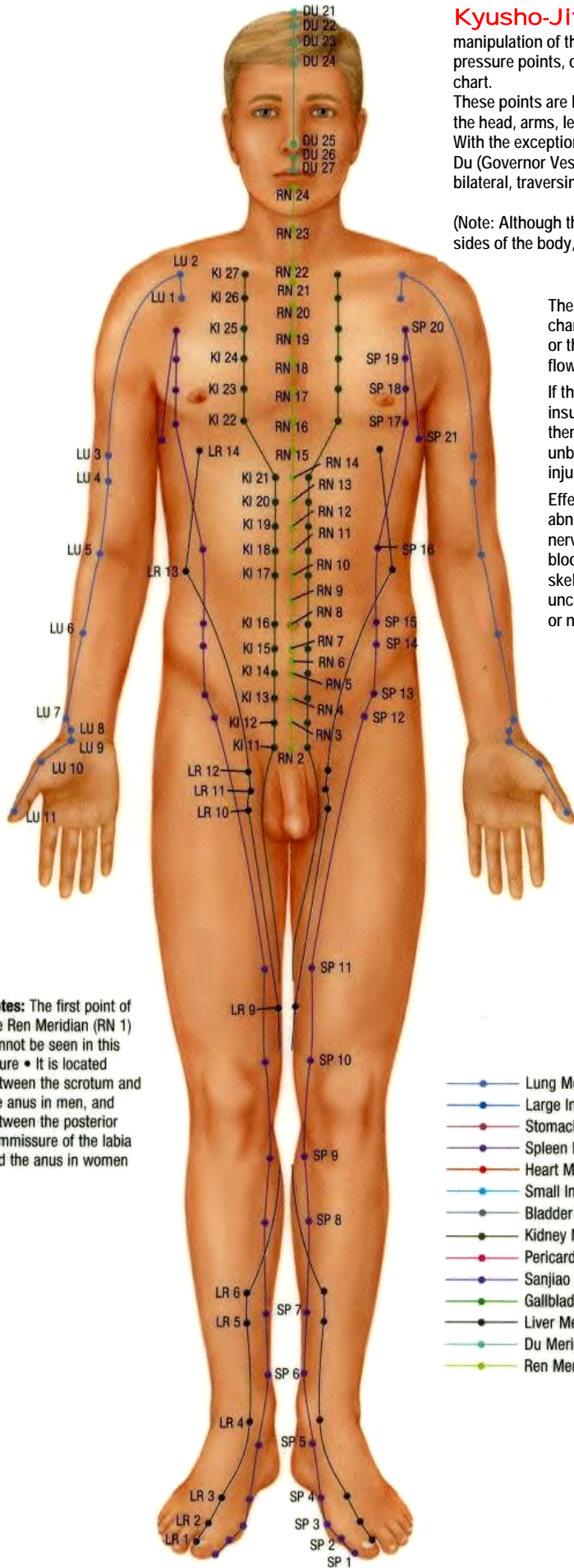


Figure 1: Anterior View of Meridians



Notes: The first point of the Ren Meridian (RN 1) cannot be seen in this figure • It is located between the scrotum and the anus in men, and between the posterior commissure of the labia and the anus in women

Kyusho-Jitsu involves the striking or manipulation of the body's natural energy points or pressure points, of which many are shown on this chart.

These points are located along 14 meridians traversing the head, arms, legs, and trunk. With the exception of the Ren (Conception Vessel) and Du (Governor Vessel) meridians, all meridians are bilateral, traversing both side of the body.

(Note: Although this chart shows meridians on both sides of the body, only one side is labeled)

These meridians are channels through which Qi or the body's vital energy flows throughout the body.

If the flow of Qi is insufficient or interrupted, then the body becomes unbalanced and reaction or injury will occur.

Effects may include abnormal pressure on nerves, lymph nodes, and blood vessels, muscular or skeletal damage, dizziness, unconsciousness, death, or neurological shutdown.

- Lung Meridian (LU) – 11 points
- Large Intestine Meridian (LI) – 20 points
- Stomach Meridian (ST) – 45 points
- Spleen Meridian (SP) – 21 points
- Heart Meridian (HT) – 9 points
- Small Intestine Meridian (SI) – 19 points
- Bladder Meridian (BL) – 67 points
- Kidney Meridian (KI) – 27 points
- Pericardium Meridian (PC) – 9 points
- Sanjiao (Triple Energizer) Meridian (SJ) – 23 points
- Gallbladder Meridian (GB) – 44 points
- Liver Meridian (LR) – 14 points
- Du Meridian (Governor Vessel) (DU) – 28 points
- Ren Meridian (Conception Vessel) (RN) – 24 points

Figure 2: Posterior View of Meridians

