

2. G-JO—FAST RELIEF FOR THE MARTIAL ARTS

Most schools of the martial arts teach their advanced students the use of at least a few pressure points on the body which -- when struck properly -- will produce pain, debility or even temporary paralysis. Not as well known, however, is that many of these same so-called "striking points" can produce particularly beneficial results to health and stamina when stimulated in a less forceful way. And while those techniques don't guarantee becoming invincible, the warrior who feels better, fights better ... has a greater chance of survival -- even under the worst conditions.

These tiny spots (which are actually acupuncture therapy points) have been known and used in the Orient for thousands of years. Among their many benefits are the immediate relief of pain, the easing and "reversing" (healing) of wounds and sports injuries, or raising of "fighting spirit." And when "triggered" regularly over the period of several months there are even points to aid the development and strengthening of the abdominal muscles so vital in the martial arts.

The technique of stimulating acupuncture points with the fingers is called "acupressure." There are various forms of this ancient self-health technique ranging from a complex form known as shiatzu to the most basic and easily-learned form, known as G-Jo.

G-Jo is a simple, three-step process which takes only a few minutes to learn and a few seconds to apply. Yet when properly performed, G-Jo can easily produce such results that, to the uninitiated, would almost seem miraculous. For example, a kick or strike to the groin area -- especially the testicles -- can immediately produce devastating results. Yet, by simply applying deep, goading massage to G-Jo point #5 -- located behind the bony bulge of the outer ankle (lateral malleolus) -- of either foot, relief from this excruciating injury can often be obtained in just moments. And there are several other acu-pressure points -- notably along the spine -- which will produce similar results.

There are nearly 200 G-Jo acupressure points on the human body (each described and illustrated in *The Master of G-Jo Acupressure Home-Study Certification Program* from www.g-jo.com). One good example of a multi-use acupressure point is G-Jo point #116. This point is located on the outside or "hairy side" of the upper forearm, about 2 inches beyond the crease of the elbow (that is, between the elbow and the wrist). When struck forcefully, this acupressure point will produce immediate pain and even disability in the entire arm; but when triggered with moderate-to-deep fingertip massage, it promptly relieves most pain and injury in the shoulders, upper back and neck area.

One of the two most powerful points on the human body -- G-Jo point #9 -- is located about three inches (the width of one hand) down from the bottom of the kneecap, and slightly to the outside (direction of the little toe) of the front edge of the shinbone (tibia). Specifically, G-Jo point #9 is located in the vertical trough or depression that separates the shinbone from the calf muscle along the front of the leg.

This acupressure point has powerful rejuvenation qualities (in Chinese, this point is called tsusanli, which is sometimes translated as "walk three miles" -- for, it is said, if this point is stimulated when one is exhausted, he immediately gains enough energy to walk an additional distance ... possibly three more miles). However, to increase energy and stamina, this point is stimulated briskly with the fingernail in an upward (or downward -- experience will be your best indicator) manner for several minutes, when stamina is required. Traditionally, however, G-Jo

points are triggered in the deep, digging or goading massage to produce relief.

Yet another multi-use G-Jo acupressure point is G-Jo #87. This point -- located in the upper chest area -- is a classical "knock-out" point for the advanced judoka. But when massaged with rather less pressure, this same point can bring fast relief from such diverse problems as headache, painful tongue, asthma and pain in various parts of the body.

It's said that there exists a G-Jo pressure point to relieve nearly any symptom or discomfort you can describe. And while G-Jo isn't so effective for chronic or degenerative disorders, it works surprisingly -- you could even say astonishingly -- well for a broad variety of acute symptoms.

I have successfully used G-Jo to relieve numerous health disorders -- even severe emergencies that most people would either take medications to relieve, or rush off to an emergency room to have treated. For instance, while hoisting a roost on my organic egg ranch in southern Florida, a heavy steel ladder I was using for a jack dropped accidentally on my face, completely slicing through my nose and lip. The pain and bleeding were so intense I nearly fainted. Yet, almost instinctively, I grabbed for G-Jo #13 -- the other most powerful acupressure point on the body; then I stimulated it on either hand for less than a minute, and when I stopped, the pain and bleeding had also stopped. Within three days -- and without drugs, doctors' care or suturing -- the wound had healed enough so that I didn't need to use G-Jo any longer. Today, only a small scar remains.

Other problems I've relieved with G-Jo are problems that any person involved with an active, outdoors life could encounter. Resting in an European woodlands, several years ago, I casually reached down and plucked an appealing looking plant and began chewing it. Suddenly it felt as if my mouth and throat were on fire! I began coughing and choking ... tears were streaming down my face.

Keeping my wits, I stimulated G-Jo #13 again, plus G-Jo #20, a point located on the inside of either heel, just below and slightly behind the bulge of the inner ankle (medial malleolus). Though I had to restimulate several times within the hour, the entire incident passed quickly and without further consequence. To this day I don't know what kind of plant it was -- only that it was something poisonous and unfit to chew.

Then, within 24 hours of that incident, I came across a serious auto accident: a passenger in the crumpled car was trapped inside, her chest apparently crushed. She appeared to be going into shock. With her husband's permission, I deeply massaged G-Jo #10, a point found on the inner forearm in line with the middle finger -- a main point for controlling chest and heart problems. Her pain quickly subsided and her color improved. I restimulated this point several times before the ambulance and wrecking crew arrived to pry her from the shambles and rush her to the hospital. She reported feeling "much better" by the time they left.

There are only two important rules to know for using this technique: find the right point that controls your ailment; then stimulate that point properly. Finding the G-Jo point is done simply by probing deeply with the tip -- not the pad or fleshy part -- of your thumb or index finger in the appropriate area of your body. Probe as deeply as you can -- you won't injure yourself; and deep probing pressure is necessary to locate the tiny "ouch point" you'll be searching for. In a pinch, or if you can't generate enough pressure with just your thumb tip, you can use the bent knuckle of your pointer finger or even use a mechanical probing instrument, such as the blunt end of a felt-tipped marker. But if you use such a tool, be careful: it's easy to apply too much pressure and you could bruise yourself.

Now step two: as soon as you discover the ouch point, massage that spot as deeply as you can in a digging, goading kind of massage. But you only need to do this for a few seconds in most cases. Use up to 20 lbs. of fingertip pressure (you can check this on a bath scale to see just how much 20 lbs of pressure actually is). If you're doing the massage properly, you should be wincing with sensitivity during the brief massage.

You might also feel a rush of heat or energy to some part of your body, or perhaps a flush of perspiration break out across your brow or shoulders -- such phenomena (which are called "acupressure reactions") frequently happen when you use G-Jo. You might even feel a little light-headed, or sense sudden relaxation, as if someone "let the air out of your balloon" with a rush. These let you know that you've just stimulated the right G-Jo point. These, of course, plus the profound sense of relief you should feel after briefly massaging the point. Now test the part or your body you were trying to relieve. If there is no pain or discomfort remaining, it was the right point.

With the first several triggerings, you should get a strong acupressure reaction -- especially if you've suffered these symptoms for a while -- when you contact a good point. Later, it will become less sensitive, an indication to Oriental doctors that healing is occurring as well as relief.

These same doctors also suggest that pain (or other apparent discomfort) -- while by no means the first nor even the best indicator of internal problems -- be the "doorbell" for use of acupressure by untrained people. That is, G-Jo should be used symptomatically -- only when the symptoms arise. The "body-mind" is a complex mechanism and one that takes many years of training to comprehend, at least in the Oriental manner. But deep knowledge isn't required for the use of these self-health techniques, only some kind of general guidelines. And return of the symptoms is the best indication that acupressure is called for.

If you don't get prompt, satisfactory relief, it usually means one of several things:

1. You didn't find the right control point for that symptom -- try another point;
2. You didn't stimulate a point, only near a point -- did you feel the twinge of sensitivity when you probed and stimulated? Did you get an "acupressure reaction?"
3. You didn't stimulate the point properly -- did you use enough fingertip pressure?
Did you stimulate long enough?
4. Your problem may be chronic and beyond the scope of G-Jo -- seek professional attention.

While G-Jo may be used by anyone in an emergency or on a limited-use basis, there are several instances where G-Jo should otherwise be avoided. If you are a chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulation device -- you should restrict your use of G-Jo to just emergency conditions. Likewise, pregnant women -- as well as those people taking medication for serious problems (e.g., cancer, diabetes, etc.) -- should generally avoid using pressure points. It's thought that during the above conditions, the body's electro-chemical "mixture" (which martial artists know as ki) -- the mixture we seek to alter using G-Jo -- is too "out of balance" for the untrained person to deal with as a general policy. Download the free Basic G-Jo Training Chart from our website **www.g-jo.com**.