

HAPKIDO'S PRESSURE POINTS

by Jean Dobkrey

Pressure point techniques - we've all heard about them but where are they and how are they used in martial arts?

The Korean martial system of Hapkido uses all the kicks and strikes seen in other Korean systems. However, there is one major difference: Hapkido techniques are all aimed at pressure points.

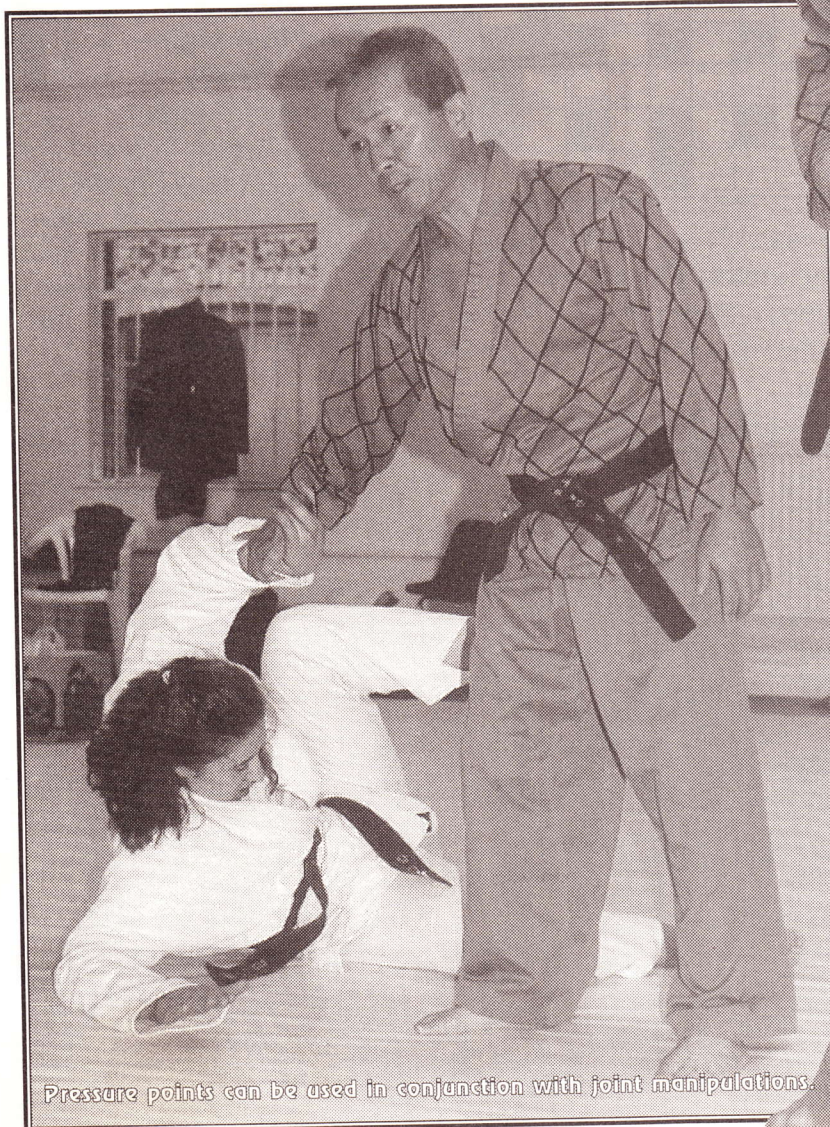
Some instructors profess to have knowledge in the subject, yet they put you off under the pretext that "It takes many years to learn and apply pressure point techniques." Of

course, you probably won't ever see them demonstrate their knowledge, much less teach it. They probably don't know any more than the student, but they talk up a good show!

Hapkido Master Gedo Chang does have an extensive knowledge of pressure points and what makes them work. Master Chang has taught Hapkido in Chicago since 1972 and regularly conducts seminars in England, where he teaches basic pressure point stimulation.

There are 364 pressure

Gedo Chang -
Master of pressure
point techniques.



Pressure points can be used in conjunction with joint manipulations.



Master Chang kicks the 'We Jong' pressure point at the back of the knee

points on the human body. However, not all are damage-dealing points and some are used to facilitate the healing of injuries. The core of pressure point work is the theory of Um and Yang (Yin and Yang in Chinese). This theory refers to a perfect balance of life and nature which is achieved by blending two contrasting life forces, Um and Yang. Um is dark, cool and soft, while Yang is bright, warm and forceful. Those who subscribe to this theory believe that every living creature contains both these forces and the actual ratio of Um to Yang determines a person's basic nature. It is also believed that these forces affect the function of our body and when different areas are stimulated, then certain responses necessarily follow.

The theory claims that a person's Ri (internal energy) flows through 14 body channels or 'meridians'. Seven channels conduct Um and seven Yang. So each of the 364 pressure points lying along those 14 meridians is either Um or

causes.

Korean Policemen trained in Hapkido use Hap Kog in conjunction with restraining joint locks because stimulating that point causes enough pain to dissuade the arrested party from offering further resistance.

2) Ja Ryo is located in the depression of the temple. Massage this point with the flat of your fingers to cure a headache. Pressing hard on the Ja Ryo will actually cause a headache and/or extreme pain, and if it is struck hard enough, serious injury can result. Only attack Ja Ryo in a life threatening situation.

Yang.

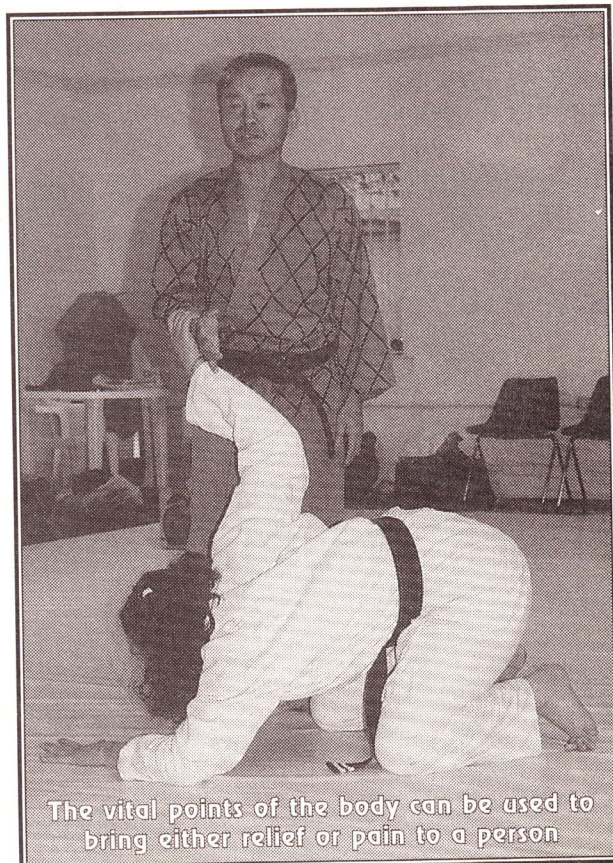
Hapkido students are encouraged to study charts showing the body's vital points and acupressure points. Here are a few of the most important ones:

1) Hap Kog is located in the web of skin between the thumb and index finger of each hand. It can be found by placing the thumb on this web of skin, with the index finger opposite. Squeeze the thumb and index finger together. Don't stimulate this pressure point if you are pregnant! Otherwise, stimulating it will relieve some types of headaches, toothaches and stomach pains - always depending on their

3) Um Shi is found on the outside of both thighs. It can be found by standing in a relaxed attention position with the arms hanging loosely at the sides. The tip of the middle finger will naturally touch Um Shi. Directly kicking or striking Um Shi will cause sufficient pain to immobilize the entire leg.

While pressure point stimulation may seem easy at first impression, it is actually very complicated. It requires plenty of practice on yourself and upon others before you can easily locate the correct points. Use the flat surface of the thumb for healing massage and the tip of the thumb for the martial application. Incidentally, not everyone is equally sensitive and pressure which causes pain for one person may only tickle someone else!

Gedo Chang is a frequent visitor to the UK and anyone wanting more information on his seminars, or on Hapkido in general may write for an information package, to the International Hapkido Moo Hak Kwan, 28 Jubilee Road, Whitwell, Worksop, Notts S80 4PL, tel: 0190 972 3023. Enclose a large SAE.



The vital points of the body can be used to bring either relief or pain to a person