

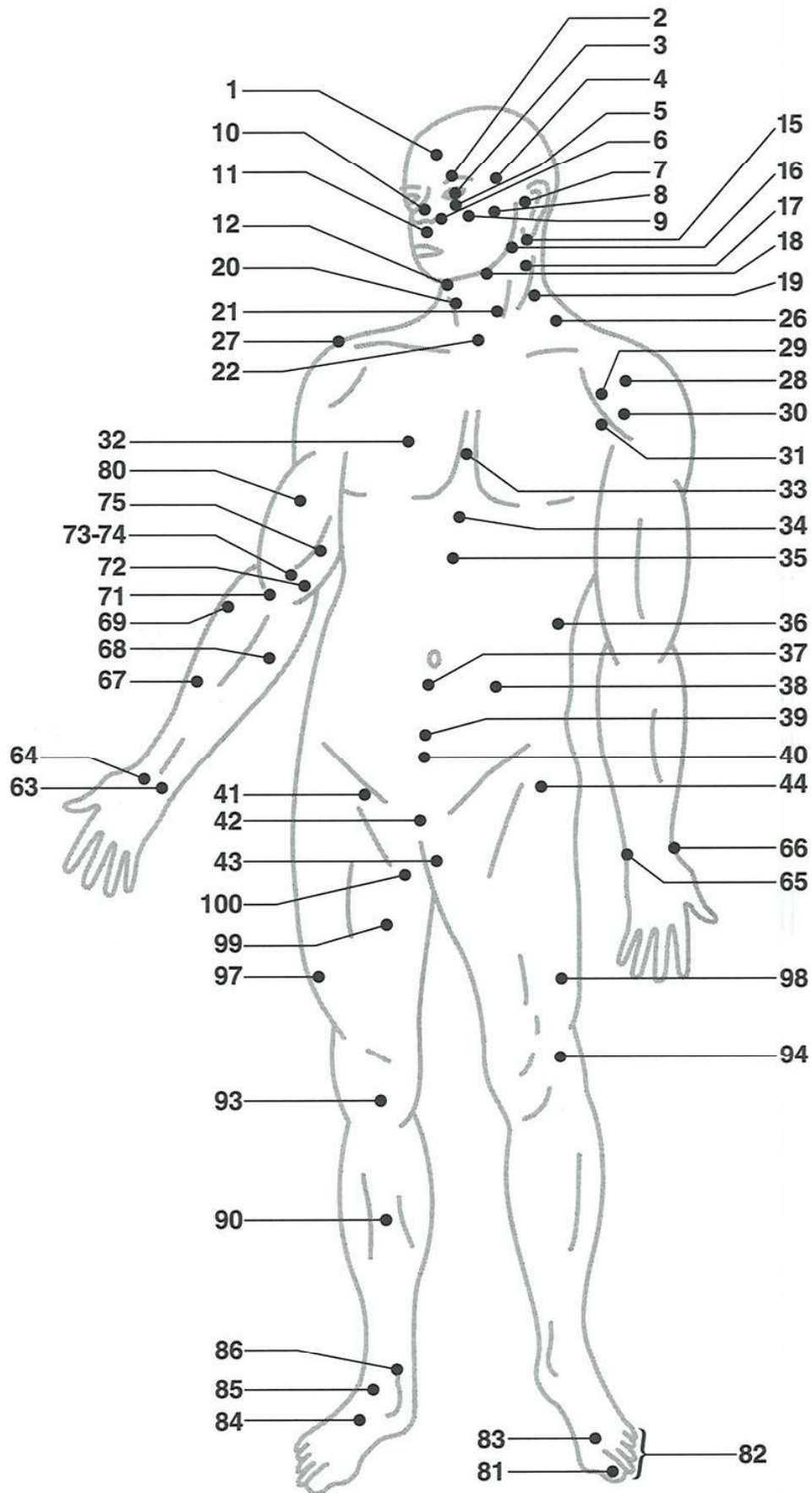
## Reference Chart

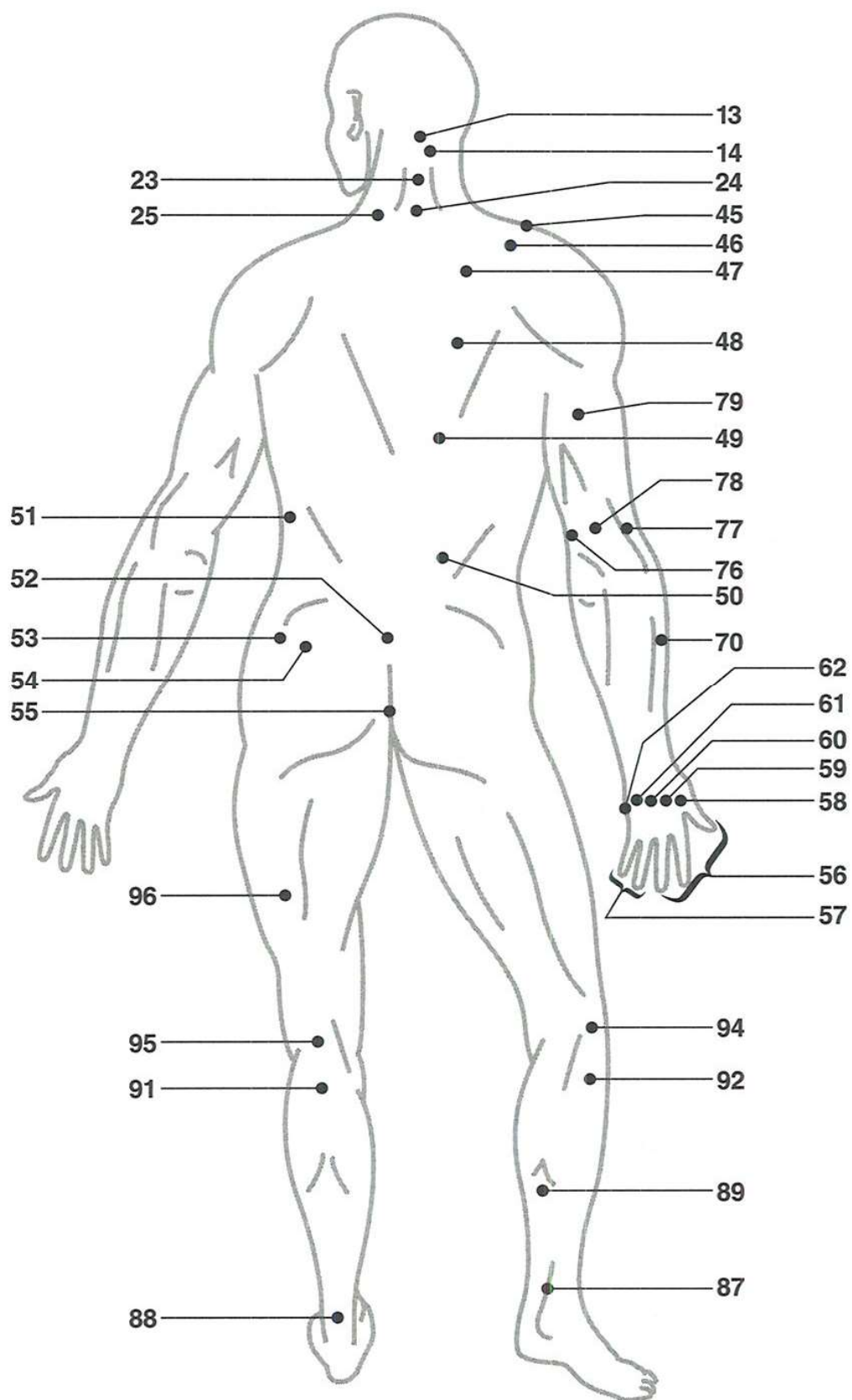
The following reference chart lists 100 vital points on the human body. Admittedly, this is a lot more than the 43 points shown in my first book, *Jujitsu: Basic Techniques of the Gentle Art* (Kirby 1983, 27). I have renumbered the original 43 points to ensure a smooth fit with the newly added ones. Wherever possible, the points are also cross-referenced to trigger points (Western therapy) and meridian points (Eastern acupressure/acupuncture therapy), as well as specific nerves and muscle groups. This numbering system presents a more logical sequence, making the points easier to remember should you choose to commit them to memory. Also, remember that some vital-point areas may include one or more meridian points.

Please be aware that all of these points work. You should use caution when learning how to effectively use each one until you become proficient. Excessive or sudden pressure can cause an unexpected reaction or injury to your *uke* (partner). Although the chart lists three levels of effect (L = light, M = moderate, S = severe) to a given area of the body, it is very easy to cause injury to other parts of the body. For example, unexpected pressure to a thumb tip can cause your uke to quickly bend his elbow. This can trigger a loss of balance and a fall to the ground, potentially resulting in injury.

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Excerpted from *Jujitsu: Nerve Techniques; The Invisible Weapon of Self-Defense*, by George Kirby, c2001 Black Belt Books Ohara Publications, Inc. ISBN 0-89750-412-X; pp.16-26.





## PRESSURE-POINT REFERENCE TABLE

No.	Description	Nerve(s)	Effect	Trigger Pt./Muscle Group.	Merid. Pt.
1	center of forehead	facial	M	frontalis	GB-14
2	ridge above eyes	supraorbital	LM	frontalis	B-2
3	eyes		S		
4	temple	zygomaticotemporalis	MS	temporalis	TW-23 GB-1
5	ridge at base of eyes	infraorbital	MS		ST-1
6	side base of nose (next to nostril)	infraorbital	LM		LI-20
7	ears (insert finger)		M		
8	side of jaw (in a line from base of nose to mid-ear)	zygomatic branch facial	MS	masseter	GB-3
9	cheekbone (below eyes)	infraorbital (facial buccal branch)	MS	zygomaticus major	ST-2
10	tip of nose	external nasal	MS		GV-25
11	philtrum (base of nose)	infraorbital (sup. labial)	MS		GV-26
12	under chin	mentalis	LM		
13	Whitney's Notch (rear center base of skull)	accessory	MS	trapezius	GV-16
14	base of skull (rear, 1 to 2 inches right of center)	occipital	S	trapezius	B-10
15	mastoid nerve (under ear)	auricular, hypoglossal, vagus	LM	sternocleidomastoid (sternal head)	TW-17
16	just behind lower part of jawbone	vagus (trigeminal)	LMS	posterior digastric	SI-17
17	under jaw	auricular, hypoglossal, vagus (mylohyoid)	LMS	anterior digastric	SI-17 LI-18
18	side of neck, halfway down, front of sternocleidomastoid muscle	supraclavicular	LMS		LI-17
19	base of neck, directly down from mastoid (clavical notch)	supraclavicular (spinal accessory)	LM	upper trapezius	LI-17 ST-12



No.	Description	Nerve(s)	Effect	Trigger Pt./Muscle Group.	Merid. Pt.
20	larynx	vagus, cervical, cardiac	MS		S-9 S-10
21	base of neck (at artery toward front of neck)	phrenic (auricular)	LMS	sternocleidomastoid (sternal head)	ST-11
22	jugular (suprasternal) notch	supraclavicular	MS		CV-22
23	center of neck (rear) at second cervical vertebra	accessory	MS	trapezius	
24	base of neck (rear)		MS	cervical seven vertebra	GV-14
25	rear side base of skull, between trapezius and sternocleidomastoid muscle	accessory (occipital [dorsal rami mid-lower cervical nerves])	MS	trapezius (splenius captis)	GB-20
26	one-third of the way down from neck at collarbone	brachial plexus (auricular plus others)	MS		TW-15 ST-12
27	top and front of shoulder joint	supraclavicular (median, ulnar, radial and axillary)	LMS	brachial plexus (complex of nerves: med., rad., uln.)	LI-16
28	front of shoulder at 2 o'clock	axillary (medial pectoral)	LM	pectoralis minor	LU-1
29	just inside front of shoulder joint	axillary (brachial plexus)	LMS	anterior deltoid	LU-2
30	armpit, upward and inward toward head	brachial plexus (nerve group: med./rad./uln./med. cutaneous)	LM		H-1
31	just below LU-1 (point 28: front of shoulder at 2 o'clock)	lateral pectoral (mediaband lateral pectoral)	LMS	pectoralis major	ST-13
32	front of chest at intersection of horizontal line at armpit and vertical line running down from side of neck	medial and lateral pectoral	BP	pectoralis major	K-24
33	sternum (level with nipples)	intercostal	LMS		CV-17
34	zyphoid process		S		CV-16
35	solar plexus		MS		CV-15
36	side base of ribs (floating ribs)	intercostal	MS		GB-25 LV-13

No.	Description	Nerve(s)	Effect	Trigger Pt./Muscle Group.	Merid. Pt.
37	hypogastrum (about 1 inch below navel)	iliohypogastric	MS		CV-6
38	front of stomach, midway between front and side	anterior cutaneous	LM		ST-25 K-16
39	four inches below navel (saiki tanden)		MS (BP)		CV-4
40	bladder	intercostal nerves (T7-12)	MS	rectus abdominis	CV-2 CV-3
41	femoral artery pressure point (just outside)	femoral	LM		SP-12
42	groin		MS		CV-1
43	center of crotch	prostate	S		
44	front side of hip	lateral cutaneous	LMS	tensor fasciae latae	GB-28
45	shoulder top, halfway between neck and shoulder joint	cranial XII (spinal accessory, supraclavicular)	LM	upper trapezius	GB-21
46	rear of shoulder, halfway between neck and shoulder joint	cranial XII (spinal accessory, lateral)	LM	upper trapezius	TW-15
47	rear of shoulder (superior scapula)	suprascapular, musculocutaneous	LM	levator scapula	B-14 B-36
48	trapezius (between vertebrae and shoulder blades)	dorsal scapular	MS	rhomboids (lower)	B-39
49	trapezius muscle, lower	dorsal rami of spinal nerves	M	splenius cervicis	B-38
50	kidneys	thoracic (intercostal nerves T12-L2)	MS	lower quadratus lumborum	B-47
51	side, below ribs, slightly to back side	lateral cutaneous	LM	quadratus/external oblique	GB-25
52	center base at tailbone (coccyx)	sciatic	BP		GV-1 B-31 to B-34
53	rear side of hip	superior gluteal	LMS	gluteus minimus	GB-28 GB-29

No.	Description	Nerve(s)	Effect	Trigger Pt./Muscle Group.	Merid. Pt.
54	rear of hip, lower back	sciatic (sacral nerves, first and second)	BP	piriformis	
55	crotch, rectum (anus/sphincter muscle)	sphincter	MS		
56	nail, under thumb and fingers 1, 2 and 3 (inside)	median	LM		
57	nail, under fingers 3 and 4 (outside)	ulnar	LM		
58	between thumb and finger 1	radial	L	first dorsal interosseus	LI-4
59	back of hand, between fingers 1 and 2	radial	LM	second dorsal interosseus	P-8
60	back of hand, between fingers 2 and 3 (inside)	digital	LM	second dorsal interosseus	
61	back of hand, between fingers 3 and 4	ulnar	LM	dorsal interosseus	TW-3 H-8
62	base of little finger, below knuckle	ulnar	LM	(boney)	SI-3
63	wrist (at base of ulnar)	ulnar	L	flexor carpi ulnaris	LU-9
64	wrist (inside base) between radius and ulnar bones	median	LM	flexor pollicis longus	P-7
65	wrist joint (little finger side)	ulnar	LMS	abductor minimi	LI-5 LU-5
66	wrist joint (thumb side)	radial	LMS	extensor pollicis longus	SI-5 SI-6 H-7
67	forearm (halfway down at base of brachioradialis)	cutaneous, radial	LM	brachioradialis (base)	LU-6
68	one-third of the way down inside forearm	ulnar	LMS	flexor digitorum superficialis (humeral head)	LU-6
69	one-quarter of the way down inside top of forearm	radial	LM	supinator	LU-6
70	outside back of elbow, about one-third of the way down	radial, musculocutaneous	LM	extensor carpi radialis longus	LI-10



No.	Description	Nerve(s)	Effect	Trigger Pt./Muscle Group.	Merid. Pt.
71	middle of elbow, front crease	median	LM	biceps tendon	P-3 LU-5
72	above elbow on tricep tendon	radial	LM	triceps brachii (medial head)	H-3 HC-3
73	inside of elbow at base of bicep tendon	radial, median	LM	pronator teres	P-3
74	inside of elbow just above elbow joint	median, musculocutaneous	LM	brachialis	L-5
75	inside of elbow halfway down from shoulder below bicep	ulnar, median	LM	triceps brachii	H-2
76	back of elbow (inside)	ulnar (inside)	MS	triceps brachii (medial head)	SI-8
77	back of elbow (outside)	radial (outside)	MS	extensor carpi radialis	LI-11
78	back of elbow (center)	radial	MS	triceps brachii (medial head)	TW-10 TW-11
79	upper arm (outside, back, tricep, halfway down)	radial	LM	triceps brachii	TW-12
80	brachioradialis muscle (base and halfway down upper arm [biceps])	musculocutaneous	M	biceps	L-4
81	big toe	deep peroneal (medial plantar)	LM	extensor hallucis	SP-1 LV-1
82	toes	deep peroneal	LM	extensor digitorum	GB-44 B-67 ST-44 ST-45
83	valley between large and second toes	deep peroneal	LMS	dorsal interosseous	LV-2
84	instep	deep peroneal (dorsal digital, lateral and medial plantar)	MS	extensor digitorum	ST-43 GB-41 LV-3
85	front of foot and ankle joint (instep)	deep peroneal	LMS	tibialis anterior	ST-41 GB-40
86	just above anklebone on inside of foot	tibial	LMS	tibialis posterior	KI-6 KI-7



No.	Description	Nerve(s)	Effect	Trigger Pt./Muscle Group.	Merid. Pt.
87	just above the outside anklebone on outside of foot	superficial peroneal	M	peroneus	BL-59 BL-60
88	heel at Achilles tendon	tibial	MS	Achilles tendon (gastroc/soleus)	K-3
89	base of calf muscle	tibial	LMS	soleus	B-57
90	one-third of the way down the shin	deep peroneal (princeps pollicis and radialis)	LM	anterior tibialis	ST-38 ST-39
91	behind knee joint, just below knee	tibial, saphenous	LMS	gastrocnemius (nerve: tibialis posterior)	B-54
92	outer side of knee joint, just below knee	peroneal, superficial	LMS	peroneus longus	GB-33 GB-34
93	front of kneecap	saphenous branches	MS	vastus medialis	ST-35
94	outside rear of knee joint	sciatic	LMS	biceps femoris	B-53
95	center of knee joint	popliteal (tibial)	LM	popliteal (nerve: gastrocnemius)	B-54
96	back side of thigh, two-thirds of the way down	sciatic	LMS	biceps femoris	GB-32
97	outside front side of thigh, three-quarters of the way down	femoral (lateral cutaneous)	LMS	vastus lateralis	ST-34
98	about 3 inches above knee joint on outside	sciatic (femoral cutaneous)	LMS	biceps femoris	ST-34
99	inside thigh, midway between kneecap and hip joint	internal cutaneous (obturator and saphenous [the latter coming from femoral nerve])	L	abductor magnus and gracilis	SP-11
100	inside thigh, about one-quarter of the way down from crotch	internal cutaneous (obturator)	LM	abductor longus/bevis	LV-10