

PED 129
Class 18 – Introduction to Pressure Points

Definitions

- Pressure Point: a nerve bundle that can be manipulated to gain a desired result
- Motor Point: a pressure point located under a major muscle group that controls the muscle group's function
- All motor points are pressure points, but not all pressure points are motor points

Methods of Manipulating Pressure Points

- Touch Pressure
 - Target: non-motor points
 - Method: direct pressure on point w/fingers
 - Goal: pain compliance
 - Usefulness in civil self-defense: low
- Stun
 - Target: motor points
 - Method: snapping or whipping strike to motor point area
 - Goal: 3 – 7 second mental stun
 - Usefulness in civil self-defense: moderate to high
- Strike
 - Target: motor points
 - Method: powerful strike to motor point area
 - Goal: 20- to 30-second motor dysfunction
 - Usefulness in civil self-defense: high