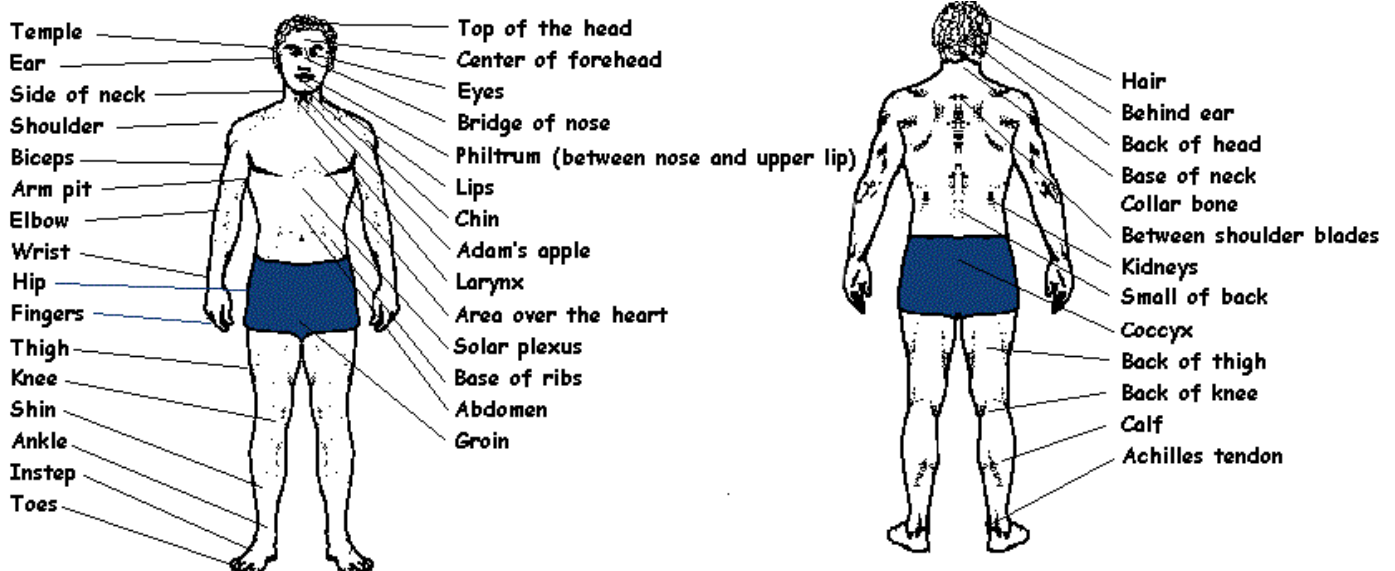


## PRESSURE POINT AND NERVE STRIKING AREAS OF MARTIAL ARTS



Pressure point and nerve striking is taught to all advanced level black belts of the Aiki-Te Ryu Karate system. It is important to remember that when practicing these techniques you must also have thorough knowledge of repairing any area that has been struck. Failure to properly understand the consequences of striking these areas can result in severe damage to your opponent. Please observe all safety rules listed below when studying the application of Martial Arts techniques to these targets.

1. Make sure your opponent is aware of the strike before applying it.
2. If you are the Uke (opponent) please refrain from making your partner have to strike you with force in order for you to not receive permanent damage from the technique.
3. If you are struck immediately afterward you should softly and with little force massage the area to increase the flow of Chi (internal energy) back to its normal state. Do not over massage the area.
4. Practice with safety and well being of each other at all times. These strikes can cause permanent damage, be respectful and controlled when attempting this level of advanced training.