

# GEORGE DILLMAN'S "To the Point"

with Chris Thomas **April, 2003**

**"The Diurnal Cycle"**

One aspect of pressure point fighting most people have encountered is the principle of time of day. Many old accounts of pressure point techniques insist that points must be attacked at certain times in order to be effective. The theory is that certain areas of the body are especially vulnerable to attack during a specific zodiac-hour (a zodiac hour is 2 hours by a western clock) of the day. For example, the document the *Bubishi* contains a set of 12 drawings depicting pressure points to attack during each zodiac-hour.



This theory is supported in Oriental medicine, where it is said that energy flows through the body from meridian to meridian, completing one cycle every day. Each meridian is particularly active during a particular zodiac-hour. There is evidence for this view in western medicine as well. Chrono-biology is the study of circadian rhythms. Research in this field has shown that the majority of asthma attacks take place between 3:00 and 5:00 a.m., the precise zodiac-hour the Lung meridian is most active. Interestingly, however, the majority of heart attacks take place between 9:00 and 11:00 a.m., the zodiac-hour immediately preceding the active time for the Heart meridian.

This apparent discrepancy suggests a theory of chi flow: namely that the zodiac-hour of activity in a meridian is preceded by a zodiac-hour of depressed chi in that meridian. The mental picture is that there is a wave of chi flowing through the body. As in the ocean, the water recedes before the wave crashes. However, there are other theories about how energy circulates through the body. One is that the flow of energy is like the tide. High tide corresponds to the zodiac-hour of activity, low tide is twelve hours (six

Channel	Zodiac-Hour	Clock Time
Lung	Tiger	3 a.m. - 5 a.m.
Large Intestine	Rabbit	5 a.m. - 7 a.m.
Stomach	Dragon	7 a.m. - 9 a.m.
Spleen	Snake	9 a.m. - 11 a.m.
Heart	Horse	11 a.m. - 1 p.m.
Small Intestine	Ram	1 p.m. - 3 p.m.
Bladder	Monkey	3 p.m. - 5 p.m.
Kidney	Rooster	5 p.m. - 7 p.m.
Pericardium	Dog	7 p.m. - 9 p.m.
Triple Warmer	Boar	9 p.m. - 11 p.m.
Gall Bladder	Rat	11 p.m. - 1 a.m.
Liver	Ox	1 a.m. - 3 a.m.



zodiac-hours) later. Another theory is that the zodiac-hour of fullness in a meridian is followed by a period of emptiness. The problem is that there has been (at least as far as we are aware) no comprehensive research to accurately measure this phenomenon.

Even if we did know exactly how chi flows through the body, we would be left with one fundamental problem: to use time of day techniques requires knowing what time it is. In other words, a martial artist would need to be constantly looking at a clock and thinking, "Ok, now it's the hour of the Rat, so I want to attack the Gall Bladder meridian in particular." Clearly, this is impractical. So, the method we use is much simpler.

Since chi flows through the body continuously, we simply follow the chi. In other words, we would follow an attack to the Large Intestine meridian with an attack to the Stomach meridian, and an attack to the Triple Warmer (Sanjiao) meridian is followed by an attack to the Gall Bladder meridian. So, while it is true that the effects are more dramatic on specific meridians at specific times, we can employ the body's natural current of energy throughout the day without having to know the exact time.

**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 DKJ instructor.

*George Dillman is perhaps the world's leading authority on pressure point fighting. He has studied martial arts for over 40 years, and is a karate pioneer.*

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*Together, George Dillman and Chris Thomas have produced 6 books on pressure point fighting. For more information, check out [www.dillman.com](http://www.dillman.com)*



**2: 1: George Dillman grabs Dustin Seale by the wrist. Using his left forearm he taps pressure point TW-12/Xiaoluo. This point releases the shoulder causing Seale's elbow to lock out.**



**3-4: In the Diurnal Cycle, energy flows from the Triple Warmer (Sanjiao) meridian into the Gall Bladder meridian. The strike to TW-12/Xiaolou has caused Seale's head to turn, exposing GB-20/Fengchi, which Dillman attacks using a palm strike.**