 mph which is doing the smashing, but it is unrealistic to imagine a person could accomplish this in a fight. In pressure point fighting, it is taught that one should strike the nose at a downward diagonal.

The pressure point target is the Liver Point of the Nose. In the same manner as reflexology on the hand and foot, or the acupuncture points located on the ear, the nose has points which correspond to each of the organ-related meridians. The Liver Point is located on the centerline of the nose, just at the juncture of the nasal bone and the nasal cartilage. Along each side of the nasal cartilage is a very tiny nerve called the anterior ethmoidal nerve. These are branches of the ophthalmic nerves, and so are directly related to vision, which is particularly important for understanding how this point produces much of its effect.

An important rule of pressure point fighting is, "Stretch it to hit it." Nerves react strongly to being stretched, and, when the Liver Point of the Nose is struck in a downward diagonal, that is exactly what happens to the anterior ethmoidal nerves. The results



Attacker Mel Abraham grabs Matt Hayat by the lapels. Hayat counters by trapping Abraham's arms with his left forearm, and lightly placing the fingertips of his right hand on Abraham's forehead. (Note: This fingertip landmarking is important when first learning this technique, as it helps with accuracy and prevents the strike from being delivered with excessive force.)



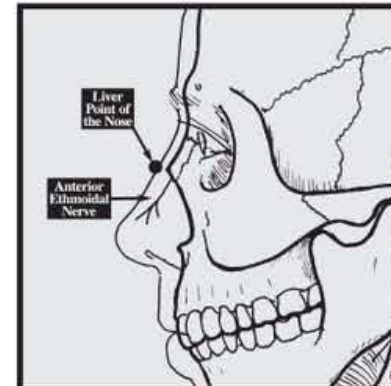
As Hayat strikes at a downward diagonal to the nose.

Exactly what happens to the anterior ethmoidal nerves. The results, with respect to Area Control, are: running of the eyes and nose, involuntary flinching of the eyes, and disruption of vision. The Kinesthetic Response is that the body leans away from the blow and the head pulls back and down. Because this point is related to the liver, the Liver meridian and the function of the organ are weakened (Systemic Compromise). Finally, through the connection of this point to the Liver and the eyes (which are also related to the Liver) points on the Stomach, Spleen, Gall Bladder, Liver and (interestingly) Heart meridians become vulnerable due to the Relational Artifact.

This point is extremely important in humane applications of pressure point fighting. A properly delivered strike causes a significant level of response and bodily disruption, as described above, but is unlikely to cause any physical damage, not even a nosebleed. Because the effects are transmitted along the nerves affecting vision, the subject suffers sensory disorientation. However, there is no neurological harm caused by the brain from sloshing around inside the skull, as happens in a typical blunt force blow to the head. And, because the effects can take several minutes to wear off, it offers an excellent opportunity for escape.

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.

activating the Liver Point, the Kinesthetic Response is clearly evident as Abraham's body leans away, and his chin pulls down.



As Abraham continues to fall away from the strike, his tightly clenched eyes are a vivid example of Area Control resulting from the stretching of the anterior ethmoidal nerves.

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