

POISON HANDS

Techniques, Truth and Reasons



Based on the **QUAN LI K'AN** style of Martial Arts

By Bruce Everett Miller

For Those Who Seek the Truth

This is probably the only book in print, which explains, in detail, the real reasons, history and mechanisms behind how poison hands techniques works. However, this book does not merely give a history lesson. It will actually show you how to do these techniques yourself. There will be no supposed rumors of techniques, which are alluded to but never shown. There will be no allusion to magic which will bar you from learning the actual techniques. The actual techniques of poison hands will be explained in detail, to the point where you will be able to learn to do these techniques in a reasonably short period of time.

Note: ONLY Levels 1 through 3 of poison hands were described in abbreviated detail in the original THE SECRETS OF POWER: Technology versus Magic ..**This book contains ALL levels**

WARNING

This book is contains information and techniques that are potentially disabling and/or lethal. This book is definitely not for children or the emotionally immature!

This book is not a substitute for qualified instruction, merely an addition to such. It is the USERS responsibility to use this book in conjunction with trained qualified instruction.

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POISON HANDS

Techniques, Truth and Reasons

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The Myths are far more
Entertaining
than the Truth

If everything is coming your way you're probably in the wrong lane.

INTRODUCTION

MYTH?

POISON HANDS.....What an awesome subject.

What magic did the old masters know to be able to do such techniques? Was there really such a thing? I could fill this book with the different rumors and misconceptions I have heard in my time about poison hand techniques. I will relate my favorite stories in later chapters. Stories about infinite power, tales of secret poisons that masters used to eat to give them the death touch, rumors of secret helpers who faked the death of assailants so that the master would appear to have magical powers. I have heard all of them.

And all these stories, tales, and rumors have had one particular thing in common. They were all wrong. Some particular stories were worse than others, but all were, for the most part, total gibberish.

But this book is not a history lesson. Yes, I will fill you in on a little of the speculative history I have heard. It makes for enjoyable reading. But I don't believe you bought this book to be merely entertained. If you did, then I regret to inform you that you should have rented a movie. Even with today's prices you could have gotten a better show and something to eat for the price of this book and had considerably more entertainment.

So if you didn't come for the entertainment or history, then why did you buy this book? If you bought it on the slim chance that maybe, somehow, there might be just a little something buried deep inside of it which might give you a glimpse of the fabled subject. I have a surprise for you. I am going to teach you poison hands.

Note I didn't say I was going to teach you about poison hands. I said, "Teach you!" Low and behold, probably for the first time ever (in print, anyway) you will be able to find the exact techniques, which make up poison hands.

Now, I know I am supposed to "wow" you with a list of my martial arts and academic qualifications and of course, the long and varied background of my personal style and it's history. This is so I could impress on you the greatness my skills and why my definitions and explanations must be the correct ones. Of course, this implies that my explanations are the only ones which can be correct. I am not

going to do any of that nauseating nonsense. What I am going to do is to lay out explanations that you will be able to understand and then check up on. Personally, I would rather you didn't care about my background. Whether I am a PhD or a third grade drop-out doesn't change the validity of sound reasoning. Either a concept makes sense or it doesn't. I want you to check up on the explanations I give. If they make sense to you, use them for what you feel they are worth. If you are not convinced this book has any value, well, then, there is always the garbage.

“But that’s impossible,” said Alice, “You can’t be disappearing!”
“It’s best you confine your thoughts to things about which you know,”
Replied the Cheshire Cat as he finished disappearing.

REALITY

When I wrote these techniques down, I was faced with a dilemma. I could have described the techniques and then given the explanations for their working in classical Chi theory. When I was done with those explanations, you would have been faced with the inevitable fact that you would have to study for years before you could understand these techniques anything more than superficially and even more time before you could use the techniques fully. The significance to this is that I have successfully taught the techniques I will impart to you in a few months (of hard studying, I do admit) using Western medical physiology rather than the years it took me to learn the same with Chi concepts.

Instead, I assumed that those who purchased this book to learn something wanted to be able to use that something immediately. Well, almost immediately anyway. (Hurry up! GOD, give me patience!)

It is important for you to realize that when I state here, and in every other book I have written to date, that Western medical physiology had the explanations to poison hands, I DID NOT SAY PHYSICIANS OR MEDICINE had the answers!

Let me explain. There is a big difference between what physicians know and what the scientists who delve into Western medical physiology know. The same medical universities which are repeatedly doing research which proves that poison hands techniques work, are also turning out physicians who haven’t the faintest idea of the concepts behind how poison hands, or for that matter how most advanced martial arts techniques, work. Furthermore, most physicians, luckily not all, are so busy with their formalized concept of medicine and so self impressed with their fund of knowledge, that they wouldn’t even admit that someone else may know more than themselves about a medical subject. Sure they are quick to admit that there is a lot they don’t know, but by the same statement they imply that no one else knows the answer either.

Guess what, I’ve got real bad news for them, and for anyone else who believes that FILTERGARB. There are people in the world that can do things, which work repeatedly and don’t fall into the confining rules of Western medicine as practiced by the average physician.

In the case of poison hands, I have already been told by some of those closed minds that the principles can’t possibly work, based on various reasons. Amazing though, they have trouble defending their stance when I start quoting the research from prominent medical universities which

have come to the same conclusion as I already knew, both from a physiology stand point, and from experience of seeing these techniques in action. Like Alice, these non-believers have their minds made up and don't want to be confused with the facts. Nothing I can ever present will get them to change

However, if you are willing to accept what I say, or better yet accept it long enough to check out the research articles which I quote, then I am sure you will find this book fascinating and informative. Therefore, do NOT; however, be fooled into thinking you won't have to work. The techniques I present here will require a significant amount of work, and most of it will be mental. You will have to learn to understand the rudiments of Western physiology before you can understand the techniques of poison hands. Then you will have to practice these concepts so that you can apply them. True, I suppose it is possible to just do the techniques without the understanding, but if all you want to do is to memorize points, then, please for the sake of both of us, go find yourself another path. This book will not teach you lists of points and angles of direction. Therefore, you will not find enough points to satisfy what you want to do. This book will, however, concentrate on teaching you to understand the reasons behind the techniques so that you can develop as many of your own points and angles as you see fit.

If you just want to criticize, well, then, it's your loss. I will just say for the record that I have performed all these techniques and taught most of them. I know these techniques work. I can back my claims with both paper and experience. What you choose to believe is your problem. In Quan Li K'an there is the concept that knowing one principle is better than knowing a thousand techniques.

This is the direction which I have chosen for my life and, therefore by default, this book. If you can agree, or at least temporarily put up, with that viewpoint, then welcome. Let us fulfill the promise of teaching.

Oh, by the way, the following statements are included both because they are true and on the advice of my lawyer! For you own welfare I really suggest you heed this warning!

**POISON HANDS, AT ALL LEVELS.
ARE VERY DEADLY TECHNIQUES!!**

I must warn you to pay close attention to the warnings of each section level. If you play around or strike an area too hard or incorrectly you can produce nerve, bone, or muscle damage which in all likelihood will be permanent.

**DO NOT EXPERIMENT. LEARN THE PRINCIPLES.
DO NOT FOOL AROUND!!!**

Seek out qualified instructors before you attempt to physically try these techniques. Only a qualified instructor can ensure You are on the correct point and that you will not cause permanent Harm to your practice opponent!

If you have comments on, or questions about this book, you may send them to me at the following address. If I can, I will answer them (non-hostile ones, anyway) to the best of my ability.

BRUCE EVERETT MILLER
416 12th Street North
Sartell, Mn 56377

Email: bemiller@Cloudnet.Com

For those groups interested in further information or seminars about this subject.....contact me! - No I am Not interested in doing a paid seminar - my health is not good now and I don't need the money - I have and will support friends and some that I think are truly interested but I am not interested in building empires nor do I need the money

.... But maybe I MIGHT have a student that may be interested - maybe ... but they all have jobs too

So if you have questions [and you should]

Please use email – or for snail mail include a self addressed stamped envelope to improve response time (and probability). Also, please include your style (for my own curiosity).

Thanks!

Historians make the best fiction writers.

HISTORY

I will try to keep this chapter to a reasonable length. I don't believe you bought this book for a history lesson. However, besides being of interest to some people, an understanding of some of the probable history of poison hands will help in understanding why these techniques are arranged as they are. Such an understanding will also improve your understanding about what poison hands can and cannot do.

It is important to understand the setting around this time in history so that you will realize the significant developments, which happened here. Poison hands was born early in the days of Chinese conversion to Buddhism. The exact dates I am not certain nor are those dates of importance. However, you can look them up if you have the mind to.

In those days there were many different competing religious orders. Buddhism had become a major force factor in the land and had supplanted some of the Taoist and various other temples. The fact of who had the most temples is not relevant here. It was also an era of land lords, war lords and robbers, both of the roving and stationary types.

During this time period, the typical rural Chinese village was always at risk from enemies who wished to add either the village's possessions to their booty, or from the rival land holders who wished to enlarge their present territories. Since either case meant a reduction in what few possessions and meager food supplies the villagers had, neither outcome was look upon with much favor.

In those days, both a person's individual skill in the martial arts and the combined skills of the villagers meant the difference between life and death. For that was the outcome of most fights or battles. Unlike modern day karate or Kung Fu movies, defeated enemies were killed, either outright or as they lay on the ground. They were not allowed to get up and run away so they could return and attack another day.

Because of the amount of turmoil and the different competing religions, those who practiced religion were not safe either. The modern day concept that monks and those persons of religious profession being safe from harm is totally false. Religious personnel were drawn into the conflicts of the area and suffered as much as any. Thus, they too developed their own expertise at martial arts so that

they, too, could defend themselves.

It came, therefore, as a great departure from standard practice when some of those temples began to develop and use techniques to defend themselves which would not cause significant harm to their opponents. Instead of merely decimating their attackers, these temples began to use responses that linked the aggressiveness of the attack with how much damage occurred to the attacker. Please note these new techniques were not situations of merely delivering different amounts of damage to an attacker based on how much they provoked the monks, but actual ways in which the same technique would cause different amounts of damage. In short, the attacker was the one who determined how much damage occurred, not the monk in particular.

I should like to note here, that for many years and in most of the temples the belief of being passive and not initiating or inviting attacks was practiced. In fact, a rare temple or religion practiced total passivity and would not respond to any attack. Unlike television, however, the majority of these religions, were not long for the world and soon were abandoned for lack of living followers to continue that particular religious path.

Techniques, which caused the attacker to choose how much harm they inflicted upon themselves, might seem religiously sound but impractical in a time when so much danger abounded. However, one must also remember the superstitions of those with whom the monks dealt.

Now I surely do not mean this to be in the slight bit derogatory, but most of those who attacked the monks were from the completely uneducated classes. Wandering bands of marauders aren't much for formal educations and so superstitions abounded. When they saw one of their kind attack a monk who used standard martial arts techniques to overcome the attacker, the marauders could understand it. However, when they saw a monk attacked and he used little or no effort, very little movement and what appeared to be an open hand to completely stop the attack of their comrade, the marauders had to take this monk seriously. Even more amazing was the fact that the injuries which were sustained did not kill the poor fellow, but instead would make him suffer progressively increasing pain and disability for at least the next several hours. Sometimes, in fact the effects lasted for several days to weeks. Sometimes the disabilities were even permanent.

Faced with this situation, what could these uneducated marauders believe? Cuts and blows from weapons they could understand. That was their stock in trade. But temporary or permanent paralysis to extremities which outwardly looked fine was beyond their understanding. The only thing in their limited experience which caused such slowly progressive conditions were poisons which most had probably only heard about and never seen. Therefore, what else could they believe but that somehow the monks must have poisoned their comrade?

Exactly how the monk could have poisoned their comrade with an open bare hand was not at all obvious and this confusion only added to the mystical properties of the monk's abilities. The marauders' beliefs in magic were the only things to explain such occurrences as these and that is

seemingly how those who came afoul of the monks did explain it.

Of course, the monks, being relatively educated, knew better. Or at least they knew that they had not used any out-right poisonings. They ascribed the effects of these blows to poisonings but not of the crude vulgar type that the common people believed in, but to Chi imbalances, or poisoning by upsetting the Chi flow through the body. With their training in Chi forces, they had a working model with which they explained most of the workings of the body. Thus, when they delivered blows to specific areas which upset the Chi forces, they had a mechanism for understanding the damage which they caused.

Please note, however, the monks were not about to educate the general populace about the real mechanism of action here. Beside being a complicated, lengthy system to learn, the general populace had none of the general understanding to comprehend the explanations, even if the monks had tried to explain. Besides, if the general populace feared the monks' powers, then they would leave the monks alone. This was one of the times when ignorance and superstition were helpful. One must believe, however, that such a policy of refusal to rebut claims of magical poisoning must have only strengthened the rumors and gossip.

Now, regardless of your personal belief in Chi forces, the historical remains of the legends of Poison Hands seems to bear out the above re-creation of probable events. Or at least something very similar.

Now I must make it clear from the onset that the history related above was as I received orally from the master who taught me. When I attempted in later years, after the death of the master who taught me, to attempt to validate the information which had been passed to me, I only found confusing, vague references to poison hands. In fact, the whole style of the martial arts I which had studied was only mentioned in vague references which sometimes contradicted each other. In truth, I was able to find much in the way of Chi theory, but no references to the actual techniques or explanations which I had received.

Actually, when I learned more about the secretive ways that oriental masters passed on their techniques, I actually was surprised that I had found any references at all about poison hands. And considering that there are over 11 thousand different styles of martial arts practiced in China alone, not to count the thousands more studied in other Asian countries, it is no wonder that I was unable to uncover specific written references to my particular style. As it was never supposedly a major style (in ways of popularity), there would be little written record of it. And what there was was probably

buried in locations where I would never get my hands on it. Oh well.

However, I must admit that not being able to speak or read Asian characters with any proficiency, had definitely hindered my search. I was not without resources, however, because I had enlisted the aid of several friends who were fluent in Chinese, at least until they got tired of my pestering. What little information we could find on poison hand history or techniques was no more enlightening than the references that had been translated into English. All were vague Speculative statements or comments about supposed reasons for why poison hands techniques worked or why they had died out. There were more statements saying that poison hands techniques were no longer practiced today than any of the other statements.

Luckily, despite the premature (or is that manure?) statements about the death of poison hands techniques, there are several styles in the U. S. which are reportedly teaching poison hand, however, none (which I know about anyway) are teaching the full range of techniques which I will present here. Therefore, I can say in all honesty, poison hands techniques have not died out.

It was not until some twelve years after learning the initial techniques that I was able to validate the principles which had been taught to me in an interesting way. A friend talked me into going to a seminar on Kinesiology and while there, the speaker made an off hand comment about a small esoteric part of the anatomy of a working muscle. The comment clicked in my mind and suddenly I knew that I had the key to rationally explain what I had learned so many years ago.

With that key I was able to go back and revive the techniques which I had learned earlier with a new understanding. Now these techniques made sense, not only from the fact that they worked (I never doubted that), but also from why they worked. With the knowledge of the why, I was even able to clean up techniques which had worked but not always well, and improve some of those which had always worked. Poison hands had come of age! Okay, so poison hands no longer had a basis in Chi energy flow. They were the same techniques! Only in my personal opinion, better!

For those who wish to challenge the explanations of these techniques, I encourage you to do so. Only please be ready to prove that your explanation works repeatedly, and can be taught to others in reasonable amounts of time!!

Barauch's observation: If all you have is a hammer, everything looks like a nail.

What it IS

Poison hands techniques really are a combination of separate techniques with gradually increasing amounts of damage ability. I have already stated that poison hands inflict damage to your opponent based on how much aggressive energy they use. That concept is correct, but besides that there are also levels of poison hands based on which technique you choose to use. In the first level the attackers must deliver force against you to produce any damage. In the second and third level, the opponent must present you an opening or you will not be able to strike the appropriate areas. In the fourth and higher levels you actually must strike your opponent out-right in the core of his body. Therefore levels one to three could be considered an aggressive defensive system. Levels four and five, however, are all out attacks on your opponent.

What it is NOT

Poison hands was a complete system. It was not only part of a system. But of course the system contained the typical blocks punches, kicks, etc that most styles had but also used these principles to make things happen

That is only my purely personal opinion, however. There are some practitioners in the style where I originally learned poison hands who claim that poison hands is not only a complete system, but that it is the only appropriate system because of its passivity.

It is true in this regard that in all most all cases poison hands does offer a considerable range of possible responses to an attack. Poison hands also does give the ability to graduate the results the receiving individual will suffer. Still, in my opinion, to construe that any system, which has so poor an ability to initiate an attack, as a complete system is a mistake. Please note, however, that most of its practitioners perceive the lack of attacking ability one of the main strengths of the poison hands system. At this point I must also add that at one time I shared this belief in the completeness of the poison hands techniques/system. It was not until I had received years of training in other styles that I changed my opinion.

I, therefore, do not mean to degrade anyone who believes that Poison Hands is a complete system, nor the effectiveness of the system. I use it, I teach it, and I do believe in it. I just don't believe in putting my entire defense in one basket any more, so to speak. Besides when you get past the magic the principles become useful regardless the style you practice.

And that is what this book is really about. Principles / knowledge that you can use to enhance what [style] you already do.

Remember QLK is not an empire builder – and Inner circle is ONLY about spreading information.

Level 1: Soft Blocks

Pain is a great educator!

The Touch that Maims

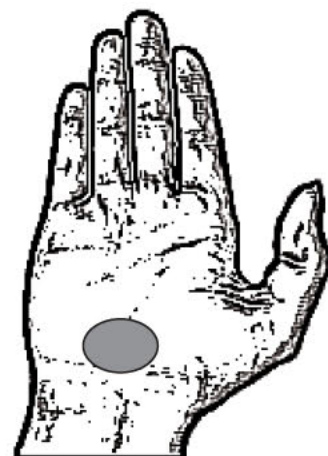
The first level of poison hands is called soft blocks. While not really “soft,” soft blocks are both spectacular for their simplicity and potential power. They are actually quite obvious if one stops to think about it. In fact, almost anyone who has had some experience with sparring (or kumite) has probably done a crude version of soft blocking at one time or the other.

At one time or the other, everyone has blocked a strike with their palm hand. This is a very crude version of soft blocking. The converse is not true, however, for to say that soft blocking is nothing more than a palm heel strike is a gross understatement to the degree of missing the point all together.

The principles of soft blocking are actually two-fold. The first principle being that the palm of the hand is actually anatomically stronger than a fist. Therefore, a person is able to generate more force with the palm without damaging a bone structure than they can with the knuckles. The second principle is more complicated and is actually why soft blocking is more effective than a palm heel strike or block.

When you use a palm heel to strike an opponent, you are delivering the force of your blow into the area of most of your proximal center palm.

When you combine the force you deliver, plus any force that they are delivering in a direction into your hand, you can quickly see that it is possible to create a painful situation. Big deal, pain may be enough to change your opponents mind temporarily, but I doubt that you are going to be able to produce enough pain with the standard palm heel strike in this instance to keep them off guard for long. You certainly



will not be able disable them no matter how many bricks you can break with a palm heel. Striking an oncoming extremity at an angle will most likely not produce significant damage beyond the pain point.

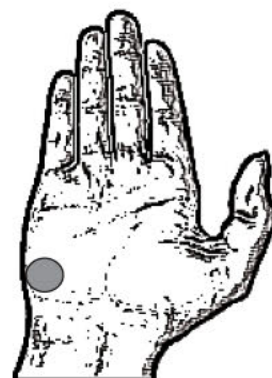
There is a way for you to increase the damage you produce, however. Evidently some of the educated monks in the days when this technique was developed realized that by tipping their hands in just the right position they could decrease the amount of contact their hand had with their opponent's extremity. The real purpose is not to avoid the extremity but to concentrate all the force into a smaller surface area.

Today we realize that the formula, Pressure equals Force divided by Surface Area explains this quite well.

$$P = F/sa$$

One must remember, however, the fact that this was remarkable application of physics in centuries past.

When you decrease the surface area of the contact point, the force quickly goes up. For example, if your opponent delivers a force of 100 lbs into the area of your palm heel, about a 4 square inch area, then you have generated a force of 25 lbs per square inch. A painful strike, maybe, but not much else. Now say that you have tipped your hand and used the area identified in the picture below, which is about a 1 inch square area.



From our formula, you can quickly see that we have increased the force to our opponent to 100 lbs per square inch. This amount of force is more than enough to generate a significant bone bruise. Proceeding onward, if you angle the back (dorsal aspect) of your fingers back towards you, you will be creating an even smaller area. With practice you will be able to decrease the area to about 1/2 inch square. In our example above, this would cause our opponent to develop a very bad bone bruise and would come close to breaking the bone.

The next step is to rotate your hand outward at approximately contact area to approximately the size of a finger tip, or about 1/4 of an inch square. This will, by our example, create a force of 400 lbs per square inch, enough to break most of the bones in the body. All this force, of course, is being generated just from your opponent's energy, with you providing no real energy of your own. In a minute we will get to what happens when you add some force of your own.

While you may think of all that force going into your opponent, there should be some thought of what

happens to your own hand when you generate this much force. Luckily, another aspect that was discovered with the tipping of the hands, was the ability to be able to distribute the force which the hand must absorb. Instead of making the hand take the punishment. What this means is that your hand does not have to endure undue punishment in order to cause the above noted damage to your opponent. The point is that the forearm and arm are best held in a semi-loose position [to prevent the shock of the force returning to your own body].

Another nice thing about this soft position is that by being able to change the tension on your arms and forearms, you can actually very easily vary the amount of damage you produce in your opponent. If you only wish to produce mild pain, then keep the forearm and arm moderately loose. If, on the other hand, you wish to create more damage, then tighten up the tension you apply. Note, however, that the forearm and arm are never fully locked as this would send a considerable shock wave into your shoulders and central core, possibly causing you damage.

Please note that soft blocks are used to strike your opponents extremities. While it is possible to damage your opponent's central body using soft hand techniques, in most cases it is higher level techniques which are used to strike the central core.

The third aspect of soft blocks is that instead of merely being totally passive and allowing your opponent to determine how much force is available in each block, it is possible for you to generate very significant forces by causing your hand to accelerate towards your opponent's extremity. While this may at first seem obvious, there are actually two ways in which to accelerate your extremity towards your target area.

The first method is the obvious linear method. Your opponent swings at you and your extremity moves toward their extremity in a block. Now regardless of whether you move in a circular pattern, straight line, or some other complicated pattern, this type of blocking is still called a linear approach, because your path can be described by a line, no matter how convoluted.

The second method in which you can add force to your soft blocks is by twisting your striking surface so that it is accelerating at the time of impact. While it may not seem at first that you can generate much added velocity by twisting your hand, if you closely examine the speed at which you can twist your hand, you will find the ability to accelerate at a much higher speed than you can generate with your hand in all but the most direct of the linear movements. Please note that the linear method and the twisting method can and are additive in the damage they produce.

I would be remiss in my explanation if I did not include something on the intended targeting of a soft block. While it is true that you can perform a soft block against any surface with success, **soft blocks**

are primarily intended to be used against hard surfaces. By this I mean that unlike most other types of strikes, you should attempt to strike areas of bone or areas where there is very little muscle padding. At first this may seem strange as most everyone has been taught traditionally to avoid these areas with the belief that you can do more damage to your opponent and less to yourself if you strike softer areas. That concept may be true in traditional blocks and strikes, however, it definitely is not true in soft blocking.

With soft blocks you want to concentrate all your opponents' force which meets your hand into a small area, as explained above, but if you allow that force to be dissipated when it strikes a soft area on your opponent, much of your intended effect will be lost. When you concentrate all the generated force into a bone surface, however, the shock wave must pass through the bone before it can be dissipated. This creates a situation where the bone is frequently broken, not just in a clean break but in a compression type fracture.

Therefore I need to dispel a myth. The myth to dispel is that bone does not hurt as much as other parts of the body when hit. In reality, except for extremely delicate parts of the body, a bone strike hurts more, when done properly, than the average muscle strike and much more than a generalized strike. Perfect examples are the pain of a sternal rub and the pain when you strike your shin against a hard surface. Well, with soft blocks you are generating that hard surface, even though your hand will not have to take the punishment of being used as a hard surface, **IF YOU DO THE STRIKE CORRECTLY!**

As a additional benefit, if you do significant damage to a bone, for example a leg bone, you will cause a significant change in a person's ability to function, something which may not always happen with a muscle attack and probably not at all in a generalized strike without a specific vulnerable target.

Another benefit of being able to strike hard surfaces effectively, is the fact that many people mistakenly believe these areas are safe from damage, so therefore do little or nothing to protect these areas.

One aspect of soft blocks, which must not be overlooked, is the fact that a soft block can also be done with the foot. Please note that all I said previously was that your striking surface needs to be angled to concentrate the force. There is no reason why you cannot also block your opponent's kicks with a correctly angled foot block to do the exact same kind of damage that you are able to do with a hand strike. In general the same rules and principles apply.

There are some differences, however. The first difference is that it is extremely difficult, because of the larger surface area of the foot and the relative decrease in the body's control of the foot to be able

produces as small an impact area as you can with the hand. If you are blocking kicks with your foot in a soft block position, however, you will be blocking more force so that disadvantage can be overcome. The second is that you have to be very careful to not over rotate your foot. Like the hand, the side of the foot has a significant ridge of muscle on the side of it. If you rotate your foot so that the impact area is the side of the foot then you will be further decreasing the force generated. You will also be prone to the instability of the foot and it's inability to handle large amounts of laterally or medially directed force, (as discussed in SECRETS OF POWER: TECHNOLOGY VERSUS MAGIC, VOLUME I)

Be not afraid of growing slowly, only of standing still.

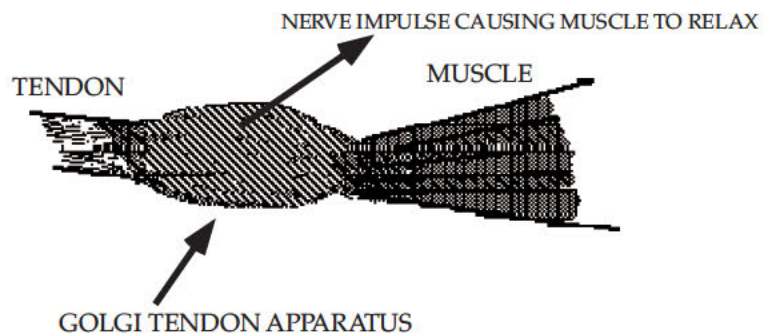
Level 2

Disabling Their Muscles

The second level of poison hands is [in MY opinion] the main-stay of poison hands. It is also probably responsible even more than the level one for creating the legends of magical powers of the monks. This is mainly due, of course, to the fact that level two is potentially more potent than level one. Please realize that along with that increase in potential comes the fact that it takes more sophistication to strike the intended muscle areas. (You have to pay for everything!)

The actual classification of level two techniques would be in the category of muscle attacks. There were as many Chinese explanations of why muscle attacks works, as there were are stars in the sky. Most, however, come down to the concept of stealing or destroying the person's Chi energy at specific points.

The reality is that there are specific points on each and every muscle group in the body called Golgi tendon organs. The function of the Golgi tendon organs is to prevent the muscle from contracting so hard that they rip the muscle or tendon from the bone. Granted, they don't always work perfectly, but overall they work pretty well. Normally the Golgi tendon organs are always sending low-level impulses to the spinal cord. These impulses are generated as long as there is any tension applied to the muscle where the Golgi tendon organ is attached.



The function of the impulses from the Golgi tendon organ is to tell the spinal cord how much tension exists in the muscles. The more impulse the Golgi tendon organs put out, the more the attached muscles are loosened by the spinal cord.

Because the Golgi tendon organ works on a reflex mode involving the pathways from the muscle to the spinal cord and back to the muscle, they work fast and will over-ride general (but not specific) impulses from the brain for the muscle to contract.

Therefore, by externally stimulating these Golgi tendon organs, (i.e. striking them) you can cause your opponent to have a great deal of difficulty (and definitely decreased force) in moving his extremities. It is much like the feeling you get in your muscles after you have had a severe muscle cramp, also called a Charlie horse. If you have ever had a severe “Charlie horse”, then you know full well that after the spasm is over you can move your extremity but only with difficulty. [The arm or leg may move but not very effectively and definitely not well enough that you are going to be able to punch or kick anything with any force.] In fact, you may even have difficulty standing on the affected leg if one of the major leg or thigh muscles were affected.

The purpose of the second level of poison hands is to strike the specific area of the muscles, which contain the Golgi, tendon organs. I will warn you, however, that you must attack muscles that have some sort of firm backing behind them. It does no good to attack a muscle that merely rolls or slides out of the way.

RULE OF QUARTERS

**WARNING: USE OF THIS TECHNIQUE CAN AND
PROBABLY WILL CAUSE PERMANENT DAMAGE**
You have been warned!

Okay. So, where are these wonderful spots located? Medical science states they are located at the end of each group of muscle fibers, as shown in the previous picture. Unfortunately, that does not give you as much usable information as you need. A better rule, which will allow a generalized location of spots to strike, is known as “The Rule of Quarters.” Measure the muscle from one end to the other with your hand. Now decide where the tendon is located. Divide the total length of the muscle in half. This will give you the middle, or belly, of the muscle. Now divide the distance from the belly of the muscle to the tendon insertion point in half. This is your strike point.

NOTE: Remember that the definition of a ligament is to connect bone to bone and the definition of a tendon is to connect muscle to bone. This means that each muscle has two tendons and, therefore, two strike points. Generally speaking, the strike point that is the most proximal will be the most

effective. This is dramatically so for the muscles of the leg.

For muscles that fan out and then come together at the tendon, you will have a horizontal line of strike points. An example of this type of fanned out muscle is the deltoid of the arm. See picture to the right. The solid lines indicate the edges of the muscles and the dotted lines indicate the line of possible attacks.

Any of the points described by the rule of quarters are acceptable, but if you have the option to choose the point that is either the closest to the muscle edge or is the most proximal (to the center of the body) is the best.



Everybody likes to think they are thinking, but few like to do the work.

T. FULLER

Third Level

The third level gets progressively more difficult to perform but with the concomitant increase in potential of damage. The classification of the third level of poison hands would be under the category of nerve attacks. I suppose that I could do an inadequate job of explaining this level and leave it at that, but in fact, there are some serious issues to consider here.

The first issue we have to look at is where to target. Everybody is aware that the body has numerous nerves that produce significant pain when struck; anyone who has struck their funny bone (actually the ulnar nerve) can attest to that. Not every nerve, or even every location on every nerve can be attacked.

The main rule is that in order to be a valid attack location, the nerve must be in an anatomical location where it has a relatively firm surface under it. It does absolutely no good to strike a nerve which can merely roll or bend out of the way. Therefore you should look for location where the nerve crosses bone or has several layers of muscle under it. Also, just as important, is to choose a major nerve. Small nerves or the ending location of most nerves will cause small amounts of pain, but in general will not be able to produce the amount of potential damage of which larger nerves are capable. In short, you want to be able to cause more than just small amounts of pain. Correctly done the third level of poison hands is capable of producing both excruciating pain and also temporary and /or permanent paralysis of any extremity that has been struck.

Therefore you must heed this warning or you WILL produce damage **that may not be reversible.**

**STRIKING OF NERVE LOCATIONS, EVEN LIGHTLY,
OR REPEATEDLY, **WILL** PRODUCE PERMANENT DAMAGE!!**

**DO NOT EVEN ATTEMPT TO DO THESE STRIKES
UNLESS YOU ARE BEING SUPERVISED
BY ADEQUATELY TRAINED PERSONNEL!!!
THE INFORMATION PRESENTED HERE IS FOR EDUCATION
IN CONJUNCTION WITH ADEQUATE INSTRUCTION
ONLY!!!**

The other aspect of this chapter that I must clear up is that I will be giving you only the major nerve locations (where large size nerves are located) to attack. If you attack smaller nerves you can also produce significant pain but not the degree of damage possible with larger nerves. This should not keep you from exploring for smaller nerves. Such attacks are detailed in several books including the SECRETS OF POWER VOLUME I.

Now to get to work!

The first subject we must discuss is the proper technique for striking the points. The correct method is with a technique most Chinese styles call the eye of the phoenix. See picture.

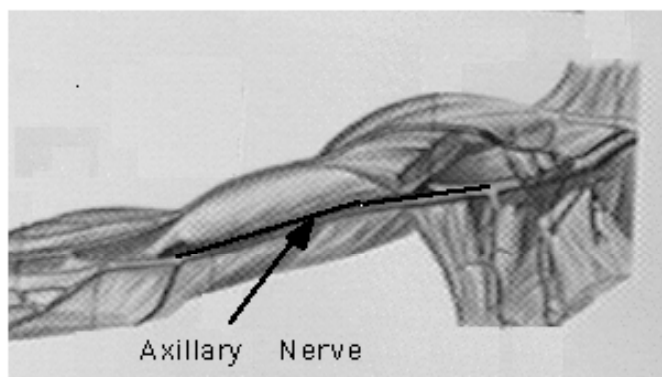
It is not wrong to use a second finger knuckle fist instead of the eye of the phoenix strike but such is a little clumsier once trained in the proper technique. Remember, you do not have to generate horrendous forces to produce significant damage, just concentrate that force into a small area. Therefore, other types of strikes are possible, but I recommend a variation of the knuckle strike.

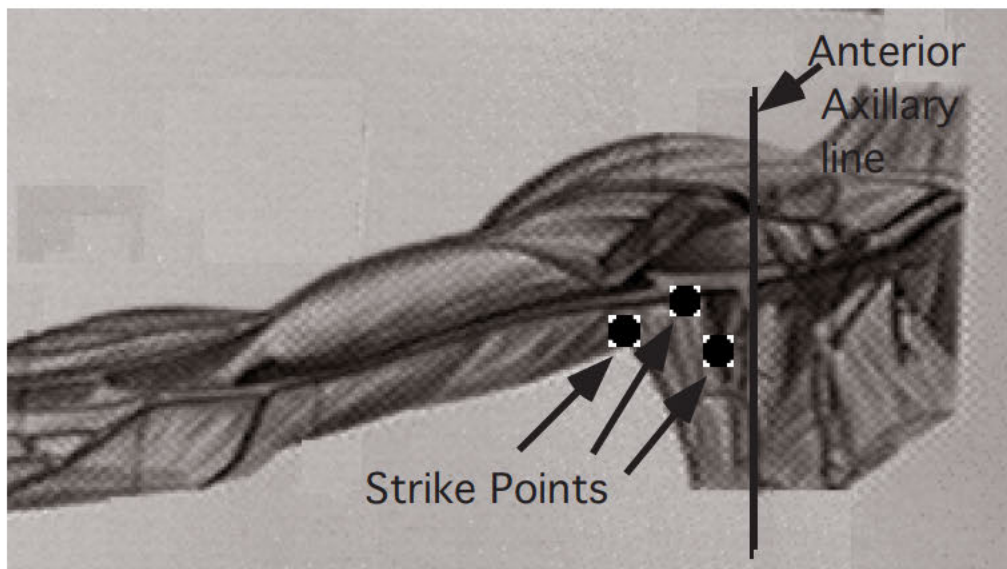


The first location we will discuss is that found in the inside of the arm. This location is known as the Auxiliary nerve. See the picture to the right. You can attack your opponent anywhere along this line with the effect that will be felt from your strike point distally (from there to the fingers). A sufficiently hard strike will cause paralysis of the arm-permanently.

The next location are located in the axilla (the arm pit) itself.

Each of these three locations when struck sufficiently hard will cause the nerve underneath to be damaged, major pain to result and paralysis of significant parts of the arm resulting.





***** Warning *****

**DO NOT PRACTICE STRIKING THESE AREAS!!
THE EXTENT OF THE DAMAGE
WILL NOT BE FULLY EVIDENT UNTIL LATER
WHEN IT IS TOO LATE!!**

It is much easier to support solutions when you know nothing about the real issues.

NON-RESPONDERS

This section is about why nerve attacks do not always work the way articles and books say they should. There are a certain percentage of people on whom nerve point strikes do not work. No matter how hard you twist or bend, 1 to 3 % of the general population will not feel any pain. There are also a slightly larger percentage (2 to 5 %) who will not feel the degree of pain the normal person feels. They may feel a small amount of pain or a tickle but they aren't going to be slowed down by normal strikes.

The actual percentage of people who will not respond "correctly" to the correct strike technique is some where between 3 and 8% of the population as a whole.

Now, just because nerve strikes do not work on these people does not mean that the theory is invalid. In fact, it is these people who lead credence to the fact that nerve pain can be explained because of known medical physiology. And, to the best of my knowledge, there is no explanation why some people do not respond in the Chi concept.

The following reasons are well-documented medical explanations why a person may not feel the normal amount of pain at a specific point.

- 1) There is a well-known standard variation in nerve locations, density of stretch receptors and pain thresholds that occur between people. In short, every body is a little different in some way or the other. If that difference is in the way we feel pain or the sensitivity of stretch receptors, then that person is not going to feel the normal amount of pain because their nerves are not in exactly the place they are supposed to be.
- 2) Some people have an increase in the amount of protective fat padding around their nerves. Normally every person has some fat padding around the nerves of their body. This special fat is there to protect the nerve from trauma. If it is increased, it will do an normal. However, by the time you apply enough pressure for these people to feel the pain, you are already compressing the nerve sufficiently to be causing significant damage to it.

Note: Older people tend to lose this natural protective fat padding with age. Therefore they are more susceptible to damage. Also, the younger the person the more likely they are to have a larger protective fat coating around their nerves. Diabetics tend to have an increased amount of fat padding around their nerves because of the nature of their disease.

3) There is a definite difference in pain threshold between people. Whether this is true to just mental condition, physical condition or both is a subject for debate. The fact that this difference exists is well established. Note that I do not mean the amount of pain a person can ignore, but the actual amount of pain, every thing else being equal, that the person must feel before they even notice that they are in pain.

These are some of the main reasons why there is a difference in effectiveness in strike points between people. Please note that I am not saying that nerve attacks do not work. In the majority of cases they work great, but in some case there are certain people who do not feel the pain.

These non-responding people are not off the hook, however. In fact, in a lot of ways they are in much more danger than the person who does feel pain. This is because the force of the blow or torque to the specific point will cause more damage to these non-responders than it will to the "normal" person. The reason for this is because they are not feeling pain. Normally when we experience pain we attempt to move our body in ways, which decrease the pain. Obvious. What we are really doing however is moving our body in such a way that we are decreasing the damage to the affected area. When we feel pain at a joint because someone is torquing on it, we move our entire body as quickly as possible in the direction that decreases that pressure, thus decreasing the damage. The same is true when we apply pressure to a nerve point. Again the body moves to decrease the damage.

While it is true that these sudden reflex moves can occasionally get us into more trouble than they get us out of, biology has decided that, over-all; they help more than hurt, so we are stuck with them. See When a person does not have these reflexes, however, they will not move their body in any direction to lessen the pressure on a point unless the force of the strike causes them to move. By that time it is too late and they have encountered the full brunt of the force and sustained the maximum damage.

Therefore

a word of warning.

If you run into such a person in your practice session, do not keep increasing the force of your strikes or continue to dig to find a point. If you feel certain that you are on the correct point but the person does not respond, it may be because of the above. Get your instructor to check out the circumstances or ask the person. Do not just keep hitting or twisting on the point or you will cause damage that will not show up until it is too late.

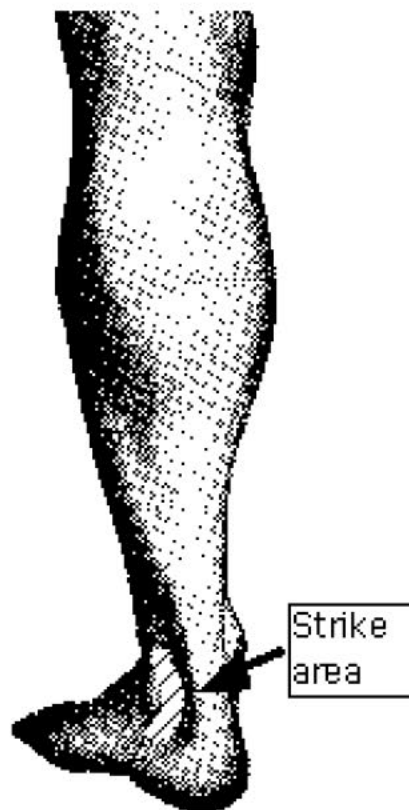
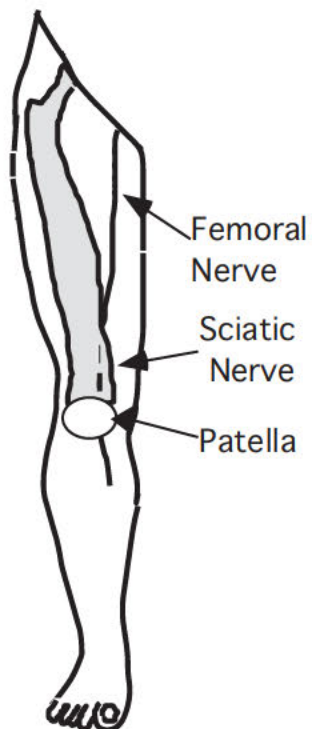
Warning

DO NOT PRACTICE STRIKING THESE AREAS!!

THE EXTENT OF THE DAMAGE WILL
NOT BE FULLY EVIDENT UNTIL LATER WHEN IT IS TOO LATE!!

In the thigh and leg you can accomplish the same dramatic results as above by striking the following locations.

1. The femoral nerve. See picture below left.
2. The medial aspect of the distal leg just behind the epicondyle where the nerve runs [see the stripped area]



Yes you can get much better pictures than these two but now you know where to look and what to look for.

A journey of a thousand miles begins with the thought of leaving home.

LEVEL FOUR

I must state that I begin the following chapters with a lot of trepidation. The releasing of these levels of poison hands techniques doesn't exactly sit well with me. When I released a condensed version of the first three levels of poison hands in the book, The Secrets of Power volume I, I could rationalize that the person who practices or uses these techniques could modify the force applied and thus the amount of damage. Also, the first three levels can actually be justified in a defensive posture as they legitimately can be applied as the person is attempting to strike you.

The fourth level and above do not hold true to those concepts. In no way can you rationalize that use of a fourth or higher level of poison hands is anything but a deliberate attempt to hurt someone, significantly!

Therefore, if you are into history, I personally do not believe that the fourth level of poison hands came from the original teachings of the monasteries. The lower three levels were all designed to stop someone without needing to deliberately cause them anything more than pain. The fourth and above levels are specifically designed to cause lasting damage. Thus I must believe that the fourth and above levels were added at some later time, although I am at a loss to know when.

So, why am I going ahead and revealing the fourth level? Because of the implied promise I made in past books, because understanding the fourth level teaches a very important concept and because I feel it is wrong to limit **responsible** people who want to learn from furthering their art.

Therefore this warning is appropriate!

*** DO NOT EVEN PRACTICE THIS TECHNIQUE!! ***
THIS TECHNIQUE IS INCLUDED FOR UNDERSTANDING
PURPOSES ONLY!!

USE OF THIS TECHNIQUE CAN AND
PROBABLY WILL CAUSE PERMANENT DAMAGE
TO WHOMEVER YOU STRIKE!

DO NOT EVEN ATTEMPT THIS TECHNIQUE EVEN LIGHTLY
UNLESS THERE IS A QUALIFIED INSTRUCTOR PRESENT
WHO UNDERSTANDS HOW TO UNDO THE DAMAGE
YOU HAVE DONE.

Look you are risking paralyzing someone one –
don't do it unless you need to protect yourself

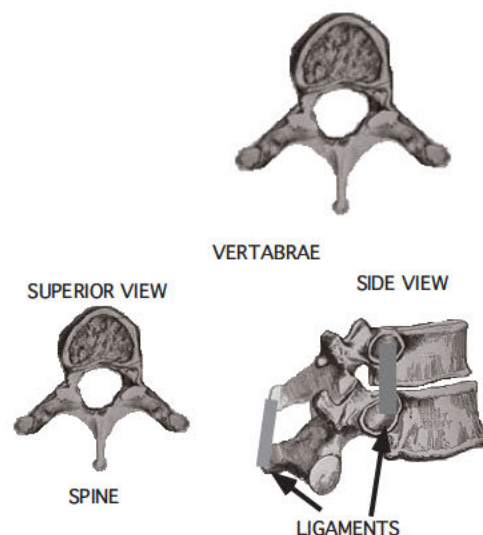
In order to understand how the fourth level of poison hands works you must understand anatomy. It is impossible to accomplish the full effects of the fourth level without such an understanding. Therefore, it will be a bit dry and require some work.

In reality, the fourth level is a combination of muscle, blood vessel, and nerve attacks. It is at certain points in the body that you can attack all three of these structures with a single blow. Furthermore at these particular locations you can produce effects which continue to produce damage long after you have completed the blow.

The locations I am talking about is the edges of the paravertebral muscles which surround the spines of the vertebrae. In order to understand this, we must delve into the anatomy that I talked about earlier.

We will start with the anatomy of the vertebrae of the spine. Each and every vertebrae of the spine is formed so that there are three spines, which protrude from the vertebrae.

Now the vertebrae of the body are connected together by ligaments that connect each of the corresponding spines together. See picture to the right. The function of the



ligaments is to prevent the vertebrae from bending or twisting too far. If that happened damage would occur to the spinal cord.

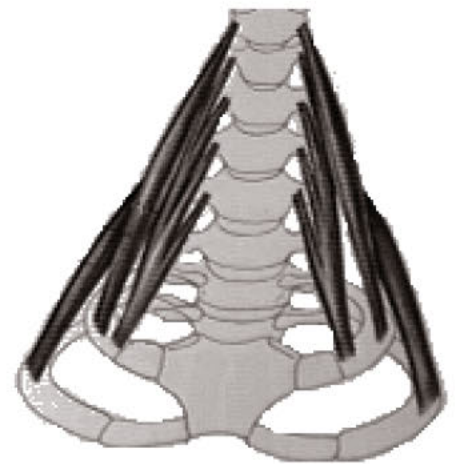
Beside the ligaments which connect the vertebrae there are also muscles, The function of the muscles is to be able to pull the spines vertebrae back into their proper alignment. See the picture to the right.

Another important type of structure which exists in this area is the blood vessels which function to supply the muscles, nerves, ligaments, etc. of the area.

Along with all the other structure which exists at the vertebrae locations there are also nerve trunks. In between the openings of the spines the body has nerve that exit from and enter into the spinal cord.

See the picture.

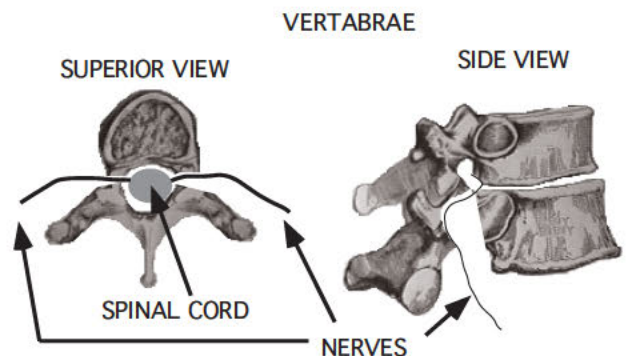
Now that we have identified the important structures that exist next to the vertebrae we can get on to the important concepts here. The significant thing about all this is that all these structures (nerves muscles nerves and blood vessels) are layered together, and exist with in a relatively small area. See the picture of a side view of this area. Now the actual technique of fourth level poison hands is the act of striking the paravertebral muscles in such a way that they bow outward and roll around the closely related spines and faucets of the spinal vertebrae.



When this is done the ligaments and muscles become trapped on the wrong side of the spine. In fact this does occur naturally to a small degree, usually related to sudden movements or trauma. When it does the person has a sudden decrease in the range of motion they can perform and usually significant pain. When only the ligaments are trapped only small amounts of pain and relatively a small decrease in range of motion occurs. When muscles are trapped there is a greater amount of pain and decrease in range of motion. Now

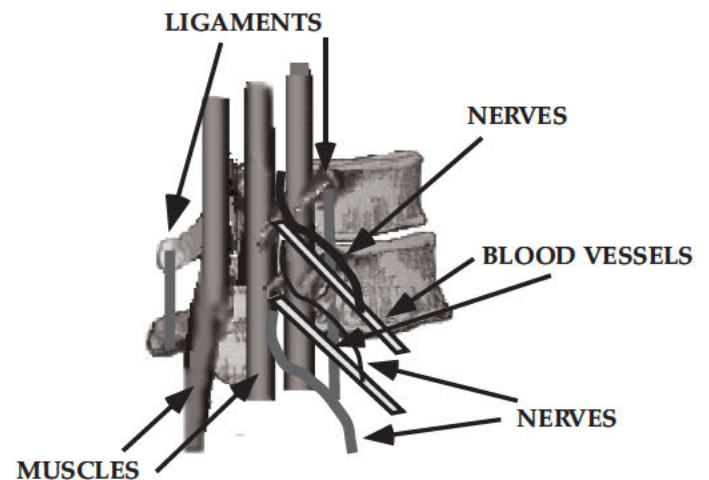
in natural occurrences there is only rarely a significant amount of muscle that is trapped. This is not true when you perform the correct strike in poison hands. When you strike correctly you will roll significant amounts of muscle and ligaments around the vertebra and trap it there.

When significant amounts of muscle and ligaments are trapped two very significant things happen. The first thing that happens is that the affected muscles go into spasm. This happens almost immediately. It occurs because the muscles are being stretched in directions they were not intended



to go and they reflexly go into spasm to prevent what the body reflexly believes is going to be a damaging situation. In fact the spasm makes the situation worse but the vertebral paravertebral muscles do not know this. They reflexly react to pain in the only way they know how, a non-thinking spasm reflex. Because the spasm increases the pain the body reacts by increasing the tension in the muscles to stretch it as the body shifts its posture to in attempt to let off the overall tension of the area by shifting the bodies posture. While this works somewhat the tension in the vertebral paravertebral muscles causes the area to be locked in a tight muscular grip, AT AN ABNORMAL POSITION!

This would be all there is to it except every time we move our bodies we change the amount of tension in all the paravertebral muscles up and down the vertebral column. This changing tension, especially when it increases causes more pain and sets off another cascade of spasm and reflex changes in posture. This situation also continues to get worse as time goes by.



The second effect that occurs is that the muscles which, have been stretched, begin to swell. Of course the swelling puts added pressure on the already distended muscles.

Now if all the significance there was to the fourth stage was, the production of pain then I would have had no trouble releasing it. Unfortunately it doesn't stop there. As we discussed earlier there are also nerves and blood vessels that exist in the same area. When the situation gets such that enough pressure is created the blood flow through the blood vessels and the nutrients which supply the nerves begin to be compromised and under intense pressure may actually become shut off. When this happens muscles and nerves can be permanently damaged or die. If these structures become damaged even mildly, then the individual will probably be affected for the rest of their life.

Please note that because of the fact that the posterior thoracic area of the spine is fairly well protected by the ribs I suggest that you concentrate on the neck and lumbar regions of the spine which do not have this protection. I don't mean to imply that you can not trap the muscles and related structures in this area, but you have to cause dislocation of the posterior aspect of the rib to produce a sustained trapping, therefore it is extremely more difficult. On the other hand it is even easier, although targeting must be much more exact, to produce significant muscle injuries, pulls, tears, etc. in the area covered ribs because the ribs prevent the muscle fibers from moving or stretching in ways that would decrease damage. When you do produce any significant muscle injury there is always a concomitant amount of swelling which occurs and thus you will be producing a milder but non the less effective pressure trapping on the structure where you struck. However the effect for this to happen will take several hours to



happen versus seconds when you can produce direct trapping.

In order to accomplish a successful strike to the area protected by the ribs you must turn your fist so that the palm is at an angle of approximately 135° to the floor. This will make the angle of your hand parallel with that of the ribs allowing you to penetrate deeper.

***** See picture of angle of hand in poster inter -rib strike *****

Now I WILL mention to those of you who for some reason, have been struck in the back with either a fourth level poison hands strike or for that matter any significant blow, and are having back problems. You need to get such problems evaluated as soon as possible to prevent permanent damage. If you go to your physician and he/she does not have an answer for you I suggest that you find either a chiropractor who is experienced in treating these type of injuries, (not all chiropractors are, although a much higher number of them are than medical doctors), or you find someone trained in Shiatsu.

Personally I recommend a Shiatsu specialist!

Sometimes a Chiropractor can help == sometimes

This is not a person who is just able to give a massage but someone who is adequately trained in the FULL art of Shiatsu and can do the rebalancing and manipulation of your skeletal system to fix our problem.

As a poor fourth substitute you can contact my booklet on martial arts trauma- prevention and treatment may help some but no book can even come close to proper care by a trained specialist.

References

These are, by far, not all the articles possible on this subject. I could not possibly list all the articles which address the working principles behind the fourth level of poison hands. These are merely some which I found useful.

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Sharpless, S. K., Susceptibility of spinal roots to compression block.

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The U.S. dept. of Health, Education and Welfare, Public Health Service National Institutes of Health.