The purpose of this paper is to familiarize the reader with using basic pressure points used for self defense. The points described are the fifty basic points taught by the Wae Moo Kwan and Sun Moo Kwan schools of the art of Hapkido. The following pages include a quick reference grid and anatomical charts showing the location of these points. The reference grid lists points starting at the top of the head down to the bottom of the foot. The information on the grid for each point includes body location, meridian location by number, method of use, Korean name and Chinese name.

Why do pressure points work?-East vs. West: There are two basic arguments in the martial arts community as to why pressure points are effective and useful. These arguments are primarily cultural in nature. In Eastern (Oriental) cultures the location of pressure points coincide with traditional Chinese medicine meridians used in acupuncture and acupressure and are thought to affect the energy flow of the body (Chi or Ki). Using the points in a martial sense is thought to disrupt this flow thereby upsetting the equilibrium and/or function of the body. In acknowledging the effectiveness of pressure points, those that support the Western culture point of view state the points are useful strictly due to their anatomical location. Nearly all pressure points lie at either the juncture of nerves near the surface or at crucial muscular-skeletal structures. Whichever school of thought you subscribe to, it must be remembered that pressure points must be used responsibly and with care.

Methods of use: All pressure points are not created equal. There are three basic methods to used to activate a pressure point. These include striking, pressing and grasping. Depending on the particular point it can be used by one, two or all three methods.

[Striking] When using the striking method on a pressure point means that contact on that point will be momentary. How you strike is up to you, but some items need to be taken into consideration. Pressure points are typically about the size of a pencil eraser. The more penetrating a weapon is the greater the effect on the point. For example, when striking the Top of Forearm (L-10) pressure point you can choose to strike in different ways; such as using a forearm block, a hammer fist or a middle knuckle strike. Each of these strikes is progressively more penetrating. The affect on the individual being struck will be progressively more severe.

[Pressing] Pressing a pressure point means that pressure is placed on only the top surface of a point. For example, the Front of Ear (SI-19) can be used two ways, either struck or in a control situation it can be utilized by pressing on the point with a middle knuckle fist. Pressing is used almost exclusively in control situations as the force you apply can be regulated as needed.

[Grasping] Also known as cavity presses, the grasping method entails using pressure in a pincer type motion on both sides of a pressure point. That being said, your hand must be large enough to get on both sides of a point in order to use this method. Primary pressure will be on the point itself with secondary pressure coming from the exactly opposite location. Though mainly used on the arms and hands, the neck area is vulnerable to grasping as well.

Note: It should be pointed out that all pressure points are bi-lateral (dual locations on both the right and left hand sides of the body. The only exceptions to this are the pressure points located on the Conception Vessel and Governing Vessel meridians.
<table>
<thead>
<tr>
<th>LOCATION</th>
<th>POINT</th>
<th>TYPE</th>
<th>KOREAN</th>
<th>CHINESE</th>
</tr>
</thead>
<tbody>
<tr>
<td>TOP OF HEAD</td>
<td>GV-21</td>
<td>S</td>
<td>CHON JONG</td>
<td>QUAN DING</td>
</tr>
<tr>
<td>TEMPLE</td>
<td>TW-23</td>
<td>S-P</td>
<td>SHI JUK KONG</td>
<td>SI ZHU KONG</td>
</tr>
<tr>
<td>LOWER FOREHEAD</td>
<td>BL-2</td>
<td>S</td>
<td>CHAM JUK</td>
<td>ZAN ZHU</td>
</tr>
<tr>
<td>BRIDGE OF NOSE</td>
<td>BL-1</td>
<td>S</td>
<td>CHONG MYONG</td>
<td>JING MING</td>
</tr>
<tr>
<td>PHILTRUM</td>
<td>GV-26</td>
<td>S-P</td>
<td>SU GU</td>
<td>SHUI GOU</td>
</tr>
<tr>
<td>JAW HINGE</td>
<td>ST-7</td>
<td>S-P</td>
<td>HA GWAN</td>
<td>XIA GUAN</td>
</tr>
<tr>
<td>MASTOID</td>
<td>GB-12</td>
<td>S-P</td>
<td>WAN GOL</td>
<td>WAN GU</td>
</tr>
<tr>
<td>FRONT OF EAR</td>
<td>SI-19</td>
<td>S-P</td>
<td>CHONG GONG</td>
<td>TING GONG</td>
</tr>
<tr>
<td>LARYNX</td>
<td>CO-23</td>
<td>S-P</td>
<td>YOM CHON</td>
<td>LIAN QUAN</td>
</tr>
<tr>
<td>WINDPIPE</td>
<td>ST-9</td>
<td>S-P-G</td>
<td>IN YONG</td>
<td>REN YING</td>
</tr>
<tr>
<td>FRONT SIDE OF NECK</td>
<td>LI-18</td>
<td>S-P-G</td>
<td>PU TOL</td>
<td>TU</td>
</tr>
<tr>
<td>REAR SIDE OF NECK</td>
<td>TW-16</td>
<td>S-P</td>
<td>CHON YU</td>
<td>TIAN YOU</td>
</tr>
<tr>
<td>BASE OF SKULL</td>
<td>GV-15</td>
<td>S-P</td>
<td>A MUN</td>
<td>YA MEN</td>
</tr>
<tr>
<td>BASE OF NECK</td>
<td>GV-14</td>
<td>S</td>
<td>TAE CHU</td>
<td>DA ZHUI</td>
</tr>
<tr>
<td>BASE OF THROAT</td>
<td>CO-22</td>
<td>P</td>
<td>CHON TOL</td>
<td>TIAN TU</td>
</tr>
<tr>
<td>CLAVICLE</td>
<td>ST-12</td>
<td>S</td>
<td>KYOL BUN</td>
<td>QUE PEN</td>
</tr>
<tr>
<td>TOP OF TRAPEZIUS</td>
<td>SI-15</td>
<td>S-G</td>
<td>KON JUNG YU</td>
<td>JIAN ZHONG SHU</td>
</tr>
<tr>
<td>TOP OF SHOULDER</td>
<td>GB-21</td>
<td>S</td>
<td>KON JONG</td>
<td>JIAN JING</td>
</tr>
<tr>
<td>TOP INSIDE SHOULDER</td>
<td>LU-2</td>
<td>S-P</td>
<td>UN MUN</td>
<td>YUN MEN</td>
</tr>
<tr>
<td>ARMPIT</td>
<td>HT-1</td>
<td>S-P-G</td>
<td>KUK CHON</td>
<td>JI QUAN</td>
</tr>
<tr>
<td>PECTORAL MUSCLE</td>
<td>ST-16</td>
<td>S-P</td>
<td>YONG CHANG</td>
<td>YING CHUANG</td>
</tr>
<tr>
<td>SOLAR PLEXUS</td>
<td>CO-15</td>
<td>S</td>
<td>KU MI</td>
<td>JIU WEI</td>
</tr>
<tr>
<td>FLOATING RIB</td>
<td>LV-13</td>
<td>S</td>
<td>CHANG MUN</td>
<td>ZHANG MEN</td>
</tr>
<tr>
<td>UPPER STOMACH</td>
<td>CO-11</td>
<td>S</td>
<td>KOL LI</td>
<td>JIAN LI</td>
</tr>
<tr>
<td>TWO INCHES BELOW NAVAL</td>
<td>CO-6</td>
<td>S</td>
<td>KI HAE</td>
<td>QI HAI</td>
</tr>
<tr>
<td>BESIDE 5TH THORACIC</td>
<td>BL-15</td>
<td>S-P</td>
<td>SHIM YU</td>
<td>XIN SHU</td>
</tr>
<tr>
<td>BESIDE 7TH THORACIC</td>
<td>BL-17</td>
<td>S-P</td>
<td>KYOK YU</td>
<td>GE SHU</td>
</tr>
<tr>
<td>BESIDE 10TH THORACIC</td>
<td>BL-19</td>
<td>S-P</td>
<td>TAM YU</td>
<td>DAN SHU</td>
</tr>
<tr>
<td>LOWER SHOULDER BLADE</td>
<td>BL-41</td>
<td>S-P</td>
<td>KYOK KWN</td>
<td>GE GUAN</td>
</tr>
<tr>
<td>KIDNEY</td>
<td>BL-45</td>
<td>S-P-G</td>
<td>WI CHANG</td>
<td>WEI CANG</td>
</tr>
<tr>
<td>BESIDE 1ST LUMBER</td>
<td>BL-46</td>
<td>S-P</td>
<td>HWANG MUN</td>
<td>HUANG MEN</td>
</tr>
<tr>
<td>BACK OF WAIST</td>
<td>BL-47</td>
<td>S-P</td>
<td>CHI SIL</td>
<td>ZHI SHI</td>
</tr>
<tr>
<td>COCCYX (TAILBONE)</td>
<td>BL-35</td>
<td>S</td>
<td>HOE YANG</td>
<td>HUI YANG</td>
</tr>
<tr>
<td>GROIN</td>
<td>CO-1</td>
<td>S</td>
<td>HOE UM</td>
<td>HUI YIN</td>
</tr>
<tr>
<td>INSIDE ELBOW</td>
<td>HT-3</td>
<td>S-P-G</td>
<td>SO HAE</td>
<td>SHAO HAI</td>
</tr>
<tr>
<td>FRONT ELBOW</td>
<td>PC-3</td>
<td>S-P-G</td>
<td>KOK TAEK</td>
<td>QU ZE</td>
</tr>
<tr>
<td>TOP OF FOREARM</td>
<td>LI-10</td>
<td>S-P-G</td>
<td>SU SAL LI</td>
<td>SHOU SAN LI</td>
</tr>
<tr>
<td>WRIST - RADIAL SIDE</td>
<td>LI-5</td>
<td>S-P</td>
<td>YANG GYE</td>
<td>YANG XI</td>
</tr>
<tr>
<td>WRIST - ULNA SIDE</td>
<td>SI-5</td>
<td>S-P</td>
<td>YANG GOK</td>
<td>YANG GU</td>
</tr>
<tr>
<td>UPPER INSIDE WRIST</td>
<td>LU-8</td>
<td>P-G</td>
<td>KBYONG GO</td>
<td>JING GU</td>
</tr>
<tr>
<td>LOWER INSIDE WRIST</td>
<td>PC-7</td>
<td>P-G</td>
<td>TAE RYONG</td>
<td>DA LING</td>
</tr>
<tr>
<td>HORSESHOE</td>
<td>LI-4</td>
<td>P-G</td>
<td>HAP KOK</td>
<td>HE GU</td>
</tr>
<tr>
<td>INSIDE UPPER THIGH</td>
<td>SP-12</td>
<td>S-P</td>
<td>CHUNG MUN</td>
<td>CHONG MEN</td>
</tr>
<tr>
<td>INSIDE UPPER KNEE</td>
<td>SP-10</td>
<td>S-P</td>
<td>HYOL HAE</td>
<td>XUE HAI</td>
</tr>
<tr>
<td>BACK OF KNEE</td>
<td>BL-54</td>
<td>S-P</td>
<td>WI JUNG</td>
<td>WEI ZHONG</td>
</tr>
<tr>
<td>INSIDE OF ANKLE</td>
<td>SP-6</td>
<td>S-P</td>
<td>SAM UM GYO</td>
<td>SAN YIN JIAO</td>
</tr>
<tr>
<td>OUTSIDE OF ANKLE</td>
<td>GB-39</td>
<td>S-P</td>
<td>HYON JONG</td>
<td>JUE GU</td>
</tr>
<tr>
<td>ARCH OF FOOT</td>
<td>ST-42</td>
<td>S-P</td>
<td>CHUNG YANG</td>
<td>CHONG YANG</td>
</tr>
<tr>
<td>BASE OF TOES</td>
<td>ST-44</td>
<td>S-P-G</td>
<td>NA JONG</td>
<td>NET TING</td>
</tr>
<tr>
<td>BOTTOM OF FOOT</td>
<td>KI-1</td>
<td>P</td>
<td>YONG CHON</td>
<td>YONG QUAN</td>
</tr>
</tbody>
</table>
LUNG

Top Inside Shoulder
LU-2
C: Yun Men
K: Un Mun
Striking-Pressing

Upper Inside Wrist
LU-8
C: Jing Qu
K: Kyong Go
Pressing-Grasping
LARGE INTESTINE

Front Side of Neck
LI-18
C: Fu Tu
K: Bu Dol
Striking-Pressing-Grasping

Top of Forearm
LI-10
C: Shou San Li
K: Su Sal Li
Striking-Pressing-Grasping

Wrist-radial side
LI-5
C: Yang Xi
K: Yang Gye
Striking-Pressing

Horseshoe
LI-4
C: He Gu
K: Hap Kok
Pressing-Grasping
STOMACH

Jaw Hinge
ST-7
C: Xia Guan
K: Ha Gwan
Striking-Pressing

Windpipe
ST-9
C: Ren Ying
K: In Yong
Striking-Pressing-Grasping

Clavicle
ST-12
C: Que Pen
K: Kyol Bun
Pressing

Pectoral Muscle
ST-16
C: Ying Chuang
K: Yong Chang
Striking-Pressing

Arch of Foot
ST-42
C: Chong Yang
K: Chung Yang
Striking-Pressing

Base of Toes
ST-44
C: Net Ting
K: Nae Jong
Striking-Pressing-Grasping
SPLEEN

Inside Upper Thigh
SP-12
C: Chong Men
K: Chung Mun
Striking-Pressing

Inside Upper Knee
SP-10
C: Xue Hai
K: Hyol Hae
Striking-Pressing

Inside of Ankle
SP-6
C: San Yin Jiao
K: Sam Um Gyo
Striking-Pressing
HEART

Armpit
HT-1
C: Ji Quan
K: Kuk Chon
Striking-Pressing-Grasping

Inside Elbow
HT-3
C: Shao Hai
K: So Hae
Striking-Pressing-Grasping
SMALL INTESTINE

Top of Trapezius
SI-15
C: Jian Zhong Shu
K: Kon Jong Yu
Striking-Grasping

Wrist-ulna side
SI-5
C: Yang Gu
K: Yang Gok
Striking-Pressing

Front of Ear
SI-19
C: Ting Gong
K: Chong Gong
Striking-Pressing
BLADDER

Lower Forehead
BL-2
C: Zan Zhu
K: Cham Juk
Striking

Bridge of Nose
BL-1
C: Jing Ming
K: Chong Myong
Striking

Beside 5th Thoracic
BL-15
C: Xin Shu
K: Shim Yu
Striking-Pressing

Beside 7th Thoracic
BL-17
C: Ge Shu
K: Kyok Yu
Striking-Pressing

Beside 10th Thoracic
BL-19
C: Dan Shu
K: Tam Yu
Striking-Pressing

Lower Shoulder Blade
BL-41
C: Ge Guan
K: Kyok Kwan
Striking-Pressing

Kidney
BL-45
C: Wei Cang
K: Wi Chang
Striking-Pressing

Beside 1st Lumbar Coccyx (Tailbone)
BL-46
C: Huang Men
K: Hwang Mun
Striking-Pressing

Striking
Back of Waist
BL-47
C: Zhi Shi
K: Chi Sil
Striking-Pressing

Striking-Pressing
Back of Knee
BL-54
C: Wei Zhong
K: Wi Jung
Striking-Pressing
KIDNEY

Bottom of Foot
KI-1
C: Yong Quan
K: Yong Chon
Pressing
PERICARDIUM

Lower Inside Wrist
PC-7
C: Da Ling
K: Tae Ryong
Pressing-Grasping

Front of Elbow
PC-3
C: Qu Ze
K: Kok Taek
Striking-Pressing-Grasping
TRIPLE WARMER

Temple
TW-23
C: Si Zhu Kong
K: Shi Juk Kong
Striking-Pressing

Rear Side of Neck
TW-16
C: Tian You
K: Chon Yu
Striking-Pressing
GALLBLADDER

Mastoid
GB-12
C: Wan Gu
K: Wan Gol
Striking-Pressing

Top of Shoulder
GB-21
C: Jian Jing
K: Kon Jong
Striking

Outside of Ankle
GB-39
C: Jue Gu
K: Hyon Jong
Striking-Pressing
LIVER
Floating Rib
LV-13
C: Zhang Men
K: Chang Mun
Striking
CONCEPTION VESSEL

Larynx
CO-23
C: Lian Quan
K: Yom Chon
Striking-Pressing-Grasping

Base of Throat
CO-22
C: Tian Tu
K: Chon Tol
Pressing

Solar Plexus
CO-15
C: Jiu Wei
K: Ku Mi
Striking

Upper Stomach
CO-11
C: Jian Li
K: Kol Li
Striking

Two Inches Below Navel
CO-6
C: Qi Hai
K: Ki Hae
Striking

Groin
CO-1
C: Hui Yin
K: Hoe Um
Striking
GOVERNING VESSEL

Top of Head
GV-21
C: Quian Ding
K: Chon Jong
Striking

Philtrum
GV-26
C: Shui Gou
K: Su Gu
Striking-Pressing

Base of Skull
GV-15
C: Ya Men
K: A Mun
Striking-Pressing

Base of Neck
GV-14
C: Da Zhui
K: Tae Chu
Striking