

Takeyarijutsu Pressure Point Combos

• Stomach / Kidney meridians

- The stomach is yang energy and earth element, the kidney is yin energy and water element. As we know from the destructive cycle earth blocks or dams water. So by using these together we get 2 sets of opposites right from the start. Yin/Yang & Earth/Water
- The combos we want to practice are:
- ST5 – KI27 (just above clavicle beside CV22)
- ST5 – KI13 (just below the navel 1 inch over left or right)
- ST5- KI10 (on the inside knee balance point)
- ST5 – KI3,4,5,6 (this group circles the ankle bone)

• Gall Bladder / Spleen

- GB is yang energy and wood element / Spleen is yin energy and earth
- From the destructive cycle we know that wood destroys the earth and once again we have yin/yang energies working against each other.
- Combos to practice:
- GB-cluster – SP6 (4 fingers width above the ankle)
- GB-cluster – SP10 (near KI10 on ball of muscle just above the knee)
- GB-cluster – SP11 (middle of inner thigh)
- GB-cluster – SP12,13 (in the crease where the thigh meets the hip)
- GB1- SP21 (center of ribs)

- GB-cluster- SP21
- GB20-with all the SP points above
- **Gall bladder / Lung**
- Gall bladder is yang energy and wood element / Lung is yin energy and metal elem.
- From the destructive cycle we know that metal cuts wood.
- Combos to practice:
- GB-cluster – LU5 (crease of elbow near bicep)
- GB-cluster – LU1,2 (shoulder release point)
- GB-cluster – LU4 (center of bicep)
- GB20 – all the LU points above

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