

Atemi-Waza - Vital Point Striking

A vital point is that part of a body which, when struck with sufficient force, angle and accuracy, can render the opponent incapacitated, unconscious or even dead. The important point however, is the scientific and drastic effect they have on the nervous system. If improperly practised vital point manipulation can lead to headaches, nausea, unconsciousness, paralysis or death.

Atemi-waza has a long history in Wado Kai. Sensei Otsuka presented Funakoshi a chart of vital points in the early 1930's as a gift to commemorate the publication of Funakoshi's 1935 "Karatedo Kyohan" book.

Apparently Sensei Otsuka received the chart as part of his training in Shindo Yoshinryu jujutsu.

36 Atemi-waza

Jodan

1. Tendo (coronal suture)
2. Tendo (just above the forehead and hairline)
3. Komekami (temples)
4. Gansei (eyes)
5. Mimi (ears)
6. Dokko (behind the ears)
7. Jinchu (region below the nose)
8. Gekon (below lower lip)
9. Shofu (side of neck)
10. Hichu (adam's apple)
11. Sonu (base of throat)
12. Clavicle fossa
13. Keichu (nape of neck)

Chudan

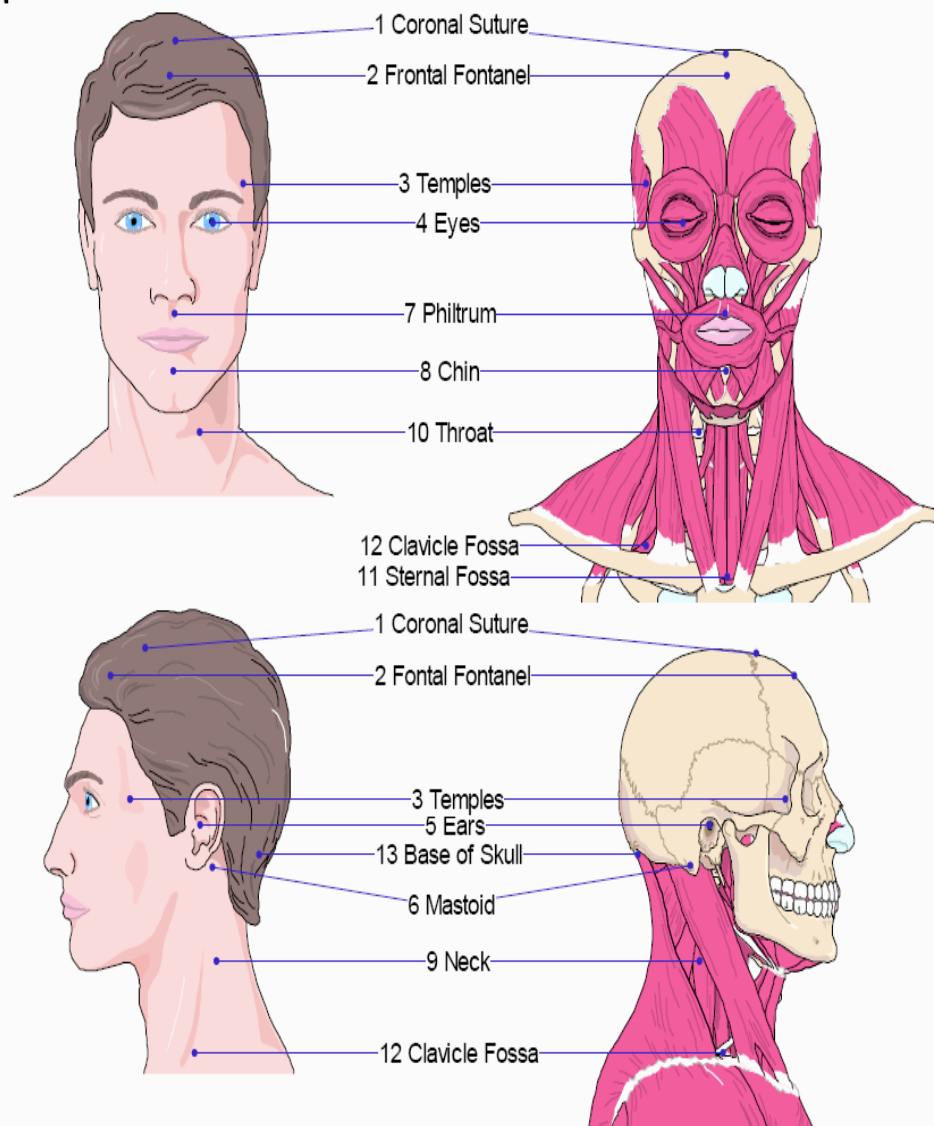
14. Soda (between shoulder blades)
15. Danchu (sternum)
16. Suigetsu (solar-plexus)
17. Kyoei (armpits)
18. 4th thoracic vertebra
19. Kodenko (1st lumbar vertebra)
20. Bitei (coccyx, tail bone)
21. Myojo (below navel)
22. Kinteki (testicles and prostrate nerve)
23. Denko (between 7th and 8th ribs)
24. Inazuma (side, tip of 11th rib)
25. Yako (inside upper thigh)
26. Outside bicep
27. Outside forearm
28. Sotojakuzawa (wrist edge above pulse)
29. Kote (inside wrist crease)

- 30. Shuko (back of the hand between thumb and forefinger)
- 31. Web between the baby and ring finger

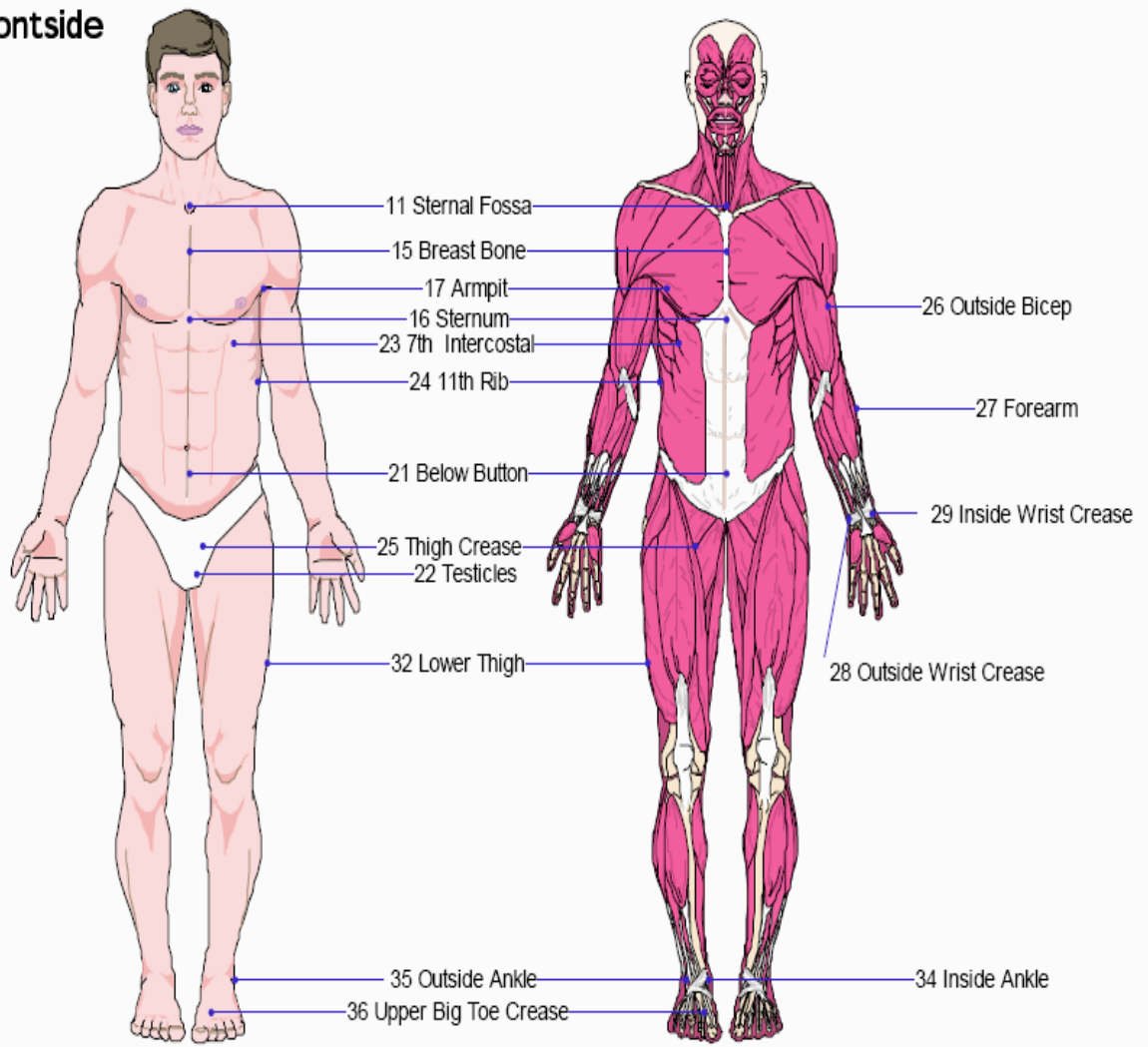
Gedan

- 32. Fukuto (outside lower thigh)
- 33. Hizakansetsu (knee joint)
- 34. Uchikurobushi (inside ankle joint)
- 35. Outside ankle joint
- 36. Kori (instep of big toe and 2nd toe)

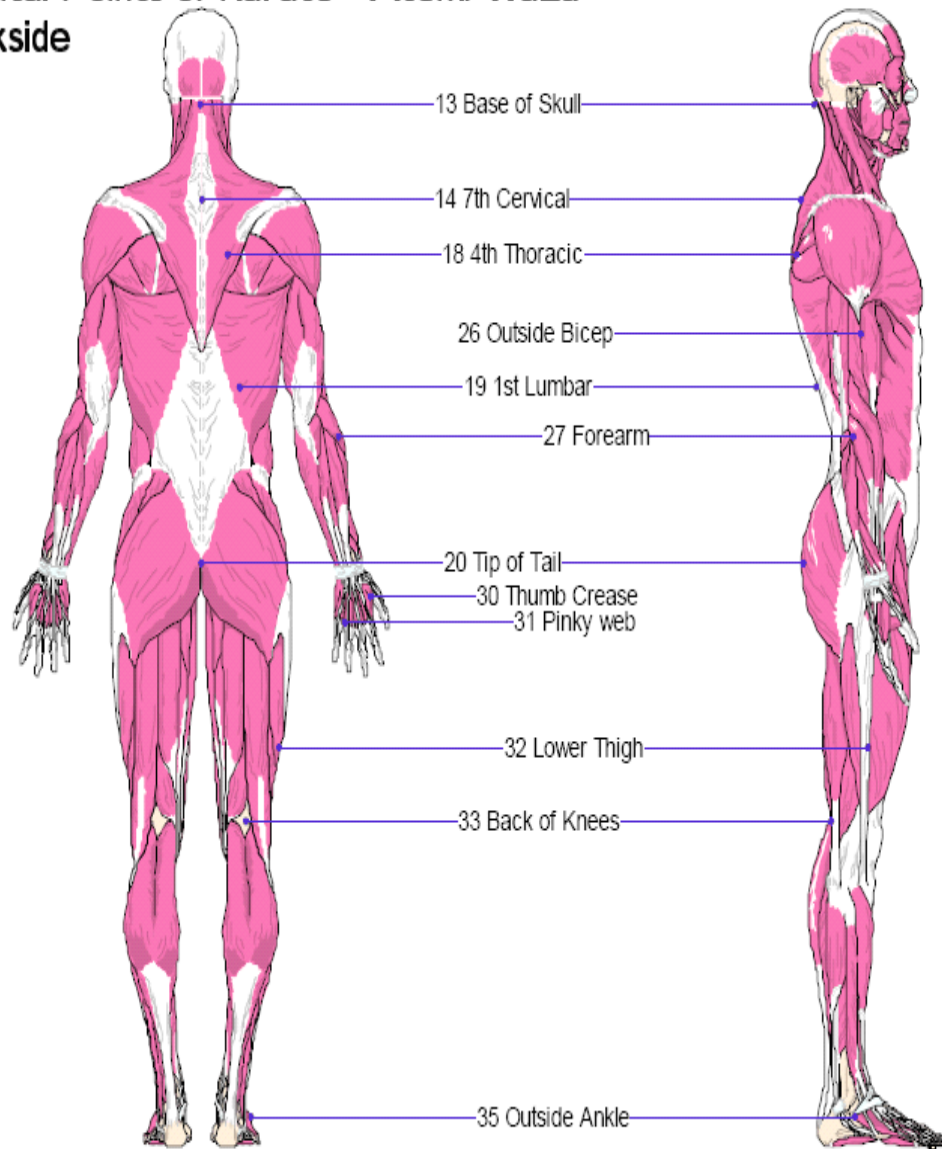
Jodan



36 Vital Points of Karate - Atemi-Waza Frontside



36 Vital Points of Karate - Atemi-Waza Backside



Taken from the website:
<http://www.edsonkarate.ca/training/atemiwaza.pdf>