

GEORGE DILLMAN'S "To the Point"

with Chris Thomas **December, 2002** **"The Five Element Principle"**

Using pressure points in combination is the essence of the art of pressure point fighting (which, incidentally, is called *kyusho-jitsu*). Previously, we have described the Meridian Principle, attacking pressure points on the same meridian to complement each other. Another principle is the use of the five elements.

In oriental thought, everything begins as a single point (the One), which differentiates into two (yin/yang) which then becomes five elements, which then give rise to the "myriad of things." The five elements are Fire, Earth, Metal, Water, Wood. Since these "elements" are regarded as essential and primordial, they are often used as a way of describing how things interrelate. Each of the twelve bilateral organ related meridians is assigned one of the five elements. So, for example, the Stomach Meridian is said to be Earth, while the Gall Bladder Meridian is designated as Wood.

Now "Earth" and "Wood" should not be taken literally. This language is used to describe relationships rather than essence. Stomach isn't actually Earth, and Gall Bladder isn't actually Wood, but there is a relationship between them which is characterized by the interaction of Earth and Wood. There are two primary relationships which the elements describe – the first is called the Cycle of Creation, and the second is called the Cycle of Destruction. These two cycles are depicted as follows: Earth *creates* Metal; Metal *creates* Water; Water *creates* Wood; Wood *creates* Fire; Fire *creates* Earth; and, Earth *destroys* Water; Water *destroys* Fire; Fire *destroys* Metal; Metal *destroys* Wood; Wood *destroys* Earth.

The concept of Creation is also referred to in acupuncture as "tonification." The idea is that stimulating a point on, say, a Wood meridian (such as Gall Bladder), will increase the activity and level of energy (*ki* or *chi/qi*) in a Fire meridian (such as Heart). In therapeutic application, this approach is applied if a meridian is under-functioning.

Destruction is also called "sedation." In this case, stimulating a point on a Wood meridian, such as Gall Bladder, will



1: Bill Burch grabs Dillman by the lapels.

2: Dillman strikes Burch's arms inward, on pressure point LI-7/Wenliu. The Large Intestine Meridian has the elemental value Metal.



3, 4: Following the Cycle of Destruction, Dillman next

decrease the energetic level of an Earth meridian like Stomach. This would be used if a meridian is over-functioning. It is this destructive cycle which is extensively applied in pressure point fighting. The theory is that after striking a point on one meridian, one should follow up by striking a point on a meridian which has been adversely effected (sedated).

So, for example, against a two handed lapel grab, one would use this principle by first hitting the outside of the attacker's forearms with an inward motion at the point(s) LI-7/Wenliu, a Metal Meridian point. Then, with a swinging strike which reaches behind the attacker's head and hits him back to front, follow with Wood Meridian point GB-20/Fenchi. (Swinging strikes like this are called *furi-uchi*.) Finally, finish with an attack to Earth Meridian point St-5/Daying. Metal *destroys* Wood *destroys* Earth resulting in a knock out.

CAUTION: *The pressure point techniques presented here are for informational and educational purposes only. Please do not attempt any pressure point knock out techniques without the direct supervision of a qualified DKI instructor.*

George Dillman is perhaps the world's leading authority on pressure point fighting. He has studied martial arts for over 40 years, and been one of karate's major personalities for years.

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For more information, check out www.dillman.com

3-4. Following the Cycle of Destruction, Dillman next attacks a point on a Wood Meridian, in this case, Gall Bladder. He reaches behind Burch's head and strikes point GB-20/Fengchi from back to front. (Strikes to Gall Bladder points tend to cause the attacker to stiffen up, leaving him helpless, but still standing.)



4-6: Wood destroys Earth, so Dillman finishes with an attack on the Stomach Meridian using a one-knuckle strike to S-5/Daying. (Strikes on the Stomach Meridian tend to cause the attacker to collapse to the ground.)