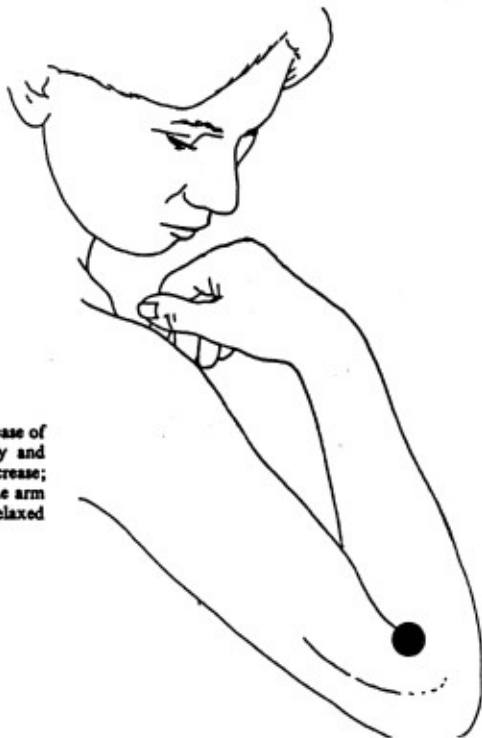


G-Jo Point No. 1

One and one-half thumbs above the most prominent crease of the wrist, in line with the thumbnail. A difficult point to find, but made easier by linking the hands as shown in the illustration; the point is found beneath the index finger, which lies along the top of the wrist, deep in a small hollow.



G-Jo Point No. 2

On the extreme end of the outer crease of the elbow. Bend your arm tightly and place a finger on the end of the crease; keep your finger in place. Open the arm and stimulate the point on your relaxed arm.

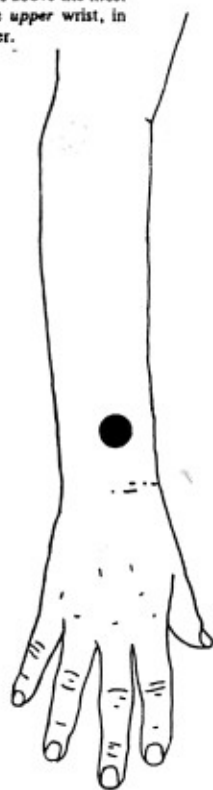
G-Jo Point No. 5

In the hollow (or valley) behind the crown of the outer ankle.



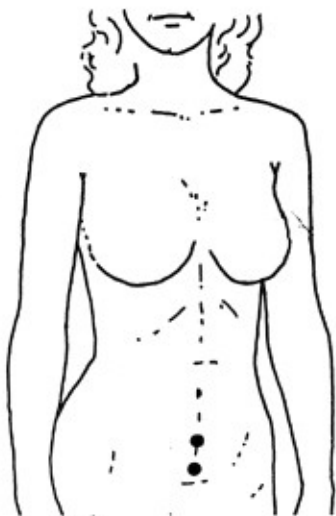
G-Jo Point No. 4

The width of two thumbs above the most prominent crease of the upper wrist, in line with the middle finger.



G-Jo Point No. 9

The width of one hand below the bottom of the kneecap; then the width of one thumb toward the outside of the leg (direction of the small toe). Found in the trough or valley just away from the most prominent bone (tibia, "shin bone").*



G-Jo Point No. 6

The width of one hand below, and in line with, the navel. Another point is found the width of one to two thumbs directly beneath that point, which may have similar effects.

