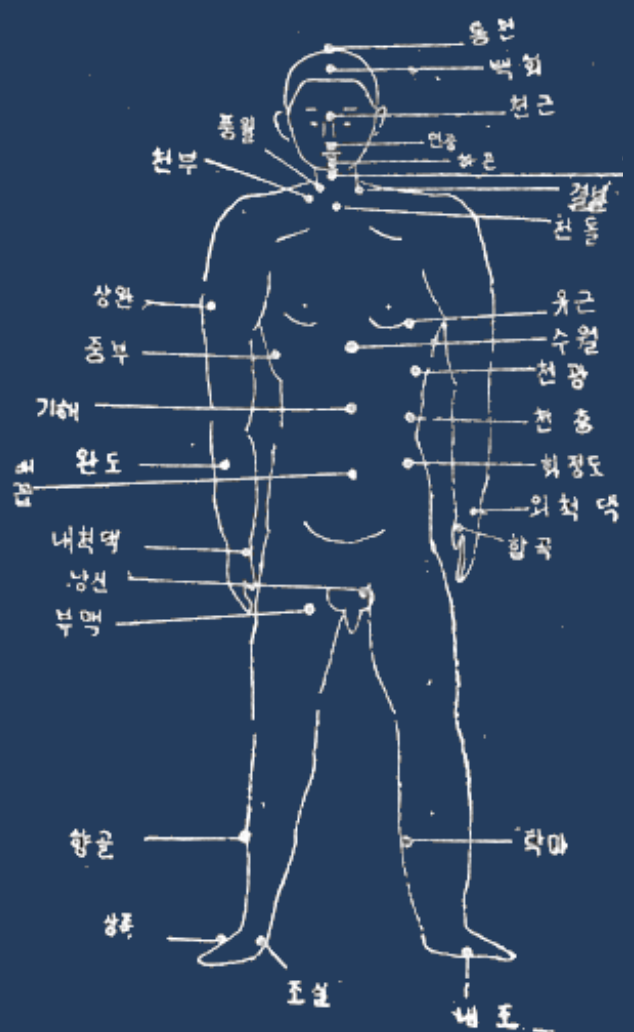
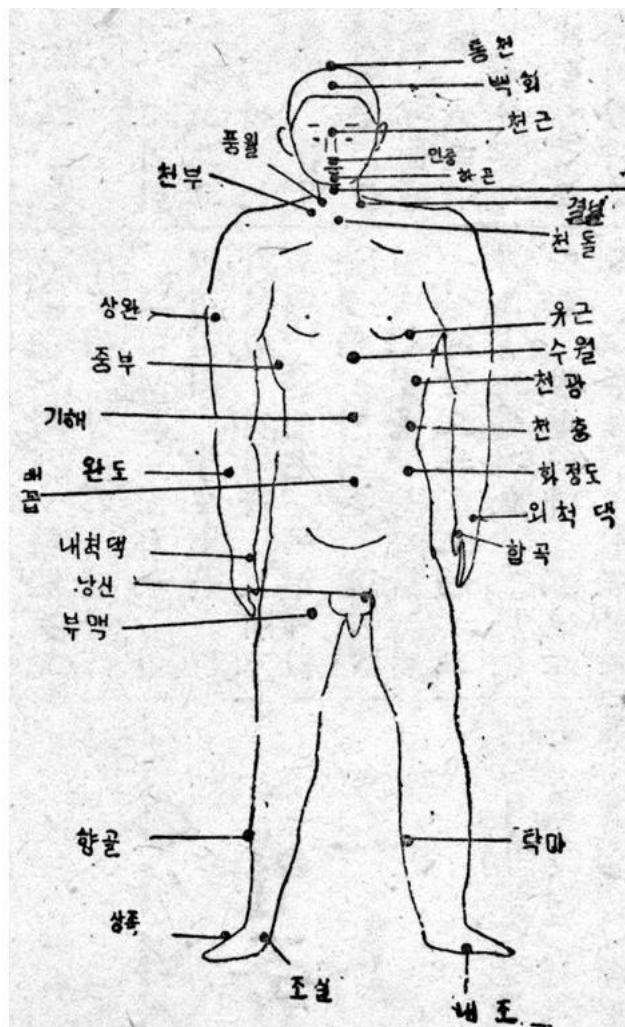
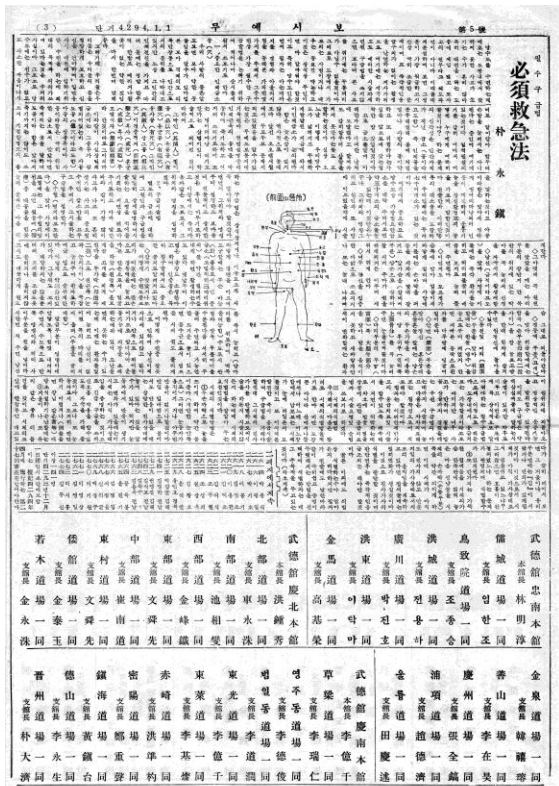


Vital Point Striking chart and Healing Methods Translated from the Moo Yei Shi Bo



Master Daniel R. Segarra



This is an article that appeared in the Moo Yei Shi Bo 무예시보 (Martial Arts Times) which was a regular Newspaper published by Grandmaster Hwang Kee's Moo Duk Kwan. The Moo Yei Shi Bo was quite an accomplishment it featured how to do techniques illustrations, cartoons, updates on the growth of the Moo Duk Kwan and unique articles such as this. This particular article concerns first aid in the Dojang another unique feature is that it had a target chart listing striking areas. The article is only partially translated because I only had that issue of the actual Moo Yei Shi Bo. I had translated the chart and had a translator assist with the actual article. The Moo Yei Shi Bo demonstrates one of the many reasons why Grandmaster Hwang Kee's organization grew so rapidly and became so powerful. He had a very comprehensive vision and was way ahead of the curve.

***IMPORTANT *** The information in this article is old school first aid. Modern technology and our understanding of first aid has vastly improved since then. This article is for information only. Use of any information contained in it is the sole responsibility of the reader and not the translators or author. It is strongly recommended you take a First Aid course in your area which will provide you with up to date

information. Some old methods could actually do more harm than good so please properly educate yourself.

The article 필수구 극법 “Nine essential emergency methods” by Park Young Jin

Even during training, there are often accidents inside the “dojang” (training facility.) This is not to say that most accidents are especially severe. If you analyze these elements, going too fast is the biggest problem, as well as not being prepared for accidents. If you don't know the proper methods of treatment, the result of accidents cannot help but be worse. It is important for the leader (tester?) of the dojang to learn first-aid, especially the first leader. He must establish guidelines which must always be followed.

The importance of the stomach:

If you look at the body, you can see that humans are weak animals. Definitely the human body is ranked low in terms of body strength. People can be damaged by a single strike of the fist or foot.

So we seek to protect our body and mind as well with training and it is a fact that this is our primary goal in training. Therefore the true leader treats all fights as real.

Whenever you hit the lower part of the stomach with the calf portion of the leg, people become distracted(?) and the nerves are damaged. In this case, lay the patient down and cover him with cold water, starting at the belly button.

When a person is struck in the chest and the face starts to become very red, vigorously massage the front part of the chest and rub on the ribs up and down to make breathing easier.

If concentrating so much that for an unknown reason, someone falls down and loses consciousness and becomes red in the face, as in a seizure, you can resuscitate them by pinching the area just underneath the nose (in joong). This principle has been known for a long time.

If there is a nosebleed when someone is struck, lay the person down on their side with one hand and with the other hand grab the bridge of the nose between the eyes, so the patient can breathe. In this way, the blood will not flow onto the patient and they will not get a lot of blood on their clothing.

When the carotid artery is hit severely, slap the cheek firmly and the patient can recover consciousness (!)

If the head is hit severely, take cold water and, starting with the back, pour cold water onto the patient and let him sit in it.

If the face is hit and the patient is fading in and out of consciousness, use two fingers to push the spot right behind the ears, pushing towards the eyes.

If the leg is struck such that the lower leg cannot move and becomes red, and the face color changes, lay the patient down on his side and if the leg is swollen, use a wet cloth to massage the area for recovery.

If for some reason there is no cold water available, turn the patient on their stomachs. The ability of the patient to move might not be effected. If so, continue to bend the leg at the knee back and forth. While pushing the shoulders towards the buttocks area, pour cold water on the area between the waist and buttocks in order to help recover the ability to move.

Besides this sort of first aid, there are others, however this sort of thing is really common sense. In the *dojang* first aid is important, but if there is an accident the most important thing is to be prepared and remain calm in treatment.

3) Judging a body: Not just in the *dojang* but also in the mountains or somewhere else, you might notice or discover a body lying somewhere and have to give treatment right on the spot. In order to determine whether the person is capable of recovering consciousness or not:

(1) With two fingers, open the eyes and blow on the pupils. You can see if the eyes move or if there is no response. If there is no response from the eyes when you blow, you know that the patient has been placed in a severe state. However if you get some sort of response or change, you know that this body is simply unconscious, and requires immediate active treatment. If it is difficult to judge the movement of the pupils

(2) In winter if you have something shiny, put it under the nose for a moment and see if you can see some fog on the item which indicates if the body is breathing.

(3) Alternatively you can take a glass full of water and place it on the chest and put the body's fingertips slowly into the water. If the body still doesn't move, but is simply in a coma, you will still see a change in the water because the cells(?) are still moving. Through this, you can determine that you need to begin first aid immediately.

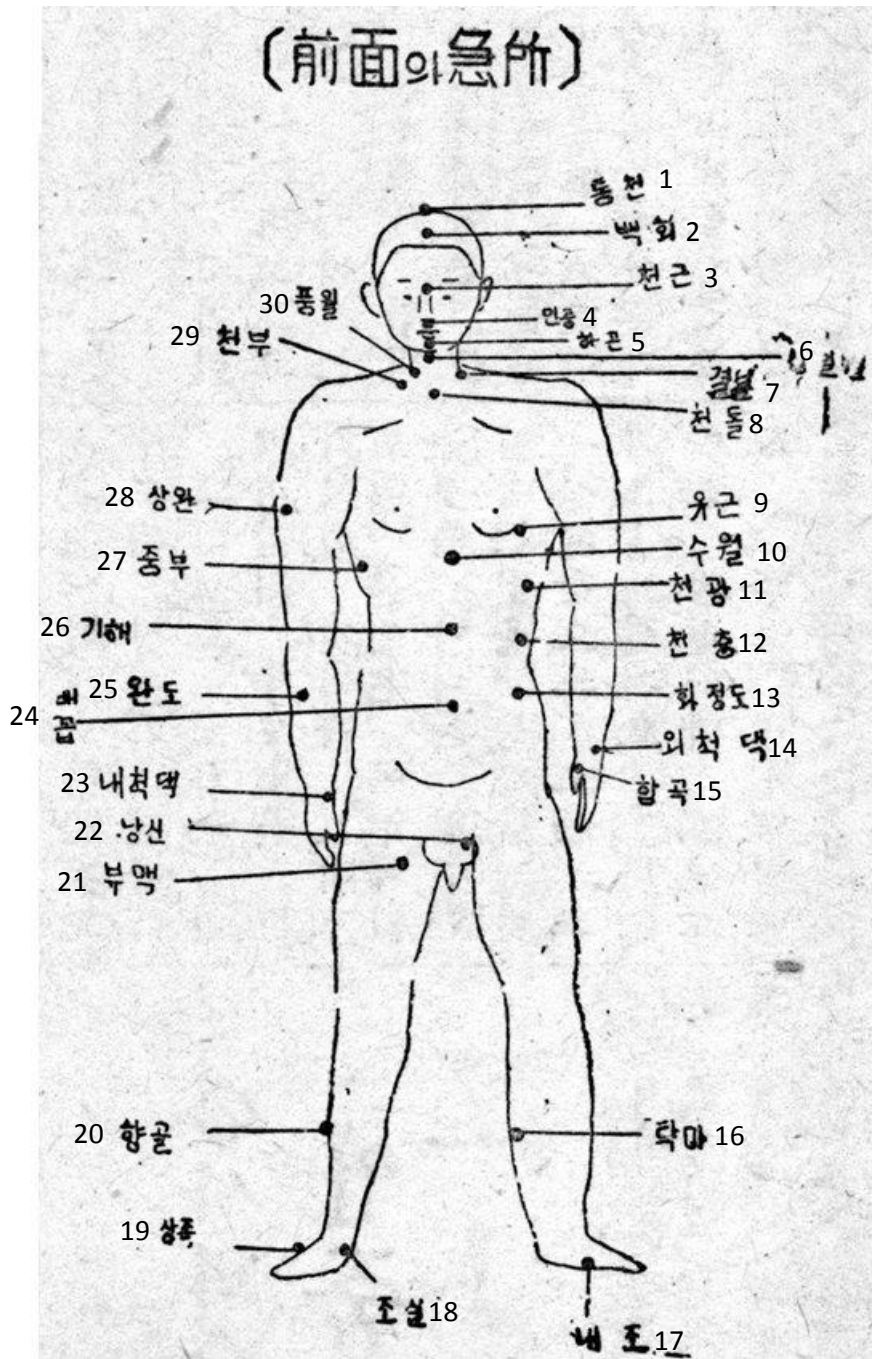
Of course, besides this there are many other ways to determine this which the author has mentioned before, and which are mentioned in the article headers. (continued...)

End of translation.

Chart

前面急所 (Jeon Myeon Geup So)

Front side emergency spots (from the Mu Yei Shi Bo)



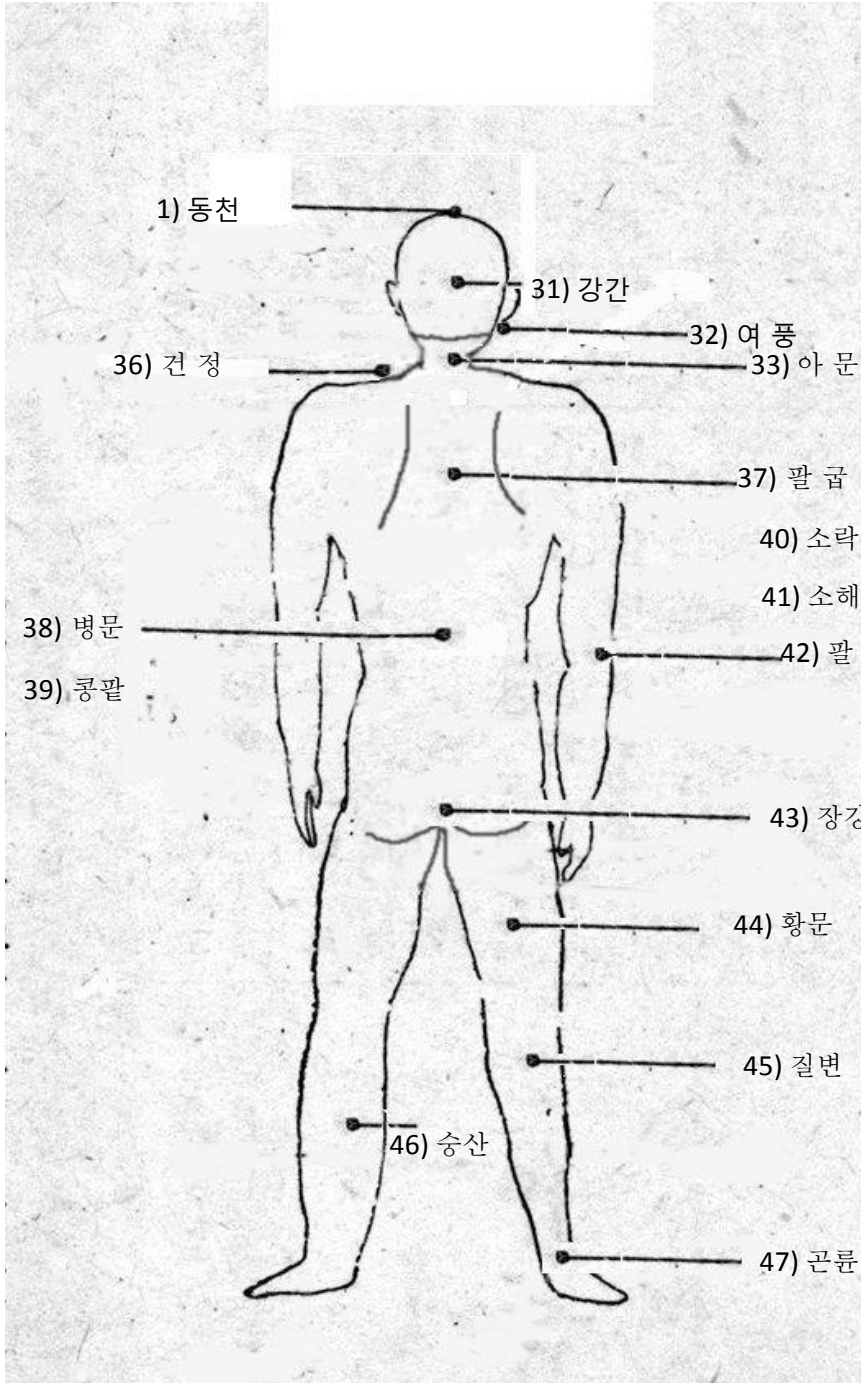
- 1) 동천 Top of head
- 2) 백회 forehead
- 3) 천근 Between eyes
- 4) 인 중 In Joong under nose
- 5) 하근 Under lip
- 6) 염천 Windpipe *
- 7) 결별 Collarbone Gap
- 8) 천돌 Jugular notch
- 9) 윗근 breast (heart point)
- 10) 수월 sternum/Solar Plexus
- 11) 천광 upper waist
- 12) 천중 middle waist
- 13) 화정도 lower waist
- 14) 외척맥 wrist
- 15) 합곡 thumb web (hap gok)
- 16) 탁마 Calf
- 17) 바닥 발 (湧泉) Bottom foot *
- 18) 조설 lower ankle
- 19) 상중 Top of instep
- 20) 향골 shin
- 21) 부맥 inside thigh
- 22) 낭선 testicles
- 23) 내척맥 inner wrist
- 24) 배꼽 belly button
- 25) 완도 forearm
- 26) 기해 center of mass
- 27) 중부 "center point"
- 28) 상완 upper arm
- 29) 천부 Collar bone
- 30) 품월 breath point

*= untranslatable hangul so best alternative was used.

Chart

後面急所 (Hu Myeon Geup So)

Rear side emergency spots (not originally in Mu Yei Shi Bo)



- 31) 강간 Back of skull
- 32) 여 풍 Behind Ear
- 33) 아 문 Base of skull
- 34) Back of Neck
- 35) 부 돌 Side of Neck
- 36) 견 정 Trapezius
- 37) 팔 굽 Between shoulders
- 38) 병 문 Lower Back
- 39) 콩 팔 Kidneys
- 40) 소 락 Tendon
- 41) 소 해 Funny Bone
- 42) 팔 굽 Elbow
- 43) 장 강 Tailbone
- 44) 황 문 Hamstring
- 45) 질 변 Behind Knee
- 46) 승 산 Calf
- 47) 곤 른 Achilles Tendon

*= untranslatable hangul so best alternative was used.

Some thoughts about the above chart. The above chart seems to be targets first NOT healing points. This is obvious by the inclusion of such targets such as the testicles. It is strange however that obvious targets such as the eyes, side of neck etc. were excluded unless they were going to be covered in a future article. For our readers education I have included an additional chart and some additional targets including the targets on the backside of the body. Here are the basic effects of trauma to these points. Please keep in mind the targets physical constitution dramatically impacts the effects of these points. If a person has a pre-existing medical condition for example can make a non lethal point a fatal one or the pressing on a nerve which was previously damaged may result in little or no effect. Also any strike to the head or one that causes loss of balance could result in a fatality if the person falls and strikes their head on the ground. The practice of effective target selection is covered in depth in my guide: Secrets of the Warrior Scholar effective target selection available at: www.warrior-scholar.com/books

- 1) 동천 Top of head: The skull is weak where the frontal cranial bones join. A forceful strike causes trauma to the cranial cavity, resulting in unconsciousness, possible hemorrhage and a concussion. A severe strike can be fatal. The acupuncture point GV 20 here is called Paek'oe meaning 'Hundred convergences' It is slightly to the rear of the apex of the skull. It is activated via a strike
- 2) 백회 forehead: A moderate blow can cause a knockout or blank out (light knockout) due to the brain hitting the inside of the skull. A forceful blow can cause whiplash, concussion, a severe blow can be fatal. *
- 3) 천근 Between eyes: A moderate blow can cause a knockout or disorientation due to the brain hitting the inside of the skull. A forceful blow can cause whiplash, concussion, a severe blow can be fatal. Due to the proximity of the eyes a strike to this area can also cause blurriness and watering of the eyes.
- 4) 인 중 In Joong: under nose GV 26 Striking this point effects can range from fatal, knockout or disorientation. Pressing this point activates the nerve underneath causing severe temporary pain.
- 5) 하근 Under lip / Jaw: Striking this point effects can range from knockout or temporary disorientation.
- 6) 염천 Windpipe: a strike to this area can be fatal, a light strike can cause temporary paralysis.
- 7) 결별 Collarbone Gap: Pressing this point activates the nerve underneath causing severe temporary pain.
- 8) 천돌 Jugular notch: a strike to this area can be fatal, a light strike can cause temporary paralysis. Pressing this point activates the nerve underneath causing severe temporary pain.
- 9) 옷근 breast (heart point) a strike to this area can be fatal due to its proximity to the heart.
- 10) 수월 sternum/Solar Plexus a strike to this area can be fatal, a light strike can cause temporary paralysis.
- 11) 천광 upper waist: Fracturing the ribs can paralyze that area of the body a light strike can cause temporary paralysis.
- 12) 천충 middle waist (bottom floating rib): Fracturing the ribs can paralyze that area of the body a light strike can cause temporary paralysis.
- 13) 화정도 lower waist: Striking this point activates the nerve underneath causing severe temporary pain and paralysis.
- 14) 외척택 wrist:: Striking the inner wrist will cause will cause temporary paralysis.
- 15) 합곡 thumb web (hap gok): Pressing this point activates the nerve underneath causing severe temporary pain.

- 16) 탁마 Calf: Striking or Pressing this point activates the nerve underneath causing severe temporary pain and paralysis.
- 17) 바닥 발 (湧泉) Bottom foot * K1 Pressing this point activates the nerve underneath causing severe temporary pain.
- 18) 조설 lower ankle: Striking this point activates the nerve underneath causing severe temporary pain, numbness and since being on the leg loss of balance.
- 19) 상줌 Top of instep: Striking this point activates the nerve underneath causing severe temporary pain, numbness and since being on the leg loss of balance.
- 20) 향골 shin: Striking this point activates the nerve underneath causing severe temporary pain, numbness and since being on the leg loss of balance. The effect may not be felt if the attacker is kicking until they place weight on the effected leg. Which will result in an immediate loss of balance due to the severe pain.
- 21) 부맥 inside thigh: Striking this point activates the nerve underneath causing severe temporary pain, numbness and since being on the leg loss of balance.
- 22) 낭선 testicles: Striking this point activates the nerve underneath causing severe temporary pain usually accompanied by nausea. In some cases resulting in a knock out but usually in paralysis. Damage to the testes can result in loss of the testes in some cases.
- 23) 내척맥 inner wrist: Striking the inner wrist will cause it to switch states i.e open/closed or closed/open. It will cause temporary paralysis.
- 24) 배꼽 belly button: Striking this point usually results in temporary pain and loss of balance. Underneath this point at the beltline is a point when struck with a spear hand or thumb strike for example will cause compliance result in the attacker folding over.
- 25) 완도 forearm: Striking this point activates the nerve underneath causing severe temporary pain, numbness, and paralysis.
- 26) 기해 center of mass: Striking this point usually results in temporary pain and loss of balance.
- 27) 중부 "center point": Fracturing the ribs can paralyze that area of the body a light strike can cause temporary paralysis.
- 28) 상완 upper arm: Striking this point activates the nerve underneath causing severe temporary pain, numbness, and paralysis.
- 29) 천부 Collar bone: Fracturing the collar bone will cause immediate pain and paralysis of that side of the body (arm).
- 30) 품월 breath point: Pressing this point activates the nerve underneath causing severe temporary pain. Striking this point with a downward angle usually results in a knockout or disorientation.
- 31) 강간 Back of skull: A moderate blow can cause a knockout or blank out (light knockout) due to the brain hitting the inside of the skull. A forceful blow can cause concussion, a severe blow can be fatal. *

- 32) 여 풍 Behind Ear: Pressing this point activates the nerve underneath causing severe temporary pain. A moderate blow can cause a knockout or disorientation due to the trauma to the nerve.
- 33) 아 문 Base of skull: A moderate blow can cause a knockout or blank out (light knockout) due to the brain hitting the inside of the skull. A forceful blow can cause concussion, a severe blow can be fatal. *
- 34) Back of Neck: A moderate blow can cause a knockout or blank out (light knockout). A severe blow can be fatal due to the trauma to the spinal cord.
- 35) 부돌 Side of Neck: A moderate blow can cause a knockout or blank out (light knockout) a severe blow can be fatal. *
- 36) 건 정 Trapezius: Striking this point activates the nerve underneath causing severe temporary pain, numbness and loss of that limb there is usually also a sympathetic bending of the knees as a result of the strike.
- 37) 팔 굽 Between shoulders: A moderate blow can cause a upper body paralysis. A severe blow can be fatal due to the trauma to the spinal cord.
- 38) 병문 Lower Back: A moderate blow can cause a lower body paralysis. A severe blow can be fatal due to the trauma to the spinal cord.
- 39) 콩팥 Kidneys: A moderate blow can cause a upper body paralysis. A severe blow can be fatal due to damage to the kidneys which are necessary organ for life.
- 40) 소락 Tendon: Pressing this point activates the nerve underneath causing severe temporary pain.
- 41) 소해 Funny Bone: Striking this point results in paralysis of the arm and numbness.
- 42) 팔 굽 Elbow: Fracturing or trauma to the elbow results in paralysis of the arm and numbness.
- 43) 장강 Tailbone: Traditionally it is stated that this point can be fatal but there is no documentation to substantiate this. A strike to this point can cause severe pain, paralysis and in some cases convulsions du to shock to the spinal nerve.
- 44) 황문 Hamstring: Striking this point results in paralysis of the leg, numbness and loss of balance.
- 45) 질변 Behind Knee: Striking this point results in paralysis of the leg, numbness and loss of balance.
- 46) 송산 Calf: Striking this point results in paralysis of the leg, numbness and loss of balance.
- 47) 곤륜 Achilles Tendon: Striking this point results in paralysis of the foot, numbness and loss of balance.

Original article transcribed into Hangul:

TRANSLATOR'S NOTE: This text is written in a slightly archaic dialect of Korean. Where possible, I have preserved the original spacing and spelling whenever it differs from modern style.

당수도를 수련하는데 때로는 도장내에서 뜻하지 못한 사고가 (왕)?기는 수가 흔히 많다. 특히 대련을 하는 도중에 제일 많고 또사고의 전부라고 해도과 언이 아니다. 이때를대계분설하여 보면 그성분이 가장 위급하고 시간상 극히 조급한 문제이며 또 즉각적인 응(응?)급구치가 없이는 활생을 난면하는 지사가 되므로 여기에는 지극하고도 예리한 시술과 세련된 구급법을 쓰지않으면 보다 더 큰 사고를 겪기에는 두통꺼리가 아닐 수 없을것이다. 그러므로 도장에서 가르치는 사범이거나 배우는 동료건 막는하고 이것은 상식상 무인이면 다 알아둬야 할것이고 특히 당수도인은 먼저 필자는 아는데까지를 경험과 아울러시口험을 동해본 가치된 몇가지를 추려서 그중수련상 가장 필수한 구급술법을 논하기위하여 적어나마 순서를 새워서 쓰보기로 한다.

중요한 인체급소

공 : 우리 사람의 몸은 알고보면 보다 약한 동물임을 알수가 있다. 얼북단장등으로 인간으로 서의 품위를 나타내고 있지만 도상 그인간의 인체건신을 가지고 따라 볼때는 정말 한수먹 한발로 때리거나 찰곳이 없는 약한 것임을 다시 한번더 말해둔다.

그러기에 우리들은 우리들은 우리들의 몸을 정당하게 보호하고 심신을 연마하여 일단유사시 대전에 임하기위한 수련을 하는데 최대의 목적과 의의가 쓰며 있다는것은 주지의 사실이다. 그러므로 당수도에는 선수가 없고 또 사소란 싸움이나시게 한다.

그아랫배 꼭 원전을 맞았들 때는 다리부분의 장단지 한 복판의 장단지 한복판의 위치에 있는 탁마를 꼭 눌러서 신경을 자극시켜 활생케함.

낭신 (금저이라고도)을 맞아 사망에 이를때는 즉각 환자를 눕히고 허리띠를 끌려 배꼽을 모지로 눌러 틀어 주면 된다

어딘지도 모르게 가슴쪽에 맞아 얼굴이 새파랗게 질리며 사망에 이를때는 손바닥을 펴등을 세차게 몇대 갈기고 앞가슴을 (갈비뼈부분) 양손으로 상하마찰 시켜 주다가 심을 쉬게되거는 이루켜 세워서 뛰게 한다.

너무 정신을 집중한 까닭으로 쓰리지거나 또는 놀래 나자빠(?)지거나 이유 모르게 새파랗게 경련을 이르켜 도군할때는 무슨 바를 종류로서 인종급소 (코밑직하삼미리 위치)를 약간 찢러피를 내게 하면 활성화하는수도 있다. 옛날부터 이법은 송장도 소생한다고 하여 인종공은 특히 침구술에서도 중요한 공지로 알려지고있다.

갑자기 맛았거나 또는 어떻게 수련도중코피가 터졌을때는 한손으로 경동맥을 눌르고 다른 한손으로서 얼굴을 하늘 (천정쪽)을 보게끔 고개를 치켜채친다 두가락 (?)으로 천근쪽 (눈과 눈의사이)을 꼭잡고 눌러주며 환자로 하여금 입으로 숨쉬게 한다. 이렇게 약삼뵤간 있다가 그냥 뒤도 코피가 재발하지는 않을뿐더러 코피를 조금도 옷에 묻히거나 흘리지않고서도 깨끗하게 원모습 그대로 되돌아 간다.

경동맥 부분(고개)을 맞아 위급할때에는 합곡 (손부분 ??? 사이)을 잡 눌르고 뺨을 한대 힘차게 갈겨 주면 원정신에 돌아 올수 있다.

통천및 머리 () 부분을 맞아 위급할때는 찬물 (냉수)을 등으로부터 꺼엿저 한번 제빠른 동작으로 환자를 마루땅에 덩굴어 밀어준다.

안면 () 부분을 맞아 정신 혼돈상태 흔들흔들 할때는 양손의 두손가락을 이용하여 양 후귀부 (귓뒤쪽)를 꼭 눌러주면 눈을뻥적 뜰것이다.

다리부분의 부? () 쪽 ? 맞아 발을 움직이지 못하고 새파랗게 안색이 변화할때는환자를 즉시 눕히고 (양다리를 위로하여 벽쪽올려 눕힘) 수도로서 관절과 발목 무릎마디를 수분친 다음 물이 있으면 물수근으로서 씹프를 시켜 쥐도 풀리게 된다

어떻게 수련중 잘못으로 인하여 낭신 이제 자리에 있지않고 없다거나 안쪽으로 튀어들어가므로 말미아마 운동기능에 지장을 초래면치 못하는 수가 있는데 이때는 환자를 엎어 눕히고 낭신이 없어진 쪽의 다리를 치켜 올려 (무릎을 굽히게함)

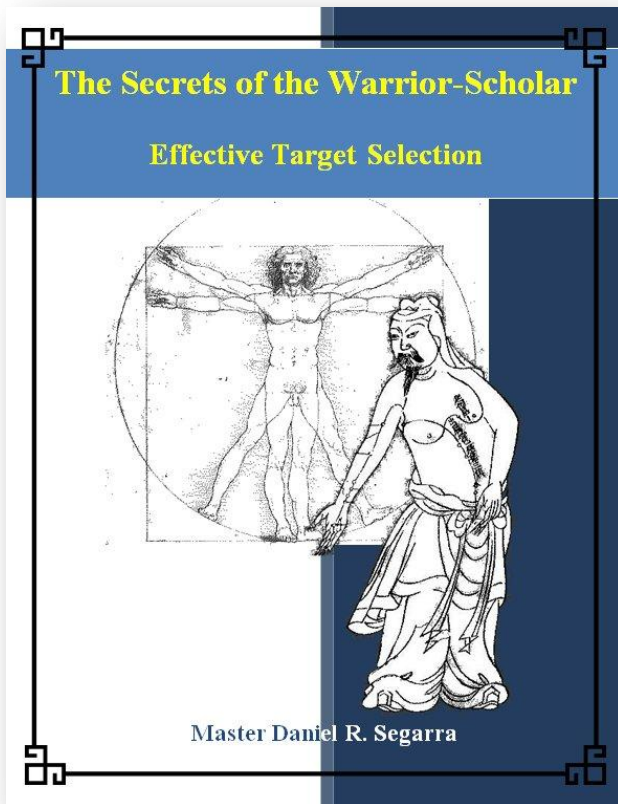
발급부분이 엉덩이에 맞당도록 힘껏 내려쳐주면서 수도쪽으로 한쪽 엉덩이와 허리 사이부분을 힘을 넣어 다시 한번 쳐주면 낭신 원위치에 되돌아 오고 정상적인 운동기능을 발휘할수 있게된다. 이외도 구급법은 약백삼십여종(?)에 달하는 시술법이 있지만 차후로미루고 이번은 주로대개 꼭 상식적으로 알아 뒤야 하는 필수구급법으로서 이정도로 해둔다. 도장내에서 응급치료는 가능할것이라고 보는 바이지만 너무 사고가 많하여 절골 탈골 상골까지 겪했을때는 우선 구급법의 아는데까지 실수하여 놓고 다음은 차차지료 해보는 침착성으로서 치료해야 할것이다.

필자는 이러한제 반사고의 할수있도록 계속해서 지면이 허락하는데로 차호에 탈골 절골상골에 관한 응급치료법과 시술요령 및 술법을 쓰보기로 하겠다.

3) 시체의식별법 추가해서 다음은 참(?)로 시체의 식별법을 적기로 한다. 비단 도장뿐 아니라 산에서 나뭇에서나 어느때 어느장합에서 남모르는 시체가 눈에 띄일른지 모를것이고 또 이시체를 발견한 즉시 응급시술 하며 구급법을 가해야할진때. 그시체의진사가사를 판별 하므로써 시술을 하든지 시술치않든지 하는데에 시체의 식별법을 잘 알아 두는 요점인것이다. 시체의식별방법은 (1) 두손가락으로 눈을 뜨이게 하여 약간 붙어준다 (개안한 눈안쪽으로) 그러면 눈등자가 움직이기거나 아무런 반응이 없거나 할것이다. 만일 입바람으로 불어서도 반응이 없을때는 상당한 진사상태 놓여 있다는것을 알수가 있다. 허지만 눈동자에서 반응이 생기고 변화가 있을때는 이시체는 아직 가사상태임을 증명하는것이므로 긴급 구급을 쓰되신호흡 작용을 할수있도록 자극을 가해 줄것이다. 그러나 또 눈동자로서 도저히 판단하기 어렵거나 (____) 애당초식별하기곤난할때는 (2) 거울이 난 또 유리 같은 종류 의 물건을 갖이고 시체의 코앞에 한참동안 대고있다가 급히 띄여서 보면 그거울이나 유리부분면에는 "김"이 서렸거나 변화가 있게 될것이다. 이것으로서 시체가 아직 가사상태로서 쉼을 쉬고 있느냐? 그러잖으면 호흡이 완절되었느냐 하는 문제가 판명되면 식별할수가 있게된다. (3) 또 한가지는 가뜩찬 접씨물을 시체의가슴 한복판에 얹혀 놓은 다음 성냥물을 시체의 손가락 (손톱부분) 쪽을 약간 디이게 하면 이때 시체가 아직도 진사치 않고 만분지일의 가사상태로서 세포의 움직임을 계속 하고 있다면 접씨 물에는 필히변화가 생길것이다. 이것으로 진사가사의 식별을 판단할 것이며 찬단연후는 즉각적인 응급조치를 해야만 할것이다.

물론 이외에도 의법상 식별하는수야 얼마든지 허다하지만 필자가 저눌에도 말한바와 같이 극히 쉽고 증명이 뚜렷해지는방법을 선택하여 식별 하자는데 그 주목적을 두고있는것이다 (차호계속)

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Well here we are at the end of this article. I'd like to thank you for your time and I hope some of this information was either helpful or enjoyable for you as you progress in your martial arts journey.

If you are not yet a member of our organization and would like more information about our style Tang Soo Do Moo Sa Do Kwan™, please feel free to ask me any questions via our face book page: www.facebook.com/moosado or visit our webiste: www.warrior-scholar.com you can also contact me personally there and

I will be happy to answer any questions you have.

I am available to teach clinics both nationally and internationally to share the Tang Soo Do Moo Sa Do Kwan style with those interested. Clinics can be on various topics and combinations of topics:

- Ki Gong (energy exercises)
- Advanced Ho Sin Sool (Self Defense) & Body guarding skills.
- Sparring strategies
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- And much more.

My extensive credentials and resume are online at; http://www.warrior-scholar.com/blog/?page_id=178

My meditation book is available at; <http://www.lulu.com/content/770689>

My email is; mastersegarra@aim.com

Thank you,

In the spirit of the martial arts;

Dan Segarra

