

Turning Pressure Point Failure into Success

by Keith Pascal

Why do most pressure point practitioners fail to use the vital points effectively in most self defense situations? If you'll pardon the pun, why don't they work ... under pressure?

Pressure points have lots of uses in self defense, if you know how and when to use them. And even then, you have to overcome a few problems of logistics.

Pressure Point Problem and Solution: Can't Find the The Right Spot

Hmm — the pressure point worked in martial-arts practice, but when you tried it at full speed, you just can't seem to cause pain, limit movement, or force your attacker to move. It doesn't work.

One of the main reasons this happens is a martial artists failure to generalize. It's not enough to apply a pressure point to the same guy in class week after week. Body sizes vary, and this can make it hard to find the exact right point.

The solution is to work on the same point over and over ... first with the same person, and then with many different practice partners (10 - 20). Believe me; if you practice the same spot over and over, week after week, on different martial artists, you'll get a feel for the exact spot that causes the most pain.

Your fingers will learn to find the right points by feel.

Pressure Point Problem and Solution: Not In The Right Position to Apply Pressure

You know a great pressure point — let's say one about an inch above the inside elbow.

Then in a fight, your attacker continues kicking at you. This keeps you out of range of your enemy. How do you defend yourself with a pressure point?

You're too far away.

And even when you do manage to get past the leg defense, you still can't get to the one spot on the inside of the arm. What do you do?

The solution to the pressure point problem is to expand your repertoire of pressure points. If you can't get to the inside of the arm, then find one on your attacker's leg. Once you get past the leg, find the pressure point that's close to the kidneys. And so on.

If you have a pressure point or two in reserve for each area of the body, then it won't matter that you can't get to your one favorite vital area.

More Pressure Points and Practical Martial Arts

Do you want to learn more about pressure points and joint controls?

Here's an article on causing more pain with your self defense moves:

[More Pain Article](#)

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Keith Pascal is a martial-arts writer and has taught martial arts for 25 years.