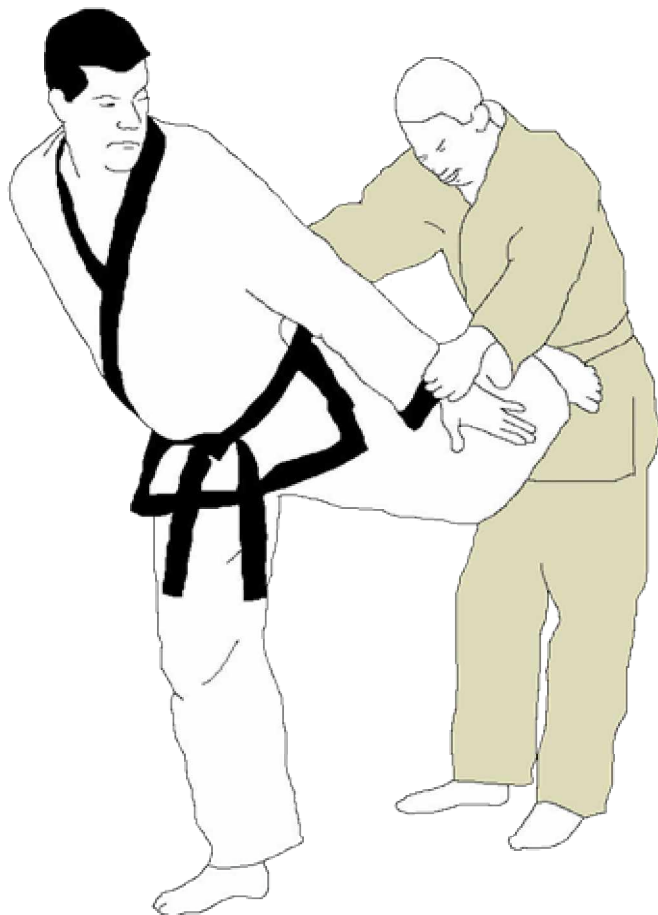


# Secrets of the Warrior-Scholar



武士道

**Volume 3 Self Defense**

by

Master Daniel R. Segarra

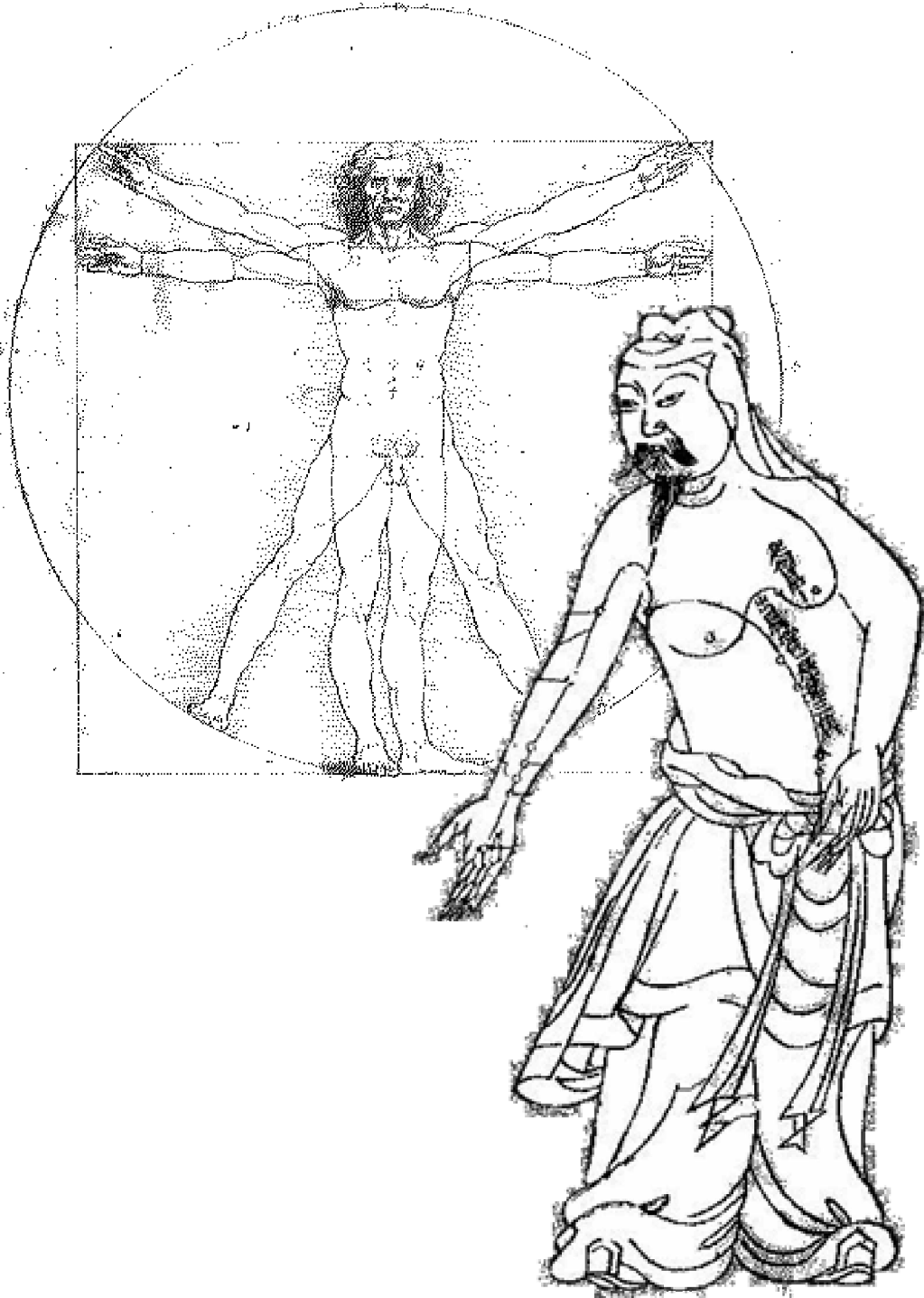


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# Target Selection

Kup So (급 소)



武士道

Location	Pronunciation	Korean	Alternate name	Korean	Location
1) Top of the head	Daeshinmoo	머리위	Paek'oe/Bǎihùi	백 회/強間	GV 20
2) Forehead –	Ema	이 마	-----	-----	-----
3) Between Eyebrows	-----	-----	In Dang	인 당/	-----
4) Temple	Kwanjanoli	관자놀이	Hwaryo/Ērhéliáo	화료/和膠	TW 22
5) Eyes	Noon	눈	Ahnboo	안부/	-----
6) Ears	Kwi	귀	Hooiboo	후이부/	-----
7) Behind the Ear	-----	-----	Yep'ung/Yìfēng	여 풍/翳風	TW 17
8) Nose	Ko	코	-----	-----	GV 25
9) Under the nose	In Choong	인 중	Su Gu / Shuǐgōu	수 구/水溝	GV 26
10) Jaw	Bol	볼	-----	-----	-----
11) Under the Jaw	-----	-----	Taeyōng/Dàiyíng	대영/大迎	ST 5
12) Cheek Hollow	-----	-----	Kual Lyo/ Quánliáo	권 료/顚膠	SI 18
13) Chin	Tuck	턱	Sung Jang/ Chéngjiāng	승 장/承漿	CV 24
14) Back of Skull	-----	-----	Kang Gan/Qiang Jian	강간/強間	GV 18
15) Base of the Skull	Pyung Bu	평부	Ah Mun/ Yǎmén	아 문/瘕門	GV 15
16) Back of the neck	Need	Need	-----	-----	-----
17) Back of Neck Muscle	-----	-----	Ch'on Ch'u/Tian Zhu	천추/天柱	BL 10
18) Throat	Mokkoomung	목구멍	Yom Ch'on/	염천/廉泉	CV 23
19) Jugluar Notch	Mokdongmaek	목동맥	Ch'ōndol/Tiāntū	천돌/天突	CV 22
20) Side of Neck	-----	-----	Pu Dol /Fútū	부돌/扶突	LI 18
21) Trapezius	-----	-----	Kyōnjōng / Jiānjǐng	견 정/肩井	GB21
22) Collarbone	Kyungboo	경부 -쇄골	Kyol Bun/Que Pen	결분/缺盆	ST 12
23) Behind Collar bone	-----	-----	Kisa/ Qìshè	기 사/氣舍	ST 11
Middle Section Front Chest					
24) Pectoralis Tie In	-----	-----	Chung Bu/ Zhōngfǔ	중 부/中府	LU 1
25) Sternum	Kay Sum	가슴	Chōnjung/Tánzhōng	진 중/膻中	CV 17
26) Armpit	kyudeurangi	겨드랑이	Kūrch'on/ jíquán	극 천/極泉	HT 1
27) Nipples	Yoodoo	유두	Yu Jung/ Rǔzhōng	유 중/乳中	ST 17
28) Heart	Shimjang	심장	-----	-----	-----
Location	Pronunciation	Korean	Alternate name	Korean	Location
29) Solar Plexas	Myong Chi	명 지	Kōgwol/Jùquè	거 월/巨闕	CV 14
30) Diaphragm	Hoengkyukmak	횡격막	-----	-----	-----

31) Floating Ribs	-----	-----	Chang Mun/ Zhāngmén	장문/章門	LV 13
Middle Section Arms					
32) Deltoid (shoulder)	O Key	어 개	Pi No/Bìnào	비 노/臂臑	LI 14
33) Biceps	Paleui Altong	팔의 알통	-----	-----	-----
34) Top of Forearm	-----	-----	Susamni/Shǒusānlǐ	수삼리/手三里	LI 10
35) Triceps	-----	-----	So Rak/	소락/消灑	TW 12
36) Funny-bone	Palkup Kwanjul	팔굽관절	So Hae/Xiao Hai	소해/小海	SI 8
37) Elbow	Pal Koop	팔 굽	-----	-----	-----
38) Center of Forearm	-----	-----	Kansa/Jianshi	간사/間使	PC 5
39) Inner Wrist	Anpalmok	안팔목	-----	-----	-----
40) Outside wrist	Bakkat Palmok	바깥 팔목	-----	-----	-----
41) Center wrist	-----	-----	Neh Gwan/Nei Guan	내관/內關	PC 6
42) Back of hand	Deungson	등손	-----	-----	-----
43) Fingers	Sonkarak	손가락	-----	-----	-----
Middle Section Back					
44) Spine	Chukchoogul	척추궁	-----	-----	-----
45) Between Shoulders	Kyungam	견감	Shin Do	신 도/神道	GV 11
46) Middle Back	-----	-----	Yo Yu/Yao Shu	요유/腰俞	GV 2
47) Lower back	Kyungchoo	경추	Myong Mun/Ming Men	명문/命門	GV 4
48) Kidneys	Kongpat	콩팥	-----	-----	-----
Lower Section Front					
49)Below Navel	-----	-----	Kihae/ Qihǎi	기해/氣海	CV 6
50) Groin	Ko Wan	고환	Nangshim	낭심/	-----
51) Outside of Thigh	-----	-----	Pung Shi /Fengshi	풍 시/風市	GB 31
52) Inside of Thigh	Chiboo	치부	Ki Mun/ Jīmén	기 문/箕門	SP 11
53) Front of thigh -	Jung Dok	-----	Pokt'o/Fútù	복토/伏兔	ST 32
54) Knee	Moo Roop	무릎	-----	-----	-----
55) Knee Inside	-----	-----	Kokch'ön/ Qūquán	곡천/曲泉	LV8
56) Knee Outside	Yang Nyung Chun	-----	-----	-----	-----
Location	Pronunciation	Korean	Alternate name	Korean	Location
57) Shin	Kyungkol	경골	Chungdo/Zhōngdū	중도/中都	Lv 6
58) Ankle	Bal Mok	발목	-----	-----	-----
59) Inside Ankle	Ahn Bal Mok	안바깥발목	-----	-----	-----
60) Outside ankle	Pakat Bal Mok	바깥바깥	-----	-----	-----
61) Instep	Bal Dung	발등	Ham Gok/Xian Gu	함곡/陷谷	ST 43

Lower Section Rear					
62) Tailbone	Mijuboo	미저부	Changang/Chángqiáng	장강/長強	GV1
63) Sciatic Nerve	Joagolshingyung	좌골신경	Wich'ang/Wèicāng	위창/胃倉	BL 50
64) Hamstring -	-----	-----	Hwangmun/Huāngmén	황문/肱門	BL 51
65) Knee back	-----	-----	Chilbyön/Zhìbiān	질변/秩邊	BL 54
66) Calf -	Jangdanji	장단지	Sūngsan/Chéngshān	승산/承山	Bl 57
67) Achilles Tendon	Duitchookyakjam	뒷축약잡	Kollyun/Kùnlún	곤륜/崑崙	BL 60

Sang Dan (high Section) This area includes the head and neck this is the most dangerous area to strike.

- 1) Top of the head. The skull is weak where the frontal cranial bones join. A forceful strike causes trauma to the cranial cavity, resulting in unconsciousness, possible hemorrhage and a concussion. A severe strike can be fatal. The acupuncture point GV 20 here is called Paek'oe meaning 'Hundred convergences' It is slightly to the rear of the apex of the skull. It is activated via a strike.
- 2) Forehead. A moderate blow can cause a knockout or blank out (light knockout) due to the brain hitting the inside of the skull. A forceful blow can cause whiplash, concussion, a severe blow can be fatal. \*
- 3) Between the Eyes. In Dang
- 4) Temple. The bones of the skull are weak at the temple point. An artery and large nerve lie close to the skin. A powerful blow can cause unconsciousness and a brain concussion. If the artery is damaged enough the blow can cause death.\*
- 5) Eyes. The eyes are a very weak target. The slightest strike can cause watering, blurred vision and temporary blindness. A severe strike can cause permanent blindness. \*
- 6) Ears. A strike to the ear with a cupped hand can rupture the eardrum due to the air forced into it. This causes disorientation, loss of balance and hearing and possibly a brain concussion. \*
- 7) Behind the ear. The radial nerve lies right under the skin hollow behind the earlobe. Deep finger pressure here causes intense pain and compliance. Acupuncture point **Yep'ung** TW 17.
- 8) Nose. Light blows to the nose can cause pain, blurred vision, hemorrhage. Moderate blows can easily break the nose causing hemorrhaging.

- 9) Under the nose. A strike to the nerve center under the nose which is close to the surface of the skin can easily cause severe pain, watery eyes. A moderate strike can cause dizziness, nausea, a strong strike can cause unconsciousness and possibly death. Deep pressure to this point with the finger or wrist bone causes intense pain and compliance. Acupuncture point TW 17
- 10) Jaw. A light strike to the jaw can cause numbness, a moderate strike can break it, and cause unconsciousness. Taeyōng ST 5 is a pressure point under the jawbone on the front edge of the masseter muscle.
- 11) Under the Jaw.
- 12) Cheek Hollow
- 13) Chin. A strike to the chin can cause numbness, mild concussion, and unconsciousness. A strike to the Jaw bone can transmit the force into the brain causing unconsciousness. Sung Jang CV 24 is the acupuncture point in the center in the groove between the chin and lower lip.
- 14) Back of the skull. . A moderate blow can cause a knockout or blank out (light knockout) due to the brain hitting the inside of the skull. A forceful blow can cause concussion, a severe blow can be fatal.
- 15) Base of the Skull
- 16) Back of the neck. A forceful blow can cause whiplash, concussion, a severe blow can be fatal. The nerves to the body's organs run through the spinal column damage to these nerves can cause organ shut down and death.
- 17) Back of the Neck Muscle
- 18) Throat. A light pressure on the throat can cause gagging, a strong strike to the throat can cause death via damage to the windpipe. A light blow causes nausea, pain and gagging.
- 19) Jugular Notch. Fingertip pressure causes nausea, pain and gagging
- 20) Side of the Neck. A focused blow to the side of the neck compresses and shocks the vagus nerve, the carotid artery and the jugular vein. This results in unconsciousness, the knees to buckle and the body to go limp. A powerful strike can be fatal. \*
- 21) Trapezius. Striking the traps (muscle between the neck and shoulders) usually results in temporary paralysis on the side struck and a buckling of the knees. A strong strike can also disorientate. \*
- 22) Collarbone. A blow to the collar bone can fracture it, causing severe pain and rendering that side of the body ineffective. A fracture could possibly sever the

brachial nerve or subclavian artery. Finger Pressure behind the collar bone can cause the knees to buckle and temporary paralysis. \*

23) Behind Collar bone

**Middle Section (Joong Dan) The middle section begins at the shoulder level and goes down to the area just above the hips.**

24) Pectoralis tie in. Where the chest muscle ties into the front shoulder area. A strike here causes numbness and temporary paralysis. Making that arm ineffective. \*

25) Sternum. The sternum is the boney area that joins the ribcage in front. A strike to this area can cause loss of breath, mental shock, sever pain.

26) Armpit. A large number of nerves converge at this point. A strong strike can cause numbness and temporary paralysis. Making that arm ineffective. \*

27) Nipples. A large network of nerves is close to the surface of the skin at this point. A blow here causes paralysis of that side and extreme pain. \*

28) Heart. A jolting strike to the heart can stun and be fatal.

29) Solar Plexus. The solar plexus is a center for nerves that control the cardiorespiratory system. A strike to this area can be painful and incapacitate an opponent, by knocking the wind out of them. This usually results in them bending over or dropping into a fetal position. A strong strike can cause unconsciousness.

30) Diaphragm. A strike to the lower front area of the ribs can cause the diaphragm and related muscles to relax causing a loss of breath and possibly unconsciousness.

31) Floating ribs. A light strike causes temporary paralysis on the sides struck, and possibly the buckling of the knees. A strike to the floating ribs can easily fracture them due to the fact they are not attached to the rib cage causing sever pain, difficulty breathing and possible internal damage by puncturing the liver (right side) or lungs (either side). \*

32) Deltoid. Side of shoulder, . A strike here causes numbness and temporary paralysis. Making that arm ineffective. \*

33) Biceps. A strike to the biceps, is painful and can render the arm temporarily ineffective. \*

34) Top of the forearm. The radial nerve lies close to the skin at this point and passes over the forearm just below the elbow. A strong strike on this point renders the hand ineffective. Deep finger pressure can also cause temporary compliance. \*

- 35) Triceps
- 36) Funny bone. The radial nerve passes right over the elbow at this point. A strike here causes numbness of the arm and a sympathetic response of withdrawing the limb. This area can also be pinched causing severe pain. \*
- 37) Elbow. Locking the elbow joint beyond its normal range of motion can cause hyperextension, fracture, severe pain and render that arm ineffective. \*
- 38) Center of forearm. A sharp strike to this area cause the loss of hand control. \*
- 39) Inner wrist. A sharp strike to this area causes numbness and loss of hand control. \*
- 40) Out side wrist- A sharp strike to this area causes numbness and loss of hand control. \*
- 41) Center of wrist- A sharp strike to this area causes numbness and loss of hand control. \*
- 42) Back of hand. A sharp strike to this area causes numbness and loss of hand control. \*
- 43) Fingers. The fingers can be bent, twisted to get an attacker under control. If the attackers hand is on the floor the fingers can be attacked with a stomp type attack. The fingers can be easily broken, sprained and dislocated. Causing severe pain and rendering that hand ineffective. \*

### **Middle Section Back**

- 44) Spine. Any blow to the spine can cause paralysis. The middle to upper range on the spine controls the major organs of the body. A strike there can cause paralysis and death.
- 45) In between shoulders
- 46) Middle of back
- 47) Lower Back
- 48) Kidneys. A strong strike to the kidneys can induce shock and possible internal damage. \*

**Low Section (Ha Dan) This section includes everything from the hips to the feet. Strikes to these areas are seldom fatal unless they deal with the major arteries in the legs or the attacker falling down after a low area is struck.**

- 49) Area below the navel. A focused thrust to this point can cause loss of bladder control, mental stunning and the opponent to fold over, opening them up for a follow up technique.
- 50) Groin. A moderate blow to the groin can cause nausea, intense pain and can incapacitate an attacker. A grab, twist and pull attack can cause unconsciousness and shock.
- 51) Outside of thigh. A large nerve passes near the skin's surface on the outside of the thigh just where the fingers naturally rest at the sides. A strong strike with the shin or knee can render the entire leg ineffective and cause a sympathetic response of buckling the other leg. Rendering the attacker unable to kick and move effectively. \*
- 52) Inside of the thigh. A large nerve passes over the bone approximately in the middle of the inner thigh. A strong strike with the shin or knee can render the entire leg ineffective and cause a sympathetic response of buckling the other leg. Rendering the attacker unable to kick and move effectively. Downward pressure on this point with a knee when an attacker is on the ground, causes severe pain. \*
- 53) Front of thigh A knee strike to the mid to upper front of the thigh can cause temporary paralysis of the leg. Rendering the entire leg ineffective and cause a sympathetic response of buckling the other leg. Rendering the attacker unable to kick and move effectively.
- 54) Knee. Because the knee is a major support structure of the body, damaging this joint is a very effective self defense tactic. The knee can be easily damaged when struck at an opposing angle to the joint's normal range of motion. Knees are especially susceptible to side strikes. An effective strike to the knee will cause great pain and render the attacker unable to kick and move effectively. \*
- 55) Front of Knee (see above 54) \*
- 56) Outside Knee (See above 54) \*
- 57) Shin. A moderate strike to the shin produces severe pain Rendering the entire leg ineffective and cause a sympathetic response of shifting the weight onto the other leg. Rendering the attacker unable to kick and move effectively. A severe blow can fracture the shinbone. The bone that supports most of the body weight. Downward pressure on this point with a knee when an attacker is on the ground, causes severe pain. \*

58) Ankle. A strong strike to the ankle can cause intense pain, loss of balance. If the ankle is sprained or broken the opponent will be unable to kick and move effectively. An ankle lock (twisting the ankle beyond its normal range of motion) can cause intense pain, compliance and damage the ankle as well. Downward pressure on the inside ankle with a knee when an attacker is on the ground, causes severe pain. \*

59) Inside Ankle (See 58) \*

60) Outside Ankle (See 58)\*

61) Instep. The small bones on top of the foot are easily fractured. A strike here will make it nearly impossible for an attacker to place weight on that side and move effectively.\*

### **Low Section Rear**

62) Tailbone. A strike to the tailbone can cause severe pain, convulsions, shock and death.

63) Sciatic Nerve. The sciatic nerve is just above the buttocks below the belt line. A strong strike to this area can disable both legs and possibly result in respiratory failure. The sciatic nerve is the largest nerve in the body besides the spinal cord. Striking it can effect the whole body.

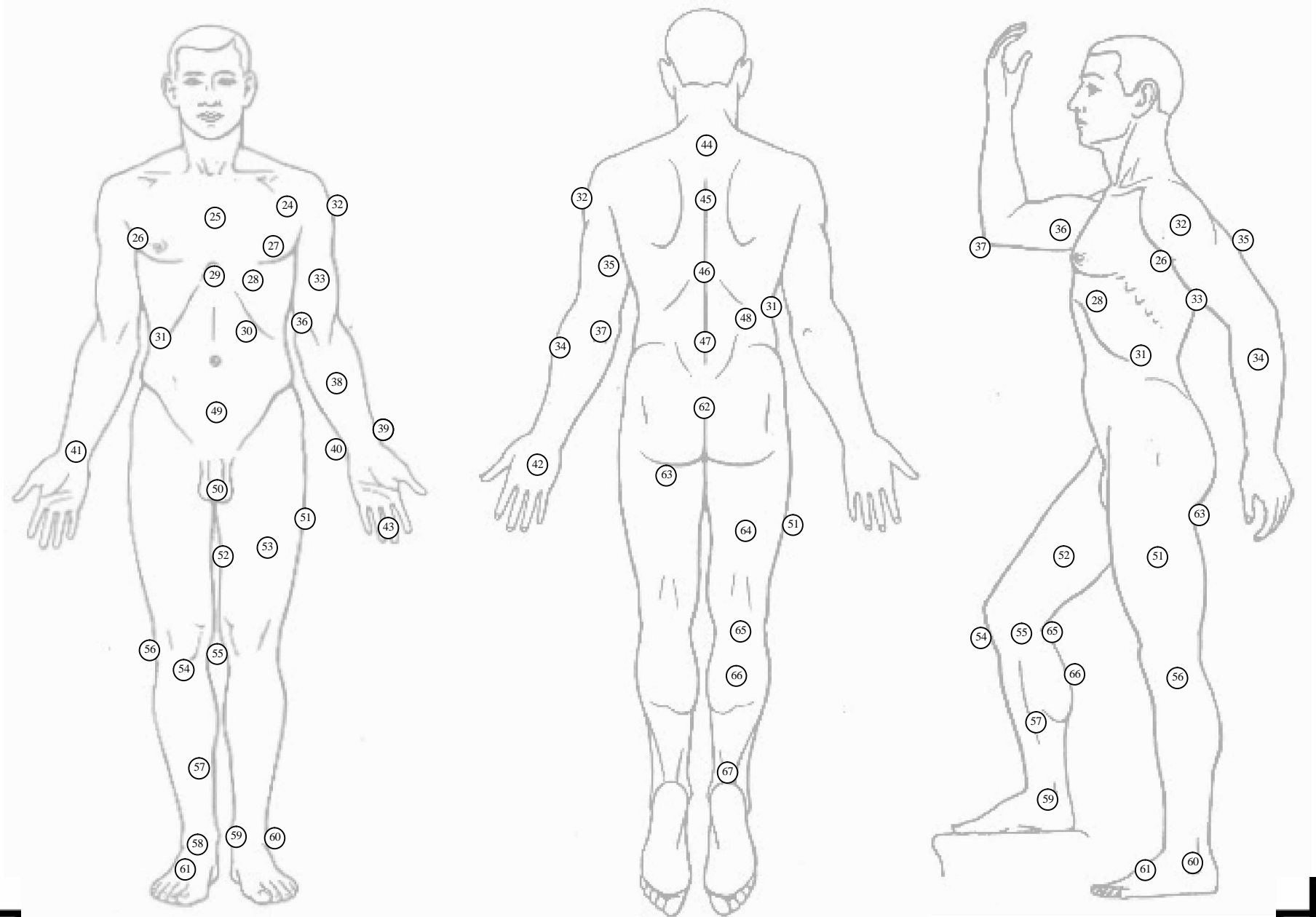
64) Hamstring. A strong strike to the hamstring can cause muscle spasms and cramping. Rendering the attacker unable to kick and move effectively. \*

65) Knee Rear (See 54)

66) Calf. A strong strike to the top of the calf can cause muscle spasms and cramping. Rendering the attacker unable to kick and move effectively. \*

67) Achilles Tendon. A strong strike to the Achilles tendon above the back of the heel can cause intense pain, loss of balance. If the tendon is damaged the opponent will be unable to kick and move effectively. Also pressure in the form of an ankle lock can cause intense pain, compliance and damage the tendon as well. \*

# Anatomical Targets Middle and Lower Sections



# Anatomical Targets Upper Section

