World Personal Martial Arts Federation

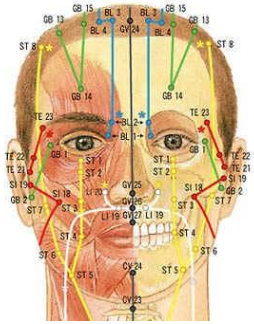
W.P.M.A.F

WORLD

Acudo Camp 2009

Lecture VI

The Sience of Acupuncture points used in Martial Arts

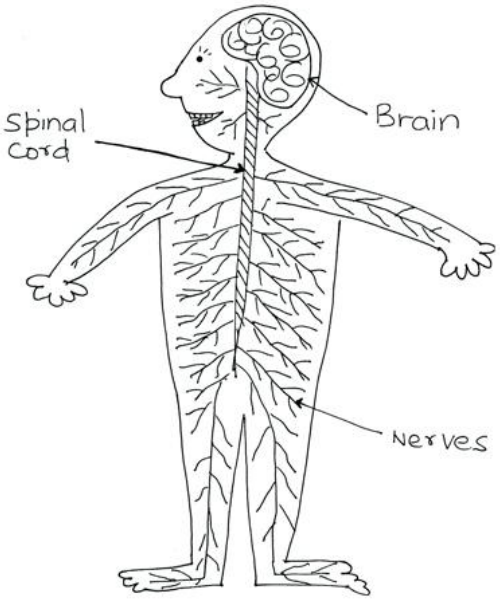


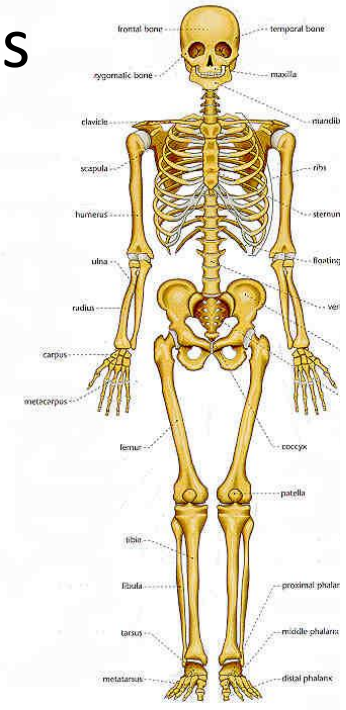
Martial Art Theory

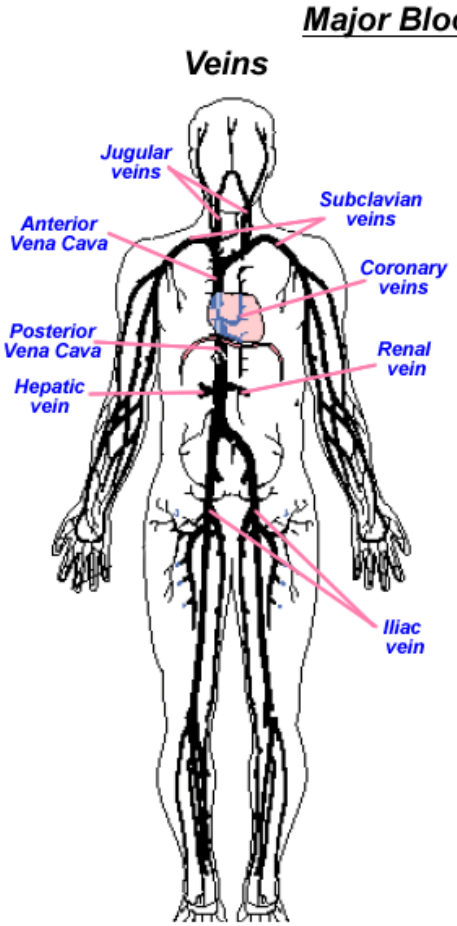
Anatomy and physiology in Martial Arts

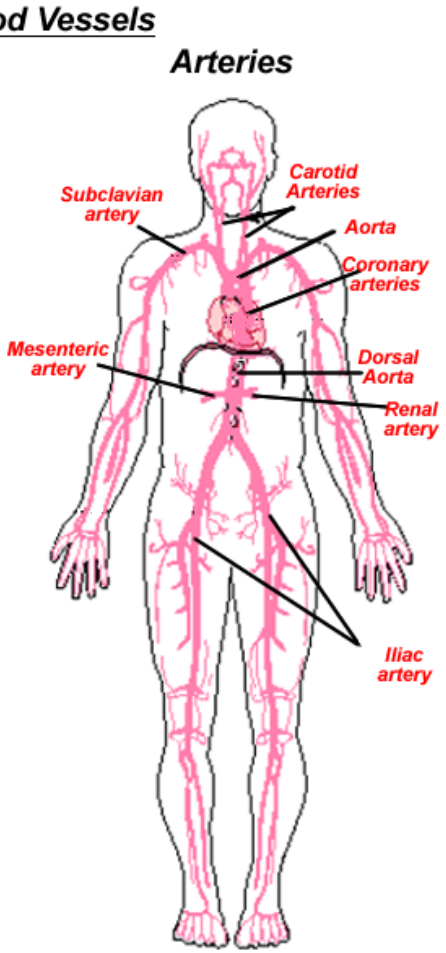
The weaknesses in the body

- The best way to abuse
  - Bones
  - Nerves
  - Blood vessels









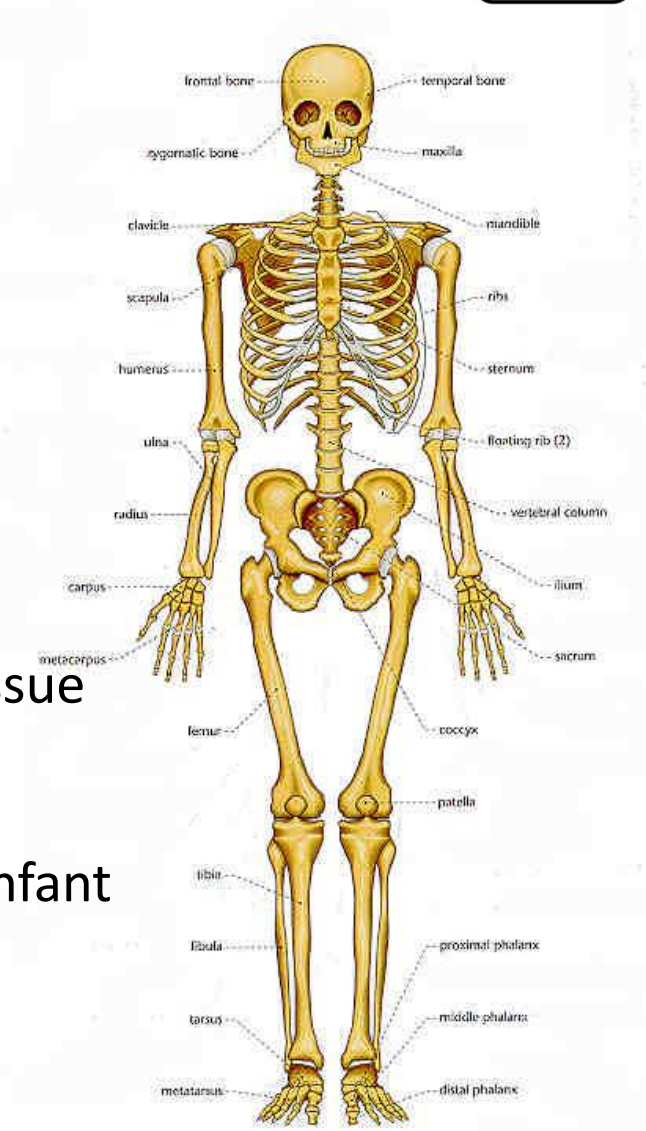
Bones

- **Bones** are rigid organs

- Function is to:
  - Move
  - Support
  - Protect the various organs of the body
  - Produce red and white blood cells
  - Store minerals

- Bone tissue is a type of dense connective tissue
  - They are lightweight, strong and hard

- Amount in adults 206 bones and 270 in an infant



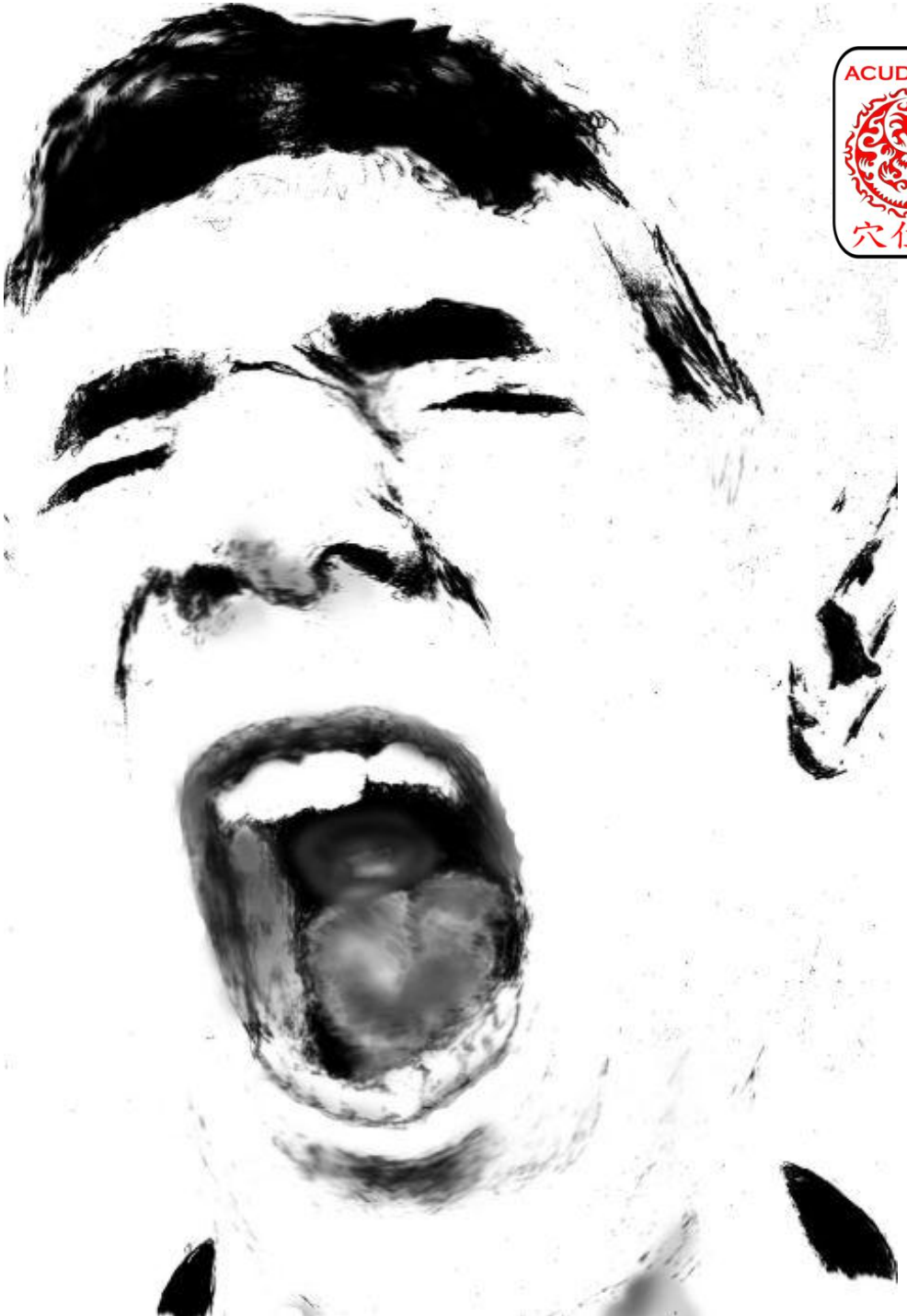
The weaknesses in bones

- A Fractures happen when an area of bone is not able to support the energy placed on it

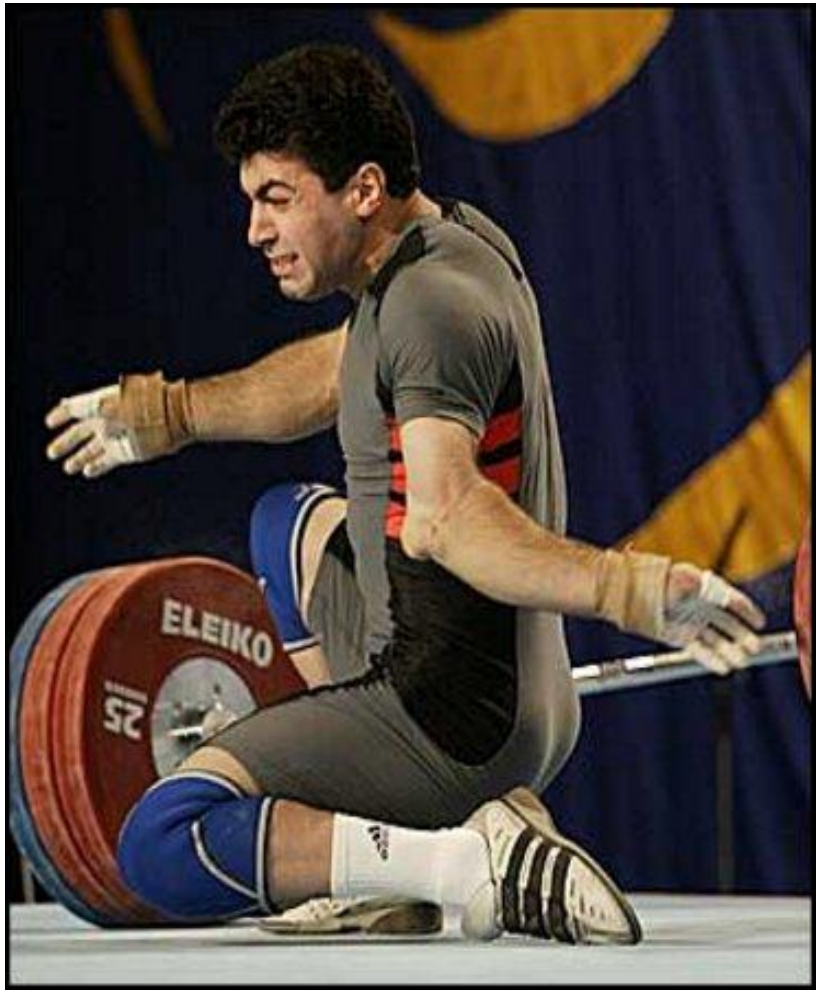
- Two critical factors:
  - the energy of the event
  - the strength of the bone
- Two types of energy
  - Acute, high-energy (e.g. car crash)
  - Chronic, low-energy (e.g. stress fracture)

Bones can break

It hurts



It looks strange when it breaks



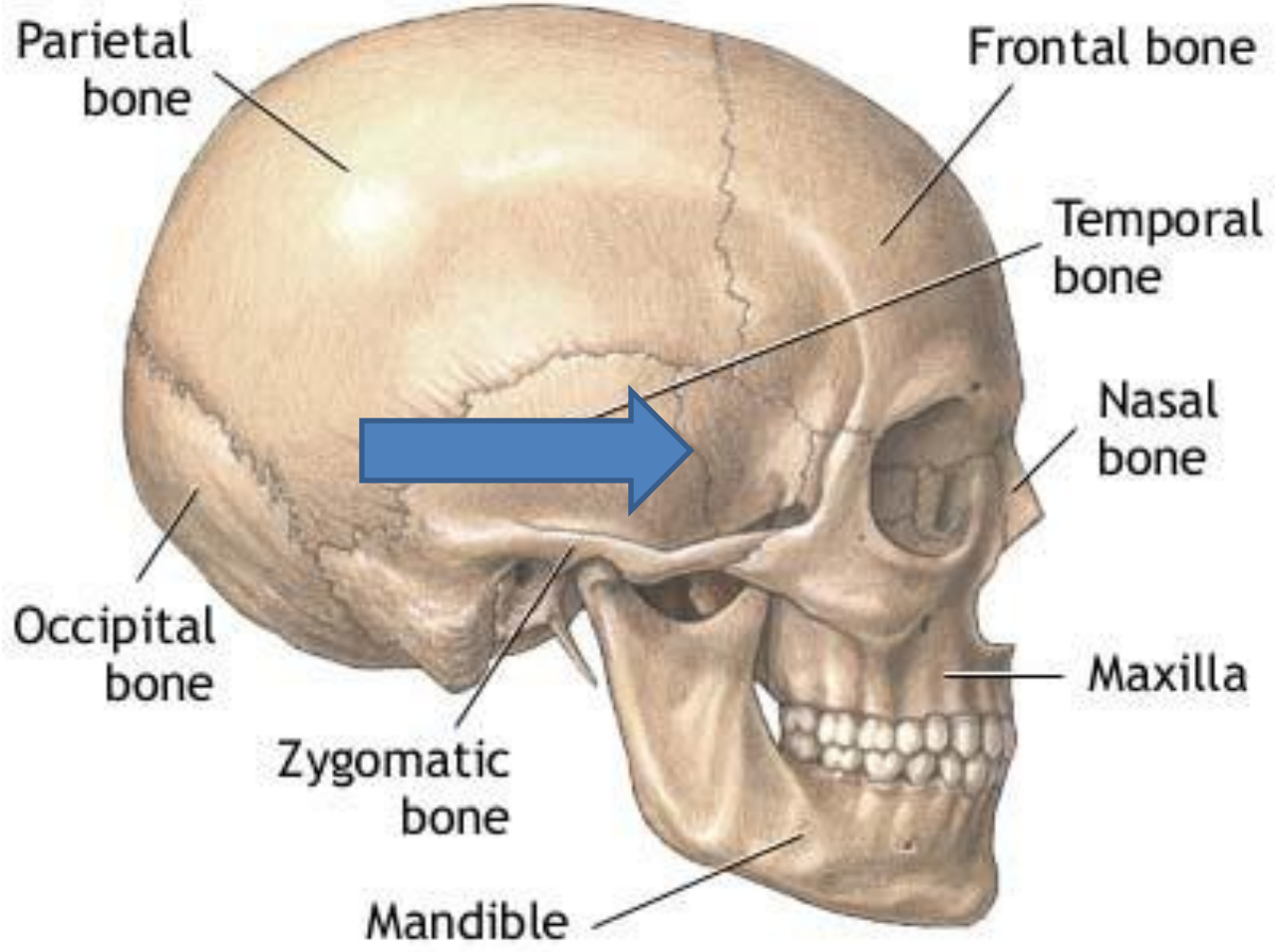
Sometimes ugly

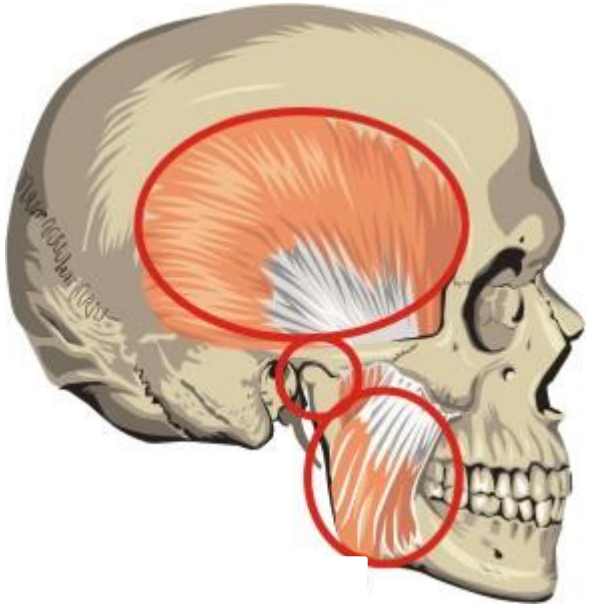
But… It cures in about four weeks

Techniques to break bones

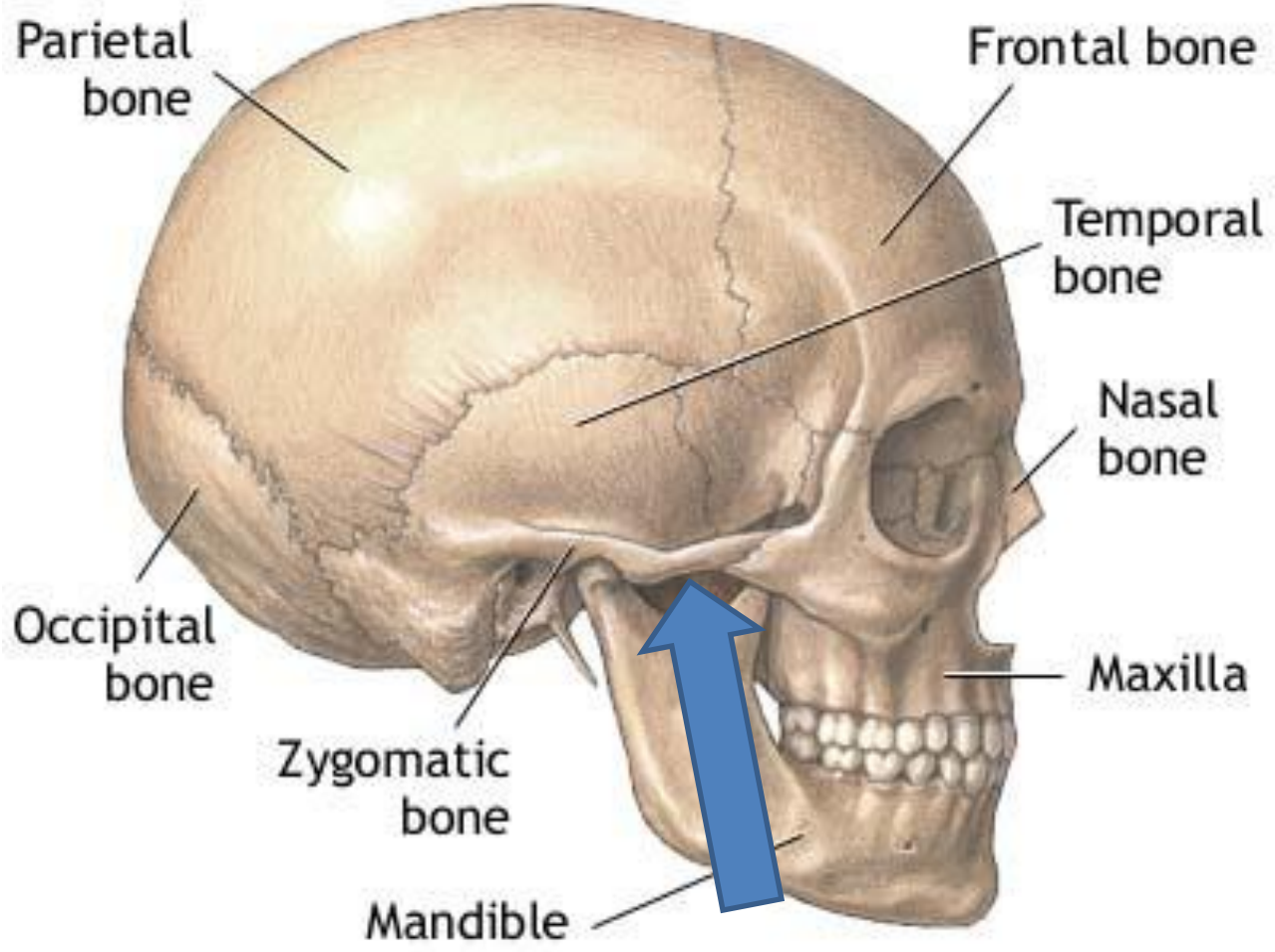
Practice this with great care

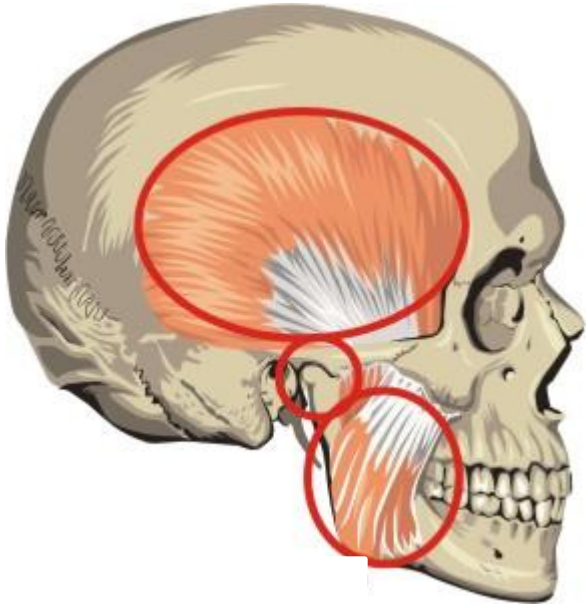
Temporal bone, Taiyang



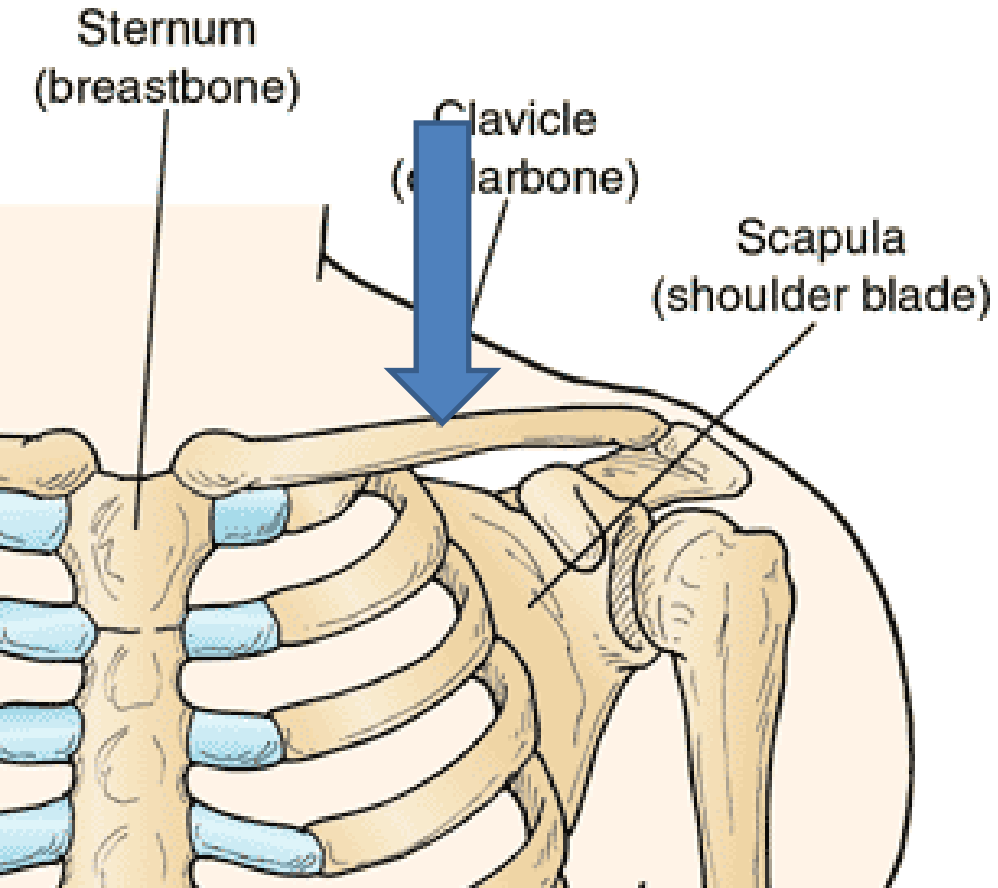


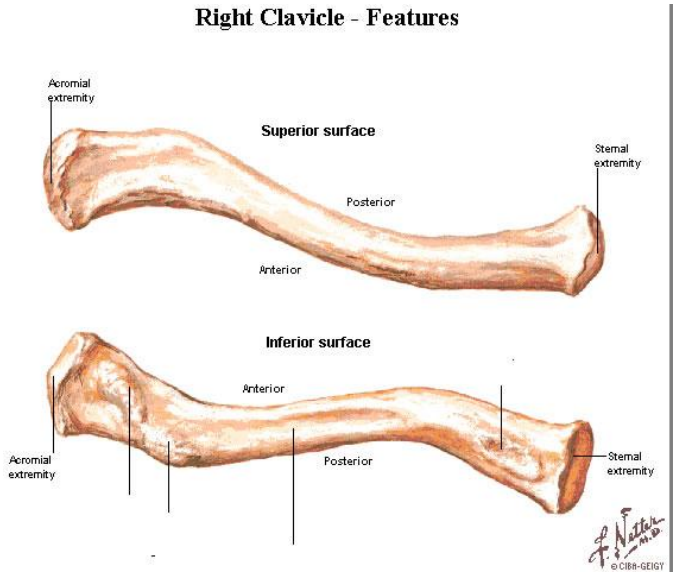
Zygomatic bone, St7



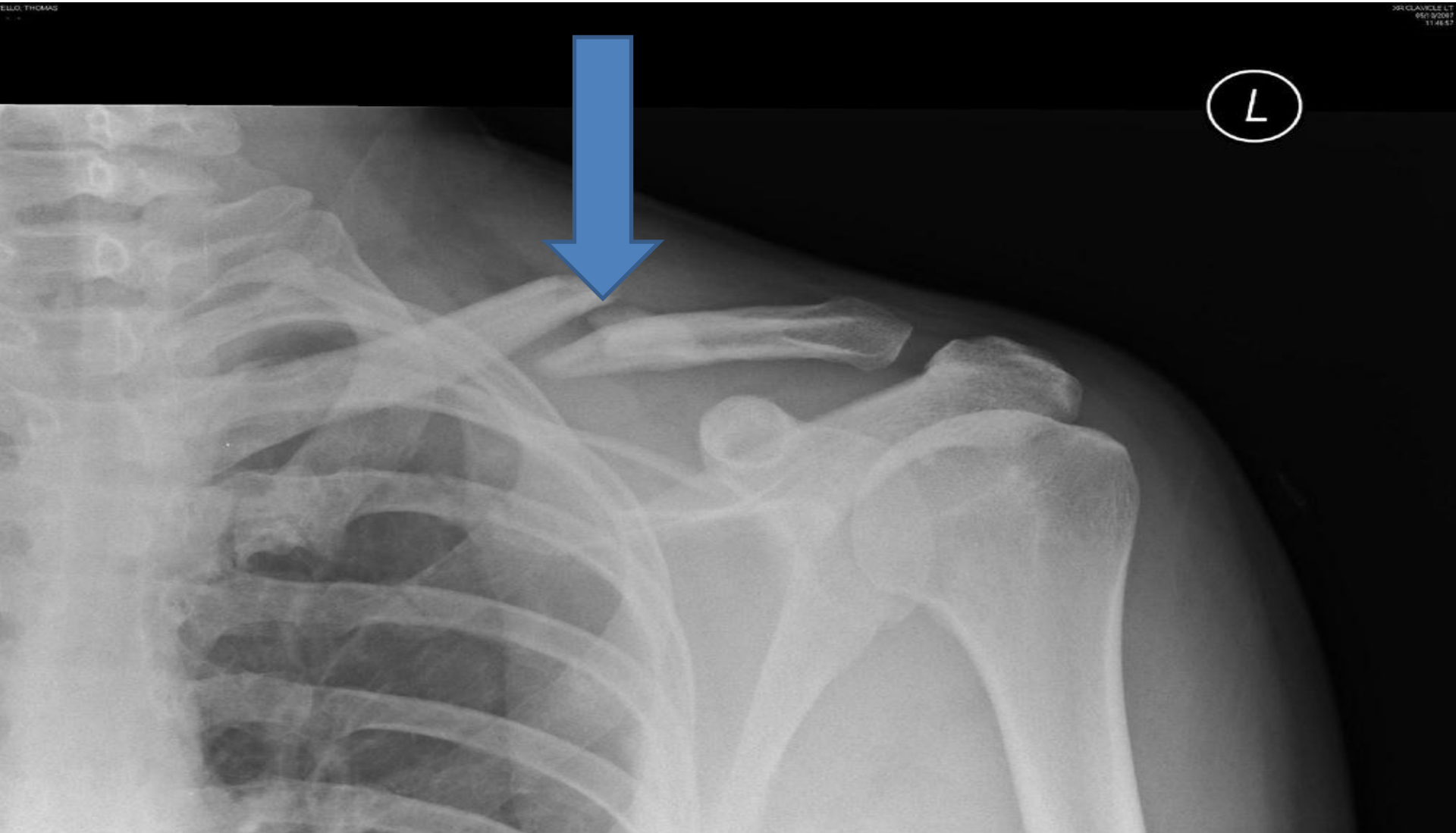


Clavicular bone, St12

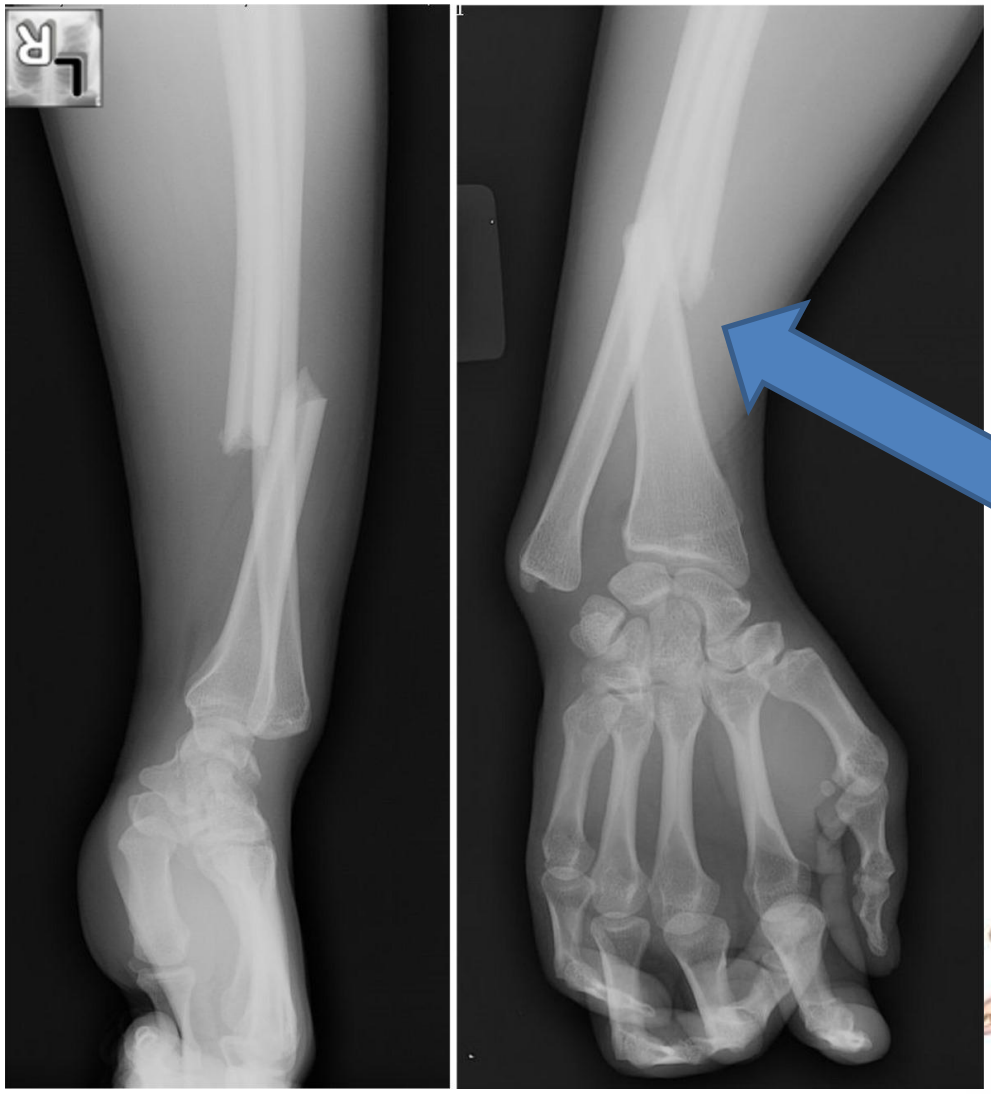


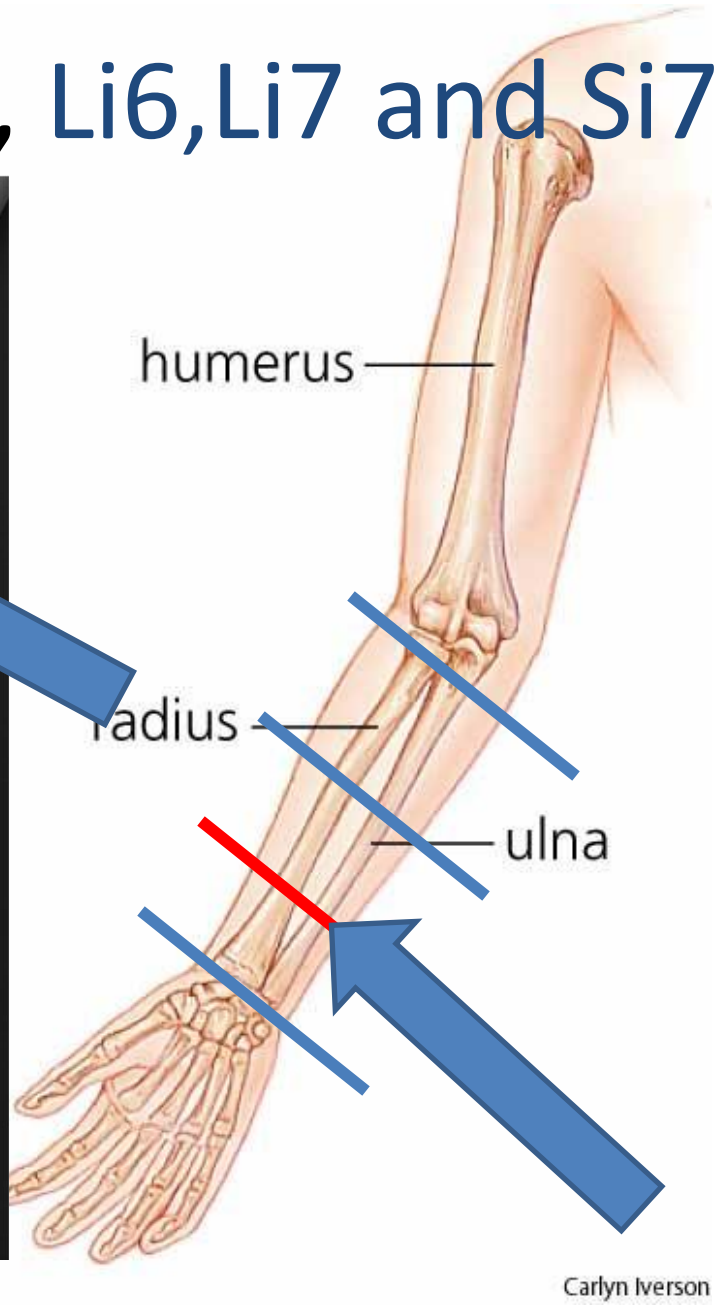


The weak spot: Quepen, st12

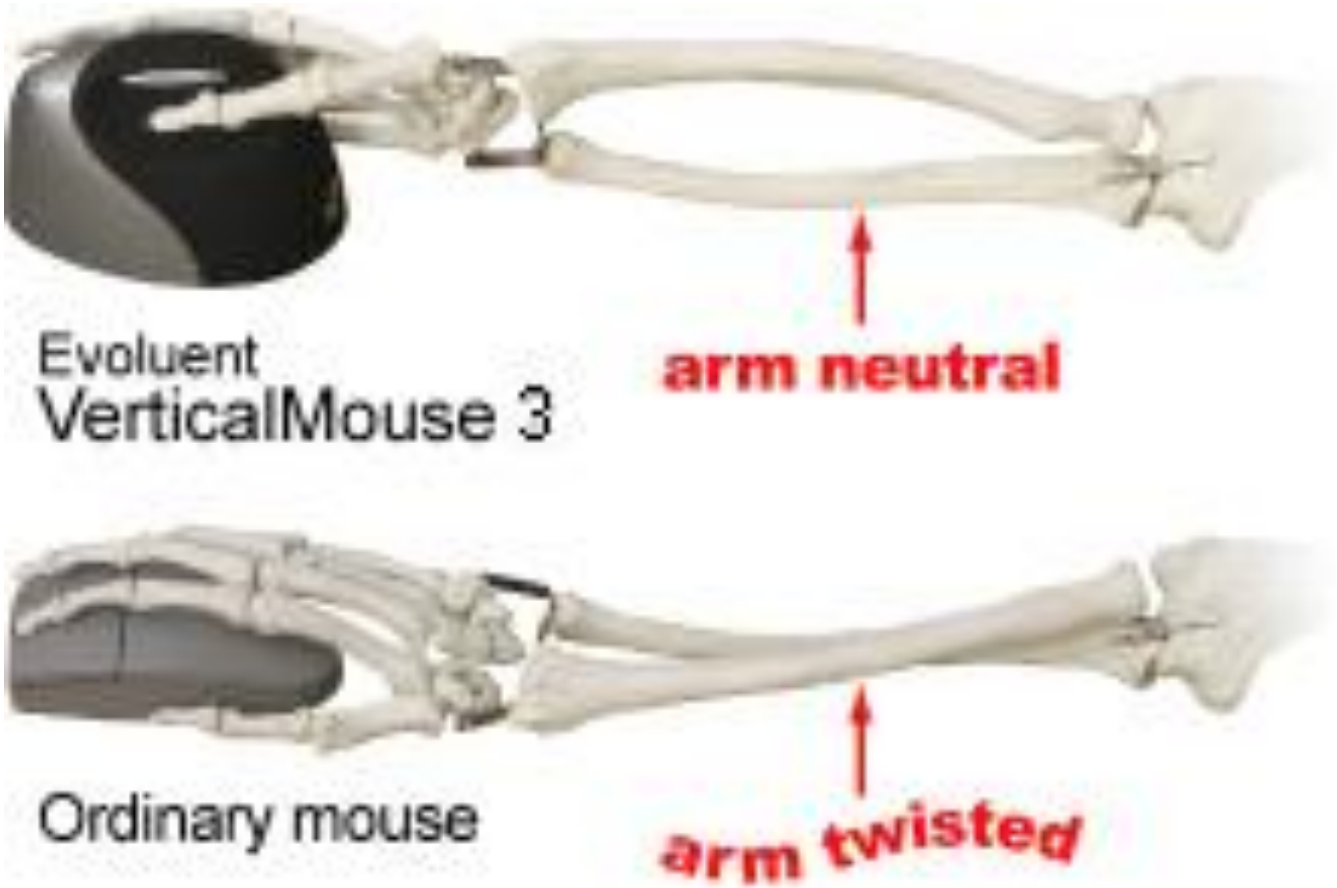


Radius and ulna, Li6,Li7 and Si7

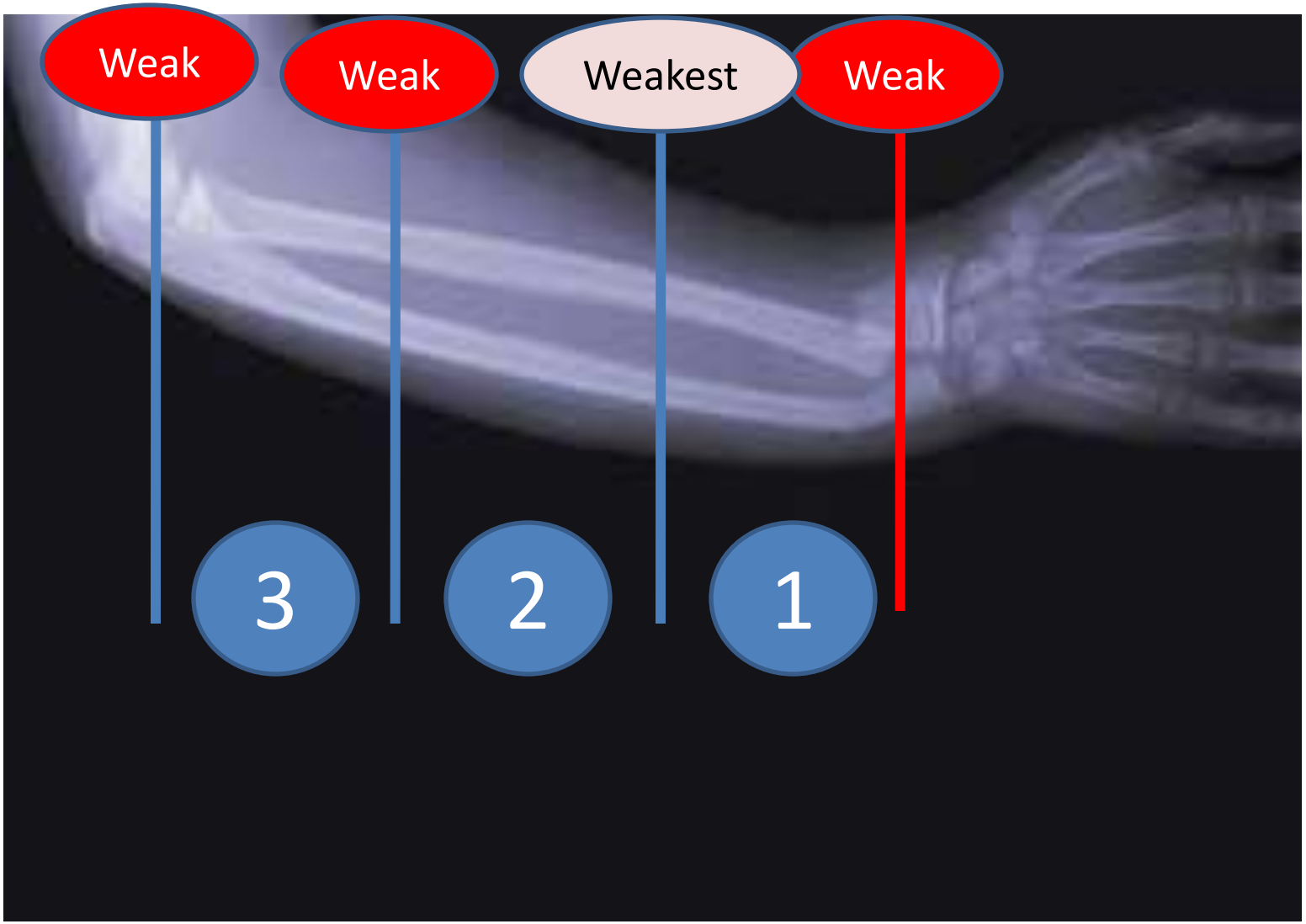




Twisted arm breaks faster



Remember to divide in THREE



Different directions gives Force

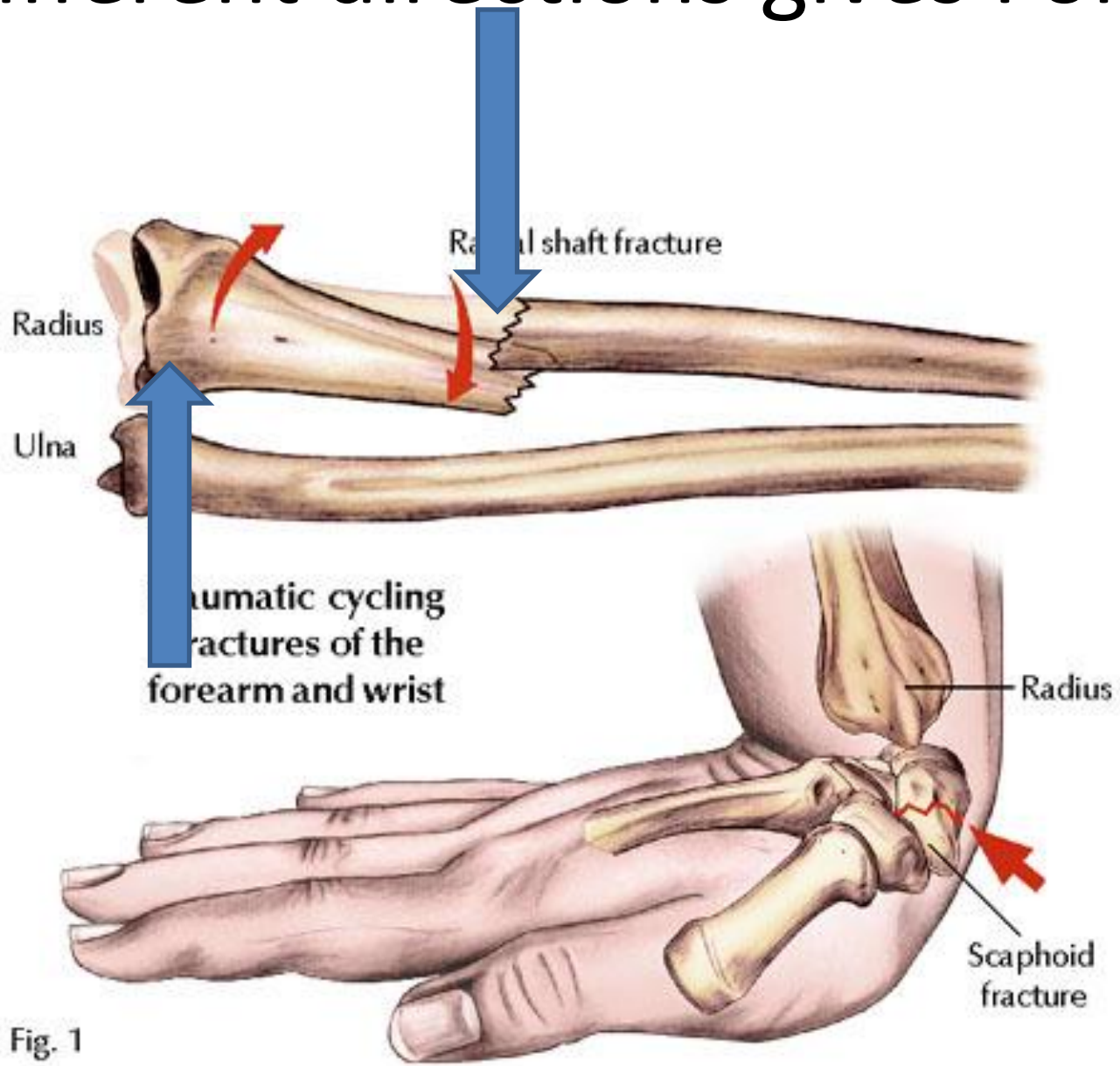
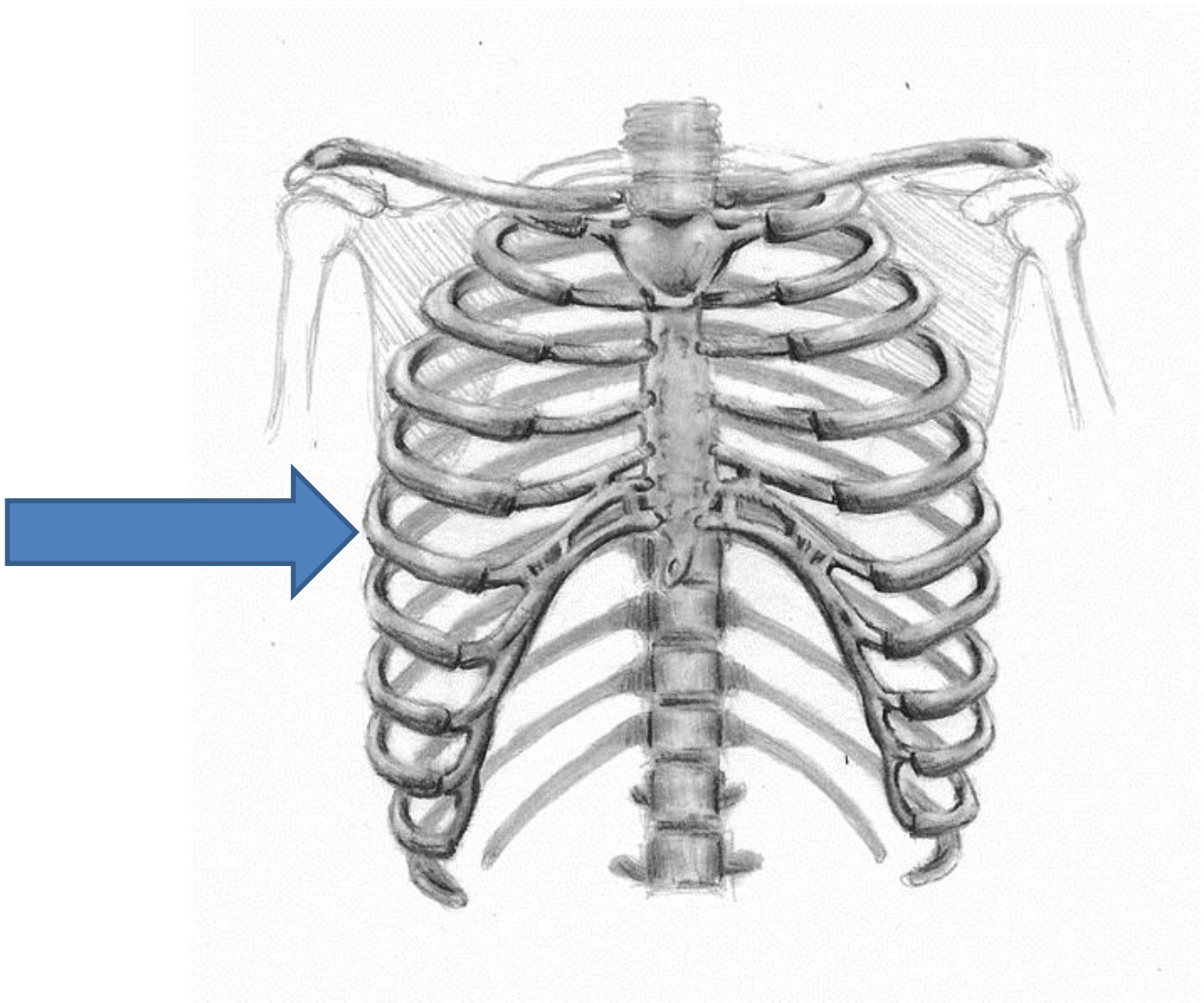
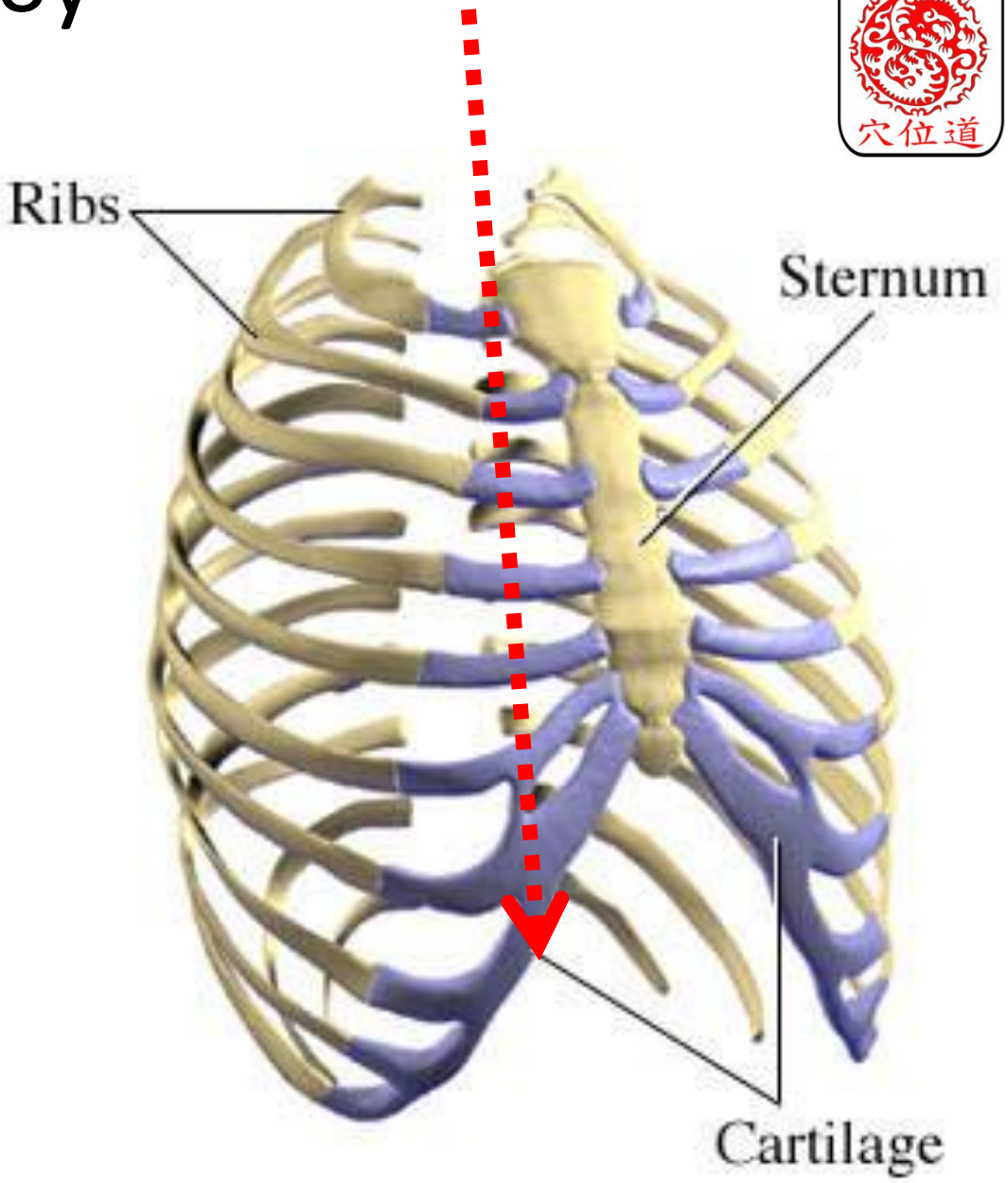


Fig. 1

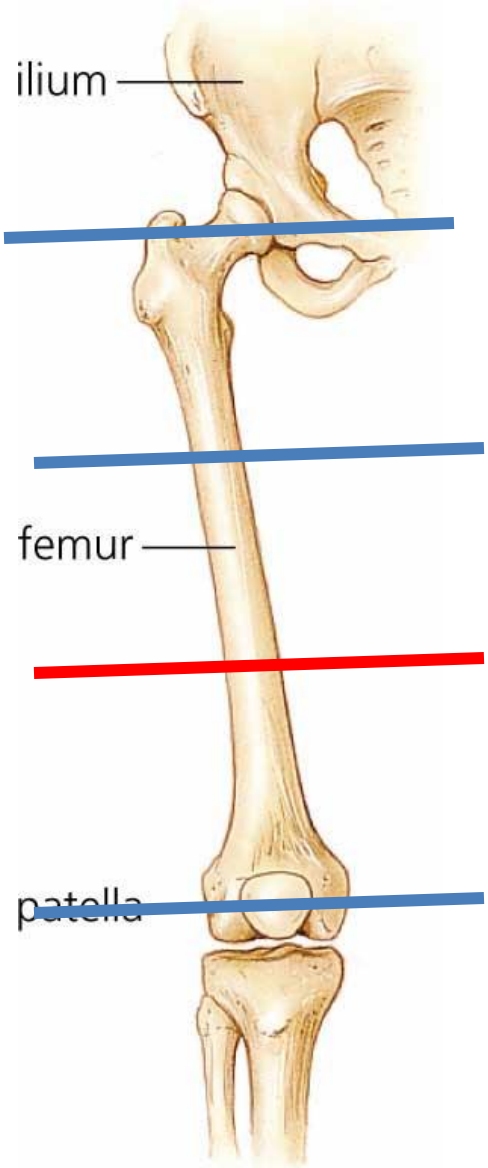
Ribs are flexible, but weak Sp21



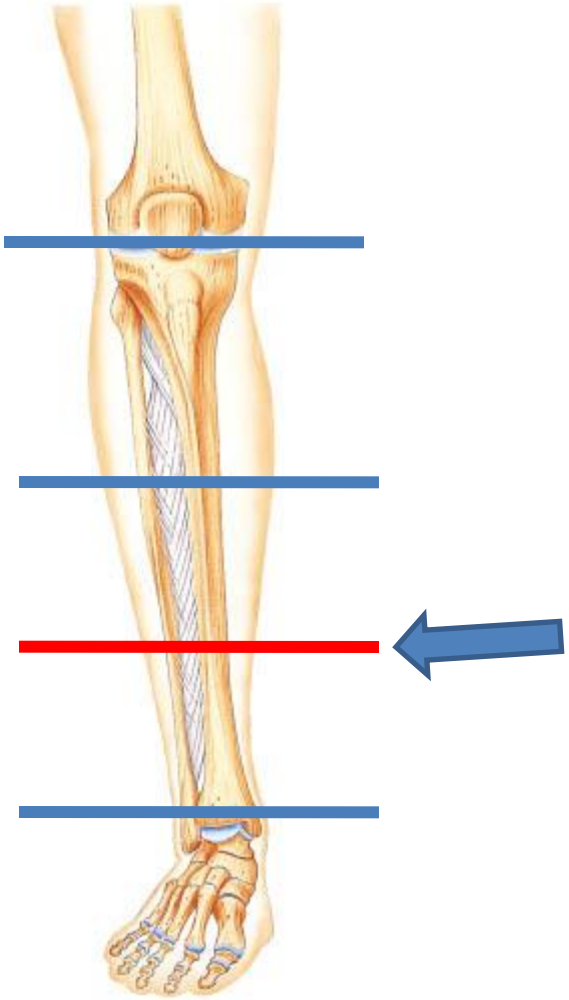
Scroll to destroy cartilage

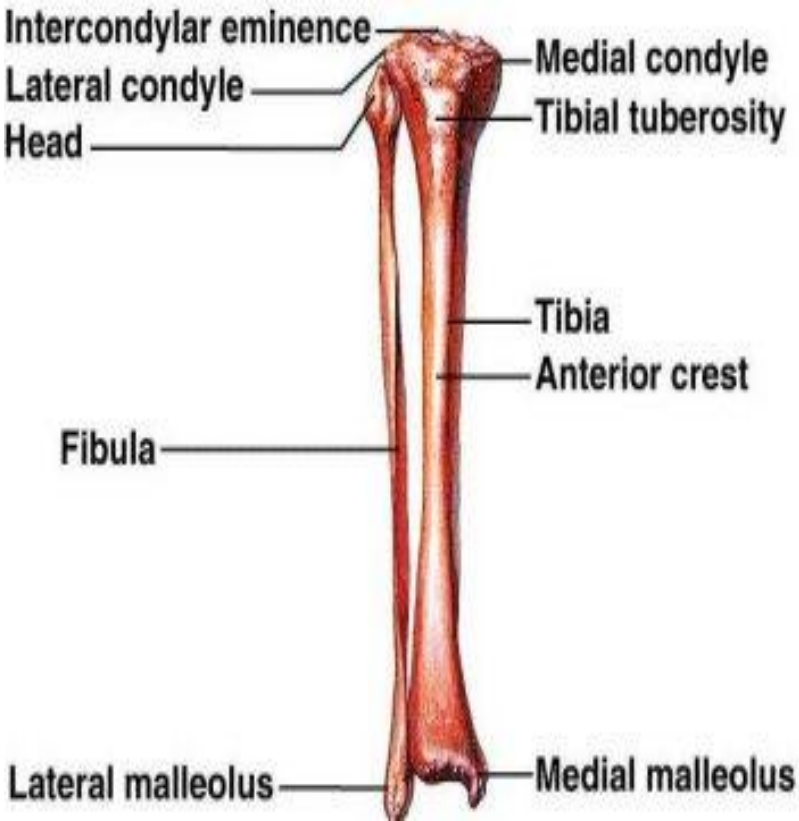


Remember divide into three



Divide into three

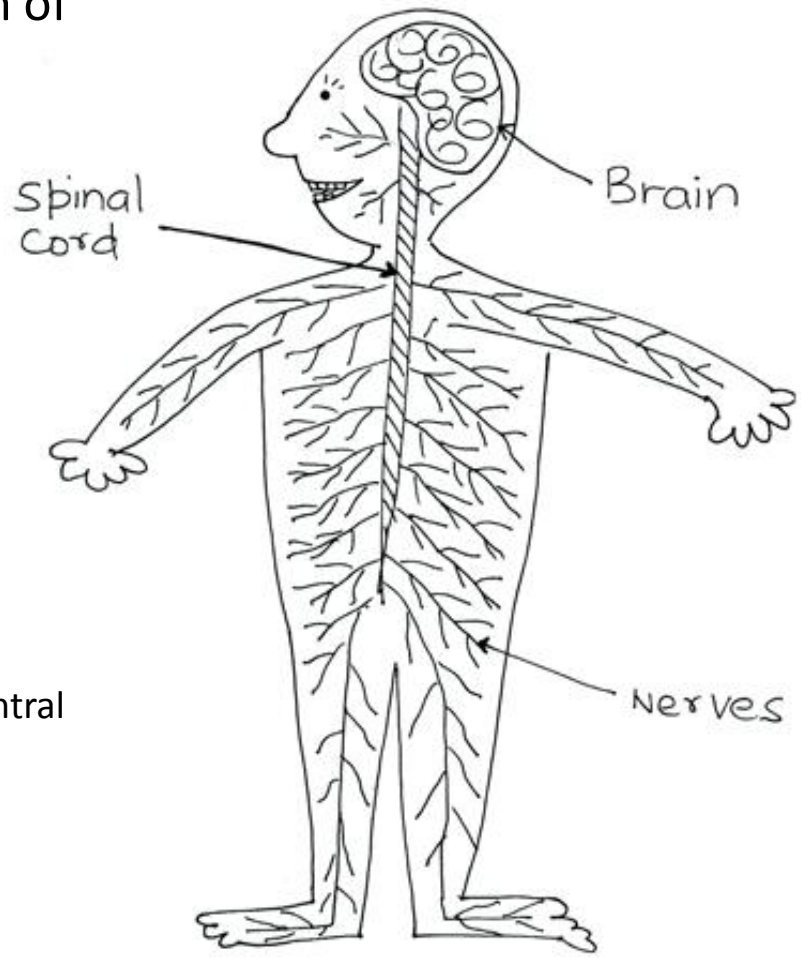




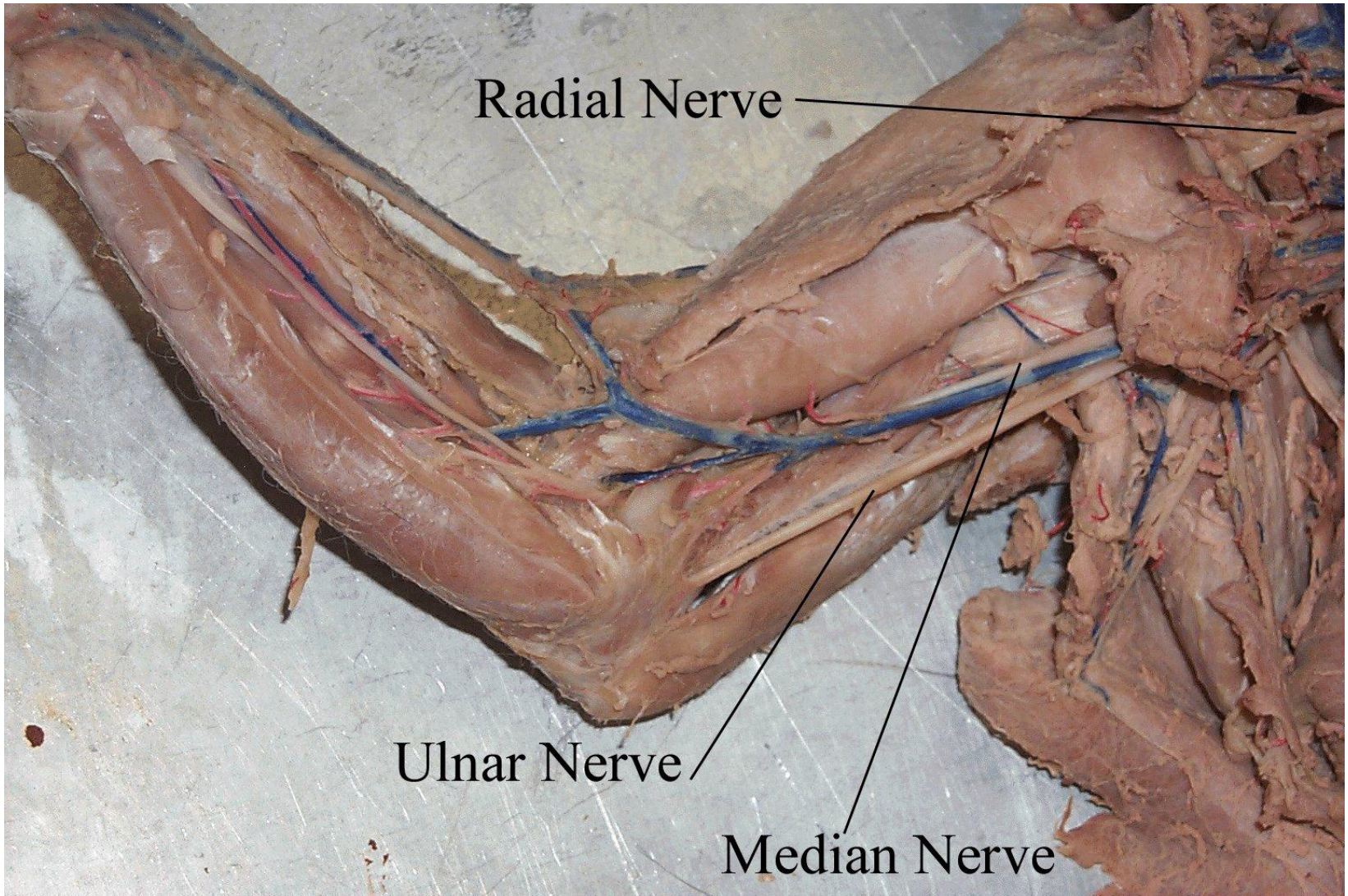
Go for the weakest bone

Nerves

- A nerve conveys information in the form of electrochemical impulses
  - Known as nerve impulses
- These impulses are extremely fast
  - Speeds up to 120 m/s
- The impulses travel from one neuron to another
- Two groups
  - *Sensory nerves*
    - Information from their receptors to the central nervous system
    - Synonymous with afferent nerves
  - *Motor nerves*
    - Signals from the central nervous system to muscles
    - Synonymous with *efferent nerves*

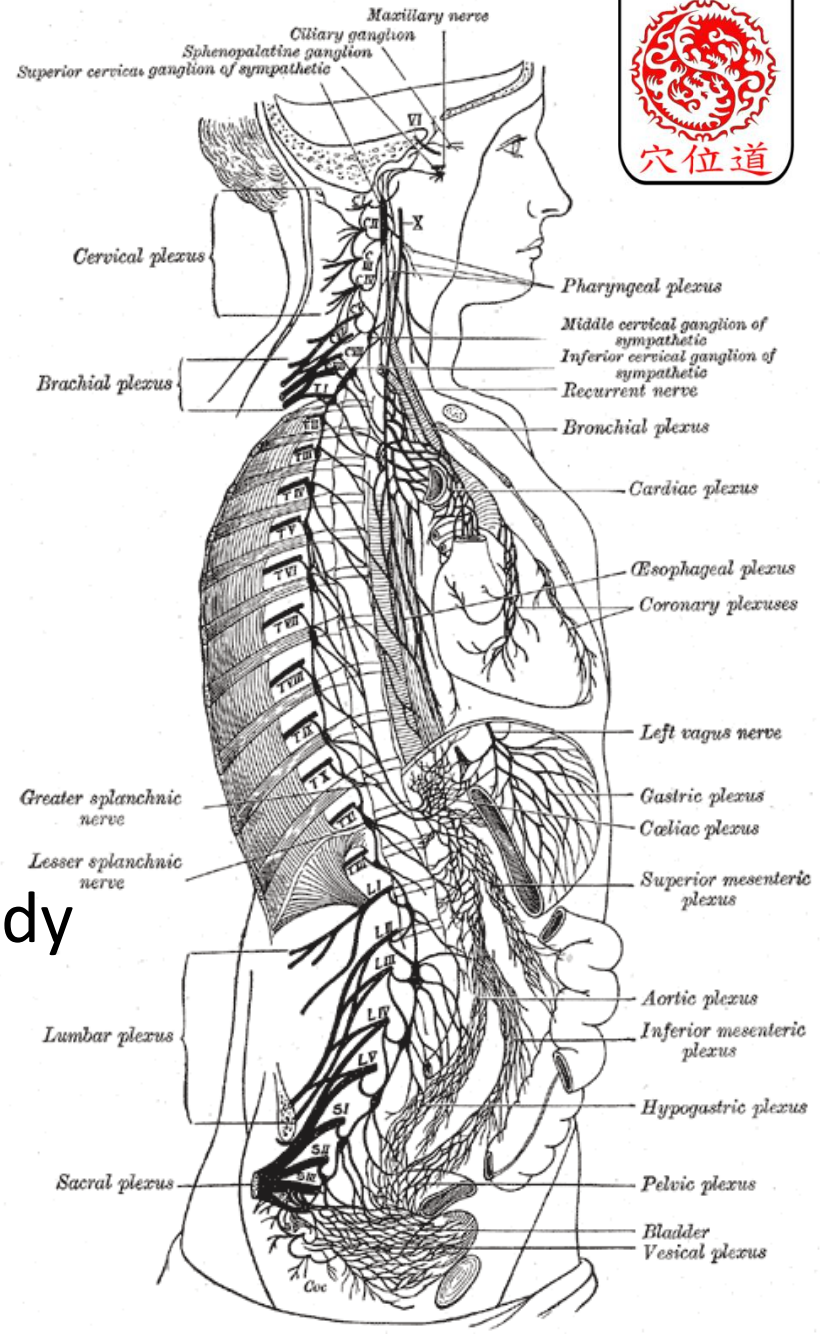


Feels like a tendon



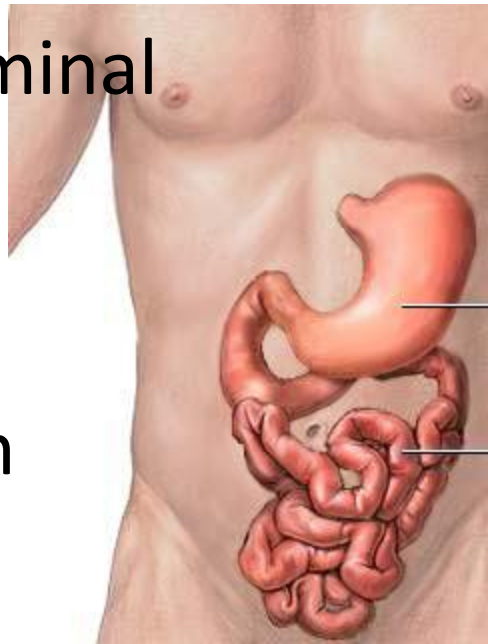
Nerve plexus

- A nerve plexus is like a electrical junction box
  - A nerve plexus is a network of interwoven nerves
  - Nerve fibers from different spinal nerves are sorted and recombined in plexuses
  - All fibers going to a specific body part are put together in one nerve



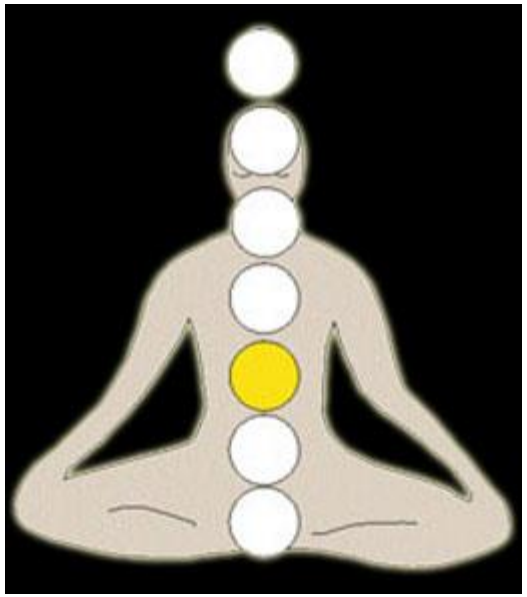
Best known are Solar plexus

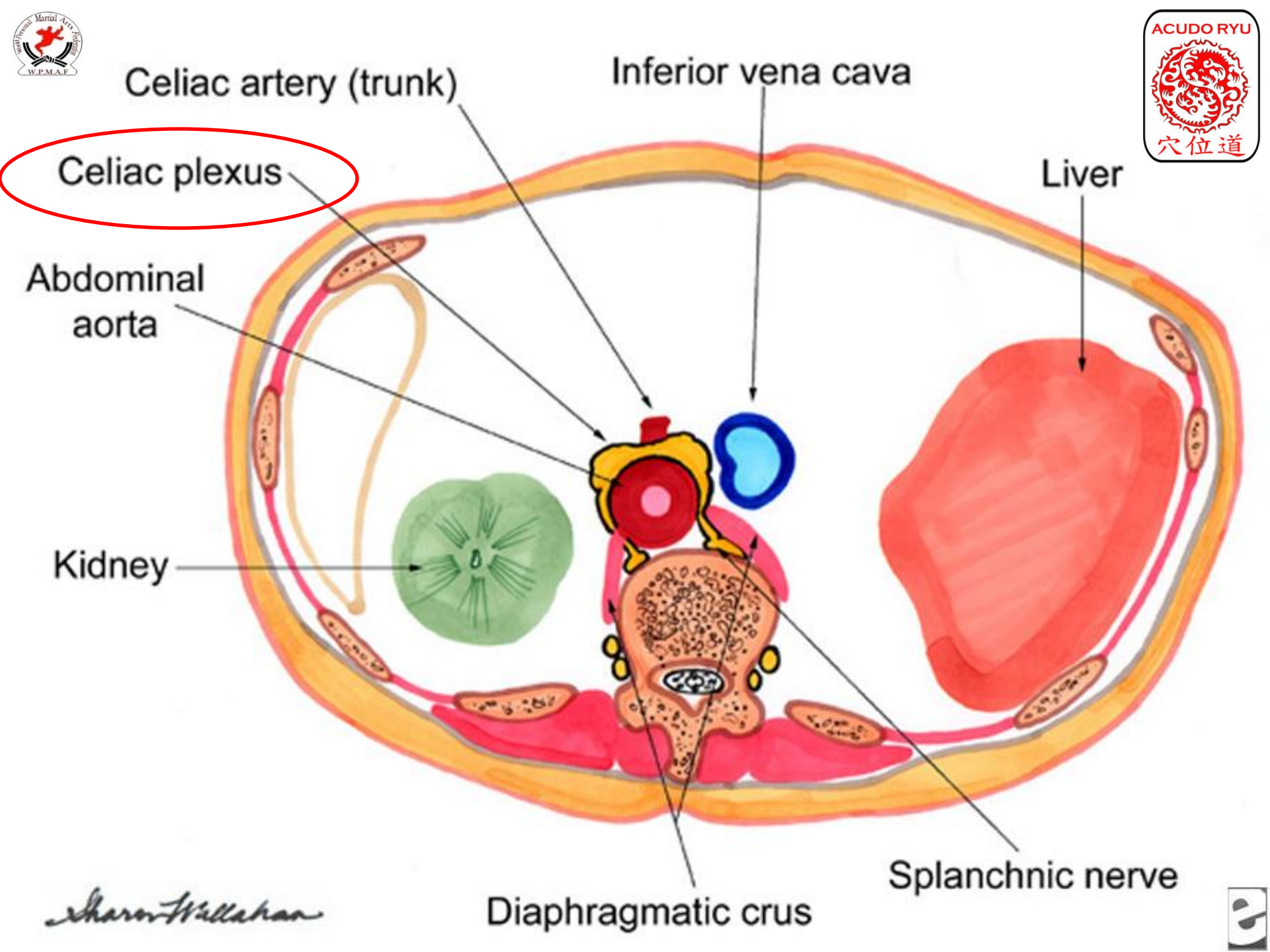
- Correct name is **celiac plexus**
- A complex network of nerves located in the abdomen
  - Celiac trunk
  - Superior mesenteric artery
  - Renal arteries branch from the abdominal aorta
- Located:
  - Behind the stomach
  - In front of the crura of the diaphragm
  - Level of the first lumbar vertebra, L1



Best known are Solar plexus

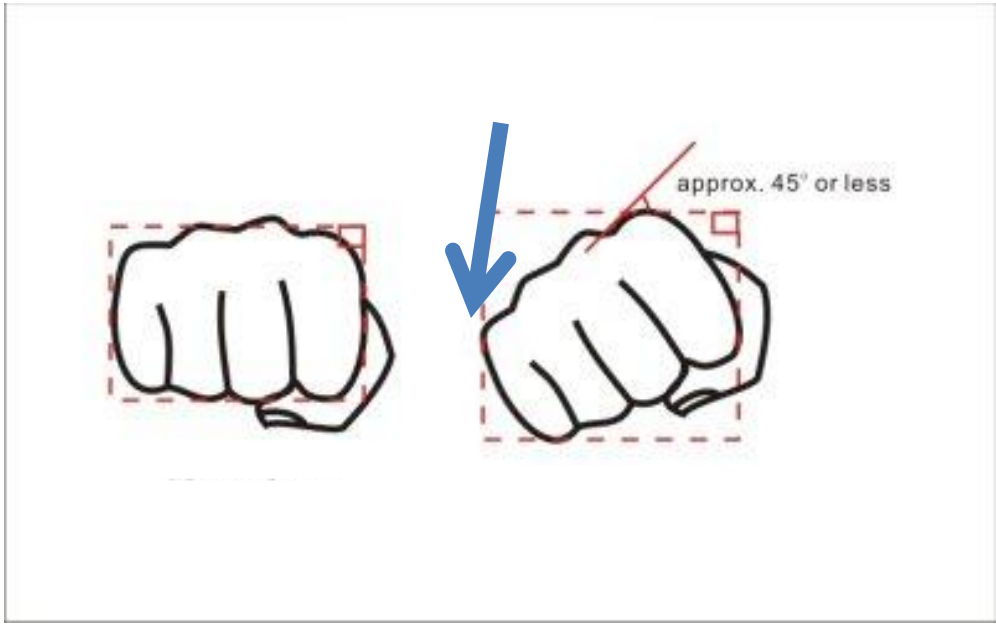
- The celiac plexus is popularly referred to as **Solar plexus**
- Often is the region called solar plexus, and not the nerve plexus
- Bottom end, the solar plexus you know do not exist!



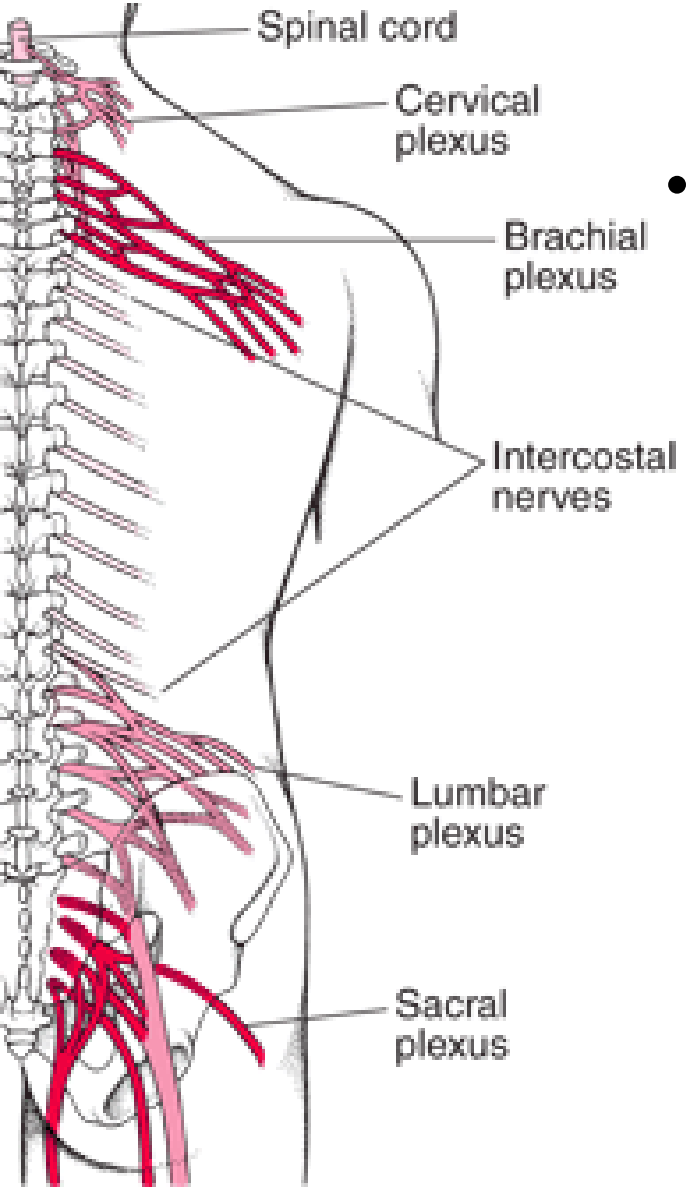

Celiac artery (trunk)
Inferior vena cava
Celiac plexus
Liver
Abdominal aorta
Kidney
Splanchnic nerve
Diaphragmatic crus
ACUDO RYU
穴位道

To hit Celiac plexus

- Hit from under the stomach toward the spi
- Angle outside the abdominal muscles
  - To penetrate preperly you need a TWIST in your fist

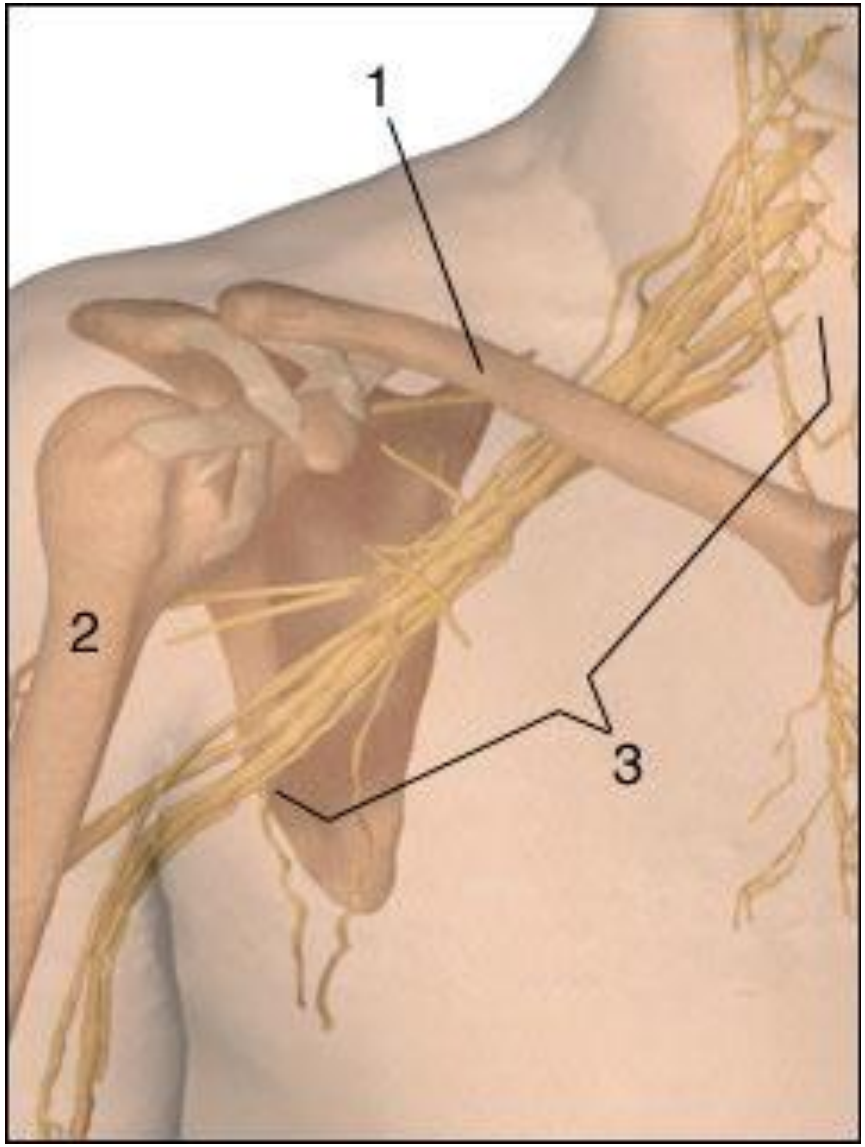


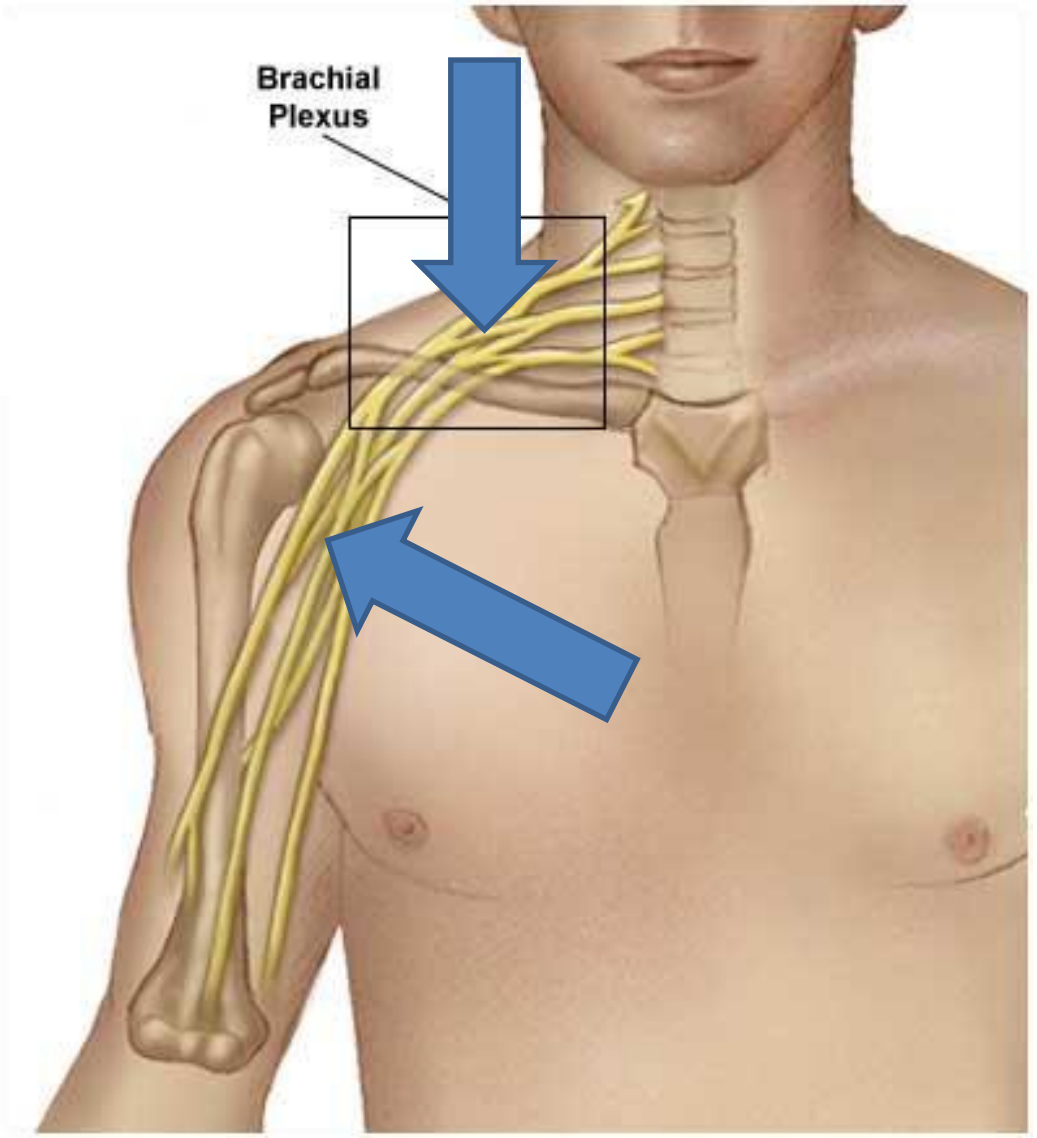
Nerve plexus on the trunk



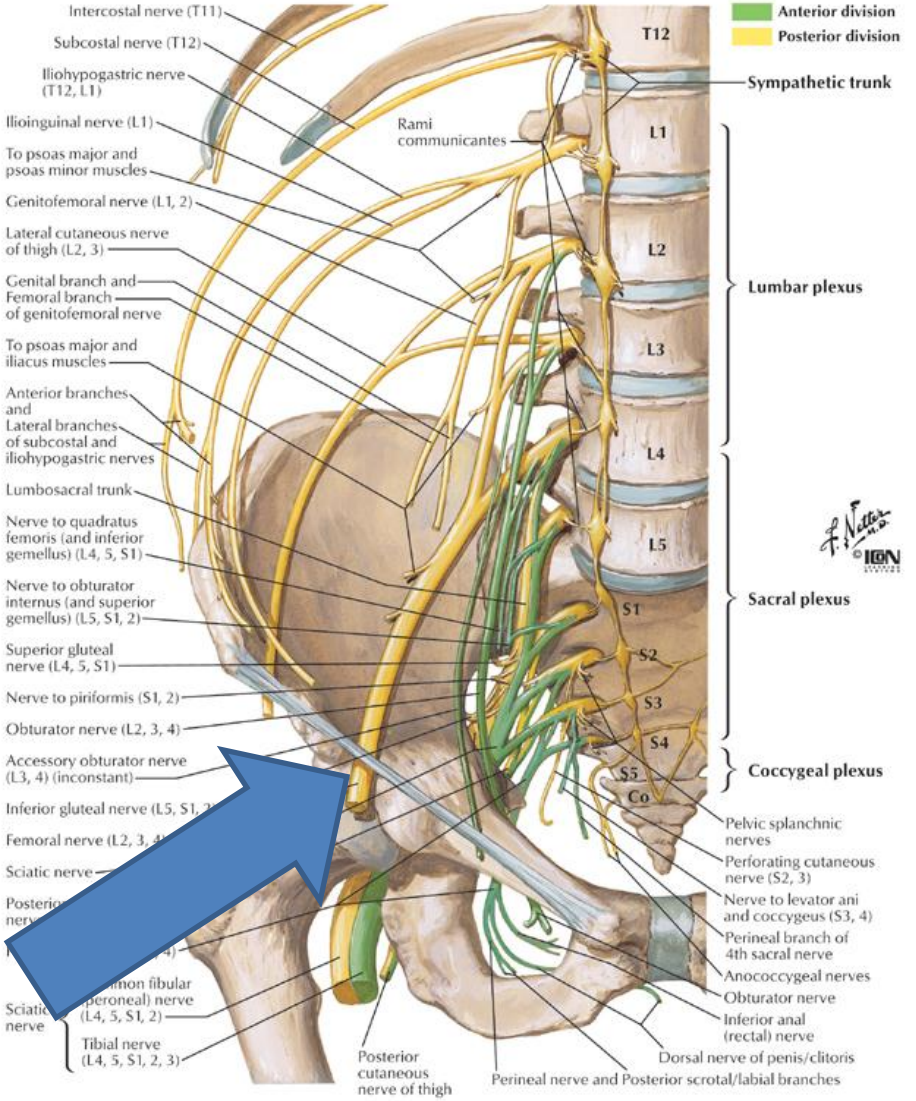
- Four nerve plexuses on the trunk of the body:
  - Cervical plexus
    - Provides connections to the head, neck, and shoulder.
  - Brachial plexus
    - provides connections to the chest, shoulders, upper arms, forearms, and hands.
  - Lumbar plexus
    - provides connections to the back, abdomen, groin, thighs, knees, and calves.
  - Sacral plexus
    - provides connections to the pelvis, buttocks, genitals, thighs, calves, and feet.

Brachial nerve plexus

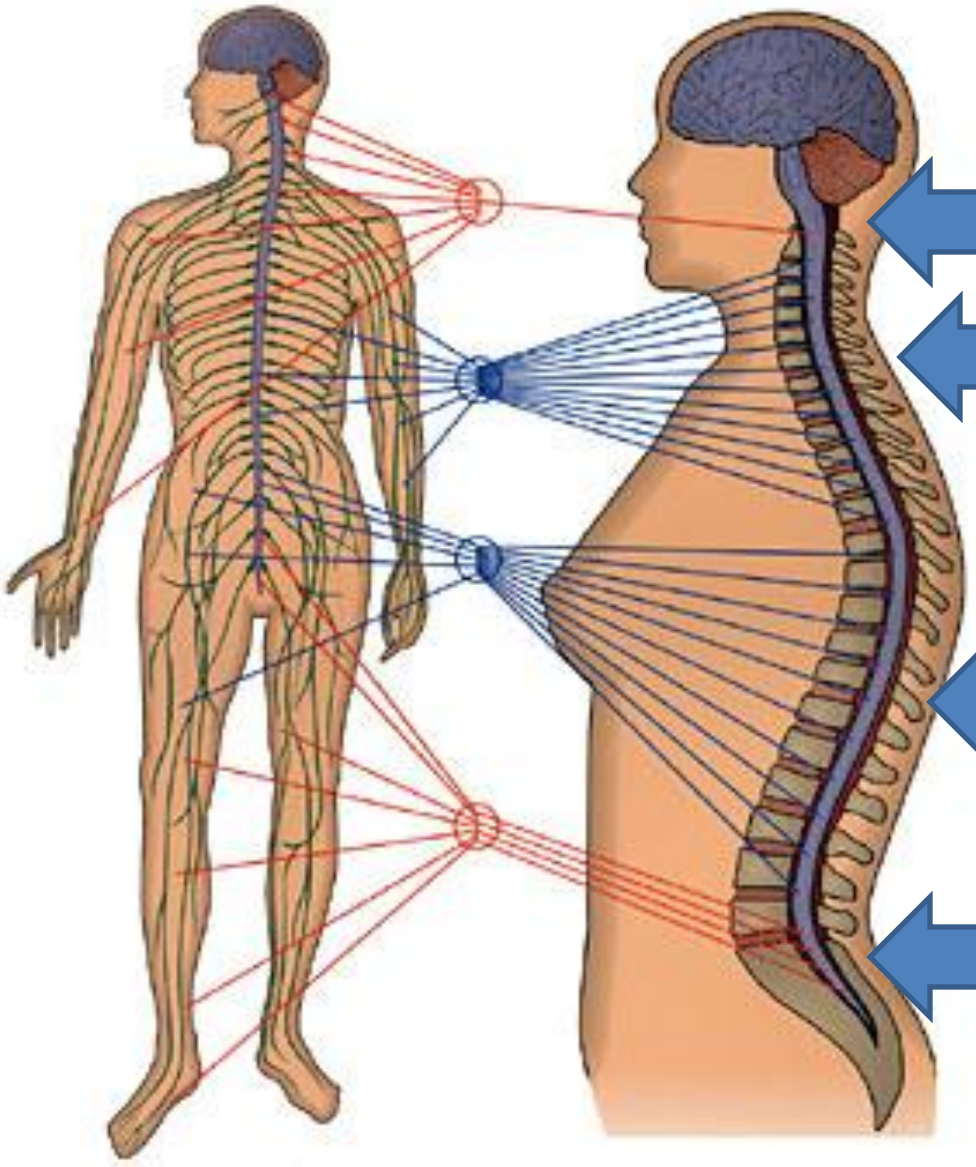




Lumbosacral plexus is mostly inside



The basic four



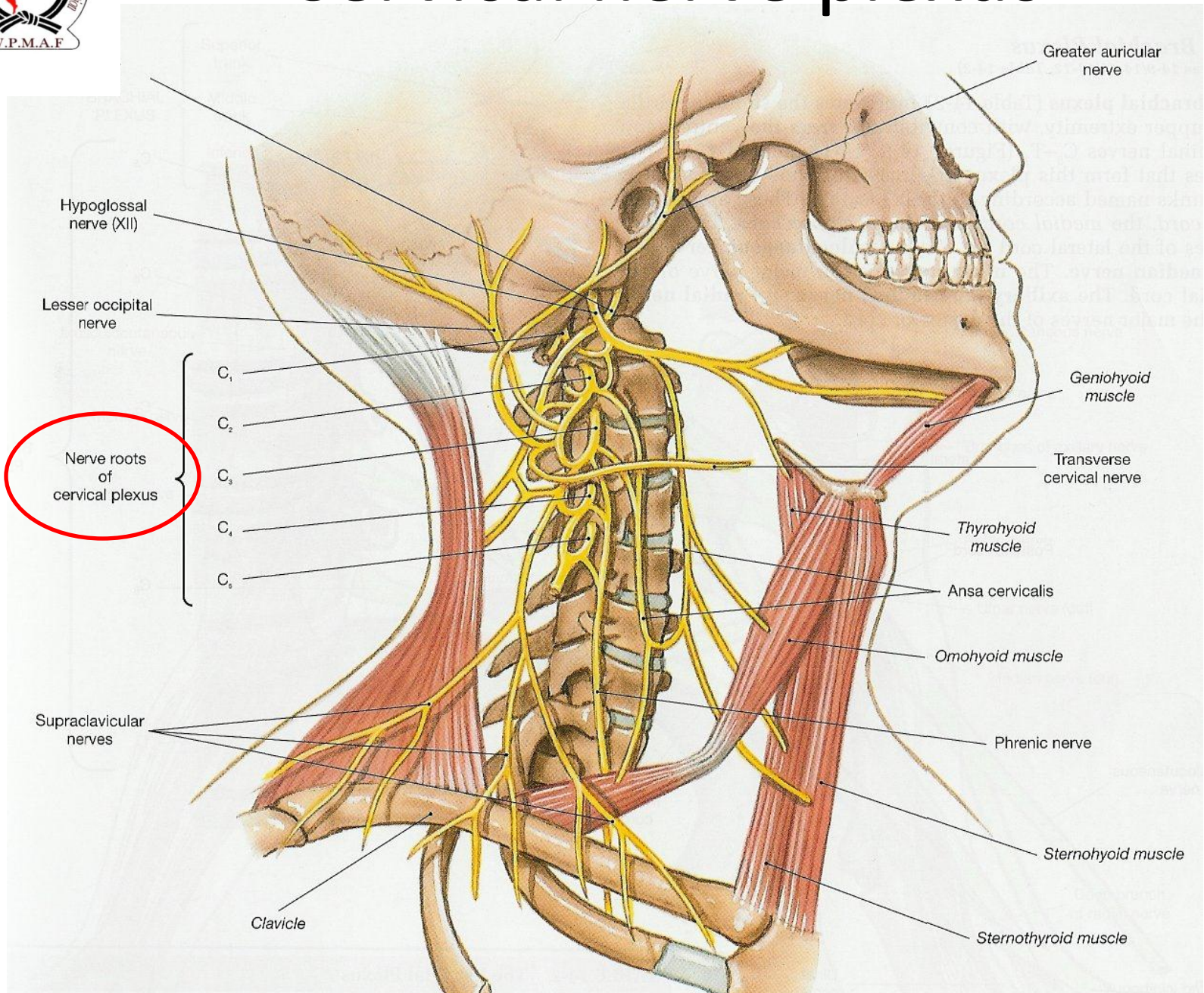
Hands

Hands & organs

Pelvic & legs

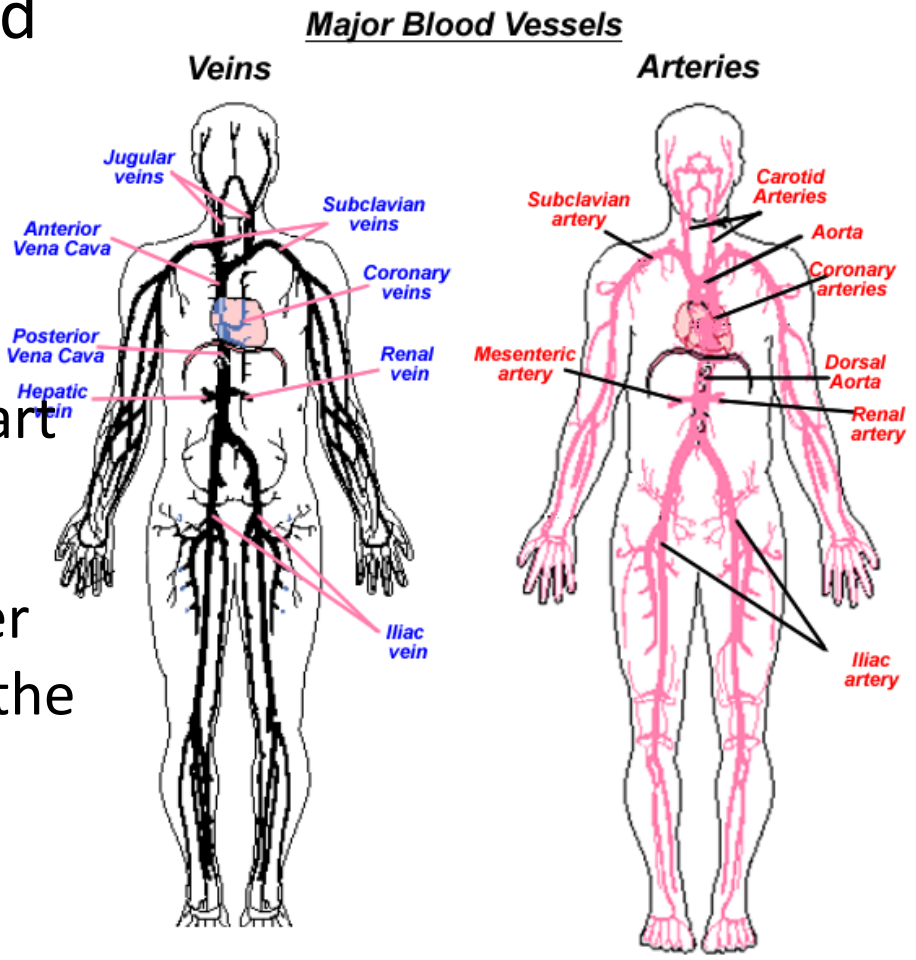
Legs

Cervical nerve plexus



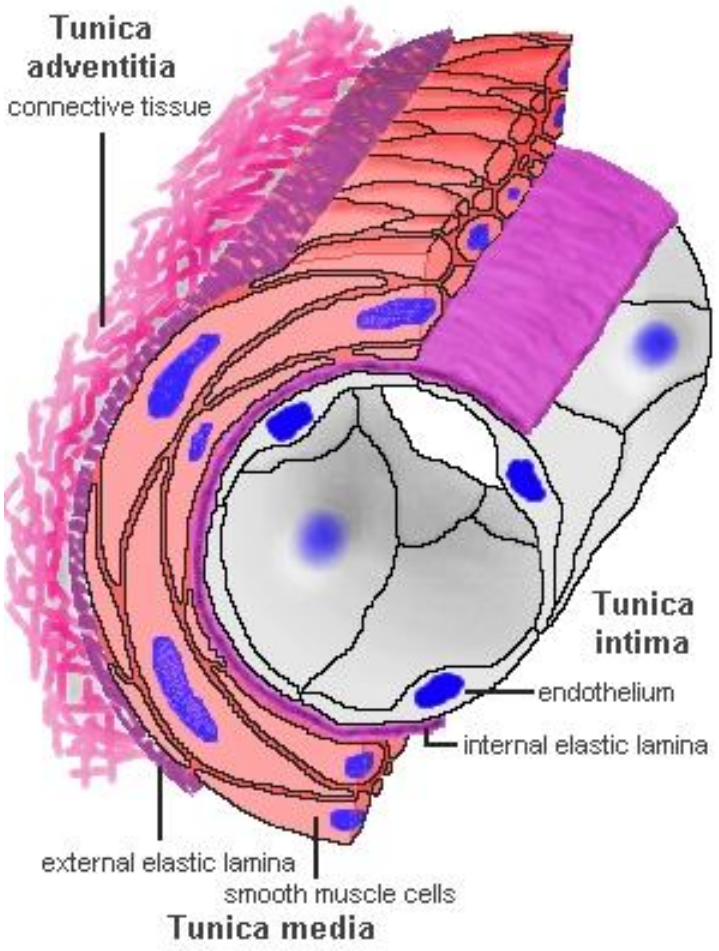
Blood vessels

- A part of the circulatory system that transport blood throughout the body
- Three major types:
  - Arteries
    - Blood away from the heart
  - Capillaries
    - Enable exchange of water and chemicals between the blood and the tissues
  - Veins
    - Blood towards the heart



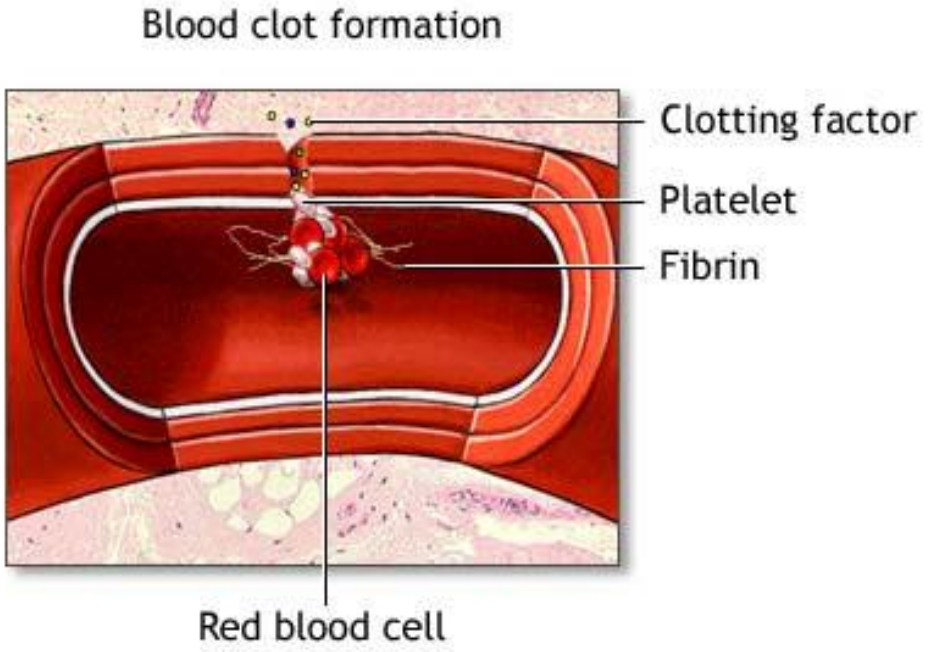
Blood vessels

- Structure of the blood vessel:
  - *Tunica intima*
    - The thinnest layer (inside)
    - Elastic bands
  - *Tunica media*
    - The thickest layer (middle)
    - Vascular smooth muscle
    - Controls the caliber of the vessel.
  - *Tunica adventitia*
    - Contains nerves
- Length:
  - Encircle the earth twice
  - 100,000 kilometers



The damaging technique

- Use a technique to do the following:
  - Destroy
    - Tunica intima
  - Rupture
    - Tunica media
  - This will form:
    - A blood clot



  - The blood clot will go to brain or vital organs

Formation of a blood clot

curs when there is damage to a blood vessel

- Initial prosess – Stop bleeding
  - Damage to vessel
  - Platelets immediately begin to ad
    - ADP (adenosine diphosphate) will signal platelets to begin sticking together at the injury
      - ADP is released from injured tissue or existing thrombi
      - ADP is a bi-product of ATP – our cemical energy in the cell
  - They release chemicals to attract more platelets
  - A platelet plug is formed
    - The bleeding stops
- Secundary prosess – The blood clot
  - Fibrin stick together and seal the wound
  - An important aspect
    - Platelet and fibrin formation both require the enzyme thrombin
    - Clotting requires calcium ions (Ca^{2+})
- With time
  - The cut heals
  - The blood clot dissolves after a few days.

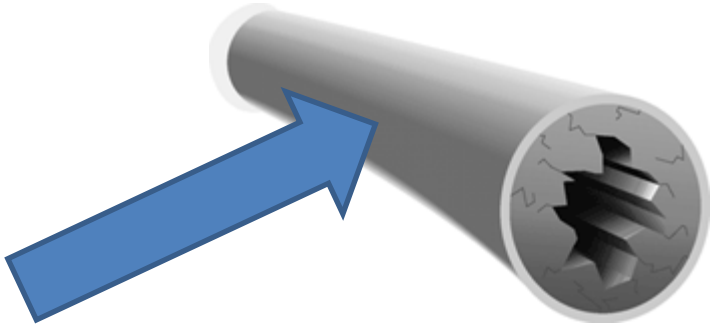
点脉 Dimmak

点脉 Dimmak

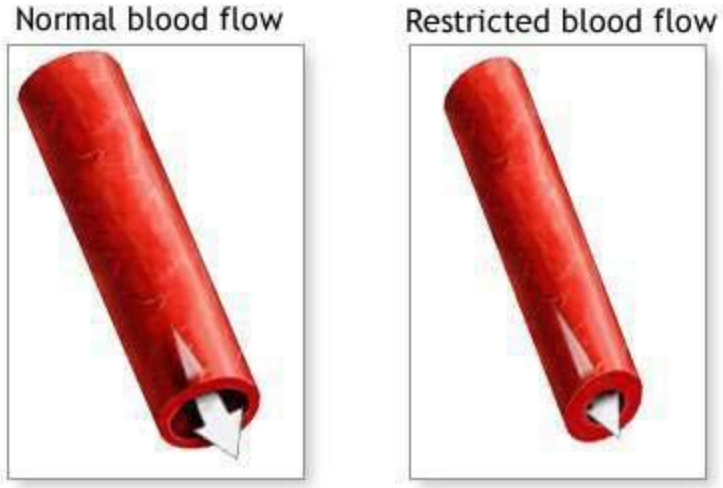
- Often translated to:
  - **The Touch of Death**
  - **Delayed Death**
- A technique that can kill using seemingly less than lethal force at specific areas of the body
- *Dim-Mak* is in Japanese terms named急所術 *Kyūsho jutsu*
- Not all belive that Dimmak exist
  - This is the way the Shaolin temple explains it

The dimmak on blood vessels

1. You strike a specific blood vessel

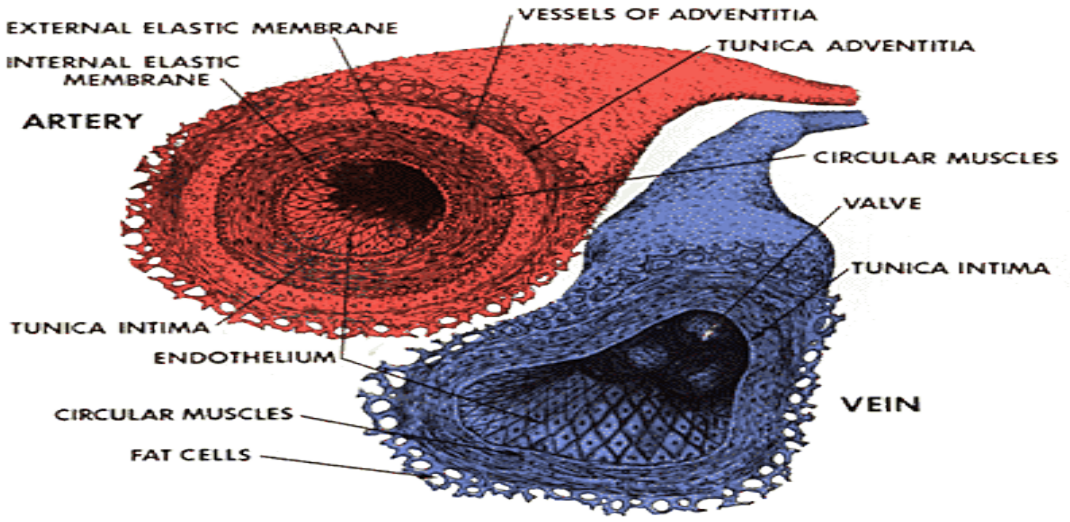


2. The first strike will activate the local blood vessel
   - The blood vessel will constrict



The dimmak on blood vessels

3. Make the place you hit or kick be about 1-2 cm long

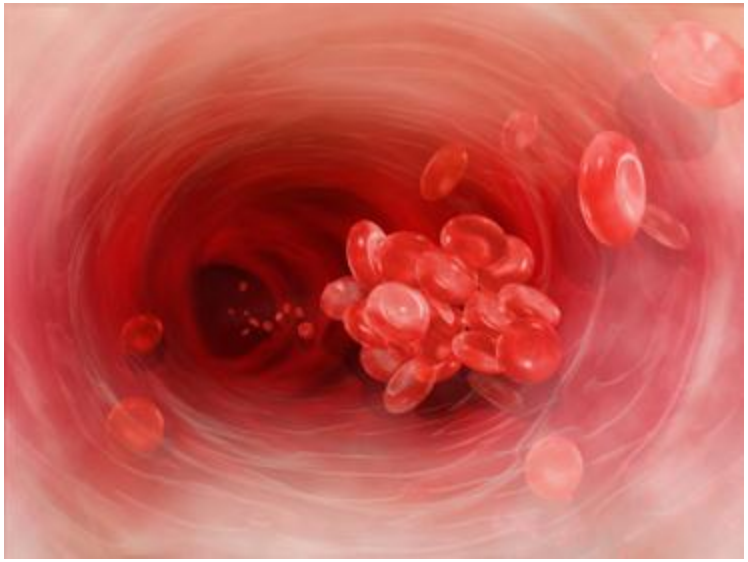


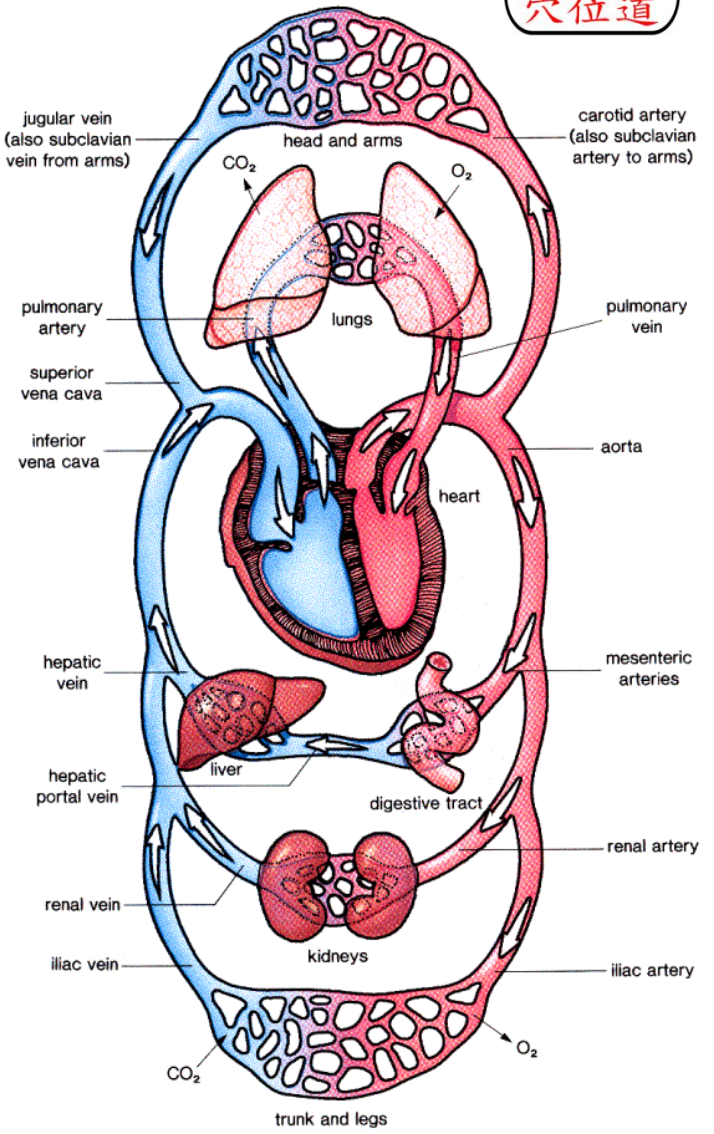
4. Everything starts when the internal membrane inside the blood vessel break
5. Give some extra blows to make sure the rupture long enough
6. Since your blows have made the blood circulate faster than normal more platelets than normal will make the blood clot bigger

The dimmak on blood vessels

7. The clot will with time grow big
   - Remember the place of the clot is not natural and is long
   - Estimated 1-2 days of growth

8. The clot will after a given time fall off
   - Estimated 2-5 days

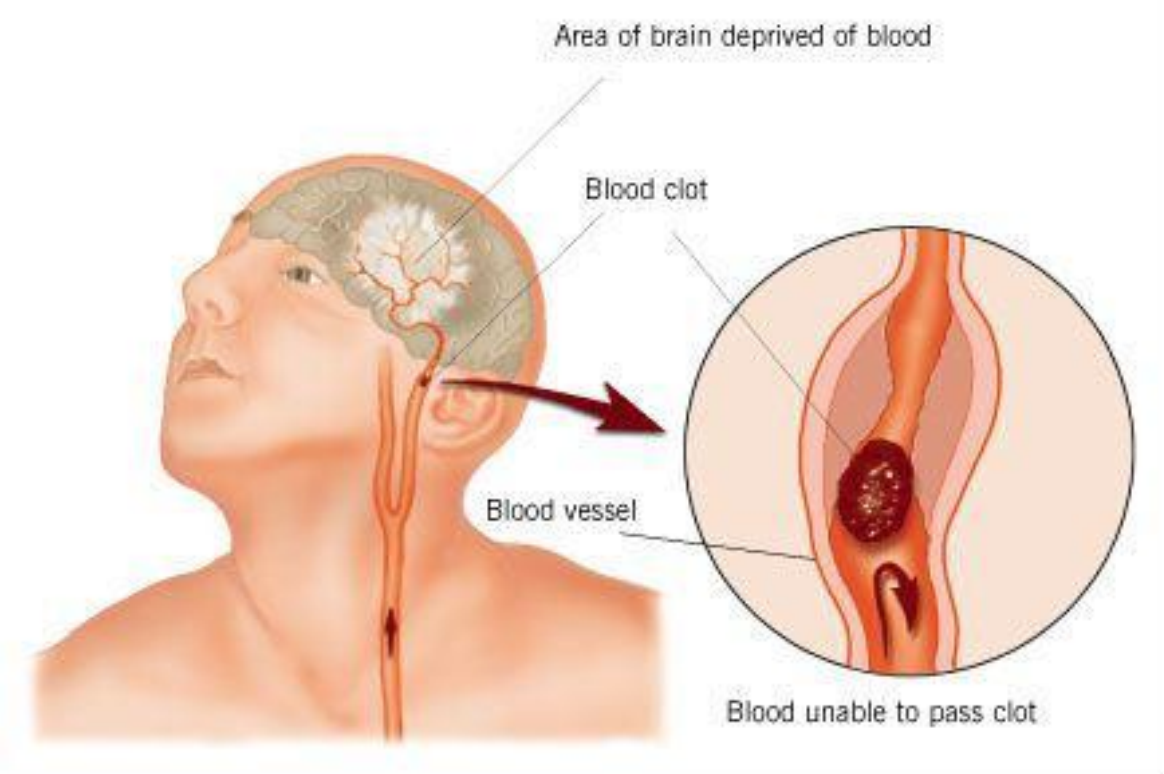




The dimmak on blood vessels

9. The clot will then circulate to the brain or other vital organs.

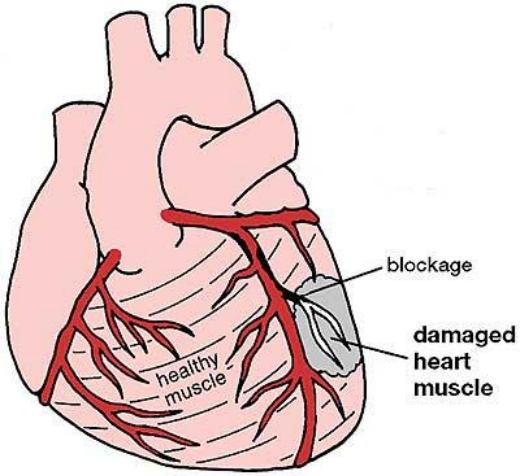
10. The clot will block normal blood circulation



The dimmak on blood vessels

- Important facts

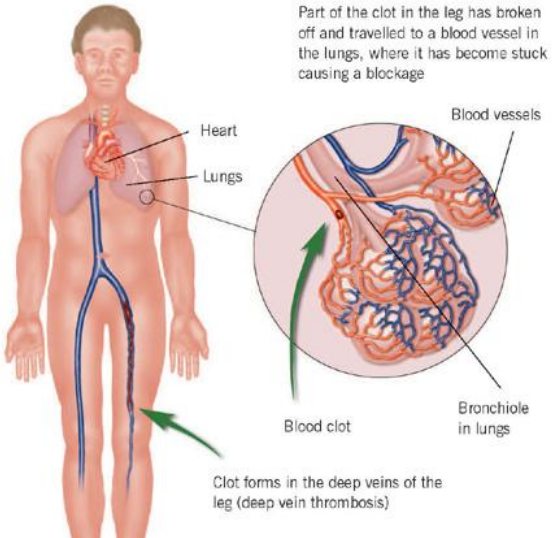
  You might get clotting of venes



Arterial trombosis gives heart attack or stroke

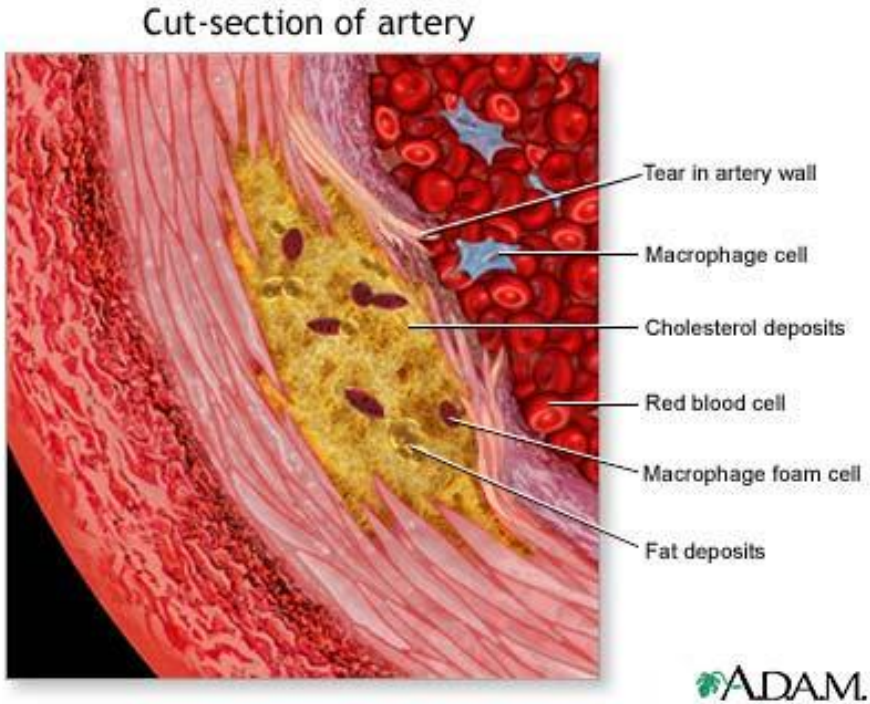
A moving clot is called embolism

Often result in pulmonary embolism



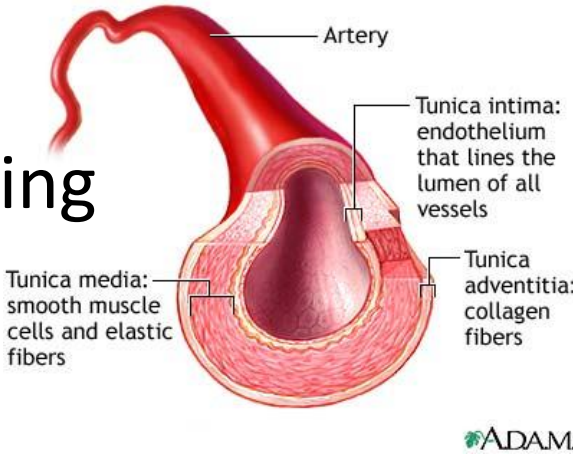
The dimmak on blood vessels

- 75% occurs in the arterial lumen
- A 90% obstruction gives a deprivation of oxygen, infarct or cell death
- Fatality rate estimated 45%



Important facts of the Dimmak prosess

1. Attack hard and direct
    - Have a short Activation time
    - This will make more clots forming downstream from site



2. Make the person relax fast
    - More “hill-like” clots will be made
    - Meaning leave the person alone quickly!

Places for Dimmak

REMEMBER NEVER DO THIS

- Consider the path of the blood circulation to find the best location

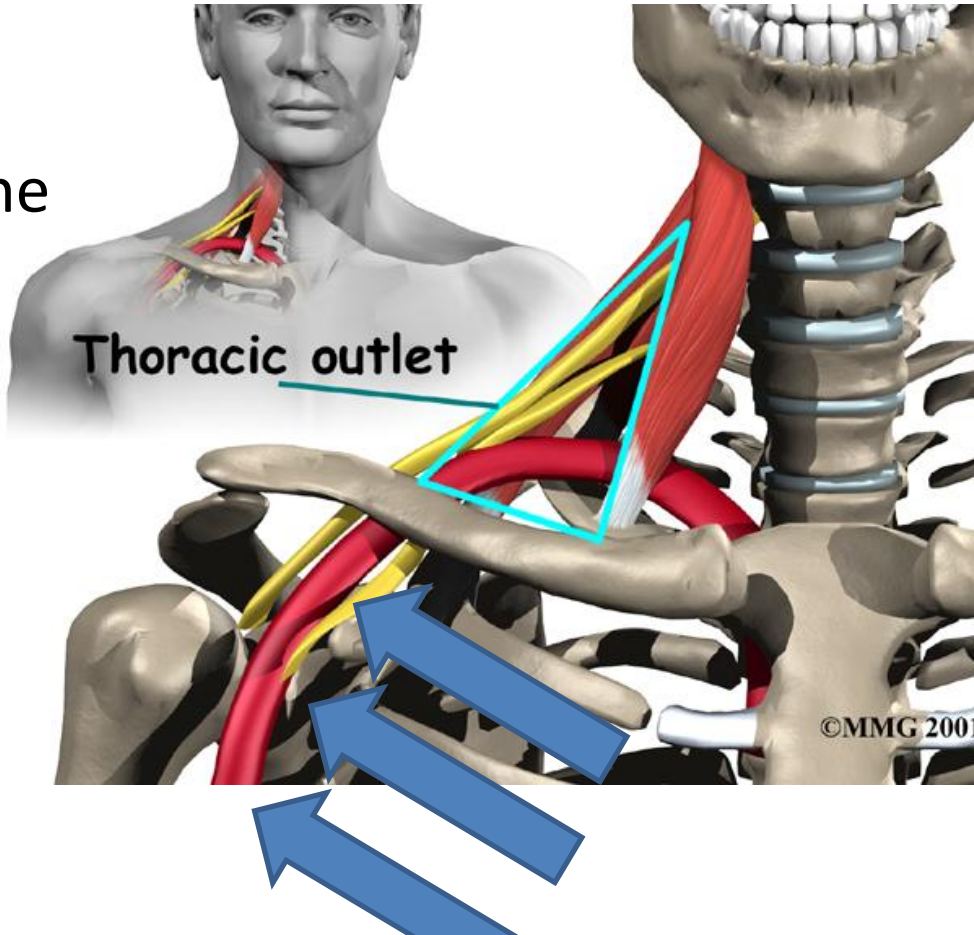
- The blood clot might be stuck in the liver
  - Most blood in the body circulate through it
  - Thereby it will not give dimmak

Dimmak on hand

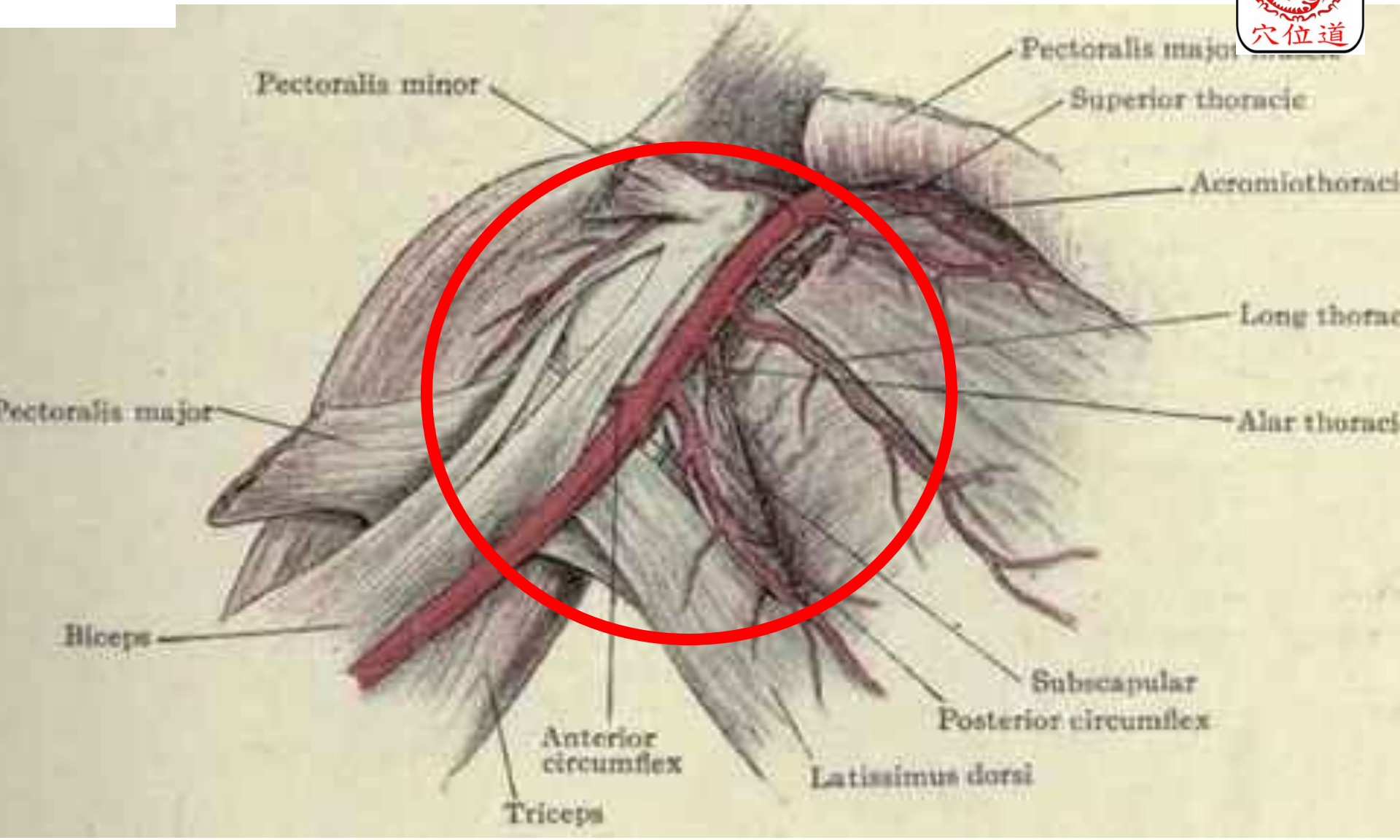
- Area 1. *Under the clavicular bone*

- Location:
  - Under the clavicular bone
  - Tovards the
  - Hit from up to down

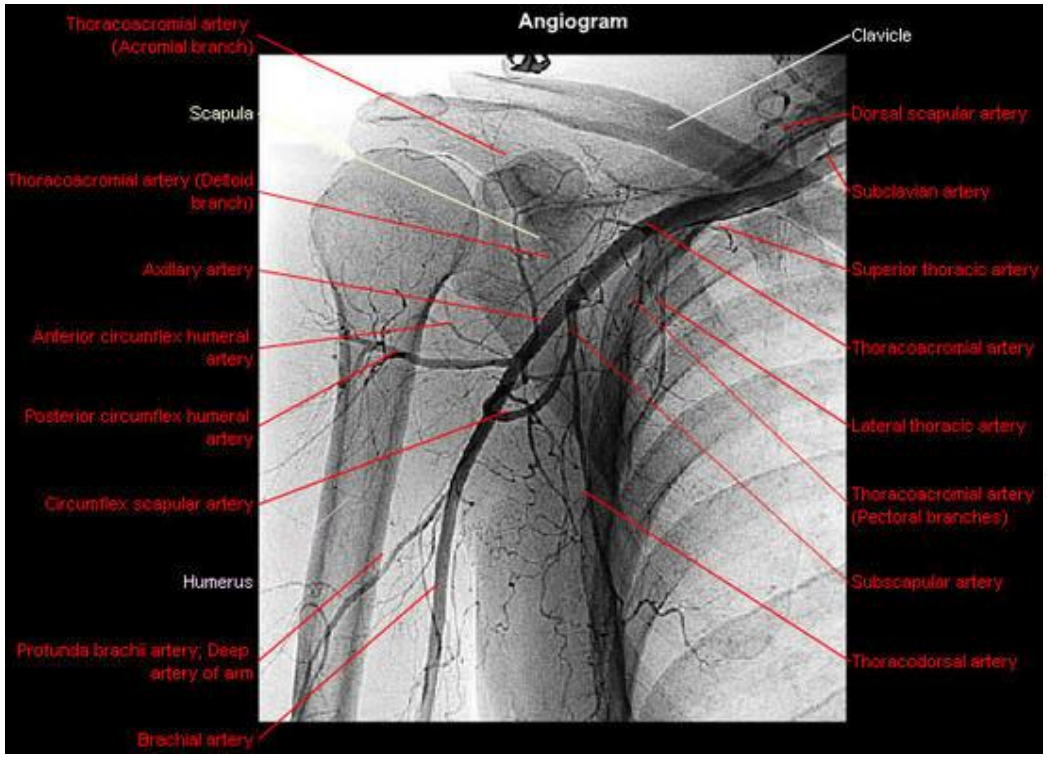
- Length:
  - 2-3 cm

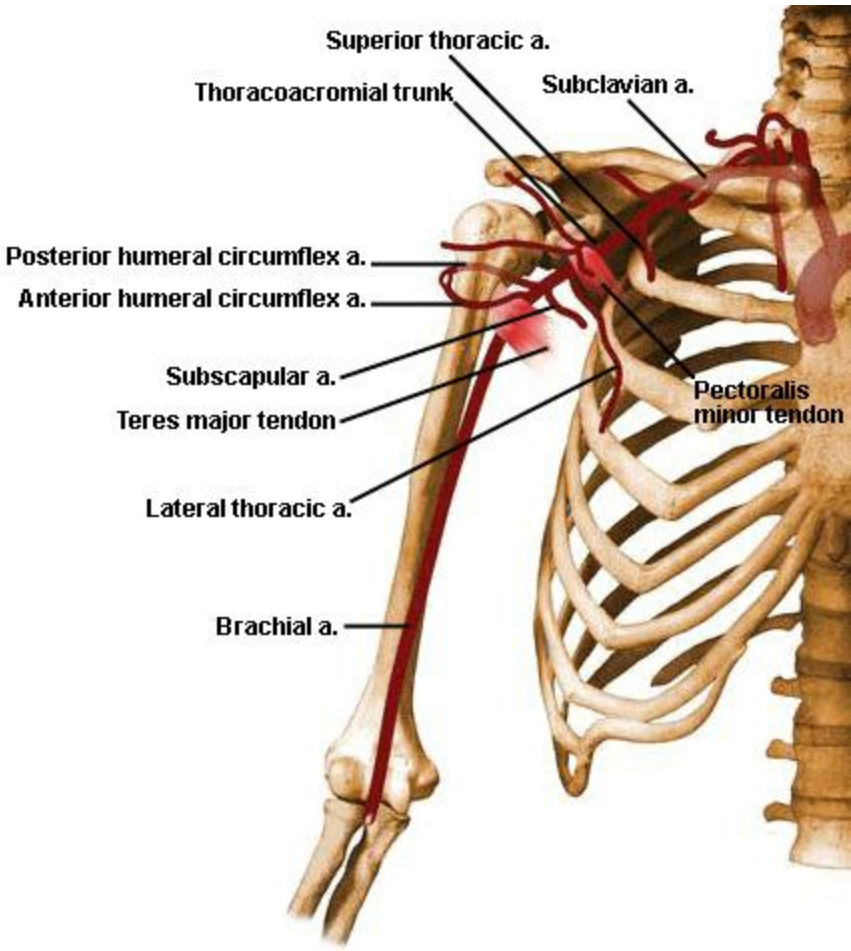


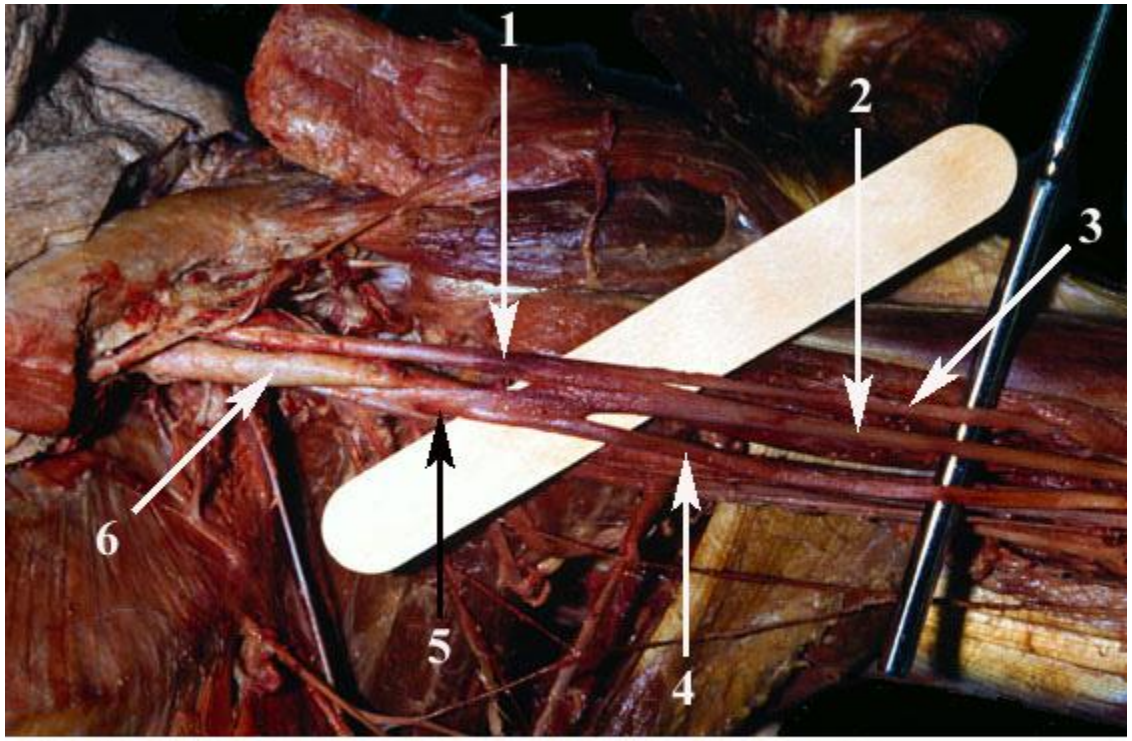
Target area


Pectoralis minor
Pectoralis major
Superior thoracic
Acromiothoracic
Long thoracic
Alar thoracic
Biceps
Subscapular
Posterior circumflex
Anterior circumflex
Latissimus dorsi
Triceps

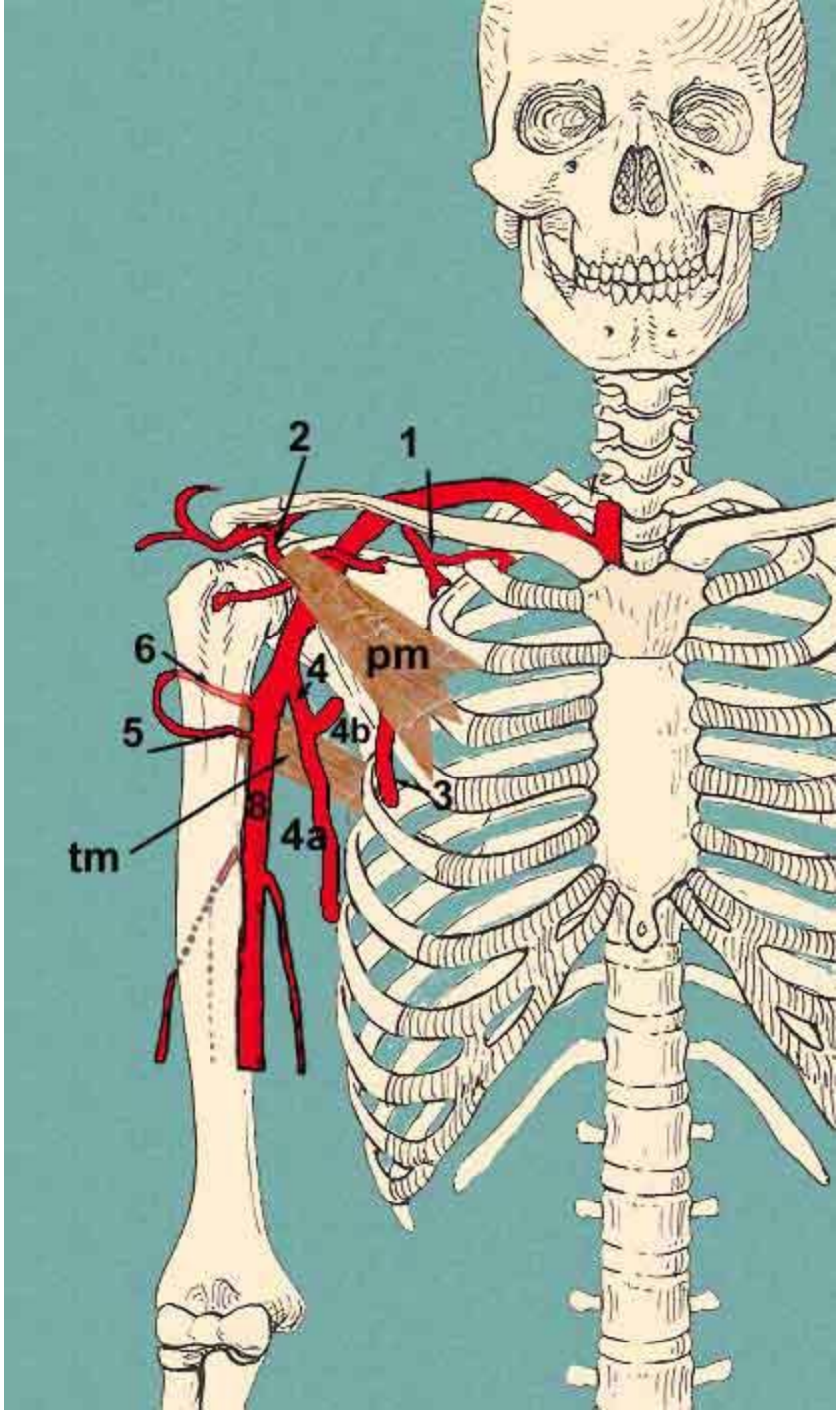
Visualize the artery







1. lateral cord
2. median nerve
3. musculocutaneous nerve
4. ulnar nerve
5. medial cord
6. axillary artery

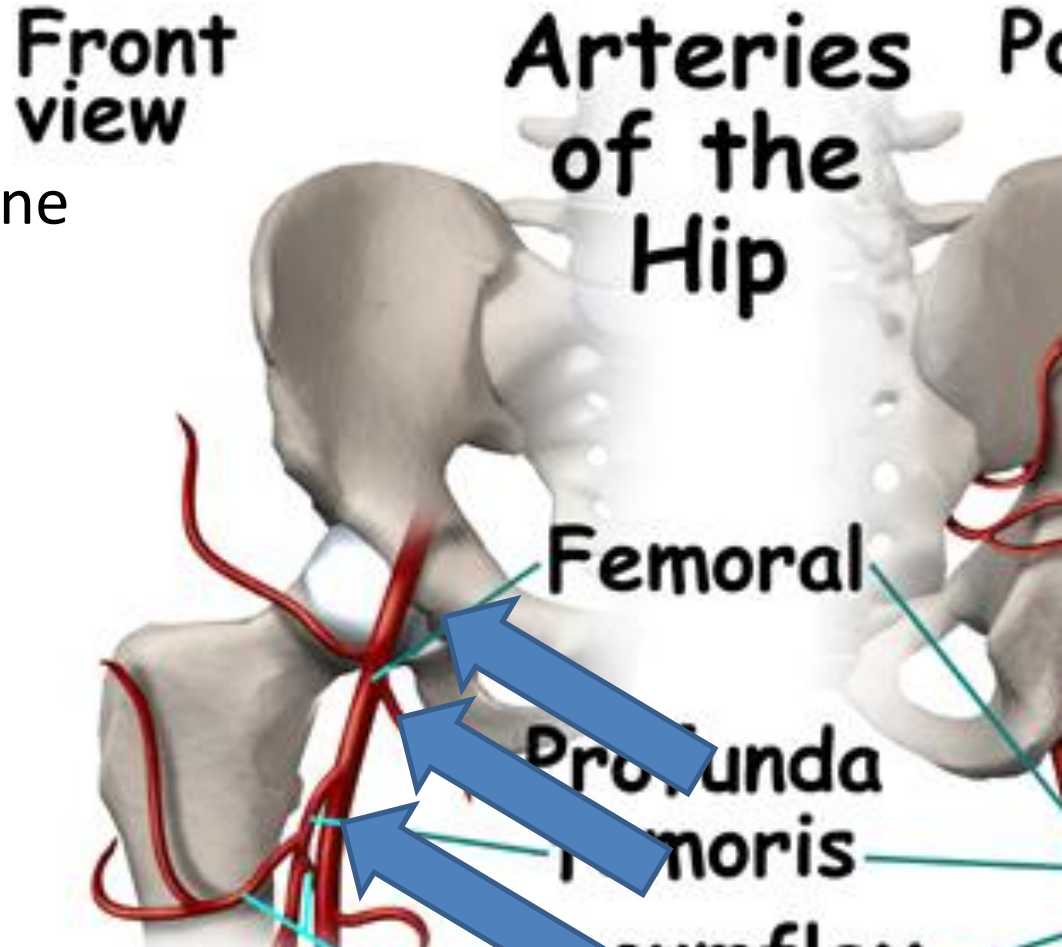

2
1
6
4
pm
5
4b
3
tm
4a

Dimmak on leg

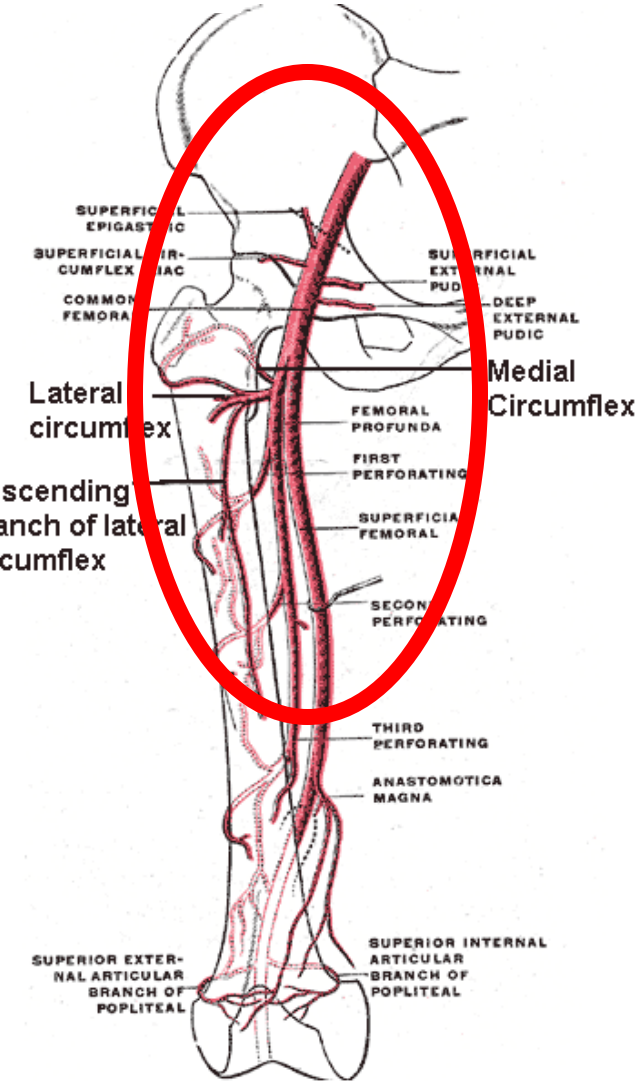
- Area 2. *On the hip bone*

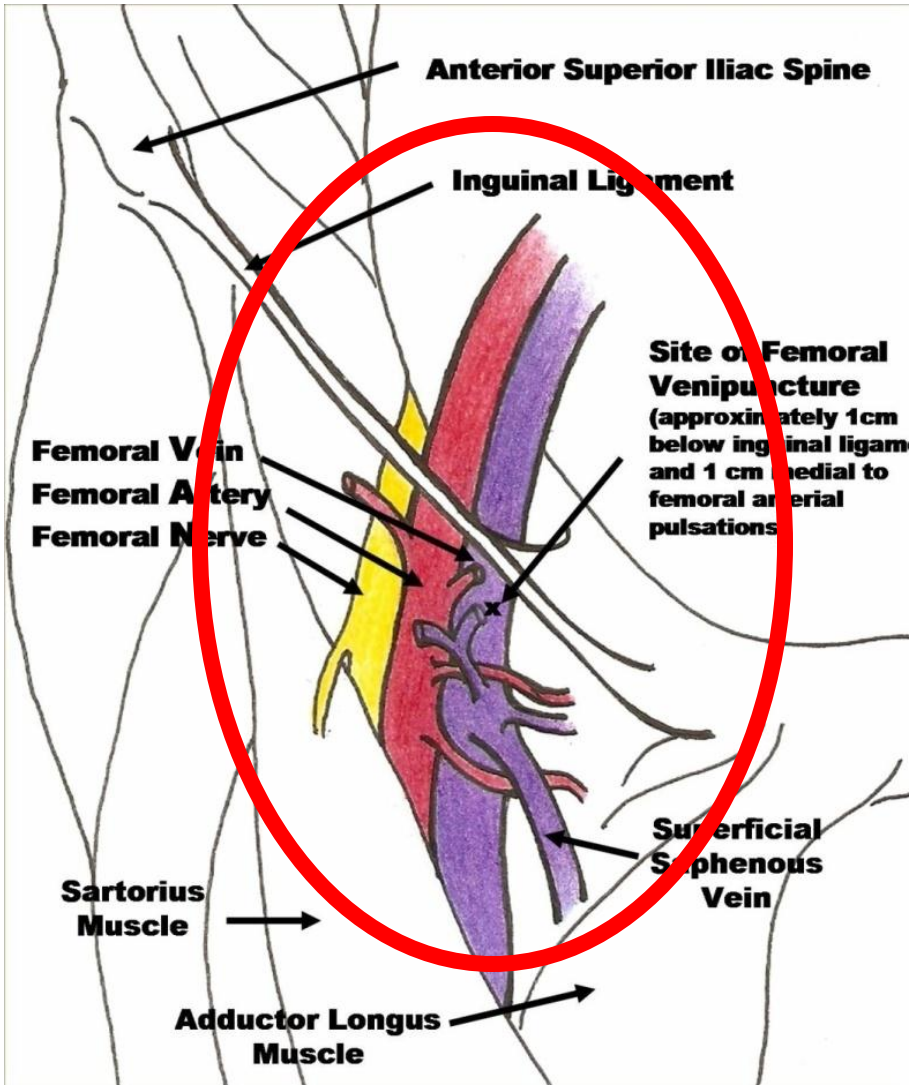
- Location:
  - In front of the hip bone
  - On the foot
  - Hit from up to down

- Length:
  - 2-3 cm

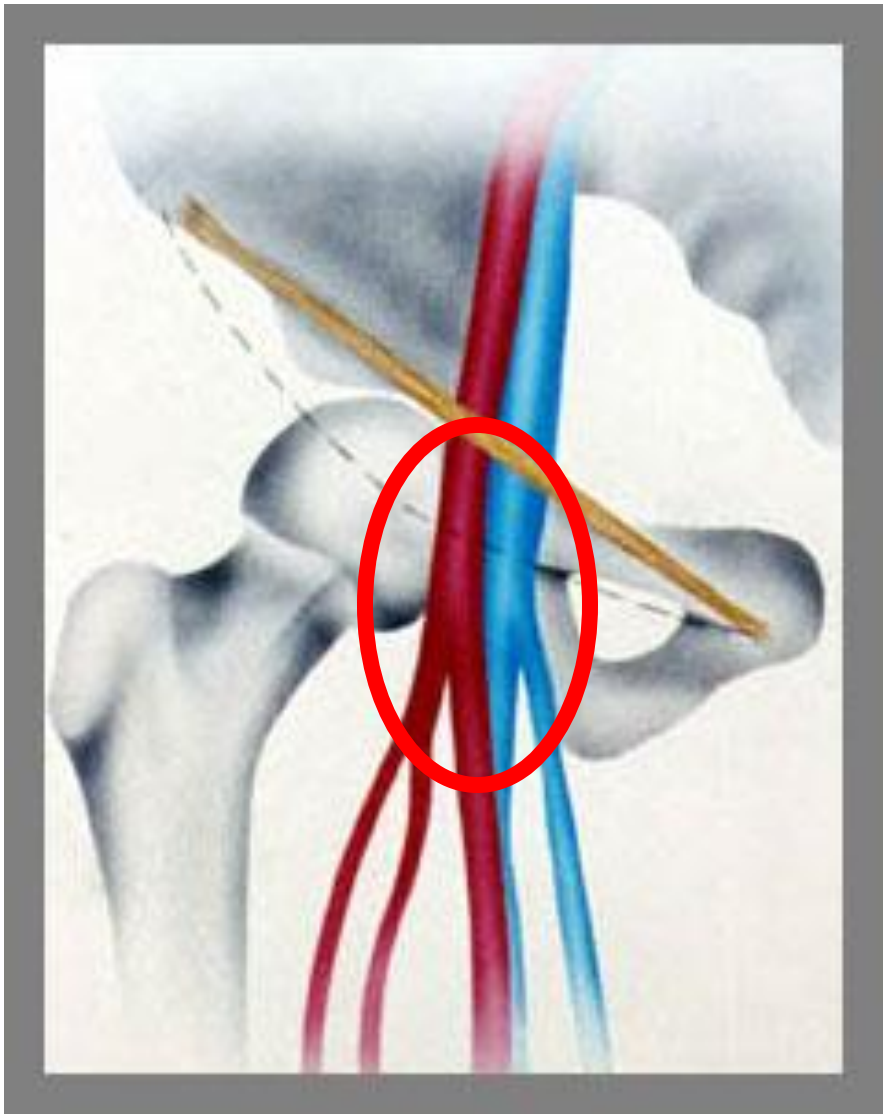


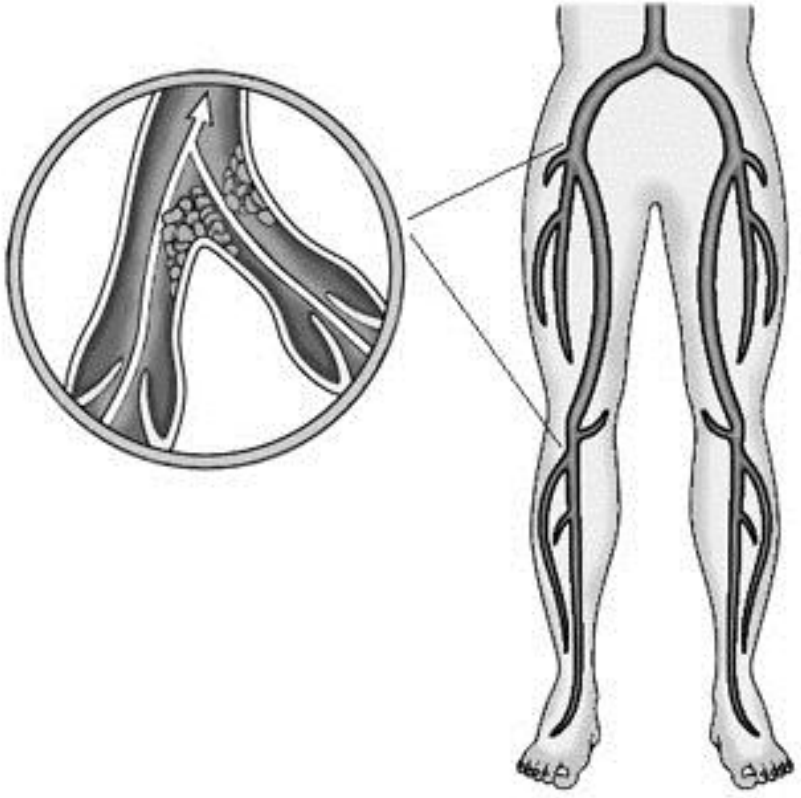
Dimmak on leg





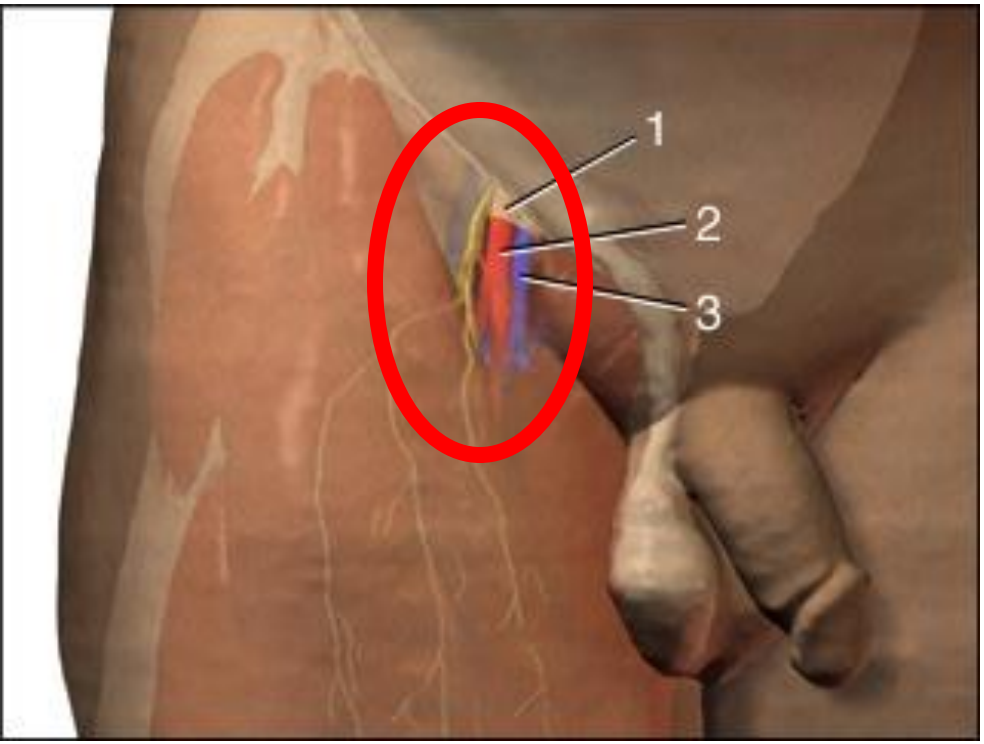
Visualize the artery





Deep vein thrombosis is the formation of a thrombus (blood clot) within a deep vein, commonly in the thigh or calf.

It is just under the skin

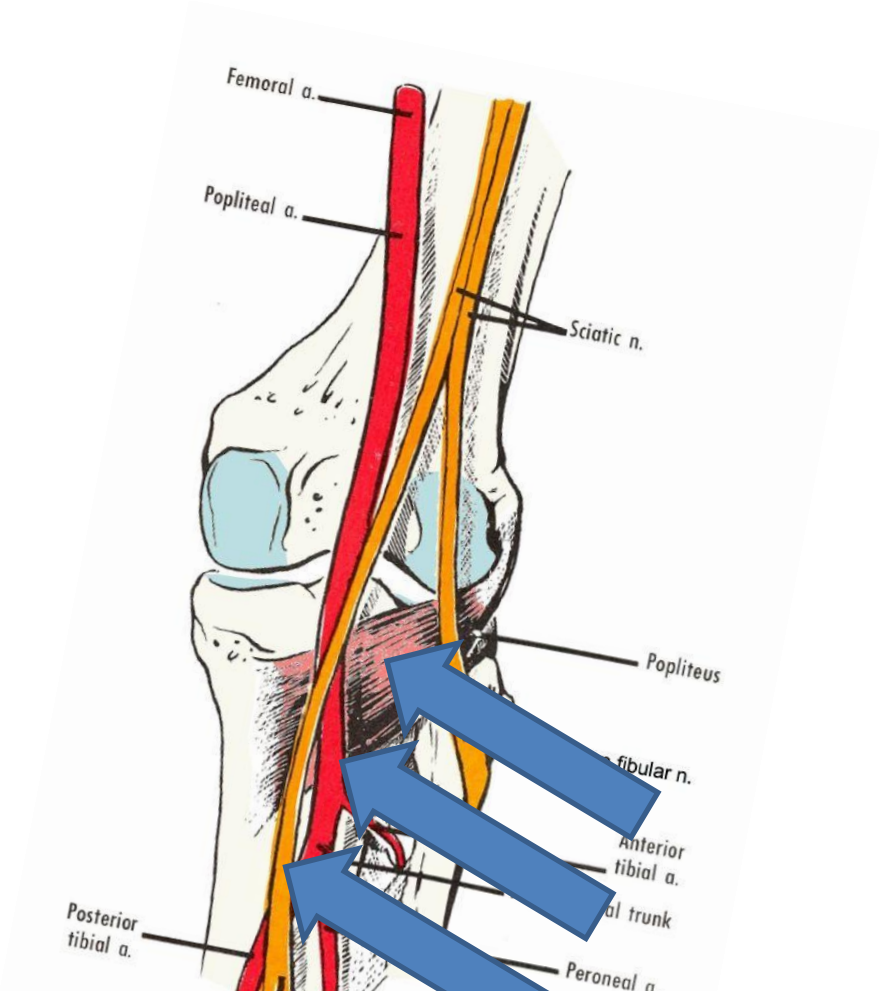


Dimmak on knee

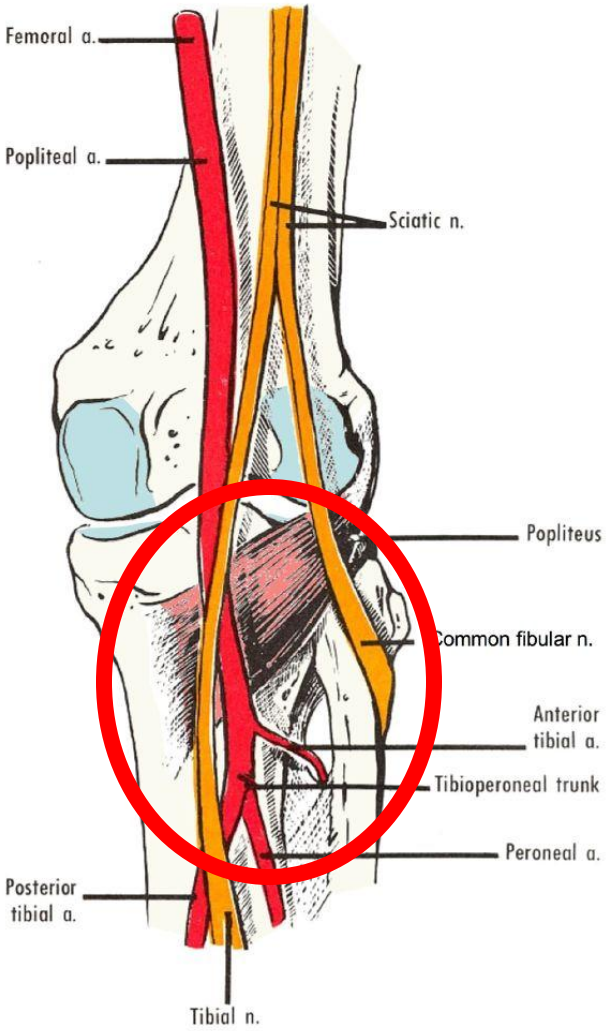
- Area 3. *On the back of knee*

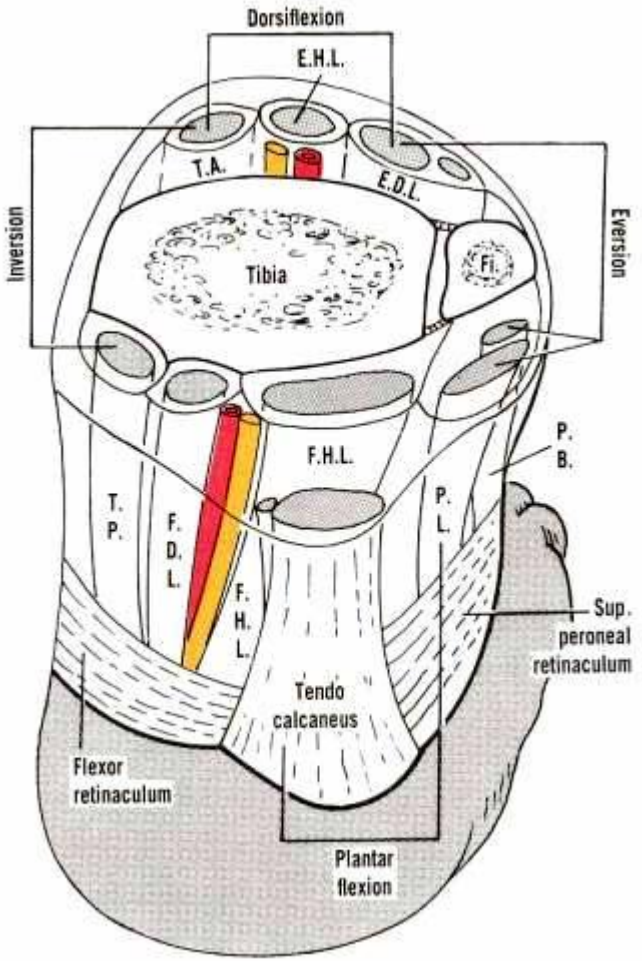
- Location:
  - In the back of knee
  - Under the knee
  - Medial side
  - Hit from up to down

- Length:
  - 2-3 cm



Visualize the artery



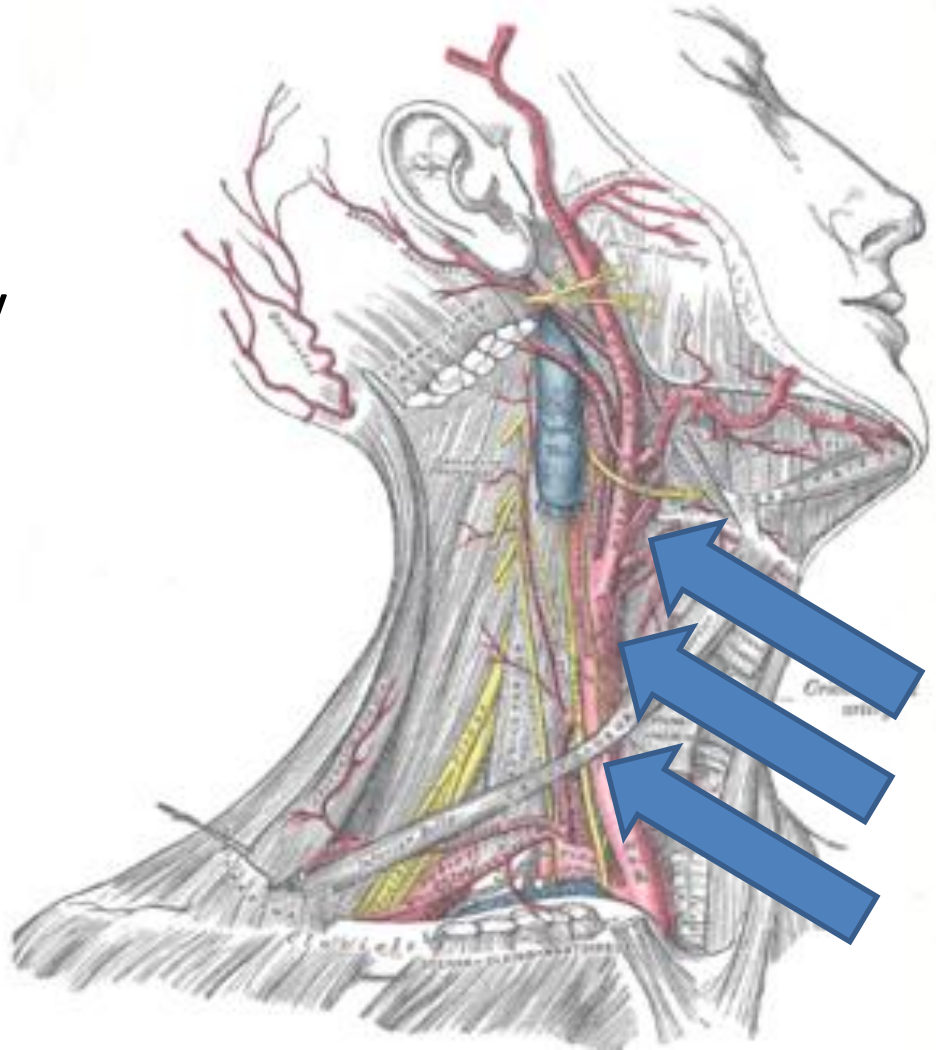


Dimmak on neck

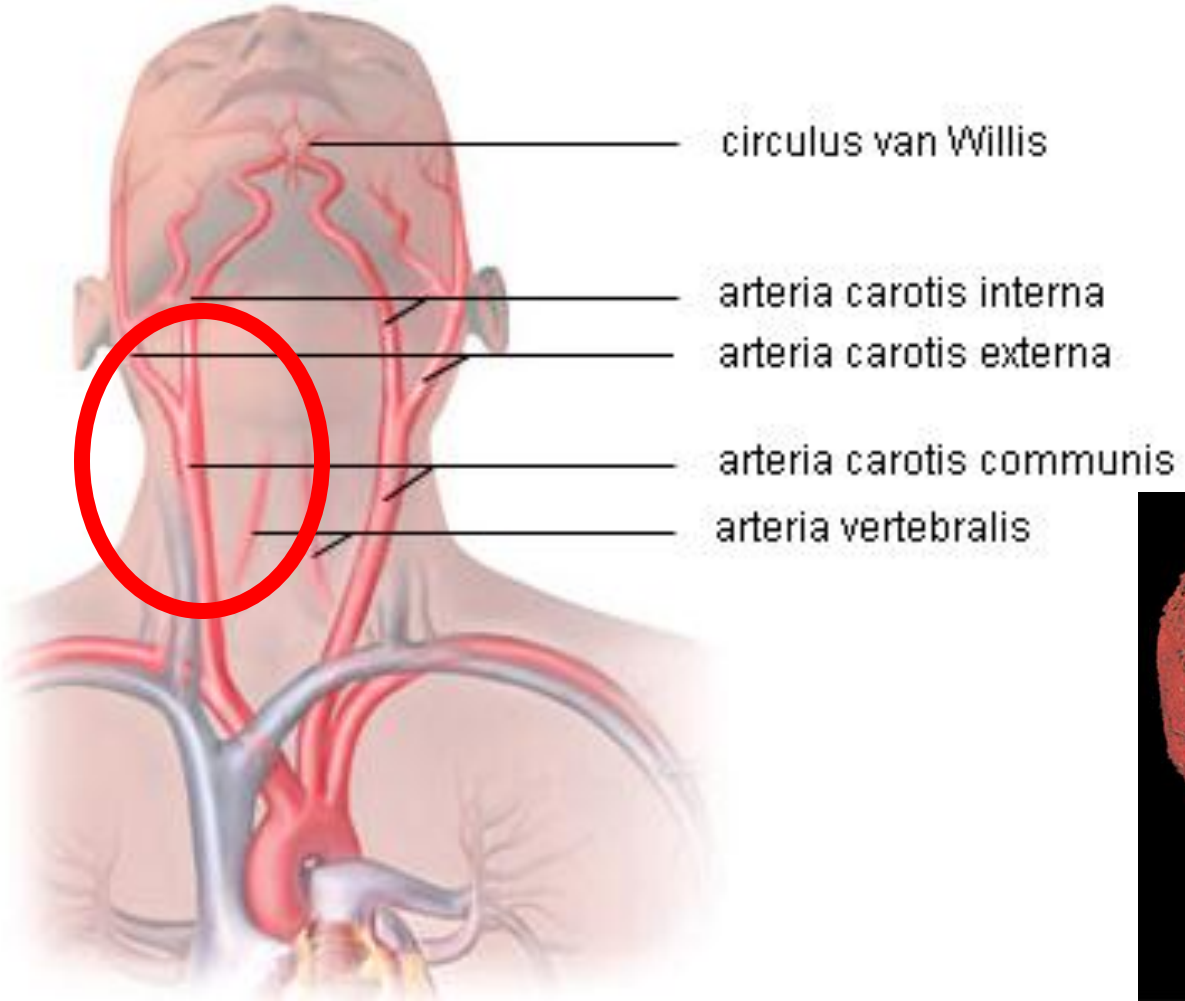
- Area 4. *On the neck*

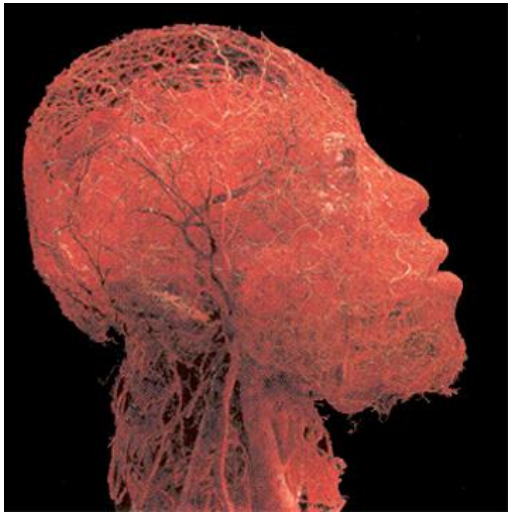
- Location:
  - On the carotis artery
  - Right side
  - Hit down and up

- Length:
  - 2-3 cm



Visualize the artery



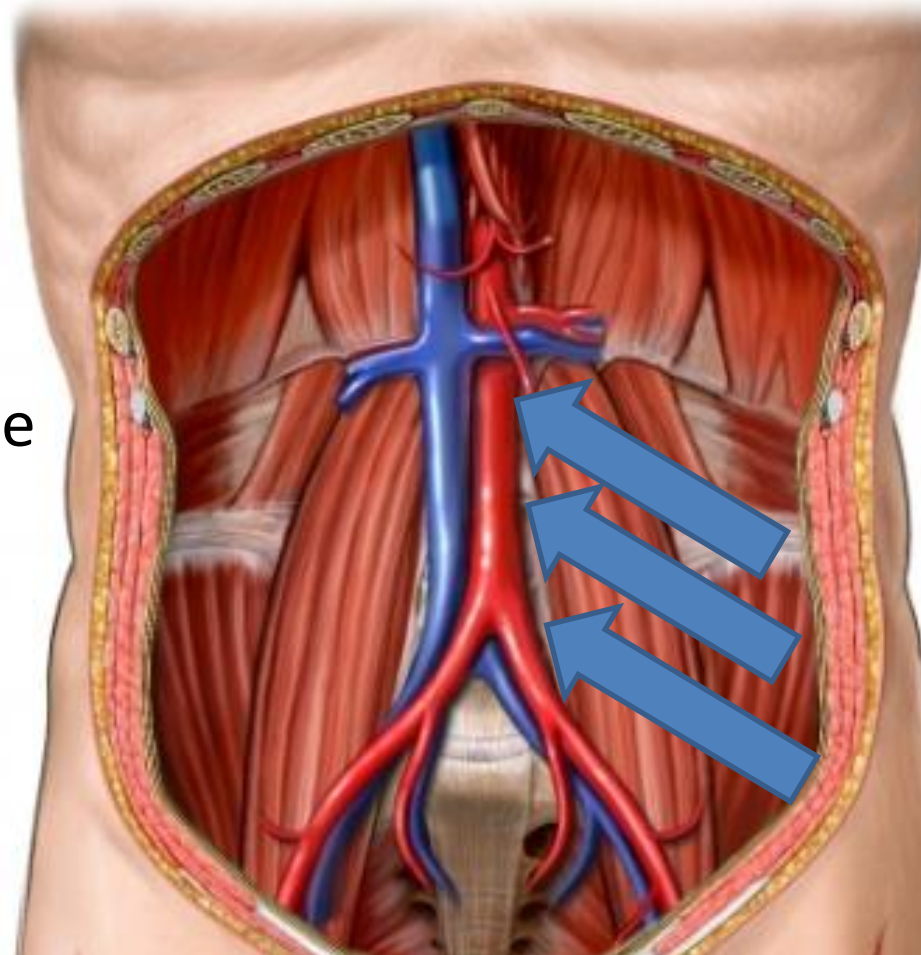


Dimmak on torso

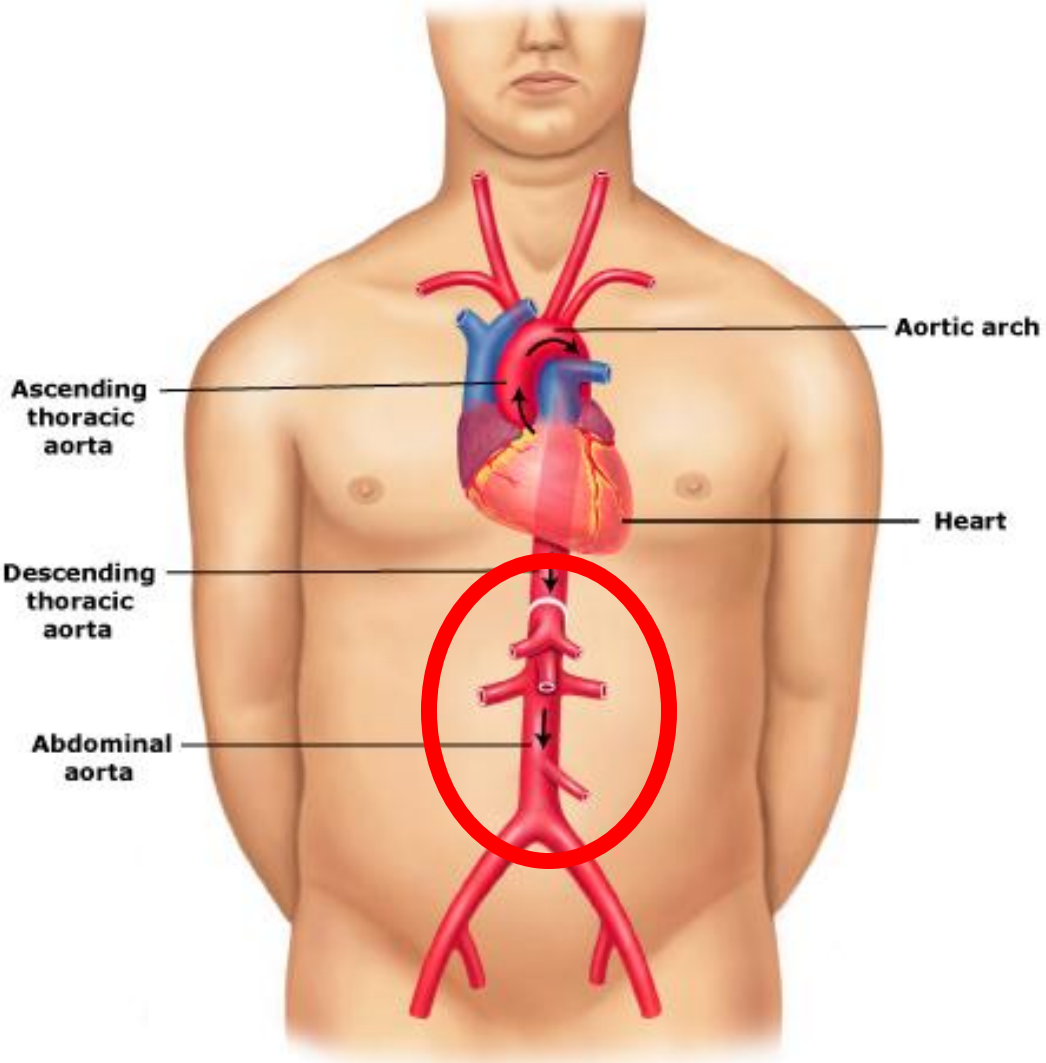
- Area 5. *On the torso*

- Location:
  - On aorta
  - Left side
  - Hit down and up
  - Outside the abdominal muscle

- Length:
  - 2-3 cm



Dimmak on torso

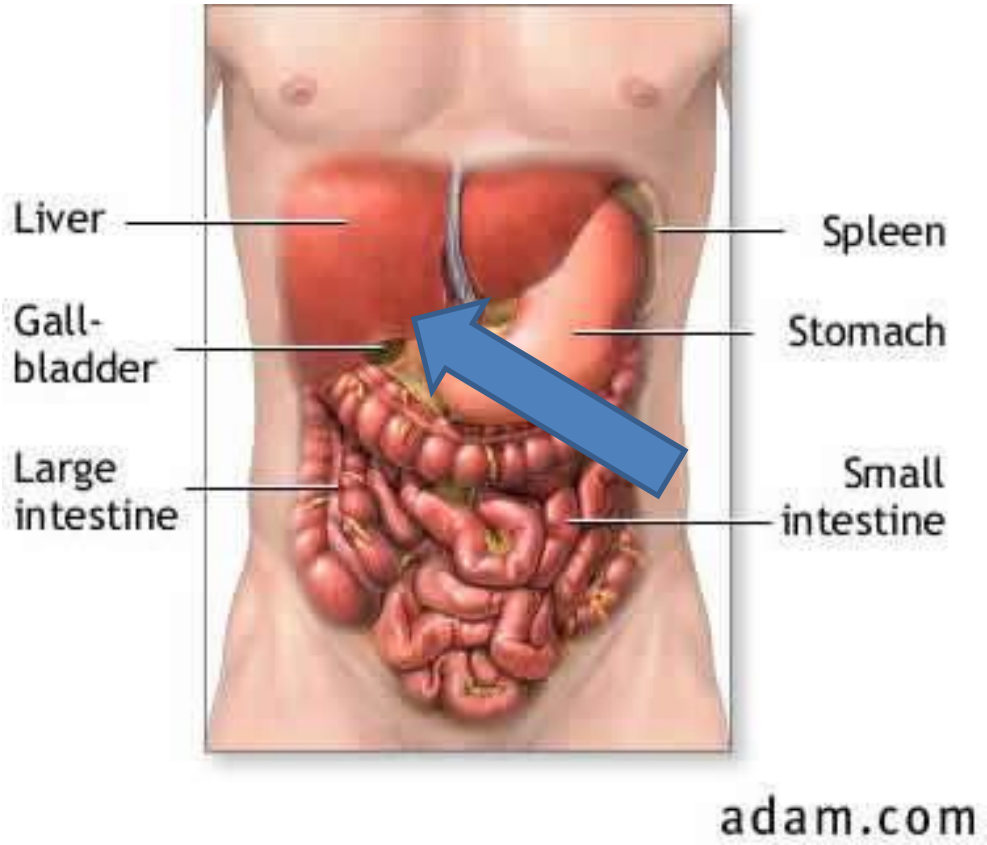


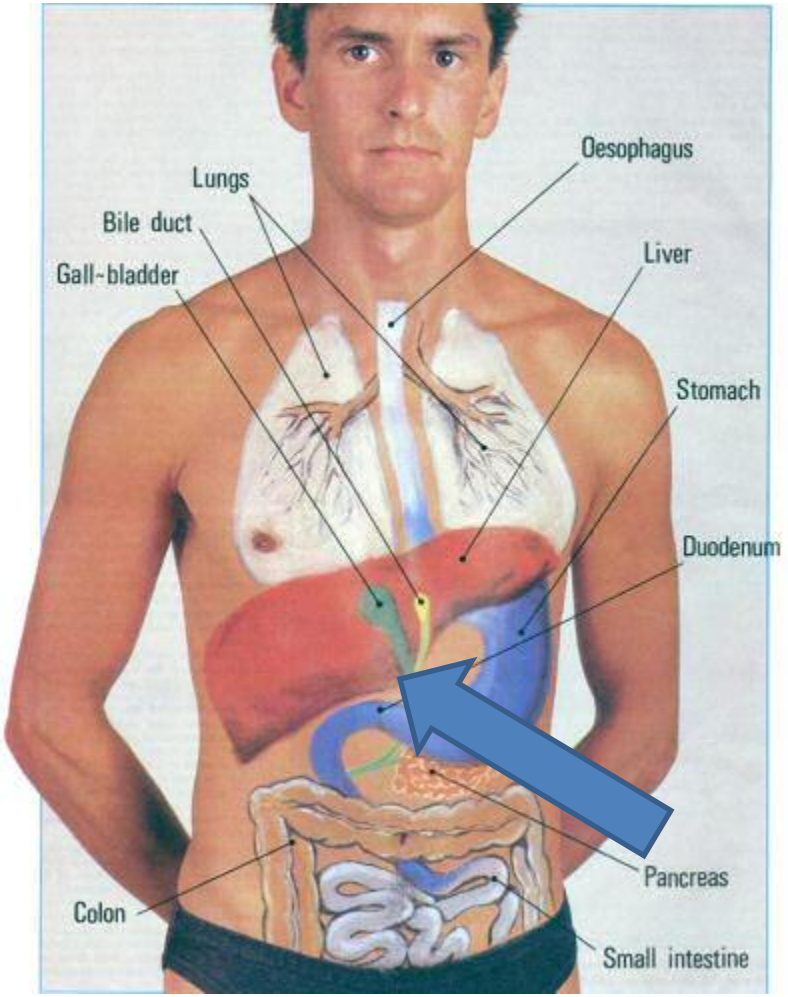
Sealing of the Dimmak

- First you hit/ kick the blood vessel
- Then you need to seal the dimmak
  - Meaning accommodate the body to give a dimmak

- Sealing procedure
  - Hit directly the organ liver with a twisting movement
  - Hit the acupuncture point *Shao hai*, heart 3
  - Hit or kick spine

Hit the liver with a TWIST





Hit Shao hai, heart 3

Final seal of the Dimmak

- Hit or kick the spine medium hard

- Target (one or selected)
  - Lower cervical
    - Neck dimmak
  - High thoracal
    - Heart dimmak
  - Low thoracal
    - Aorta
  - Lumbal
    - Leg dimmak