

55. G-JO: REMARKABLE RELIEF WITH THE TOUCH OF A FINGER

As any judoka (or other martial artist, for that matter) knows, one of the results of a harsh workout or randori can be sore, tired muscles. Or, in the event of a bad fall or pulled punch, even a strained or sprained muscle. But a distant cousin of the martial arts -- G-Jo (a simplified form of acupuncture without needles or "acupressure") -- can bring relief from these, and many other ailments, using nothing but the touch of a finger. Not only can this easily-learned technique be used under nearly every circumstance, but when properly performed, it brings prompt -- actually, instant -- relief.

There are nearly 200 basic G-Jo acupressure points. With a complete knowledge of their locations, you can relieve and heal more than 250 health disorders and distressed bodily areas. (All the many G-Jo Acupressure points and their hundreds of uses are found in the G-Jo Institute's *Master of G-Jo Acupressure Home-Study Certification Program* -- see www.g-jo.com). Such diverse problems as headaches, burns, lacerations, stings, poisoning, dysentery and appendicitis -- not to mention the sore or strained muscles this article focuses upon -- all respond quickly to properly applied G-Jo stimulation.

To perform G-Jo all you need is the tip of your finger, a knowledge of where the tiny acupressure points are located and the necessary oomph to stimulate them. G-Jo requires no prior medical or first aid training. Generally, there are several of the pinhead-sized areas that -- when properly stimulated or "triggered" -- will relieve a symptom; and it's not unusual to have as many as 15 or 20 to choose from ... one or two of which will be profoundly effective.

How G-Jo works is not completely understood. Western science has proven that endorphins -- the brain's morphine-like compounds -- and other pain-killing biochemicals are immediately released when good control points are stimulated (especially with acupuncture needles). But more than that seems to happen, because there is even a change in Ki or essential energy -- a change in the level of vitality -- when a good point is triggered. G-Jo is a simple, three-step process:

Step one: find the right G-Jo acupressure point. To do this, simply follow the accompanying descriptions and, with the tip of your thumb or bent knuckle of your index finger (even the eraser tip of a pencil will do), deeply probe the appropriate area on your own arm or leg. You're looking for a tender "ouch point" -- one that will feel like a toothache or pinched nerve when deeply probed. Finding the tender spot is crucial -- if you don't feel the twinge, you haven't found the point -- keep probing.

Step two: trigger the G-Jo acupressure point. This is done in a deep (up to 20 lbs of fingertip pressure), digging or goading kind of massage/stimulation. Do this for up to four minutes (though usually 10 to 15 seconds is enough to bring immediate relief). You should feel yourself become warm -- even break out in a flush of perspiration or feel suddenly lightheaded -- if you do G-Jo properly. These are perfectly normal "acupressure reactions" which let you know you've found and triggered a good acupressure point properly ...

Step three: duplicate G-Jo on the opposite side of the body (if applicable). Most G-Jo points -- and all of those described in this article -- are found in identical spots on opposite sides of the body, though one side will usually be more tender (and that one is generally more effective, as well) than

the other. Find that point by again deeply probing ... then trigger it deeply ... and see how you feel.

If you've applied G-Jo properly, you should get complete or near-total relief of your discomfort or symptom. It often vanishes, so completely and promptly it's almost as if the problem never existed. And, depending upon the circumstances, it should stay away for at least as long as an aspirin or other non-prescription remedy would relieve the symptom, and probably longer -- if you trigger the best G-Jo point correctly. If your symptom returns in a few minutes, it's usually a signal that you've used the wrong point -- try another one. However, the more serious or severe the symptom, the faster it's likely to return, and the sooner you may need to re-stimulate the point.

Not only will G-Jo bring immediate relief of pain, but swelling and other symptoms of the injury or disorder should also "reverse" (heal) themselves quickly. In fact, if you trigger the right G-Jo point as soon as the disorder arises, there may even be no evidence of the injury or dysfunction even after just a few moments. But, again, if the symptoms do return, simply restimulate the best points again immediately.

For more serious ailments you should get increasing spans of "relief time" -- this is how you know that not only relief, but healing, too, is happening.

While G-Jo is safe and harmless, there are some people who should generally avoid the use of this technique (except in emergency or limited-use situations):

1. A chronic heart patient -- especially one who wears a pacemaker or other artificial energy-regulating device;
2. A person who takes regular/daily medication for serious health disorders (e.g. cancer, diabetes, etc.);
3. And -- while it won't usually apply in the martial arts -- a pregnant woman (especially beyond her third month of pregnancy) should also avoid the unlimited use of acupressure.

Also, as a general practice:

- Wait for about four hours after taking any drug, medication, alcohol (or other intoxicant) before applying G-Jo ...
- Wait for about half an hour after taking a hot bath, eating a heavy meal or doing strenuous exercises before applying G-Jo ...
- Avoid any G-Jo acupressure points that lie beneath scars, moles, warts, varicose veins or any other blemishes or disfigurements -- use the point(s) on the opposite side of the body, instead ...
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And if you need to use G-Jo more than four or five times daily and more than five days in a row, it may mean that:

1. You're using the wrong G-Jo pressure point for your symptoms (try other points, instead) or
2. Your symptom(s) are more serious than you think and it's time to see your doctor or other health care professional (G-Jo is meant as a supportive -- but not complete alternative -- therapy to proper medical or other professional health care).

Strained muscles may be promptly relieved by triggering one of several G-Jo points -- especially points #62, 57 and, for all-around pain relief, #5.

G-Jo point #62 is a main control point for the muscles. If and when you suffer muscular strain, immediately reach for this point, which is located on the outside of the lower leg, slightly below the level of the bottom of the kneecap. Specifically, this point will be found in the small depression that is formed when the leg is held perfectly straight. It is in line with -- or slightly forward of a vertical line with -- the bony bulge of the outer ankle (lateral malleolus).

Probe until you contact the tender, ouch point; then trigger deeply for a few seconds; finally, duplicate the process on the other leg. If the discomfort returns, immediately re-trigger the same points again, as often as necessary.

G-Jo point #57 is very useful when the injury occurs around the joints of the body -- ankles, wrists, elbows, etc. Then the injury is called a sprain. To relieve sprains, move directly around from the above-described point #62 to the inside of the leg -- still in approximate line with the bottom of the kneecap (patella) -- and again probe; then, upon finding the sensitive point, trigger in the special, fingertip manner.

Number 57 is also found in a small depression -- this one at the top of the calf muscle -- when the leg is completely straightened. However, always relax the leg (or any other part of the body) when both finding and triggering a G-Jo point. This point is more or less in line with the bony bulge of the inner ankle (medial malleolus).

G-Jo point #5 is a general pain relief point. It also helps relieve and heal the muscles, joints and other areas so prone to martial arts injuries. To find this special point, reach behind the bony bulge of the outer ankle and probe deeply in the small hollow or depression located between the ankle bone and the Achilles tendon -- the long tendon that runs vertically up the leg from the back of the foot.

Again, follow the same probe-and-trigger technique, moving forward, backward, up or down in the soft depression until the most tender point is contacted. Use G-Jo point #5 either alone, or -- if necessary -- in conjunction with the other points described in this article. This is also a main control point for lower back distress, a very common problem not only for martial artists but for the general population, as well.

The shoulders, upper back and neck are also vulnerable areas for the judoka. One of the best -- and most easily located -- points for relieving and healing this bodily area is G-Jo point #116. This will be already familiar to many readers, since this is also a judo disabling point. But when triggered with less-than-disabling pressure, amazing relief for the upper back and shoulders usually follows.

Point #116 is located on the outside ("hairy side") of the upper forearm, about two inches beyond (distal to) the crease of the elbow, in approximate line with middle (third) finger. Press that muscular area (you will often feel a kind of a "notch" near the actual point) until you feel the very tender point. It will be quite uncomfortable on everyone, but particularly acute if you suffer from discomfort in its "control area" of the neck, shoulders and upper back. Then trigger and duplicate on the opposite arm. You should feel immediate, profound relief.

Download a free Basic G-Jo Training Chart from The G-Jo Institute's website www.g-jo.com for illustrations of these six G-Jo points.

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