

Vital Points –Methods of Attacking

Center of the Skull- Bottom Fist- Elbow

Temples- Fore fist, back fist- ridgehand- elbow- knifehand- middle finger-one knuckle fist-instep (roundhouse kick)

Bridge of Nose- *Hand:* Fore fist- back fist- knifehand- middle finger- one knuckle fist- ridgehand- forehead

Under the Nose- *Hand:* Fore fist-back fist-middle finger-one knuckle-ridgehand-forehead
Foot: Knee-foot edge

Side of Chin- *Hand:* Palm heel-fore fist-elbow
Foot: Instep (roundhouse kick)

Front of Chin- *Hand:* Fore fist-palm heel
Foot: Ball of foot (front kick)-knee-foot edge-heel (back kick)

Adams Apple- *Hand:* Middle finger-one knuckle fist-one finger spearhand-knifehand ridgehand

Side of Neck- *Hand:* Knifehand-bottom fist-ridgehand
Foot: Instep (roundhouse kick)

Pit of Neck- *Hand:* Two finger spearhand

Armpit- *Hand:* Middle finger-one knuckle fist-elbow

Heart-*Hand:* Fore fist-backhand-back fist-palm heel-elbow-ridgehand
Foot: Ball of foot-foot edge-instep (roundhouse kick)-knee-heel (back kick)

Solar Plexus-*Hand:* Fore fist-back fist-middle finger-one knuckle fist-four finger spearhand ridgehand-palm heel-elbow
Foot: Ball of foot (both)-knee-heel (back kick)-foot edge

Side Ribs-*Hand:* Fore fist-middle finger-one knuckle fist-elbow-palm heel
Foot: Ball of foot (front kick)-foot edge

Side of Arm-*Hand:* Knifehand-bottom fist

Groin-*Hand:* Ridgehand-back fist-fore fist-palm heel
Foot: Ball of foot (foot kick and roundhouse kick)-instep (roundhouse kick)-knee-heel (back kick)

Under Knee Cap-*Foot:* Foot edge-ball of foot (front kick)

Side of Calf-*Foot:* Ball of foot-foot edge-heel (back kick)

Instep-*Foot:* Heel (fumikomi)

Base of Skull-Hand: Knifehand-bottom fist-middle finger- one knuckle fist-elbow
Foot: Instep (roundhouse kick)

Center of Shoulder Blades-Hand: Fore fist-middle finger-one knuckle fist-bottom fist-elbow
Foot: Ball of foot (front kick and roundhouse)

Kidneys-Hand: Middle finger-one knuckle fist-bottom fist-palm heel-elbow-fore fist

Coccyx (tail bone)-Foot: Ball of foot (both)-knee

Calf-Foot: Ball of foot

Hollow of the Knee-Foot: Ball of foot-foot edge

Achilles Tendon-Foot: Foot edge-heel-ball of foot