

REFLEX PRESSURE POINTS

HIDDEN SECRETS



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

By Bruce Everett Miller

What are you going to do when you come up against a Non-responder?

He's big mean ugly and he eats black belts for lunch. He knows your stuff won't work on him because it has all been tried on him before. So what are you going to do? Become his next lunch entre?

TCM does not have an answer for non-responders! Not even close, they just pretend it is your fault that your techniques don't work! They can't even explain why non-responders even exist; yet everyone knows they do. In fact 15% of the population are partial or full non-responders. Add Alcohol and drugs it quickly comes up to OVER 50%. So much for TCM, or regular Pressure points. They just don't work!

So what are you going to do? Hope that you can punch harder? Or pray that you are quicker? Not me! I am going to resort to something that I can count on that ALWAYS works! They are called Reflex pressure points because they are Reflexes, not Regular pressure points! And they work on anyone that is alive!

So what are REFLEX POINTS, really? And why do they always work? More importantly how can you, make them work for you? In this book I take a much deeper look at the special subset of Pressure Points called Reflex points and explain exactly what they are and why they work.

Additionally as a bonus I explain how you can become a non-responder yourself!

WARNING

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Don't EVEN READ IT!

REFLEX PRESSURE POINTS

Hidden Secrets

By Bruce Everett Miller

THANK YOU!

There are a lot of people that I need to thank for this book! Not only did I receive an inordinate amount of encouragement to continue my research, in this subject, but I also received ideas and help working out the principles presented here, by many of my students and friends. Thank you all!

There were some significant people that do feel I need to name though. For they were there at the right time, to encourage me and prompt me when I needed it most,

Many of them were;

Wendi Dragonfire ... Your comments and friendship are more valuable than you know.

Alan Platt for the patient waiting!

John Anderson ... For putting up with my testing out of my theories ... repeatedly!

Paul Schnable - for helping me test and try out theories AND sticking with it until we got it right!

Nancy (of course!) ... for making it readable!

Duane Sammons for the editorial comments and encouragement!

Thank you all for the help and mostly for being my friend (in spite of my bad humor)

There were many more. There are way many to list.

I am sorry if I missed your name here, but I know who my friends are!

Thank you all!

For every fruitcake, there is an equal and opposite anti-fruitcake.

OPENING: WHY

I know that I am noted for writing short to the point books. So I don't plan to deviate from that format, for this book will be even shorter than most.

The whole reason for writing this book is the subject of reflex points. Now reflex points are a subset of pressure points in general and I have no intention of repeating either of my previous pressure point books. I really do recommend that you get and read those books because while you may understand the general content, you will NOT understand the full meanings of what I am describing. Enough said.

This is about the third or fourth time that I have re-written this opening. Why the re-writes? Well, every time I turn a corner in my understanding, so to speak, and learn yet another aspect of reflex pressure points, I have had to redefine exactly how I look at these pressure points and, of course, how they are used.

So at the present point of writing this, you will have my most up-to-date viewpoint on how I think reflex pressure points work and, of course, how they are used. (Let me put you on guard, though, that I do hope I will keep discovering more information in this, and other martial arts areas ... after all ... that's what keeps things interesting!)

I hope this book will put a fine edge to your understanding of the usage of pressure points. Just as the finely sharpened sword will penetrate the enemy's armor where a dull one will bounce off, I hope this book will give you the edge to penetrate when you need it most!

This book, though, will strive to give you the understandings of what reflex points and reflex actions, (which is a better description than simply points) are all about. With an

understanding of reflex actions (Please allow me to use both terms interchangeably in this book) you should be able to use YOUR katas to, once again, stop anybody on the street where it counts.

Please take this as a warning though for, I believe that kata was designed to produce knockouts and kills. It is not something that you can do correctly with force and still leave your opponent or sparring partner unharmed. One must use discretion and common sense here, as you will find that strength is NOT the determining factor and if you apply too much force, you WILL hurt someone seriously. If your life is in danger then such is appropriate, but hurting others when your life is not clearly in danger is NOT appropriate.

Please use these techniques carefully. If you doing them correctly you will know for a fact that you are correct and that they work on the street! You will know because of the response you get from your partner!

DON'T hurt your training partners. Get help if you have questions. This stuff can hurt people BADLY!

Again people who have questions can contact me preferably through the email. My web address is <http://www.quanlikan.com> My email is: bemiller@cloudnet.com

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Abbreviations [That I will use all the time in this Book are:

TCM = Traditional Chinese Medicine

MWM = Modern Western Medicine

Those who live by the sword get shot by those who don't.

Chapter 2

I again state for the record that many of the points you will be covering in this book will **seem**, or in fact may very well be, the same points I taught you to press, strike or twist in my earlier books. However, there is a dramatic and very important points, that I will deliberately repeat over and over throughout this book, which makes their usage DIFFERENT!

The key to reflex points is not just where you initially make contact but also the direction of the strike, the direction you force the underlying structures (tendons ligament nerves) with that force AND the body's reaction which will occur with the strike.

In fact, especially for secondary reflex points, there really are no actual specific points. There are instead general areas that have to be stimulated. I may use points that are familiar to help you locate the specific areas, but again it is the area, not just a specific point that is to be stimulated. SO please focus on the principles here, not just specific points. If you understand the principles, you can use thousands of point in the body; not just the few I will use as examples.

Thus to those who were looking for a specific detailed chart, simply depicting reflex point locations. I am sorry but it is just not that simple. You may get the primary points from a chart but you NEED to know the whys and the secondary points to have a fully understandable usage here.

Thus I cannot just give you a simple pretty illustration and do justice to your learning. (Wish I could, it would be a great marketing item. But I hate turning out things that I feel are deceptive!)

I know this is complicated and probably not all that clear right now, but I intend to make this point very clear in the following chapters with many examples and points, which show you the theory. Again, though, I caution you that I will not come close to covering every reflex point there is in the body. What I intend to do is to teach you the theory and with that theory you will be able to expand way beyond the few points I go into and have an understanding you can use in your own style, on the street, where it really counts!

What is different with a reflex point is the fact that you can cause (and you should look for and use!) a known body reaction by the stimulation of these points.

IMPORTANT: Do not just look for simple pain reaction. Pain reactions will vary from person to person and they will even vary in the same person over (even small amounts of) time due to multiple factors.

Reflex actions will always be the same and thus you can count on them to produce a KNOWN response. That is what distinguishes them as reflex points and makes them useful.

If you follow my rules of fighting, then you will know that, you only have a half-second to make something happen, before your opponent has the chance to make something happen to you. Thus, you must use any chance you get, to strike and then set them up to end the confrontation. Do this and your chances of being the one who makes it home will be dramatically better. (Read that as a good thing!)

One last thing before we begin. I would be lying to you to imply that we are going to be covering brand new, unique points that you have never heard of before. The truth is that you most likely have heard of every one of the points before. It is **how** (call it the finesse if you will) you use them that we will be discussing.

I know that I had broached the subject of reflex points in my previous books. However, even I didn't know the full depth of where my continuing research would take me. When I started this book, I believed that reflex points were a mere subset of regular pressure points and as such were nice additions, but merely that.

However, the more I learn of reflex points, the more I realize there is to learn, and the more I realize just how powerful, complex and useful they are.

A little history is relevant here, as it will help (I believe) in your understanding of reflex pressure points. Initially I discovered that there were special pressure points that could not be blocked. Regardless if you knew they were going to be stimulated or not, you were going to react. In fact, in seminars a favorite trick of mine is to tell the person what I am going to do, let them get ready, and then make them react.

Now I am not talking about groin or eye strikes here, but I may as well be hitting such a vital area for the reaction is just as strong. In fact, for fun I accuse them of not being ready, let them get ready (you should see the Herculean efforts to resist) and then do **exactly** the same technique, a second time. To make matters worse, I let them get ready again and then do it on the opposite side/ direction to prove that it is not just one sided and that they really do not have the ability to resist, no matter what they do.

Furthermore, I love to pick a big, strong, non-responder (you know the type ...nothing works on them!) to demonstrate on. (It is far more dramatic that way!) It proves my point that if you know what you are doing, then you can make certain pressure points work on anyone! That it really is brain over brawn, and proves that small guys like me, aren't going to take a back seat, just because we weren't born with a big bone structure.

Unfortunately, as powerful as these points are, there really aren't that many of them. True, there are a fair amount of significant points, but I realize that in a fight you really hate to have limited options!

In there really is only one goal in a fight and that is to win. Anything that limits your options is not something I take lightly or kindly to. So therefore while I was enamored, I realized that you have to be able to get in and get to these limited number of points before you were going to have the big bang, so to speak. It wasn't enough!

After a while, though, I realized that there were more than just a few points that caused a reflex action. However, there seemed to be two separate kinds. The first kind was the

initial points I had found. These points could **not** be blocked (except in very rare cases and then you have to know the trick ...which by the way I do plan to teach you).

The second kind of reflex point can also cause a reflex action but can be blocked.

I realized that these second set of points were not the same big bang type that the first ones are. However, as they are generally easier to get to (read that safer initially) I felt that they were an excellent addition to your understanding of pressure points.

But if they can be blocked, are they still useful?

Sure they are, because IF, in the middle of a confrontation, you do find your opponent is someone who has the ability to block the lower level (let's call them secondary) reflex points, you will still have time to get to a primary reflex point!

Which, again, will set you up so that you can win. This, of course, depends on if you have trained on the correct response when this happens AND you have the theory of where to go clearly in your mind.

Why? Because they will

- 1) HAVE to respond to the primary points and

- 2) You have used the time, even if they did respond, to move in close enough to be able to get to into strike range of the primary points

Back to our discussion!

Well, as I said earlier, reflex pressure points are not just special pressure points that you hit. They are, in fact, are not really specific points per se. True, you can think about reflex points as specific points, but in truth it is best to think of the point identified as the STARTING POINT for a specific motion. (This is true for primary and secondary type points.)

Thus, unlike regular reflex pressure points where it is simply a matter of striking a specific point or even striking at a specific angle simply to cause pain, it is the motion you cause once you have struck the reflex pressure point that defines their function. It is true that you can, in many cases, strike these points and get a pain reaction. In other reflex points, however, there will be no pain generated at all. The important thing here is that while pain may increase the effects of a reflex pressure point, it is not required for the reflex action to occur. What is necessary is to apply moving force and thus CAUSE motion in a specific angle.

The purpose is to CAUSE a KNOWN PREDICTABLE reaction, of your opponent's body. This is accomplished by moving structures like tendons, muscles, ligaments, etc. In the case of primary pressure points this movement directly causes the body to invoke its protective reflexes. In the case of secondary reflex points the sudden change in motion causes a change in balance that again stimulates a body reaction.

Let me give you an example to make things clearer. By now you should know about the sternocleidomastoid. This muscle is one of a pair of muscles, which tell position sense of the neck. When you strike a sternocleidomastoid muscle you cause pain and cause the person to move somewhat based on how hard you hit. However, if you strike in the direction that causes one of the sternocleidomastoid muscles to be tightened your opponents body will move in the direction needed to lessen that tension. If you move the tension you apply in a circle, they will move in a circle. Thus if you strike, both sternocleidomastoids, (in a perpendicular motion), then your opponent will move straight backwards.

The really important thing about this is that it is not your muscles that cause them to move backwards, but their reflexes. This reflex is stimulated by the change in muscle tension you produce and causes your opponents body to turn to lessen the sudden tension on the sternocleidomastoid muscles.

Now the sternocleidomastoid is in fact a secondary type of reflex pressure point because it can be blocked but if you are familiar or try out working this example then you will see that secondary reflex points are very powerful also.

But let us now explore a primary reflex point so that you can see the similarities in these situations. We are going to be exploring a strike to the lower part of the throat. Done correctly quick knuckle or supported finger jab/strike will cause the person to launch themselves backward with all **their** strength.

Notes:

- 1) You should strike the lower part of the throat NOT the upper part...the effect is much more pronounced in the lower throat than in the upper neck.
- 2) You will NOT cause the esophagus to collapse here because there is hard cartilage under where you are striking.
- 3) If you strike lower on the throat you will avoid striking the voice box, which may collapse and kill the person or at least destroy their voice. Either of which is likely to get you into court ...even if it was self-defense.

The trick here is that a QUICK jab will cause the stimulation of the gag reflex. A slow strike will not or will do so only minimally. Please remember this principle for it is indeed one of the rules of reflex point's that the faster you apply the change in pressure (at the correct location and in the correct angle) the better your response will be.

Now the best angle of attack is when you aim the strike upwards at a 45-degree angle (aimed in fact directly at the reticular activating system) the downward 45-degree attack is a weak sister approach but will drive them towards the ground.

The second principle is that the gag reflex does NOT work because of pain. Yes, gagging is not a fun sensation, but it was not pain, that caused your opponent to launch themselves backward, it was the body trying to protect itself.

In many cases, it is the follow through motion of your strike that will produce the reflex action. The initial attack/strike will cause a pain reaction but it is the follow through which will cause the reflex action. Again, this reflex action is where you get **THEIR** muscles and their body doing the work. This is a primary reflex point because they cannot block this reaction.

In closing about this gag reflex point what makes it so powerful IF you do it correctly is that if stimulated correctly it triggers the gag reflex, AND the balance reflex because the person will be lifting themselves upward as they move backward. Unhinge their balance and they have no strength to resist you.

However, as I implied earlier, it is hard to get to the throat and most opponents will not let you just reach out and strike their throat. So in a short while I will go on and teach you how to use other points so that you can get to these primary points.

Let's add another point to the mix. The nose. Lift the nose up quickly (no, I didn't say hit it! I said lift it!). And you get the same sort of balance confusion you did with the sternocleidomastoid.

Note: in a fight I tend to stick my finger **inside** their nostrils invoking both the pain withdrawal reflex AND the balance reflex! Beginning to see how it works?

IMPORTANT NOTE: Any force you put on the chin, makes the effect of a finger inside the nostrils dramatically less. YES, it will absolutely still work but if you need the best reaction keep your hands OFF the chin!

One more IMPORTANT note before we go on. Reflex pressure points, like any pressure point, will not give you the fight by themselves. Grabbing a pressure point does not in itself win a fight! It may cause reaction, which then set up an easy strike to finish the situation, but with the exception of a KNOCKOUT no pressure point, in itself, will finish the fight.

This is also true of reflex pressure points. The only real difference between reflex pressure points and regular pressure points is that they can be used to force reactions. This is different because in regular pressure points non-responders can ignore what you do and continue on as normal. NO ONE can totally ignore reflex pressure points. They may not respond, as you want them to IF they use a counter but they still HAVE to react.

Now, I will admit that I have one special student who started as a non responder and through training and work he has gotten to the point where he can withstand almost every normal pressure point stimulation there is. The truth is he is a phenomenal non-responder. I bring it up because there are people out there like that. (If there is one, there will be another!)

In fact, due to training he can also temporarily withstand almost every secondary reflex pressure points as well as normal pressure points. (Well, I have worked with him to develop his natural ability. We will talk about how you can also develop this ability in a minute.)

Does that mean that SOMETIMES reflex pressure points are ineffective and my claims are bogus? Not at all because the ONLY way he can do such is to lock himself up and use specific focus counters to nullify my actions.

The problem with these counters is that

- 1) They are VERY obvious;

- 2) They limit his ability to flow and respond naturally;

and

- 3) There are still the primary reflex pressure points that do not have a counter.

Therefore, since I KNOW these counters, and know that he HAS to either react the way the reflex pressure point is forcing him or in the way of the counter. Therefore I have limited his possibilities down to only two options. (Far less than a person normally has.) PLUS I always have the ability to go to a PRIMARY reflex point that he cannot block. Furthermore, since part of the countering process is to do the big muscular tightening act, he has slowed himself down the point where I can now safely enter and attack the primary point without getting my head torn off. Which is exactly what secondary points are about

Either way, I now have a significant advantage, mostly because I know in milliseconds what he is going to do ... regardless of what he wants to do.

NOTE: An important review point is to go back and look at what I covered in regards to trance fighters in the second pressure point book. Everything I said then about negating such ability applies here also.

This is important because once you know what your opponent is going to have to do, then you are free to exploit the openings and there is nothing they can do about it! Think about it like a chess game. If you can force your opponents' moves then they are at a serious disadvantage and probably in a losing situation. It is no different with martial arts and reflex points give you that ability!

In the next chapters we will discuss many of these reflex points and the reflex action, which is caused by stimulating these points.

Remember the important thing to learn from this book is that you need to know not only where to hit, kick or strike but just as important you need to know the angle of both the initial attack and the direction of the follow through motion.

Chapter 3

OK here it is! At this point I think we need to take a break and look at the overview so that you see some sense of what the heck I am trying to say here. I am not just trying to teach you simple points but rather to look at pressure points in a new way so maybe this overview will help. This is the real meat of the book and we will spend most of the rest of the book trying to elaborate on what I am going to tell you in this chapter!

First off, as we said there are two types of reflex pressure points. The first type is the built-in reflex, like balance, vascular reflexes, etc. They cannot be blocked but there are hierarchies of which ones are more important than the others. For that information you need to go to my second book on pressure points (Pressure Points: Using the System of Pressure Points)

These primary points are totally unrelated to pain so it does not matter a bit if the person is high on drugs, is a non-responder, etc. They will work! That is the difference which makes them useful!

NOTE: We already have and will cover ALL this again in the following chapters. This is just the fast overview so you can get an idea of what the heck I have been and will be babbling about so...

The secondary types of reflex points are all related to sudden changes in balance and are caused by sudden changes in pressure on tendons. When this happens, you have a reflex to unlock your leg muscles and do all sort of things to keep from falling. These things are so predictable that they become extremely useful. Also since there are far more of these points than the primary type they are easier (read that safer to get to) than primary points. The purpose of secondary points is to set up either a primary reflex point strike or to set

up a blow that will end the fight (Like a Knockout.) Secondary reflex points CAN be blocked if the person tightens their muscles enough!

The physiological explanation of secondary reflex points is that fast stimulation of a muscle group causes the golgi tendon apparatus of that whole muscle group to cause the muscles to reflex. The golgi tendon apparatus is a reflex body designed to prevent muscles from contracting so hard and fast that they tear themselves.

HOWEVER, the real useful part of this is the fact that when the golgi tendon apparatus is stimulated, it not only relaxes the muscle group to which it is attached, but also sends signals to the spinal cord. These signals to the spinal cord then cause the body to move in such a way that even more attention is taken off the stimulated muscle group. Because these body movements are totally predictable and in themselves are not related to pain, they become very useful.

Some rules that I have found useful for Secondary Reflex Points are:

1) Forcing the muscles toward a joint loosens the joint. So grab the tendons (only moderately forcefully so your hand can slide) and jerk the muscles. The faster you twist the greater the effect. This is the **weak direction**.

2) Forcing the muscles away from the joint extends the joint and thus changes the balance. Again, grab the tendons (only moderately forcefully so your hand can slide) and jerk the muscles. This is the **strong direction**, which I prefer to use.

3 Forcing the muscles TOWARD a major organ system causes the protective reactions of that system to be stimulated. Thus, striking toward the head causes the protective reflexes of the head to be stimulated. [See my second book Pressure Points: the System of Pressure Points for more on this cascade.] We talked about this when we described the gag reflex being stimulated best by strikes that are directed towards the reticular activating system.

4) Tighten your muscles enough and you can block any outward stimulation. However, if you are that tight, then a) you very shortly will fatigue that muscle and b) it is really hard to move the muscle when you are tight. Of course, once you loosen the muscle to move you are vulnerable to attack again.

5) The speed of your contact is VERY important. The faster the better! This is because structures in the body respond to rapid changes in pressure but not very well to gradual changes. In fact, many gradual changes are completely ignored by the reflexive portions of your body. NOT what you want to accomplish. Thus quick changes are what you want. AND while you can cause quick changes, with quick strikes you can accomplish a lot.

6) Twisting laterally – (outwardly) as you strike will make an even greater change in the pressure felt by the structure you are contacting and thus produce a greater effect. In a simplified form the formula is

$$\Delta P / \Delta T$$

Where Δ is the symbol for change

P is the symbol for pressure and

T is the symbol for time

7) Pain and reflex effects are additive. Thus, if you strike one location and get an effect, the effect of striking two locations will be even greater.... And the effects will be additive. This was covered in the initial pressure point book. But did you know that if you strike a reflex point and initial action then striking the second reflex point would also give you the same greater effect. (Yes, it works if you mix regular pressure points and reflex points)

This can be explained by the mathematical formula

$$A+B+C+D$$

Where every letter is simply a strike to an effective location and, as in math, it does not make a difference to the total which letter or point happens first. There are a few exceptions to this and I will have a bit more to say about it in later chapters but I am trying hard to get you to realize that there is no magic here. The response you get is purely due to physiological functions of the body.

Reflex points are a tool for focus disruption. It is VERY important to realize that the effects of a reflex point are not only to cause a direct effect on your opponent but they can also be used to unlock resistance. For example, if an opponent tightens their muscles to resist a technique, you can cause them to relax by stimulating a primary reflex point. For

example: bobble the knee to disrupt the balance reflex. Once a primary reflex point has been stimulated correctly, your opponent cannot focus on keeping their muscles tight.

Note: This is not simply distraction, as with distraction the trained opponent can resist the distraction with concentration. In reflexes, the stimulation is such that the body simply cannot resist, regardless of what your opponent focuses on because the reactions are caused by the nerve impulses, which go to the spinal cord, and then return directly to the organ. The brain gets told as an after thought. By then it has already happened.

Now for muscles, the organ here is the golgi tendon apparatus! And unless it is already contracted so much that you cannot change the pressure load on it, there will be a protective relaxation when the golgi is stimulated.

Note: See the Book Poison Hands: Truth, Techniques and Reasons for some other interesting things you can do with the Golgi tendon apparatus.

You're just jealous because the voices are talking to ME and not you!

Some terms/definitions

And Warnings

First off, let me tell you that **EVERY technique has a counter**. And in most every case, there are also counters to the counter and so on.

In my mind, it really is like a chess game where it is not the number of techniques you know, but the depth of understanding on how the techniques are used that is important.

Thus we will start out with the following terms:

Tendon: Connect bone to muscle. These are the largest grouping of secondary reflex points, which we will attack.

Ligament: Connect bone to bone. Found around every functional joint in the body.

Now you should be already inherently familiar with these terms from the very first book I did on pressure points. If you are not, please look them up for it is important, to our discussion here.

Some understanding of the difference between regular pressure points and reflex points is needed here. In regular pressure points, when you strike a point it is to cause pain and as we have previously discussed that doesn't always work. However, as we also said, reflex point techniques do not require pain to work. But, in many of the same cases you can be on many of the same points.

Let me show you another example. Take the brachioradialis. Many kata techniques strike this muscle and if the person feels pain that is just great -- the person goes down. But if they don't feel pain or tighten the muscle like I described earlier, then they are just going to be looking at you deciding which one of your lights to put out first while you are frantically banging away on their arm.

However, we know that tendons and ligaments are stimulated with sudden stretch motions so relax. Thus in non-responders we need to stimulate those stretch receptors and not worry about the pain response so as to bring about the effect we need.

How do we do this well...? Okay, you hit hard just like normal but then AFTER the hit it is important to cause a sudden stretch of the tendon by drawing the cutting edge of your ulna back towards you as you keep constant pressure on their brachioradialis.

Points to consider: Since stretching the tendons of the Brachioradialis muscle causes the real effect here;

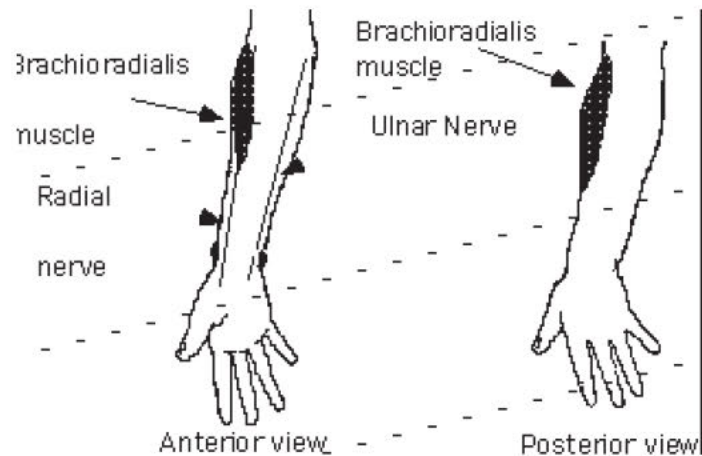
- 1) Using the bone edge of your ulna bone decreases the contact area and thus increases the pressure per surface area PLUS you should find that physiologically you can move your forearm stronger in that way.
- 2) A deliberate fast pulling motion will cause this stretch far more than just a hit.
- 3) You should also rub/slide (relatively forcefully) your arm perpendicular to your opponent's forearm IN ADDITION to drawing it towards you so that you get the combined stretching to the tendons. Thus the rule A+B+C+D works for stretching also.

Practice so that you can do this stretch quickly! The $\Delta p / \Delta p$ rule applies. In fact, it is this rule rather than the pain response (which may not be there) which ensures your success IF the technique is done correctly. (Sorry to harp but I have seen more people screw up this move than I can count. Then they whine that pressure points don't work for them!)

Okay then once you have done the technique correctly, your opponent should be in a leaning forward position, their balance locked up and the side of their neck exposed. This, of course, allows you to do a light force knockout should you desire to. Again, this effect will not occur if you do the technique slowly. It must be done with a sudden jerking or snapping motion.

NOTE: Forget all the fancy TCM point locations. It is this muscle that is struck which causes your opponent's reactions (the forward motion and the turn of the neck) which then sets up the correct angle for the light force knockout. You do not have to worry about any small single point on the muscle. Just strike the belly of the muscle.

Now the brachioradialis is such a useful area simply because it is relatively large. Therefore, even if your opponent is wearing a shirt or even a coat, you do not have to worry about identifying specific small points.



Note: Like we have mentioned earlier, a light force knockout is a reflex designed to protect the brain. If the correct force and angle are applied, the blow will shut the brain's sensory input off, but the trick here **IS** really in getting the correct angle. Note you can cause a KNOCKOUT with a single finger with a type III strike or with just your fingertips (both hands) using a type I attack. BE CAREFUL! If you are not sure about this, please see my book on light force knockouts. It is important! NOTE: By definition, since they can't be blocked if done correctly, a light force knockout is always a primary type of reflex point.

WARNING! Okay, so what about the rare person who can contract their forearm, so hard that their tendons and ligaments cannot be stretched? We did discuss this as the counter. SO you need to use a release technique.

My favorite is the nose! A second is the strike to the foot. Target either the small muscles of the foot (the lateral side) or if you are good enough, the nail area of the toes -- especially the great toe. If you strike right, you will get your release and most likely a lot more ... but you may not have the need to use your other techniques ...ahhh, too bad!

This is a perfect example of using a primary reflex point and its programmed reactions to undo the natural counter / resistance (also non-responder resistance) to a very common pressure point strike.

Let's describe another secondary reflex point technique. A technique fairly well known is the technique I described in earlier books of running a knuckle fist down the sternum to cause bone pain. Well, if you run that same strike down the outside edge (either edge) of the sternum you will catch the edges of the muscle bands there and cause a sudden jerking of those muscle fibers. Here once again, you are stimulating the golgi tendon apparatus of the muscles you rub. The person will bend downward, moving their face forward IF they are not holding these muscles so tight that the golgi tendon apparatus can't be stimulated. Of course, if they are tightening to that degree it is also wonderful because it will be marvelously fatiguing and hard to breathe.

Because this can be done when you are still out a ways and, in fact, works for just about any area of the ribs and can also be done as a follow through technique to a punch, I find it very useful.

I love to do a downward knuckle strike followed by an upward sweep with a ridge hand to either the nose or the sternocleidomastoid. Either way, I suddenly have their balance under my control and could establish that control DURING the time I was moving in because they were too busy reacting to be able to resist my entering in close. (Where the real education begins!)

Notes on Katas

As we go through this book, you will note that I make mention of kata moves. This is because, in my opinion, kata was really designed for use of these reflex points. True, a few kata will only stimulate regular pressure points, but in general, since kata is designed to END the fight and uses light force knockout's, it will do just that! Many reflex pressure point techniques are used to ensure that the job is done correctly. Yes, I said reflex points are contained in kata! (Go back to the opening chapter here if you have confusion on this.)

Thus I DO believe that KATA is useful on the street and that reflex points were known long ago. It is just that they weren't described in the TCM system. Examine the kata moves I describe and you will begin to see just how effective correctly done kata really is.

For example take the brachioradialis strike I discussed earlier. That is a very standard KATA move found in about every style I have ever seen...including Tai Chi!

The sudden snap reflexively causes the muscle to relax slightly but, more importantly, it will pull the body downward with the reflex action of the body trying to protect the head so it turns up and away from you exposing the neck. What is important here is that this body movement will happen **even if the person does not feel pain!**

In kata I believe this move is designed to work against the grab.

Additionally, I will freely admit that the reaction of a non-responder is far less than that of a normal person. So I add the technique of reaching out with my opposite hand (the hand opposite to the one I just struck the brachioradialis with) and grab the wrist of my opponent's arm (the one I just struck) and then twist and pull toward my opposite waist. (Done exactly like the Kata.) This twisting motion adds rotation to the arm and wrist. In reaction, their body compensates by twisting to decrease that pressure rotating in exactly the same direction as they do to the brachioradialis strike. The twisting motion of my

body, done to pull their wrist around, adds force (and the lateral sawing motion we discussed earlier) to my other hand as it strikes the brachioradialis and then draws back towards you and moves perpendicularly across the forearm as we described earlier.

Even if your opponent does not feel pain, this is a very strong technique (i.e. easy for me to generate power using very little strength). It uses both reflex action and correct body alignment to generate a drawing action that then pulls my opponent into the correct alignment where I can get the correct angle for a light force knockout.

Again, the thing that is very important here is the fact that this is a TWO handed movement which guarantees that your opponent will be in the correct position of alignment for a knockout. In my opinion, if you look at most katas you will find that this principle of using movement of both hands coupled with generating a reflex action on the part of the opponent to set up for a knockout or for a technique which will produce a kill.

Now this kata technique was not created yesterday. And to my best knowledge exists in some variation in every style out there that has katas. (Note that **includes** Tai Chi!)

That such a move was created many, many years ago, in my opinion, signifies that the masters who created these forms knew exactly what they were doing. Like I said earlier, they were not content to develop techniques that merely relied on the pain response that occurs in "most" people. Techniques were developed that ensured the opponent was going to go down and out for the count!

What is my point here? Well, for one thing, if you look at it, you have done both primary and secondary reflex point strikes here. The brachioradialis and the wrist are secondary types and the knockout is, of course, a primary type of reflex point. (Unconsciousness occurs because the brain is trying to limit the damage).

Secondly, with the insight of what to look for, I bet you can find all sorts of primary and secondary reflex point moves in the katas you are already studying! Thus you can take your understandings far beyond what this book has to offer!

In my opinion, kata techniques done correctly should always ENSURE that your opponent would be at the correct angle to finish the fight even if they are a non-responder.

If Walking Is So Good For You,
Then Why Does My Mailman Look Like Jabba The Hut?

A bit of useful fun

Now before I go on, I am going to do something here that is going to give the TCM (traditional Chinese medicine) martial arts folks, fits! (Take that as a big grin!) I am going to teach you how you can become a non-responder! Yes, that is right. The next time someone starts poking you at classical pressure points, you will just look at them and grin because they aren't going to have an effect on you.

Why am I going to do this? Partly from spite, to prove my point,

OK I admit it ... I am tired of the macho self-serving claims, of **SOME** of the TCM folks out there.

And partly because I believe you have the right to know the counters to most moves. However, let me be up front here. There are no good counters once someone is on a primary reflex point.

There are ways to block your getting to the primary reflex points. But once your opponent is on a primary point, then unless you can instantly go into a focused trance, you are trouble! So it comes down to either you understand reflex points or you are at a tremendous disadvantage.

Please don't take that as a condemnation of everyone who studies martial arts based on TCM. I personally couldn't care less what theories you use as long as it works.

I even know many people who use a combination of TCM and MWM (modern Western medicine) to get the effects they want. Good for them!

But as with every difference of opinion, there are some who get rabid about how things should or HAVE to be ... especially when money and/or ego are involved ... and there are plenty of both in the business side of martial arts!!! And many of them love to claim the MWM can't explain pressure points... or what they are doing... Well surprise!

Just to set the record absolutely straight... I have absolutely no problem what-so-ever with using TCM for medical purposes. I think that there is a very legitimate medical usage for TCM in modern medicine. I also truly respect the opinion of some of my friends who have been professionally trained in TCM. However, the key word here is medical usage, which is NOT the same as martial arts!

NOTE: TCM was created for medical usage, not for martial arts usage and when you try to force medical theories into martial art usage they fall apart. Furthermore, over the years I have run into many a fine PROFESSIONAL TCM person who uses TCM all the time and in almost every case they agree with me.

So for those who want to criticize me, or my stance on MWM, please at least get it right. I do NOT believe TCM has an adequate understanding of martial arts to protect you. I do believe it is a useful adjunct to medical treatment of certain diseases and that it is the professional, not the amateur, who is really aware to the realities of what TCM can and cannot do. Unfortunately though, in my experience most of the comments about how wonderful TCM is for understanding PRESSURE POINT theory comes from amateurs, not TCM medical practitioners.

Back to the point about becoming a non-responder. I'll repeat myself. It comes down to either you **understand** reflex points or you are at a tremendous disadvantage.

NOTE: I said understand **not** memorize a bunch of points. Memorization is, and always will be, a weak sister approach to learning how to respond and as such will not protect you as well. Remember: NO plan survives contact with the enemy. If you understand the reflex system based on the underlying theories, then you can easily adapt; if not, well then, if the plan changes you are in big trouble!

Okay, I promised to teach you how to be a non-responder. Frankly it is easy to state but, as with many things, harder to do as it does take some practice. What you have to do is tighten your muscles. No, not just a little. You have to really tighten them hard. Ever seen a Uechi Ryu stylist work? EVERY muscle is supposed to be tight and that was designed to protect them from pressure point strikes. If you are tight enough, then even strikes to sensitive muscle tendon areas are not painful and the same tightening keeps most vulnerable nerves from being exposed.

A second and additive trick is to focus on something ... and I do mean focus **hard**. That way, if there is a small amount of pain you will be able to mentally block it out. Personally, I focus on my breathing as it is always handy and I don't have to look for something and waste time deciding what I am going to concentrate on. Plus, since it is always the same thing, I can practice it exactly as I will be using it on the street.

Now if this seems to resemble many of the Okinawan hard styles, then bingo, the light has gone off in your head because that, in my opinion, is EXACTLY what the hard muscle contractions and the forced breathing pattern are for.

NOTE: I do not buy into the concept that the purpose of these katas was to learn to generate energy and that this energy was simply to get a person in shape and or to be able to take a punch. BAH!

There are plenty of better exercises to get you into shape. And why not just get out of the way instead of taking the punch? No, in my personal opinion, they were training to counter pressure point strikes! And the techniques of tightening the muscles invalidated pressure point strikes!

That brings us right back to reflex points for again I will say that you cannot block a reflex. Once it is stimulated you get the response!

Now I will freely admit that when it comes to some reflex points like neck launch points (we will deal with this subject in the next chapter) you can tip your neck forward and raise your shoulders, tightening your muscles and not letting someone into these points. This counter is called the shy turtle approach. (Thank you, Wendi!) If the points can't be

reached, they can't be stimulated. Unfortunately, it doesn't work for the nose (unless you put your hand over it which is where the shy part came in...) or for other reflex points. Thus there are points you can protect and points you cannot.

ADDITIONAL NOTES:

Okay, off the top. First off my discounting of TCM as an explanation for PRESSURE POINTS of martial arts is NOT the same as discounting traditional kata. I want to make that very clear. In fact, as far as kata goes, I am somewhat of a traditionalist. I truly believe that the katas were created as collections of techniques, which INCLUDE both primary and secondary, reflex points. I think I explained that above.

Secondly, please note that the points found on most meridian charts are, in fact, very useful for medical usage, especially acupuncture for which they were designed. Again though, medical usage is NOT the same as martial arts and it is not simply that one is the opposite of the other. They may overlap slightly, but both applications are very different!

Let me say that again: I believe that katas include reflex points. Kata was created to work -- on the street, so to speak, where a guarantee of success was required! Being able to take out 85% of the population was NOT enough! Thus I believe that Katas were created so as to practice the subtle movements that guaranteed that every opponent would go down.

Unfortunately, because the only way to convey what was occurring was through absolutely exact imitation of the kata and through using TCM to designate the points to hit. As I said, though, TCM does not include explanations for reflex action so much of the crucial information about what to do at the specific points was lost. Unfortunately that leaves you with techniques, which work for "most people."

Now I commend those today who are trying to use TCM as a way to investigate and regain the power of traditional kata, but unfortunately you cannot create or recreate something without the proper tools. In my personal opinion, TCM does not have these tools, but everyone has their own way of looking at things. Besides if they don't get the job done right ...it only makes the competition easier!

The Internet helps today but how many of that generation today are going to be enamored with computers let alone answering question to strangers....

Everybody has a nose.... And it is frequently found in other people's business

LAUNCH POINTS

There are special points located in the upper triangle of the neck called launch points. These areas are special because contain numerous small muscle fibers and are located directly in front of some of the most protected areas in the head. What is so important from a useful point of view is that if you press on one of these points rapidly you will trigger the brains protective reflexes (See the Book Pressure Points: The System of Pressure Points for more details.)

Note: For maximum effects the angle should be directed towards the reticular activating system.

As the name implies, if you stimulate these points correctly your opponent will use THEIR muscles to launch themselves backwards. If there just happens to be a wall or another person in the way well...gee, isn't it just terrible that they slammed into their jerk friend and knocked both of them to the ground. (Just don't hurt yourself laughing!)

Now stimulation of these points does cause some pain but the truth is that the response you get is completely one of reflex.

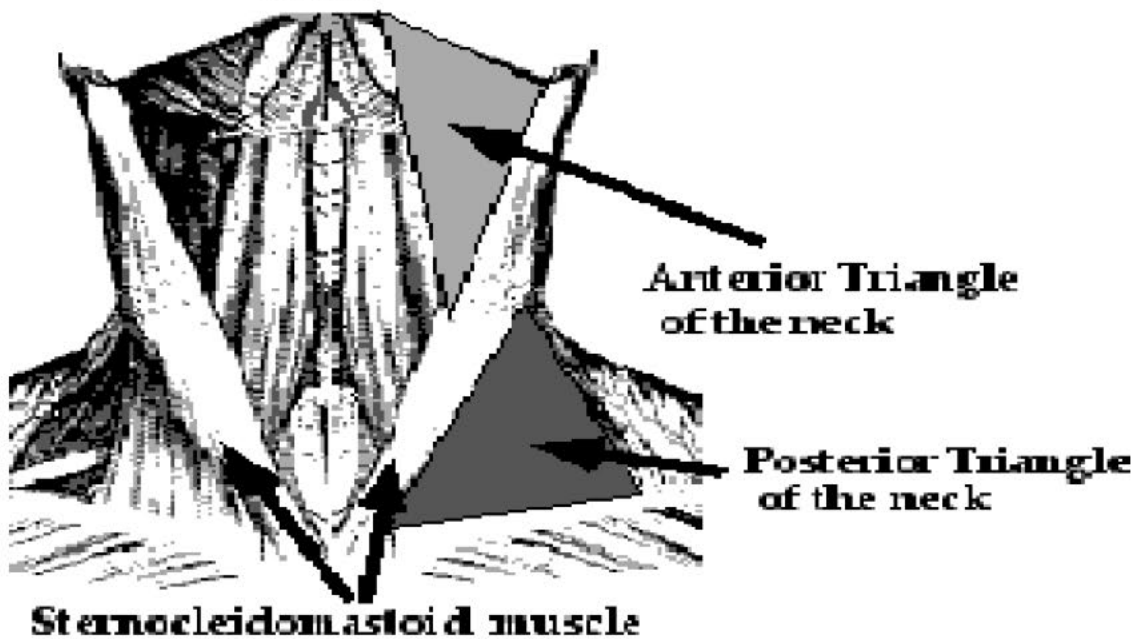
LOCATION: These points are located in the upper anterior aspect of the neck. They lay in the triangle located below the mandible (jaw), and above the sternocleidomastoid muscle.

Picture of upper triangle neck launch points

As

Chin

this



point I again have to make sure that we are using the $\Delta P / \Delta T$ rule because, not only is the angle crucial, so is the speed at which the technique is done. Also important is the weapon you use to stimulate these muscles. The smaller the area you strike with the better (small strike areas keep the pressure per surface area high). Thus, do not use a flat fist! I frequently use a single supported finger, directed inward towards the reticular activating system and then twisting outward. (The direction of an outward twist is very important because, due to anatomy, you are not going to get the same effect twisting inwardly.) I suppose that you can strike with a knuckle fist or an eye of the phoenix if you really want to hurt someone but they are probably going to get whiplash as they throw themselves backwards....hmmm J

The counter

Now I will freely admit that when it comes to neck reflex points like the launch points you can tip your jaw forward and downward. You also must raise your shoulders and tighten your neck muscles, but it works quite well to keep someone from reaching these points. If

they can't be reached, they can't be stimulated. I call this the turtle technique. Unfortunately, it doesn't work for the nose or for other reflex points.

Thus the fact that you can tighten your muscles to decrease or block the effect of stimulation should indicate to you that launch points are, in fact, a secondary type of reflex point.

One thing, though, is that if you do encounter a person who is tightening their muscles to resist your effects on their neck, you can frequently overcome the effect to that tightening by rapidly changing directions of the force you are applying. In fact, a rapid back and forth sawing motion may not cause them to launch themselves but it will have enough of an effect that they will stop what ever else they are doing and raise their hands towards your hand in an attempt to stop you. Of course if they have both of their hands focused on one of your hands.... <grin>

The counter to the counter

This is a perfect example of what I said about moving from a secondary type of reflex point directly to a primary type when you encounter resistance.

By that I mean that with relatively light pressure you can cause the nose to tip backwards. I do this best using the index finger to lift up or by sticking both my index and long fingers as if you were trying to shove them up someone nostrils.

I warn you though that this ONLY works if the nasal nerves are not numb. And with the exception of the very rare person who has just come from the dentist. Another reason the nasal nerves should be numb is if you have struck the person in the nose and caused the area to go numb. The third reason is the person who's focus is strong enough to be close or in a trance!

Now if you raise the head, you expose the launch points in the neck that can be attacked (again). Because once you stimulate a primary reflex point your opponent will not be able to keep their neck in the turtle position or tightened and thus will be fully responsive.

Personally, though, once I get the head tipped back, I move the head in a circular motion to disrupt my opponent's balance. Balance, as you know, is a reflex and if I can control it, I can completely control my opponent.

And So on

My friend Wendi says that the counter to this is the shy turtle defense.... Where you tip your jaw down and bring your shoulders up and then put your hand over your nose and mouth to protect your nose. (It also tends to protect the jaw by decreasing the efficiency of a strike.) It works (only), if you don't mind losing the use of a hand in a fight.... (She was not suggesting you do this.

Just making a comment here and giving a helpful analogy.... Sheesh!)

A Test Run

For clarity, let's run through a scenario so that everyone has it down correctly. (I am sorry if I am boring those who already understand the implications, but I did say I was going to go into more depth in this book)

Ok you have this jerk in front of you. He has already grabbed you, but his arms are so tight (or he is attempting to pick you off the ground which guarantees that his forearms are very tight) that you know that a brachioradialis tap is only going to be a waste of time.

By Miller's rule of contact you only have about 1/2 of a second max to take control of the situation here or you get to eat your teeth. There is no time to discuss the finer concepts of meridian points and if he is lifting you off the ground or shoving you backwards, you are not going to be able to get a shot off to his groin. (Even if you can, it is frequently too well guarded or they are too drunk to care).

So instead of resorting to the bashing techniques, I suggest that not try and fight his strength. Instead stick one finger under his nose and lift. (Again I prefer inside... it may not be the most appealing thought, but then neither is eating your own teeth. I can always wash my hands!)

In seminars I frequently use the side of my supported finger because it is nicer, but don't let that fool you. In a real situation, from the front on, I generally stick one or two fingers directly **into** the nostrils of the nose (like I was trying to stick them all the way up into the jerk's brain) and THEN I PUSH! [the second push – if they are still there – creates DRAMATIC effects*]

Besides, with a little practice, you can deliver this spear hand strike in a fraction of a second and you may need to react that quickly.

(See also the chapter on the nose from the book Pressure Points: the System of Pressure Points) You will be amazed here on how quickly the head goes back.

We discussed above the circular techniques to use if you have the arm reach. However, even if they do have the strength and arm length to hold you out at full extension so that you can't make their head do a circular motion or make them fall, they have now given you room. Use that room to strike the brachioradialis with the sliding motions you need to cause them to buckle forward and bring their neck into the knockout position.

* Christmas theory: it is much better to give than receive Especially pain.

The Turtle KNOCKOUT

Before we close I need to tell you here that the turtle defense and even the shy turtle defense do have a major problem. That problem is that as your opponent lowers the angle of their jaw, to keep you from stimulating the launch point of their neck then they are also bringing their jaw into the correct angle for a light force knockout.

This is because as they tip their head forward in this direction and tighten their neck muscles it tends to line their jaw up directly with the Reticular activating system and ensure that the force of a ... say palm hand or punch is transmitted efficiently ...need I say more. Can you say good night!! <Grin>

Remember that when you do a turtle technique, you are tightening up the neck muscles, which of course, increases the transmission of the shock wave or the strike directly towards the reticular activating system.

Unfortunately, it is not just a simple answer situation. If the person has an overly large neck, then the angle of the jaw will be too high for a straight on punch knockout (when they do the turtle act). However, if they have a small neck, then most likely their jaw will go past the correct angle for a knockout but then their mouth and upper lip are in the correct angle. It, of course, all comes down to knowing the correct angle lines for a light force knockout.

Still, if you know the angles to strike, then the tightness of their neck only makes it easier to transmit the necessary force to accomplish the knockout. You just have to modify the angel of your strike somewhat.

Like I said earlier, it is a chess game. EVERY move has its counter. It is all in knowing whether the advantages out weigh the disadvantages at that particular point in time.

The Face

There are also some semi-useful reflex points on the face itself. These points are ones that not only produce significant pain, but also stimulate the maxillary sinus muscles to go into spasm. These points are located along the upper half of inner fold of the facial cheek.



Note: You have to strike these points with a small surface to penetrate correctly, thus a finger tip, eye of the phoenix or knuckle are best types of strikes to use. Additional stimulation of these points can be accomplished by an outward twist after contact.

What makes these areas reflex points is the fact that striking them puts the muscles of the opening of the maxillary sinus into spasm. (The nerve controlling these muscles runs under the strike point.) When this nerve goes into spasm, the sensation is as if the sinus is suddenly full of fluid (it is not but that is irrelevant.) The brain get messages that tend to cause some disorientation and a lack of balance much like a person gets when they have an infection in this area. Please note that this causes a variable effect, which depends a lot, on how strong the concentration of your opponent is. It possible to override this sensation, so I want you to know that it is there and that it is a useful target point (much better than just hitting the face) but I wouldn't make it the only point I was attacking.

Do not forget about the temples. Striking these areas with a small surface area like the finger or eye of the phoenix or even knuckle strike and then twisting laterally will produce a light force knockout.

As would seem obvious, both the eyes and the ears are primary reflex pressure points. The eyes can be attacked with any small striking surface. The ears are best attacked with a cupped hand strike.

It may be that your sole purpose in life is simply
To serve as a warning to others

Abdominal Strikes

The second of my books on pressure points goes into the subject of reflexes of the chest. Therefore I do not intend to repeat that material here but I will comment on the cardiac plexus shortly.

Another area I should cover is the subject of vascular reflexes. In my book on light force knockouts, I specifically mentioned the effect of striking the aorta, the liver and the spleen. Especially the liver and spleen simultaneously, and the real potentials of creating a [permanent] stroke.

There is one more area that I have touched on before in my books but because of the questions I have received I want to cover it again. This is the area of the solar plexus. Now I have stated that I preferred to teach the direction, which is slightly downward. And this very true. I do prefer to teach that direction because of legal reasons. However, to be truthful, the opposite angle is the more potent!

When you strike downward, you are stimulating the gastric plexus, which sends signals to the gastric area of the abdomen and to the lower aspects of the chest to include the diaphragm. As any child knows, if you strike this area correctly, you will lock up the diaphragm and the person will not be able to breathe. Which, of course, makes it a very useful strike point.

However, above and to the opponent's right lies the cardiac plexus, which sends signals to the heart and plays a part in regulating it. In fact, if you stimulate the cardiac plexus into firing by striking it, for a period of time it will send out signals, which will LOWER the heart rate and thus the blood pressure. This makes it a useful target.

Additionally, the close proximity to the solar plexus means that the correct route to stimulate the cardiac plexus is by striking the solar plexus at an angle that is from your opponents lower left to their upper right ... done ONLY with your right hand as you face them. This way you get stimulation of BOTH plexuses with one strike!

In my opinion, this is the most powerful strike location in the abdomen. Striking the liver and spleen would be the second most powerful. Going after the pelvic plexus would be the third. (Review from previous books - you will get the person to move back away from you and drop their hips downward ... possibly even to the point where they find themselves sitting down on the ground if the technique is done correctly. Possibly even causing them to void on themselves, IF their bladder is full.) Now the pelvic plexus locations are all PRIMARY reflex points. However, as they are all located **deep** in the abdomen they are hard to get to and thus their usefulness is not generally that high but in certain situations can make a world of difference ... especially since they are primary reflex points.

Someday we will look back at all this... and plow into a parked car

Knees Strikes

Seemingly a kick to the knee would be a very obvious attack that should be understood by any serious martial artist. In fact, everyone I have talked to on this subject knows or instantly recognizes the seeming advantage or damage that can be caused by such an attack. Yet most people do not understand the real implications of the various knee strikes.

By implications, I mean far more than just bashing the knee and knocking the person to the ground. That, you do not need me, to elaborate upon. Instead, I mean the reflex action, which occur when you strike the knee from various angles.

In that context, I am going to say that striking the knee straight on is probably the easiest to do and the most effective. I say that because while you can utterly destroy a knee when you attack from a 45 degree angle, it does take a lot of force and, in fact, requires a relatively critical angle to be able to get to that attack line. It this attack we are going to talk about first.

Lateral knee kicks

If you are doing this attack then you should literally kick the lateral aspect of the knee and fall into your opponent, driving their knee to the ground. That means your foot should be with their knee all the way to the ground!

You can use the tendon relaxation reflex if you slide your foot (with pressure) against the outside of their leg downward as it stretches the tendon of the leg and thus cause them to relax. The best point to strike is the edge of the Gastrocnemius muscle on the posterior lateral aspect of the upper leg where it joins the knee. This is not only the easiest place to

make the knee bend it is the cleanest shot at some of the main tendons which power the leg.

This relaxation technique is particularly useful if the person has rooted correctly and your kick does not cause their knee to move. In this case, they are NOT going to succumb to a mere muscle based attack. You need something else and the reflex relaxation is it.

You really only need to slide your foot downward about 4 to 6 inches (quickly) and the tendons will relax somewhat. This gives you the height and ability to put your weight on the leg and drive it at the 45-degree angle to push it into the ground and do the most damage to the medial collateral ligaments and the ankle!

The Front Snap Kick

Unfortunately most of our opponents do not make it that easy for us. Thus, when you are most likely to use a knee kick is when you are in close quarters straight on to the person. Again, if they step back into a fighting position and make the mistake of not keeping the front part of their knee towards you, you can rip out the medial collateral ligaments and tendon with a kick angled 45 degrees from the front line that will carry your weight through the impact point.

Back to reality. Usually, though, you do not have the luxury to attack at this angle because either your opponent is directly in your face or they have grabbed you. However, what you still have is the angle of a direct front on snap kick. Because the snap kick does not have to be thrown so hard, it is easier to accomplish in such tight conditions and because it is an extremely fast kick, you are very likely to be able to accomplish it. Thirdly, if done right it can still produce the reflex action you are trying to cause.

The desired goal of course it to

- 1) Lock out their balance causing whatever else they were trying to do to you to stop

And

2) Cause all their energy to go towards maintain their balance and thus not have enough muscle tension left to resist your motions.

In this case the target should be the patella or kneecap. And as I said, it is best accomplished with a front snap kick (off the front leg)

Now if you strike so hard that you drive your opponent's leg backwards, they may fall. If that is your purpose, then okay. However, the reflex action, which in my personal opinion it is best, is to get them to lock their legs in an attempt to regain their balance and thus to move their face in a forward and downward motion.

This of course allows you to "converse" with a taller larger person in language they will understand. (Miller's second law.) Now whether you accomplish this communication with a hand strike, a grab, or a knee to the face is up to you, but all these possibilities and more, have been opened up, by their reflex movement.

The trick here is to generate enough force to cause them to 1) lock up the knee and 2) move the knee backwards about 3-4 inches but yet NOT drive it back any more than that because more than that will initiate a fall.

NOTE: Once they hit the ground, unless they are knocked out, you have a completely different battle, for which you may not be in the advantage. (The person on the ground DOES have the advantage against a single attacker. See the video [Advanced Fighting Techniques #3](#) for more details on this...)

AGAIN, if their leg is not struck so hard that they fall, then their balance will lock up and they will bring their top half of their body / face forward as a reflex to compensate for the change in balance. Granted this position will not last for a long time period, but it will be more than enough time for you to reach other reflex pressure points. Also, because of the stimulation of the balance reflex (righting reflex) you will unlock any of their muscles that are tight... ensuring that they are not nullifying other pressure point strikes.

One very important caveat I need to cover, though, is that if you are fighting a person in a front fighting stance who DOES understand correct rooting, you will have a problem! Correct rooting in this case means they have developed both the ability to tighten their front knee completely and the strength to keep it that way. You are NOT going to be able to unlock their knee with a front kick. It MAY be possible to blast/unlock their knee from the 45-degree angle that we talked about earlier, but you are going to need significant amounts of strength to do it. The reflex unlocking will help, but the same caveats apply as when I taught you to be a non-responder.

This is why in years past Masters had their students train for such a long time in the front stance. Getting the stance done correctly for a merely mechanical point of view was easy but developing the strength to ensure that this stance was not a liability, took many years and a lot of work (i.e. time spend in a low front stance... try it some time. Stay in a low front stance for about 20 minutes and see what your leg muscles feel like! You will see why it develops strong muscles.) I say again that to develop this strength takes practice. Years of practice to get this technique down perfectly, as it is more complicated than it seems on paper. Most people do not have it and thus you can blast through any strength they might have simply by falling into your kick as you strike.

Prepared for Contingencies

So how do you deal with someone you feel may have the strength to resist such a kick? Well, remember the use of other reflexes to unlock even the tightest muscles? Well, the same thing applies here. Simply strike the small muscles on the lateral aspect of the foot first. (Yes, these are the same targets as those used for a knockout.) Then do a second kick to the lateral aspect of the knee (yes at a 45 degree angle...in my opinion it is easier than trying to regain the distance for a straight on kick). Even if you do not cause a knockout, the pain will cause the person to unlock their knee and give you free access to ending the fight. (It's hard to fight with a ruptured medial collateral ligament!)

Summary

The real meat of this chapter deals with the simpler reflex caused by the front snap kick, While there is some pain in this technique, it is merely a useful side effect. The real usefulness is in knowing that your opponent will respond by locking their balance, loosening their grip and bringing their head and face forward and downward.

In closing, you thus have two knee strikes. One when you want a fast kick to unlock your opponent or to set them up for attacking launch points or other facial pressure point's. Thus it is great for gaining control of your opponent when you may not want to do something devastating but must gain control of them in a hurry. The other way is for finishing your opponent off.

By the way, you can, of course, do the fast snap kick to the patella and then come down on the top of their toes. I have been known to do so when I want to gain their attention and then finish it quick.

Please note that by Miller's law, when your life is in danger there is no such thing as overkill. Therefore, I also always use a hand strike to do an additional knockout/pressure point strike whenever the opening occurs.

Additionally, since I come down as hard as I can on my heel (on their foot in this case) I can [/ will] always twist my weight if I decide I need to enhance my educational point.

Never do card tricks for the group you play poker with.

The Foot

Everyone knows the obvious. That is; without feet you can't stand. Well, as obvious as that may be, it seems that most people do not apply that concept to martial arts. Despite the fact that, in my opinion, every kata that I have ever seen has movements in them that are designed to attack the feet and legs, very few martial artist actually do such. To lay it on the line I believe that the front stance is specifically designed PRIMARILY as an attack of the foot.

Okay, here we need to make it very clear that I am not talking about leg bashing stuff like found in Muy Thai or similar **sports**. I do not deny that you can do significant damage to your opponent if you train up to getting your legs in that condition, but most people do not have the inclination to put themselves through that sort of pain or self damage. And if they do, they rarely are willing to keep it up for long.

It may just be because I am getting older, but in my opinion, there really is no reason why they should have to. Also while it is true that you can also do significant damage to the legs ...including permanent paralysis with nerve attacks like those found in level three poison hands strikes ... I am really not talking about that either. What I am talking about is pressure point strikes. In fact, I am specifically talking about secondary reflex points.

I say secondary reflex points because, theoretically, it is possible to have a person who does not feel pain in the foot. However, so far, in all my years as a martial artist I have not found one yet, but I do supposed that they could exist. However, even if such a person does exist, they would still be susceptible to disruption of the balance because that is a reflex necessary to even stand upright.

To that point, if you look at kata, done by someone who really understand leg attacks, or even someone who was trained by someone who did, you will find that the legs come together at certain points. In fact, one foot will tap the other during these times. This is

because the means for you to tap your opponent foot at these times. In fact, it usually means you should do a cross tap (tap their right foot with your right or your left with your left). Notice that the tap isn't done hard. This is because it doesn't take much pressure at all to cause the balance to be disrupted. You do not have to send the foot flying, however, I must admit that I teach my students to hit hard enough that they make their opponent's foot move several inches. That way they know they will get the effect they are counting on.

In short, what we are counting on is the fact that the righting (balance) reflex when stimulated by a foot tap will cause the person to temporarily relax his other muscles while the brain reestablishes the body's balance. Of course, once the muscle tension is decreased, you can accomplish your technique much easier with a much greater chance of success.



An even greater fact of attacking the foot is the fact that, as I said above, when you step on a person's foot, it hurts. Even in shoes, it hurts! In fact, done correctly, shoes make it hurt more, both if you are wearing them and/or if your opponent is wearing them.

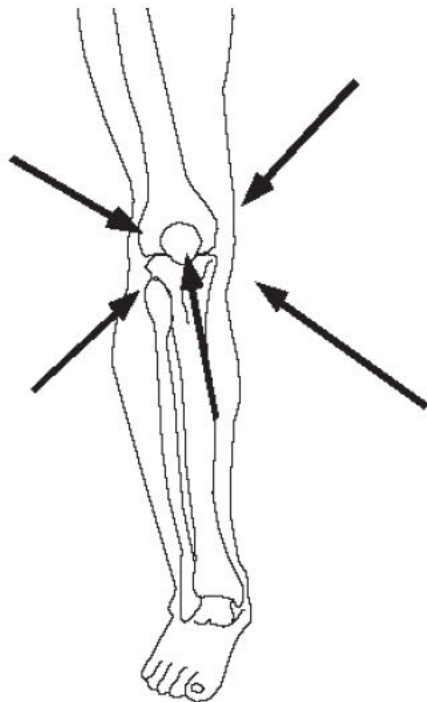
It is my opinion that the movement of kata, which depicts a correct foot and leg attack, is the front stance. In my opinion, standing in a front stance to defend yourself is not something which is easily survivable on the street. Yet if this maneuver is done correctly, it is guaranteed to put your opponent on the ground and most likely out of commission for good.

Correct foot attacks, however, include much more than simply standing on your opponent's foot. And stomping on the arch may be an acceptable technique but definitely not the most effective that can be accomplished. Rather, the best places to attack the foot are in the location where the small muscles of the foot are pinned against bone and there are numerous tendons to roll.

When I say attack the foot, though, I need to be clear that I do stomp on the foot at the location indicated in the picture. And I do so with the heel of my foot. But I don't merely simply stomp. I stomp and slide forward at the same time. Thus the heel of my foot impacts the desired impact area but then the rest of my foot stretches the tendons of the foot. This sudden tendon roll causes a reflex relaxation of the muscles and tendon of the foot in general causing a sudden relaxation of the muscles in the lower leg and foot. This relaxation is a reflex and, of course, all it does is allow you to penetrate deeper. So as you move forward into a DEEP front stand your knee should come in contact with your opponent's knee or leg.

Now, in my opinion, I personally think that your knee should strike the medial aspect of your opponent's knee and then as you pivot into a correct front stance your knee will drive their leg outward further upsetting their balance.

Picture of the foot to the knee with angle of attack



Of course a correct front stand delivers at least 80% of your weight onto the front stance, so once your foot comes to rest it should be very solidly placed on top of your opponent's foot and their foot should be firmly trapped. However, with the actions above done quickly and the resulting disruption of their balance, your opponent will not be able to regain their balance and will fall. They will not fall straight back, however. Instead they will fall in a twisting motion and the result will most probably be a spiral fracture of the leg possible with an additional fracture of the ankle or at least tearing of the ligaments of the ankle.

Is this a severe development? Of course it is. And it is designed to end the fight. AND, because it is all based on reflex action, it IS going to work regardless of the mental state of your opponent or how tough they are. It is not something to be done lightly or irresponsibly as it may very well cause you to be to wind up in court. Therefore, the point

here is not the legal problem you may encounter, but rather the fact that what once was considered a simple stance is now shown to be a very effective fighting tool!

NOTE: in my opinion you have to be alive to be worried about a lawsuit. I will survive first and then worry later!

Additional points here are that I don't just have my student's step on the foot. Yes, they step exactly as targeted above, but that stomp is done hard enough to fracture the foot. Where the impact occurs then the slide forward is done exactly as described but the pivot is done with the ankle (your ankle) so that the foot twists as you twist to bring your knee into the alignment you want. Thus you are again twisting the ligament of your opponent's foot and also the fracture site if you have struck as hard as you are supposed to. Again the twisting motions and pressures of the foot cause a reflex loosening of the ligaments of the foot and the lateral pushing of the knee with reflexively disrupt the balance that can not be recovered when you are standing on their foot. Thus the fight is ended for that opponent at least.

Add the pain, which is felt in almost every case and, it is real hard to get up and continue to bother me with a spiral fracture of the leg.

NOTE: In every case I have ever encountered, my opponent was screaming in pain but it is theoretically possibly that someday I may find an opponent who will not feel pain. However, I expect they will still go down based on the reflex action alone.

"One of the characteristics of wisdom is not how much you know,
but how you use the knowledge you do have."

Closing

In closing, I have shown you that there are special primary reflex pressure points, which cannot be blocked, except by extreme focus or trance fighting.

I have also shown you that there are secondary reflex pressure points, which can be blocked but are far more common than primary reflex pressure points. Because of this, they are, in fact, somewhat more useful in the initial stages of a fight even though they are susceptible to being blocked. I've also shown reasons why and how that even when they are blocked it allows you time to enter and reach primary reflex pressure points.

I've also shown you how reflex pressure points are, in my opinion, contained in most traditional katas and some clues on how you can look for these moves in your own katas.

Additionally, I have covered several different areas containing both primary and secondary reflex pressure points so that you would have multiple examples of how these points are used and how they differ from regular pressure points.

Lastly, I plan to give you a partial list of the primary and secondary reflex points which you can use to stimulate your memory as to practice the techniques I have discussed in this book and work to develop your own. I urge you to take the principles rather than just the techniques I have discussed here into your own system. For it is the understanding of the principles of martial arts rather than just collecting techniques, which makes a superior martial artist.

Thank you!

Bruce Everett Miller

Quan Li K'an

Listing of some Reflex points...

This list was NOT meant to be all inclusive but merely samples of points which can be used

Pain withdrawal

(Note simple pain can be blocked.. see
the order of reflexes in the second book
on Pressure points: Pressure Points
using the System of Pressure points

Eyes

Parotid Gland

Ears

Groin

Bone strikes/ rubs

Sternal Rub

anterior leg rub

Temple

Nerves of the scalp

Gag Reflex

Throat strikes

Balance/ righting reflex

Sternocleidomastoid(s)

Brachioradialis

Nose

Pelvic Plexus

Bobbling the knee

Foot taps/ strikes

Patellar taps/ strikes

Breathing affecting reflexes

Gastric Plexus

Bronchial plexus

Blood pressure Affecting Reflexes

Cardiac Plexus

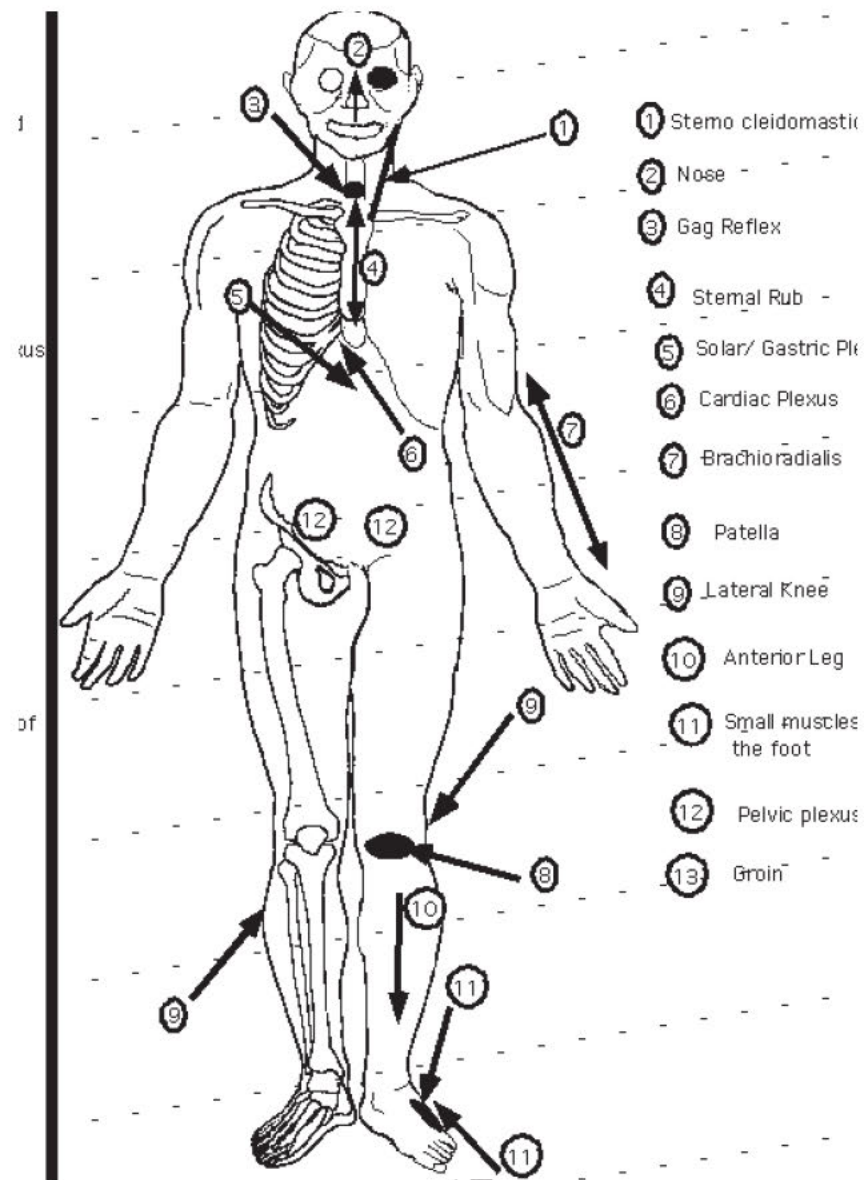
Liver Strikes

Aortic body stimulation

Spleen strikes

Secondary Reflex Points

The golgi tendon apparatus
of every muscle



ADDITIONAL NOTE:

It is 2022 and I am much older now.

And I have been using these Pressure points for a couple of decades.

So I have come to the point of making it clearer - at least in my mind, of how they are categorized. In short the KISS rule

The way I categorize Pressure points now are

1) Pain Pressure points. These are the most common and only work IF the opponent feels pain. So they don't work on the 50 -60% that are the most common to attack you.

2) Level 2 Pressure Points. Tendons, muscles, ligaments. These Pressure points, can be blocked. Almost always it is because a structure has been tightened. Distract or unlock the person and these points are useful again.

3) HARD WIRED Pressure POINTS. Things I talked about in the books [and others], like a finger inside the nose, the [fast] gag reflex, Knockouts, Balance, Breathing, Brain Protective reflexes, etc. these are the top level. They are the hardest to get to but CAN NOT BE BLOCKED. Pain is absolutely irrelevant to the actions of these Pressure points

Note: The actions and principles I discussed previously in this books ARE all valid! Just discussed less -- ? Elegantly?

I hope that clarifies things.