

Chapter 1 : What are the human body's weak points? | Yahoo Answers

A human body seems to be strong from outside but isn't actually except the bones and cartilages. A human body has many organs which when hit with respective techniques can injure it badly and even lead to death.

Introduction Although this essay will cover some basic weaknesses and how to target them, it is in no way a compilation of the myriad of several weaknesses located throughout the human body. Due to the actual complexity and length of the topic, the information is meant to be informative and concise, but not a full definition. However, to achieve the maximum potential of each attack and defense, an increased comprehension of human anatomy is required for the execution of each maneuver. Throughout the history of martial arts, practitioners have managed to create a series of techniques, such as Chinese Qigong, where their bodies are forced to endure a series of harsh stimulants, resulting in the body to then repair and, most importantly, adapt to different forces that simulate damage often encountered in combat. Some adaptations the warrior would receive from this type of training include the hardening of the bones, strengthening of the muscles and an increase in flexibility, endurance and reaction time among other benefits. No matter what martial art, how many arts practiced, or the experience of an opponent, it is near impossible for a fighter to evade the confines of both physics and their personal anatomy. This means that as bones are stressed, they will remodel themselves, increasing their mass and density, to become harder and more resistant to certain stimuli. Other Chinese martial arts use Iron Body training, or Qigong, where limbs are repeatedly struck against hardened surfaces such as bags of gravel or sand to condition the body, but more importantly, also the mind. Thai boxers manage to eventually deaden and lessen the pain that accompanies the harsh training and combative style, a similar attribute that accompanies the disciplined mind of Shaolin monks, with many masters capable of breaking solid iron with their hands and head. However, although the osteoblasts, cells that are responsible for bone formation, do strengthen the bone by repairing micro-fractures with more matter referred to as cortical remodeling, it does not modify the material that the bones are composed of, nor does it make the bones fully invulnerable to its original weaknesses. Although bones have a very high compressive strength, at approximately MPa, a property gained primarily from the compound, calcium phosphate, it also has the weaker attributes of having low tensile, torsion, and shear stress strength, albeit bones that had undergone intense training would be more resistant to those forces. The damage that can potentially be done by this maneuver may be extremely effective for martial artists who are capable of producing high levels of static force, making it a powerful and efficient way to quickly dispatch an enemy. Such a type of offensive attack can be disadvantageous towards the defender; however, it can be easily countered with minimal effort and thought. Often, many martial artists practice to improve the strength and power they can produce in their strikes and defenses. However, other martial artists, such as those who are smaller and quicker, might take advantage of their agility to instead focus on the accuracy of their strikes, primarily on possibly the most vulnerable, and sensitive, areas on the body. One popular target for these types of fighters would most probably be the knee joints, due to the fact that, like many other joints, knees are only able to bend in one direction, and are unable to bend forward past degrees or laterally in any angle without causing damage to the ligaments, muscle, and cartilage. A moderate, but accurate, strike to the knee can incapacitate an opponent quickly due to the massive amount of pain that can be applied. The physics behind the maneuver puts the fulcrum at either behind the elbow, which locks the arm in place to be used as a lever, or behind the shoulder, which then creates fulcrum points that load the arm, most possibly to points where the arm can dislocate or break or the muscle and ligaments may tear. The weakness of joints is near universal, as there are nearly no joints that are able to bend a full degrees with minor cases of flexibility, and enough load on any joint, even the small fingers or even as vital as the neck, will often cause an opponent severe pain and can potentially end a fight quickly. The five senses of the human body are recognized by the nervous system, a complex array of nerve bundles interlocked throughout the body, all connected to the central spine and, more importantly, the brain. Whether it is professional fighting, situational sparring, or real-world applications, many fighters and martial artists have experienced a difficulty of breathing subsequently to receiving a strike to the chest. When

the diaphragm spasms, although the lungs are still able to contract and expand to allow the fighter to breathe, the spasm in combination with the pain as a result of the strike makes it difficult for the lungs to fill with air, resulting in a momentary difficulty of breathing for the fighter. In real-world applications, this type of attack can temporarily incapacitate an assaulter and allow victims to gain an upper hand, as the attacker will have difficulty fighting, or fighting back, as a temporary lack of oxygen can cause a weakness and possibly a knockout in the assailant. Located in the neck, adjacent the carotid artery and the jugular vein, the Vagus nerve—also referred to as the Pneumogastric nerve—is a crucial nerve that acts in part to control sensory, motor, and secretory functions, and most importantly handles the heart and the rate of its contractions, among other vital organs. As previously mentioned, nerves communicate information, such as pain, through sodium channels. Under the circumstance that the nerve would be struck with sufficient force, nerve cells would immediately respond by flaring sodium through the channels rapidly, sending the signal of intense pain to the brain at speeds nearly undetectable by the defending fighter. The brain then responds using those same sodium channels, shutting down several vital organs and slowing the heart down significantly to a dangerous rate, even stopping any contractions at all, resulting in asphyxiation of the body and death. The Vagus nerve is, however, difficult to strike by inexperienced fighters, and will often leave the attacker vulnerable to any counterattacks should the initial attack fail or has no result. Although nerves and sodium paths may be used for this purpose, a direct strike to the heart may be more effective in some cases. Chinese Kung-Fu includes a palm-heel strike to the left side of the chest, a direct strike to the heart, and with sufficient force, will shut it down as well. Besides nerves, there are other miscellaneous vulnerable areas within the body. The trachea, or more commonly known as the windpipe, is a lengthy tube of muscle and cartilage pseudostratified columnar epithelium that is used for the passage of air from the outside into the lungs. The cartilage holds the pipe open to allow for a clear, steady passage of air, and a mucus lining aids in filtering the air passing into the lung by trapping particles, which are then transferred back up by cilia. Although the trachea is essential in the process of breathing for humans, it is also blatantly exposed, and easily damaged. It takes approximately 80 pounds of pressure, equal to crumple an empty can of soda, to crush the trachea. Upon collapsing, smaller blood vessels begin to seep into the lungs, and with a smaller diameter combined with the pain, breathing becomes many times more difficult, and the volume of air that could be used by the body declines due to the displacement caused by the blood. A full understanding of the considerable complexity of human anatomy is incredibly difficult to achieve as a sole goal, let alone use it as the base for all martial art defenses. It is also important to note that opponents will always vary in their experience, strength, and resiliency, meaning weaknesses may not be applicable, or less effective. Altogether, although the analysis of human anatomy may be extremely useful in a myriad of circumstances, survival and victory will not solely depend on knowledge alone, but also the skill, devotion, and most importantly, the fighter themselves. Paladin Press, 1 July

Chapter 2 : Pressure point - Wikipedia

This is used to exploit a weakness or vulnerability in the human body to gain an advantage over an opponent. When using these pressure points one must be particularly careful as it is easy to kill someone accidentally, such as a friend or even an enemy.

Print Email The human body has the ability to grow, adapt and recover by itself, but is very important to protect and take care of the weak points in the body. A lots of people experience some weakness due to a number of factors. There are actually parts of the human body which are strong along with other parts which are weak. Injuries or health issues in order to those weak spots may cause stress, soreness, inability and loss of life. The neck and throat, back and head are specifically prone. They house the majority of the central nervous system that permits us to assume and sense. The neck and throat is really a relatively vulnerable joint. Your back is really a curiously designed column of spinal vertebrae that permit us to take a position vertical. Muscle tissue and nerve issues inside the back are typical of course, if the spinal cord is dismembered, paralysis takes place. The head is very hard like a defense for your brain, however when jostled all of a sudden, a concussion happens. The consequences vary from dizziness to unconsciousness to death. Our 5 senses impart us with the capability to understand the entire world all around us. However is also one of the most fragile body parts. Any type of stress triggered on the eyes, ears, nose, tongue or skin is hurtful and possibly incapacitating. You may lose your senses of eyesight, ability to hear, smell and taste from stress on your sensory faculties. Your skin is definitely the largest body organ of the entire body. It offers outstanding restorative healing capabilities however are not able to get over from serious burns more than a huge area of the entire body. Human joint parts are weak spots. Joint parts that are in contact with quite a lot of movement in various directions are specifically prone. It is not uncommon for individuals to have a problem with hip and knee joints. These keep our whole body weight and therefore are sustained by a complicated system of tendons and ligaments. In case your knee or hip is struck or moved in the completely wrong way, long term injury can happen. Sports athletes frequently have a problem with shoulder and elbow joint parts. When they are confronted with a lot of stresses they are able to hyper-extend, break up or dislocate. Your whole body relies upon your heart each and every second of your life. The heart by itself is an extremely strong muscle however it depends upon a complicated system of arteries and veins to transport blood. Weak cardiovascular health contributes to blood clots, cardiac arrest or Heart attack , hemorrhages, and strokes. Considering that the whole cardiovascular system is interdependent, one poor link gives everything down. The best way to safeguard your cardiovascular overall health is by using all round physical fitness and excellent eating plan. Other body organs of your entire body can even be weak points. The majority are important to your survival. The lungs, liver, kidneys, sex organs and spleen are prone to malfunction if confronted with extreme stress. They can certainly be focused by diseases like many forms of cancer.

Chapter 3 : 3 Weak Spots Of The Human Body | Skyakes

The human body has the ability to grow, adapt and recover by itself, but is very important to protect and take care of the weak points in the body. A lots of people experience some weakness due to a a number of factors.

They all follow principles. If you had the chance to practice Krav Maga for a few years now, this list of human weak points will not be unknown to you.

Poking the eyes The eyes of your opponent should be one of the primary targets you want to reach for two reasons. First of all, they are relatively easy to reach with a punch during a standing fight or by poking with your fingers if you are on the ground or being choked. And the second reason is that if you manage to successfully hurt your aggressor in the eyes it may incapacitate him by making him blind. And it also hurts like hell. It is not a punch that would be the most effective but a poke into the eyes with your fingers extended.

Breaking the nose Your nose is a central, unprotected piece of your face. That makes it vulnerable to impacts. A broken nose is a fracture of the nasal bone and nearby cartilage. A light fracture can be painless, and only the deformity of the nose will signal the fracture. A severe impact will shift the nose out of its normal position, cause a severe nose bleeding and deviate the septum which will impact the air flow. Palm strikes are very efficient to do so.

Hit the temples The temples are located on the two sides of your head. At this position, the skull is thinner than the rest making the area more vulnerable. Under the skull in the same region, run arteries which provide the brain with blood. A severe hit can lead to an excessive pressure on the brain and oxygen deprivation. If no medical care is given in a short delay, irreversible damage can be done to the brain. The most common symptoms are disorientation and loss of consciousness.

Punches in the ears Punch someone in the ears can provoke a partial loss of hearing. The person will either see his ability to hear reduce or he will hear parasite sounds like ringing, swooshing or hissing. If the impact is hard enough, you can tear the eardrum or dislocate the ossicles. This will result in the total loss of hearing. Any of these consequences will put you in an advantageous situation. Same as the temple, the best strikes to target the ears are the hooks and high-kicks.

Punch to the throat You want to disrupt the throat of your opponent with a straight punch right into it. You will block his breathing and he will gasp for air. The more power the more destructive it will be, it is as simple as that. The famous karate chop is also recommended for its efficiency but very hard to perform.

Jaw It is commonly known that a punch to the jaw can easily knock out. When you hit the side of the jaw, where it is attached to the rest of the skull, it makes the head spin around. Then your muscles, tendons, and bones will make it stop. But the brain is contained in a fluid. Nothing is maintaining it still. So instead of decelerating like the rest of your head, the brain will crash against the inside part of your skull causing brain damage, and often a knockout if you punch hard enough.

Solar plexus Located between the chest and the navel, receiving a hit on the solar plexus is really painful and might stop your attacker from breathing for a few seconds. This effect is amplified if you hit him while he is breathing in. Also, the chest is not as hard as the solar plexus is for your hand. By doing so you diminish the chances of breaking your knuckles. Palm strikes and stop kicks are very effective against the solar plexus.

Ribs A punch or a kick to the side of the body will provoke a lot of pain and may even incapacitate one of his arms.

Spine The spine is a vital part of your body. The cord passing through the spine allows your brain to communicate with the rest of your body. No surprise how important it is. If you choose to attack the spine of your aggressor you choose to hurt him bad. Attack on the back of the neck with an elbow strike, and there will be a chance that you paralyze him. Or it can be way worse, it can result in death.

Kick the groin Probably the most famous target in self-defense. A kick in the groin is an easy task to do. Located at the center of the body, the most effective way to protect it is by turning your hips. Having the adequate reflexes is really difficult when you are not used to. Even a slight kick well done can do a lot of damage. In standing position, a kick is the most effective way to strike the groin, but in ground fighting, use your palms to strike it and get out of the situation.

Knees Someone moving a lot is harder to beat. Target his legs in order to slow him down. If you can strike him in the knees this could be a good strategy. With sufficient strength and precision, you can dislocate his joints with a round kick. It is better if his weight is on the knee you are attacking. You can also hit the kneecap with a direct kick. You will often see Muay Thai fighters trying to eliminate those sensors in order to be able to block kicks with their shin.

without feeling any pain. Fortunately, most of the people are not Muay Thai fighters. A kick to the shin is quick, painful and may be a distracting attack before a power punch. Crush the toes Crushing the toes can be very effective especially if he is grabbing you from behind.

Chapter 4 : Weak Points Of The Human Body Human Body Weak Points Diagram - Anatomy Chart Body -

Targets or weak points of the human body. Back to Technical Guide -Kihon page: Site Maintained By: Nihon Karate Kyokai (Dadar) calendrierdelascience.com

I am very cautious when anyone tells me they have taken a self-defense class and now know how to stay safe. Especially when they tell me they learned XYZ techniques to free themselves from an attacker. However, when push comes to shove and your life or the lives of those you love are threatened, you need to know how to protect yourself. That is where I believe self-preservation comes into play. Perhaps you can talk him away or find a peaceful way to get out of the situation. The basic premise is that no matter how strong you are, there are always going to be areas in your body that are weak. Remember, we are working on how to get free of your attacker and run. Not how to put them down for the count or hold them until the authorities comes. Some of these attacks, while they seem simple enough can be quite deadly or permanent to your attacker, especially those attacks to the face region. By law statues in some areas, attacking to the point where you cause life-threatening damage can make you leagally liable. So remember, this should only be a last resort option in your arsenal. A good blow to the eyes will take any fighter out. Clawing, hitting, or even spitting into the eyes is a good way to stop your attacker. Most fighters, even well trained ones, rely on their eyes to attack. The region of the ear, which is so close to the brain, is another sensitive part of the body. It is also an orifice to the body and prone to being delicate. At the very least, a strike to the nose will stun your attacker. If hit hard enough, it will cause the eyes to tear and blur vision. A good punch or blow to that spot can render your attacker without use of that arm and cause a great deal of pain. Even before I learned any basic techniques, it was my habit to raise my knee and protect myself. That simple move places me just in the right spot for a knee strike to the groin. Unless your attacker has a high tolerance for pain or is wearing steel-toe shoes, getting your toes stomped on is no fun deal. One thing to consider and what the various self-defense classes ARE good for, is to find out what is comfortable for you. Do you do like me and raise your knees? Do you immediately ball your hands into fists ready to attack? Taking some time to figure out what is your instinctual reaction to threat will help you figure out what your best defense will be. Each of us is unique as is each situation and you may find different types of attacks from above work best for you. Overall, the best defense is to never get yourself into this situation in the first place. But if you find yourself in a dangerous spot, take a moment to realize the difference between things you must do to save yourself from bodily harm and possessions that can be replaced. Just go for the weak parts of the body and get out of there as quickly as you can.

Chapter 5 : Pressure Points - Martial Arts Do

Pressure points are vital points or weak points of the body where a blood vessel or (in most cases) a nerve is very close to the skin. Pressure on these points can cause pain, injury or even death if an atemi (blow) is applied.

He has an extensive background in financial investing and has taught computer programming courses for two New York companies. He has a Bachelor of Arts in film production from Indiana University. You may relieve some headache symptoms through stimulation of pressure points. Pressure points are specific sensitive areas on the surface of the body. You can exploit a pressure point for many uses. Martial artists quickly disable attackers by using a simple but forced push on a pressure point. Stimulation of pressure points also helps to relieve pain and assists in massage therapy. Video of the Day Temples Each side of your head has a small flat area between the ear and eye. The pressure points here are located approximately half an inch from the edge of the eyebrow. If you press these two points on both sides of the head simultaneously while moving your fingers in circles, you may find some relief from headaches. Dokko The dokko is a specific point just behind each ear. According to Pressure Point Karate, the dokko is an effective target area in martial arts. The website Press the Point. The dokko is located where the jaw and skull meet. In most people, this point is just under the outer ledge of the earlobe at the base of the ear. It is a vital point in the body, as the trachea passes just below this surface. A small amount of force to this area can be seriously debilitating. Kote Near the inside of the elbow, where the skin creases on a bent arm, is the kote pressure point. You may gently press this point in a circular motion or strike it forcefully to inflict pain. Locating the kote is easier when you press hard and briefly to find the exact point that causes pain. Uchi Kuro Bushi The uchi kuro bushi is located near the meeting point of the foot and ankle. It is below the bony protrusion on the inside of the lower ankle. Move down and forward from this protrusion until you find the cavity of this joint. This is a pressure point used in martial arts to inflict pain and damage. Webbing of the Hand A pressure point exists in the fleshy area between the thumb and index finger on each hand. If you press firmly on this point by pinching from both sides, you will feel some discomfort. According to Press the Point.

Chapter 6 : An Anatomical Analysis of The Weaknesses of the Human Body || Mountain Academy of Martial Arts

Warning! Death or serious injury can occur from hemorrhaging or broken bones. Disclaimer! I'm not an expert nor do I purport to be. This video is intended for demonstration purposes only.

The land of misery not my material but you should find this useful as well: Not all areas of the torso will have the same effect as others. List of best striking points and possible effects. The striking points for the human torso have been studied and perfected for centuries. In the early days of martial arts the reasons for why certain areas were more effective than others were not known but today, medical science has an explanation for these same areas. As with any martial arts technique, the size and skill of the one doing the technique as well as the size and physical shape of their opponent will cause any defensive moves to vary in effectiveness. A perfect example would be the favorite strike of movies and television, the karate chop. So remember, each of the following striking points will vary in effectiveness against different people. If you reach up and feel the back of your own neck, you will find a naturally curving area, this is the area to strike. A forceful blow can cause pain, numbness, tingling and in some extreme cases, paralysis. This cage begins at the shoulder blades and ends at the bottom of the ribs. A simple push with one finger can cause discomfort to the opponent while a forceful blow could cause serious permanent injury or death. If you wonder how much effect a single finger to this area can do, practice it on yourself. If you do practice it, remember to use a gradually increasing amount of pressure. Side of the neck- Slightly above the collarbone is an area that is vulnerable because of a nerve cluster as well as both the jugular vein and carotid artery. Blows to this area can cause pain, temporary stunning or even death. All of which depends upon the force behind the blow. This is the area that the previously mentioned Capt. Depending on the force of the blow, the results could be pain, muscle spasms that make the arm on that side temporarily useless, numbness and possibly even injury to the muscles themselves. There is pain, jarring and a good chance of fracture since the bone is fairly delicate. A solid blow to this area can result in a loss of balance when used by a smaller person against a larger opponent. When the sizes are equal or the opponent is smaller, it can cause pain, jarring, shock and in some cases, injury to the spinal column. The most common attack comes from the back in the form of a hammer fist, elbow strike or kick. Extreme care should be used whenever practicing blows to this area. Pain, kidney damage and even death are very real possibilities. There is another way of hitting the kidneys. They are shorter than the normal ribs and if struck, are fairly easy to break away from the spinal column and cause a puncture of the kidneys or lungs. The internal injury will depend upon the direction of the blow itself. This breakage could lead to death as the process punctures the lungs or some other vital organ. To break the zyphoid process, you would need to be executing a strike that is in as well as upward. Kicks, upper jabs and palm-heel strikes are all possibilities so be very careful if you are practicing with a sparring buddy using these techniques. A solid hit or kick to this area can cause severe pain as well as the possibility of injury to the bladder and other organs located here. In men, there is the possibility of testicular injury as well. To do deliver an effective blow to this area requires both power and accuracy. If this is accomplished, pain will result as well as the risk of sever injury. The coccyx area can be sheared off from the rest of the spinal column and when this happens, there is a high risk of spinal cord damage. In any life and death situation you should use every possible means of defense to escape with your life. In practice, you and your partner should always wear proper protective gear to lower the risk of accidental injury.

Chapter 7 : List of Pressure Points in the Human Body | calendrierdelascience.com

Basic Weak Points in a Body. Just go for the weak parts of the body and get out of there as quickly as you can. This site needs an editor - click to learn more!

Contains purely opinionic material that is not meant to be taken too literally. I hear complaints most often about knees, backs and necks. Although I have yet to see any other option to improve the human design, I wonder if there might be a reason we were designed the way we were. Maybe our bodies are perfect refections of our relationship to God, full of weak spots and points of common misuse or injury. Knees Knees are probably the most problematic joints in the whole body. They are not to bend past a certain degree although they are often made to without risking injury. Knees probably suffer the most abuse as well, bearing a great burden and being leveraged in many different ways. They attach the biggest and strongest muscle group in the body quadriceps to tiny little toes that propel the body into motion. No matter how much power the Holy Spirit may give to you, there will be no forward movement of the Body if it does not flow through the channel of the love of Christ. Love bends the human soul further than a loveless soul could ever be bent. Love allows itself to be leveraged, bent, stretched, and to be burdened. But love is also easy to abuse and take for granted. If you find yourself living a loveless life, you will be incapacitated in the Spirit, unable to move forward at all except you are reminded every step of the way of the lack. Backs When the back or spine gets out of alignment, vital nerves get pinched and it cripples the entire body. Without the spine holding us up, we would all be a bunch of spineless invertebrates, something like jellyfish that fill up and deflate according to whatever currents come its way. If we simply believe that faith and love comes or goes with particular feelings or emotions, we will be as spinelessly useless in the Kingdom as a jellyfish tugboat. But if we understand His covenantal nature, that He is a covenant-keeping God, the He cut a blood-covenant with us, that He promises to be very near unto us until the very end, it fills us with TRUE faith, faith that is more than a feeling, faith that is more than an emotion, but REAL FAITH â€™ the trusting of God to complete and fulfill everything His Word says He will accomplish despite our weakness and brokenness. Necks The neck is the most vital yet unprotected area of the body. The neck carries and turns the head, the most concentrated place of experience-oriented organs. It carries the message from the head to the rest of the body. If you get a break in the neck, paralysis of the whole body, of all 4 limbs, is inevitable. The neck is a picture of our WILL. God has given us this precious and vital gift of free-will so that He may have a company of voluntary lovers. Father, may our love increase more and more for You and for our neighbors. May our trust be placed fully in Your covenant-keeping nature, not in anything that we can muster up ourselves.

Chapter 8 : Basic Weak Points in a Body - Martial Arts

body cheated death death fight human pain punching spots weak Today, we're going to discuss four/soft spots of the human body. We don't mean emotions or feelings, we're talking about hardcore weak points that you can use to your advantage in a " self-defense " scenario.

Chapter 9 : 5 Weak Points of Human Body | Clinicme

Pressure points are specific sensitive areas on the surface of the body. You can exploit a pressure point for many uses. Martial artists quickly disable attackers by using a simple but forced push on a pressure point.