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Vital points of the head

These are parts of the body that when attacked will do one of the following:

- Cause a great deal of pain
- Cause a great deal of pain and permanent damage
- Cause a great deal of pain, permanent damage and death

There are 3 ways to traumatize vital points:

- Strike or punch
- Poke or press
- Grab or pinch

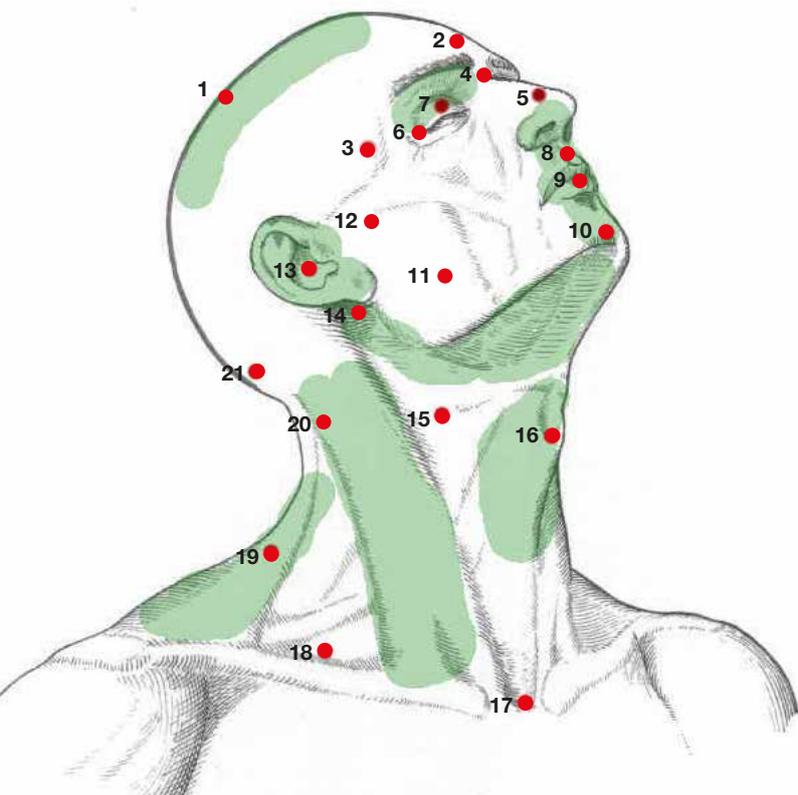
As result, several conditions may occur: pain, shock, respiratory disturbances, temporally paralyze, hyper torsion, joint dislocation, bone fracture and internal bleeding. For more detailed look, click on picture.

The impact on vital points is indicated by numbers as followed:

1. Moderate pain
2. Sharp pain
3. Severe pain
4. Unconsciousness or temporary paralysis
5. Fatal

Head

Most important vital points of human body are located on neck and head. I will mention few techniques: eye poke, nose smash, throat grab, ear slap, hair grab, knife hand to neck, finger thrust to jugular notch. You can also manipulate opponents head in order to take him down or to break the neck.



Description	Result of light impact	Result of full-power attack
01 Top of the head (Schädeldach)	2	4
02 Forehead (Stirn)	2	4
03 Temple (Schläfe)	3	5
04 Base of nose (Nasenwurzel)	2	4
05 Bridge of nose (Nasenrücken)	2	4
06 Intraocular pressure	2	4
07 Eyeball (Augen)	2-3	4-5
08 Philtrum (Oberlippen-Rinne)	1-2	3-4
09 Mouth (Mund)	1-2	3-4
10 Chin (Kinn) and	2	4
11 Jaw (Kieferknochen)	2	4
12 Cheekbone (Wangenknochen)	2	4
13 Ear (Ohr)	3	5
14 Mastoid Glands (Lymphknoten)	4	5
15 Carotid artery (Halsschlagader)	2	4
16 Adam's apple (Adamsapfel)	3	5
17 Wind pipe (Luftröhre)	3	5
18 Neck artery (Wirbelarterie)	3	5
19 Trapezius (Kapuzenmuskel)		
20 Side of neck	2	4
21 Back of neck (Genick)	3	5



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01 Top of Head (Schädeldach)

The skull is weak where the frontal and parietal bones join. A forceful blow causes trauma to the cranial nerves, resulting in unconsciousness and vascular shock. A particularly sharp blow could cause death. This is considered a very serious attack.

02 Forehead (Stirn)

A forceful blow could cause a whiplash injury from the sudden change in head position. A very sharp blow causes concussion, brain hemorrhage or death. This is considered a serious attack.

03 Temples (Schläfen)

For the strike it is necessary to target a small area, and to do this use the index finger, middle finger and thumb in a pinching position to perform this double strike.

The temples are soft areas of the skull to either side of the forehead. Here it is often possible to see throbbing veins etc., and thus when struck it is possible to briefly cut off the supply of blood (and therefore oxygen) to the brain. This results in disorientation, and possible loss of consciousness if the blow is hard enough.

The bone structure is very weak at this point and the meningeal artery and a large nerve lie close to the skin surface. A powerful blow causes unconsciousness and brain concussion. A sharp blow might even fracture the bone structure and pinch the meningeal artery. If the artery were severed, there would be an immediate compression of the brain due to massive hemorrhage. Coma or death would result. This is considered a very serious attack.

04 Base of nose (Glabella; Nasenwurzel)

Using the whole body, strike up with the outside edge of the hand into the base of the nose.

This will almost surely break the cartilage in the nose. This will have the same sort of effect as striking the bridge of the nose. With enough power the strike can force pieces of broken cartilage into the opponent's skull – the results are obvious. An alternative and favoured strike for use is to use the heel of the hand or the knuckles of the fist.

05 Bridge of nose (Nasenrücken)

Using the whole body, strike down with the outside edge of the hand onto the bridge of the nose.

The bridge of the nose is one of the focal points for the sinuses. Striking this point hard can break someone's nose, but the blow does not have to be considerable. A less hefty blow however can cause an almost instantaneous swelling of the sinus cavity in the bridge of the nose. This is very uncomfortable and can stop the person breathing through their nose. Moreover, the most devastating effect can be that the pressure on the sinuses can relatively easily attain a level from such a blow, that it begins to put pressure on the eyes. This will often cause temporary blindness for a few seconds or minutes.

The nose is composed of a thin cartilage material and has many blood vessels close to the surface. A blow can break the thin bone, causing extreme pain and eye-watering blindness from the overstimulated nasal pain receptors. A very sharp blow can cause shock and unconsciousness. Although not usually a death-dealing blow, a particularly upward penetrating blow will sometimes drive bone splinters into the opponent's brain killing them instantly. This is considered a minor attack.

06 Intraocular pressure (Druck in der Augenhöhle)

07 Eyes (Augen)

Take the head in your hands (one palm on each cheek), and move the thumbs up towards the eyes. Gently (but firmly) the thumbs are placed on the eyes. This will prove to be uncomfortable but not damaging to the eyes. Of course this technique is effective when applied properly to either open or closed eyes.

Basically the effect of thrusting pointy things in people's eyes is excruciating pain and probable blinding in that eye (at least temporarily). This technique is very dangerous and very effective. Use it with extreme caution and be aware of the consequences. A slight poke causes uncontrollable watering of the eyes, blurred vision and temporary blindness. A forceful poke will rupture the eyeball or even gouge the eyes out, causing permanent blindness. This is considered a dangerous attack.

08 Philtrum (Rinne zwischen Nase und Oberlippe)

Several nerves come very close to the surface of the skin here. A sharp blow causes unconsciousness and possible concussion. A lesser blow causes extreme pain, eye-watering blindness, and perhaps chipped or missing teeth. This is considered a minor attack.



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09 Mouth (Mund)

A powerful blow can cut up the inside of the mouth, split open the lips and damage the teeth. This is considered a minor attack.

10 Chin (Kinn)

Using the whole body, strike down with the outside edge of the hand onto the chin. The strike should be down and in, towards the opponent's sternum/chest.

The chin is the traditional target of western boxers. The jawbone acts as a lever and relays the force of the blow almost directly to the Medulla Oblongata. As the Medulla controls the cardiac-respiratory Mechanism, paralysis and unconsciousness result. A very sharp blow could jar the cerebral hemispheres and produce a mild concussion. Without boxing gloves this is considered a serious attack.

11 Jaw (Lower Mandible; Kieferknochen)

The jaw has a wide range of movement, up and down mainly, but also side to side, forwards and backwards. This wide range of movement lends itself to painful dislocations and breakages. Striking down hard on the chin stretches it out, and the movement back in draws it out further pivoting at the connection to the skull itself. This technique can cause a great deal of pain, but not necessarily enough to eliminate the opponent from being effective in a combat situation.

A hard blow is very painful and could fracture the jaw or dislocate the jaw hinge. If the facial nerve is pinched against the edge of the lower jaw, one side of the face will be paralyzed. This is considered a minor attack.

12 Cheekbone (Wangenknochen)

A powerful blow can crack or even break the cheekbone. Extreme pain, eye-watering, a sharp blow may result in the eye socket to be exposed causing the eyeball to fall out. If this happens reconstructive surgery is needed to avoid deformity. This is considered a dangerous attack.

13 Ear (Ohr)

A blow to the ear can burst the eardrum, cause nerve shock or internal bleeding. A sharp blow can cause brain concussion or death. This is considered a dangerous attack.

14 Mastoid Glands (Lymph nodes; Lymphknoten) the back of ear and base of skull

With the index and middle fingers out and the rest tucked into the hand, feel along the jaw line up to a point just below the ears. As following the jaw line, the pairs of fingers should be eased in behind the jaw as though trying to reach into the opponent's mouth from underneath the jaw. Towards the ears, you should find the mastoid glands – the opponent should rise off the floor and tap in agony.

The mastoid glands can be notoriously hard to find on some, and easy to find on others. Being a gland well protected in the skull, it obviously has pain potential. A particularly painful spot generally used for coercing opponents to move their head or to tap in pain. Not life threatening, but it can be a useful threat to a defeated foe if they are unaware of pressure points etc.

A moderate blow causes unconsciousness due to a jarring effect upon the cerebellum. A very powerful blow produces concussion, brain hemorrhage and death. This is considered a very serious attack.

15 Carotid artery (innere Halsschlagader)

With palms up, strike with the sides of the hand to the carotid arteries. The carotid arteries are located on either side of the neck slightly in front of the ears.

The carotid arteries carry blood to the brain, and striking them can cause a swelling that will temporarily cut off a good portion of the blood to the brain. Like striking the temples, striking the carotid arteries can cause the opponent to experience dizziness, and sometimes lose consciousness.

16 Adam's apple (Adamsapfel), throat (Kehle)

A powerful blow will kill by severing or constricting the trachea. A lesser blow is extremely painful and causes the opponent to gag. This is considered a serious attack.

17 Cervical trachea (Wind pipe; Luftröhre)

Using the whole body, strike almost in a straight line into the throat. You should aim for a point just below the Adam's apple (or at least where it should be).

The trachea or windpipe is the tube that feeds air through the neck directly into the lungs. If this is struck, swelling can occur which



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restricts breathing and thus reduces the oxygen that gets to the brain resulting in the opponent becoming unconscious. Asphyxiation can also result since the lungs cannot expel the waste gasses CO₂, etc. A hefty blow to the trachea can damage it irreparably or at least to the extent where the victim of the blow would require a tracheotomy (biros at the ready for that emergency tracheotomy). Striking the trachea is another of the possibly deadly techniques, but it can be used in a more controlled manner at very close quarters. Pinching the trachea causes a mild restriction to breathing, but should not cause any permanent damage since the trachea is surrounded by cartilage. It can however be increased to a higher level of severity by bringing more of the fingers into contact with the trachea (not the whole throat), and increasing the pressure of the grip/pinch.

A blow to the small indentation at the base of the throat is very painful to the opponent and causes the opponent to gag. Vomiting may also occur. severe injury could result if the thin layer of skin is pierced. This is considered a serious attack.

18 Neck artery (Arteria vertebralis; Wirbelarterie)

Because of severe changes in blood pressure and Stoppage of circulation and stimulation to the carotid artery and the pneumo-gastric causing sense and motor organ dysfunction. In the case of a light strike that produced unconsciousness or fainting, the person will come out of it on his own. In the case of a heavy strike, the person will die, within a few days, and there is no cure.

19 Trapezius (Kapuzenmuskel)

This nerve is located where the trapezius muscle joins the side of the neck. A strike to this point causes intense pain, temporary dysfunction of the affected arm and hand, and mental stunning for three to seven seconds. The strike should be a downward knife-hand or hammer-fist strike from behind.

20 Side of neck

A sharp blow causes unconsciousness by shock, produced when the jugular vein, the carotid artery and the vagus nerve are struck. For maximum effect the blow should be focused below and slightly to the front of the ear. A less powerful blow is very painful and causes involuntary muscle spasms. This is considered a minor attack, although serious injury may result from the head hitting the ground.

21 Back of neck (Genick)

Whiplash, concussion, broken neck and death will result from a powerful blow. This is considered a dangerous attack.