

Kyusho & Atemi

Below and over the next few pages you will find some notes regarding some of the various vital spots for the purpose of striking. Generally known as atemi or kyusho. Kyusho, relates to pin point accurate spots, whereby atemi are general points of reference. Below is a list of thirty six vital points, on the following two pages referenced diagrams can be found for each of these. After these, is a supplementary page illustrating thirty two kyusho on the human face.

1. Coronal structure
2. Frontal fontanel
3. Temples
4. Eyes
5. Ears
6. Mastoid process
7. Philtrum
8. Chin (indentation)
9. Neck
10. Throat (also larynx)
11. Suprasternal fossa
12. Supraclavicular fossa
13. Posterior midline
14. Seventh cervical vertebra
15. Breast bone
16. Xiphoid process
17. Axilla (armpit)
18. Fourth thoracic vertebra
19. First lumbar vertebra
20. Tip of the coccyx
21. Below the umbilicus
22. Testicles (and prostate nerve)
23. Seventh intercostals space
24. Tip of the eleventh rib
25. Inguninal region
26. Biceps (lateral side)
27. Forearm
28. Wrist crease (inside)
29. Wrist crease (outside)
30. Hand (between the thumb and forefinger)
31. Hand (web between the little finger and wedding finger)
32. Lower thigh
33. Back of knee
34. Ankle (inside)
35. Ankle (outside)
36. Foot (crease between the second and third metatarso-phalangel joint)





