

59. RELIEVING MUSCLE CRAMPS AND INJURIES WITH G-JO ACUPRESSURE

Today, most martial artists have heard of acupuncture. And the more elite are now actually using *acupressure* (a form of acupuncture, performed only with the fingertips, not needles or other instruments) to relieve their own, their loved ones' and perhaps their students', pain and suffering.

Acupuncture techniques and the martial arts have a long history, together. Thousands of years ago, masters of the Oriental fighting arts discovered that certain points on the body would cause extreme pain, dysfunction and perhaps local immobility (or even death) when struck or injured in a variety of ways. These were special nerve and energy centers whose influence, when traumatized, could be felt at sometimes-distant sites on the body.

Simultaneously, it was also noted that these same points could, at times, bring *relief* from suffering, even from longstanding health problems. Strangely, this also typically occurred when the site was wounded -- say, by an arrow, sword or knife, during battle. Thus, the healing art of acupuncture was born.

Over many centuries of observing and recording these peculiar phenomena, schools of healing and fighting arts simultaneously developed around this growing body of knowledge. And by the mid-20th century, this arcane wisdom began filtering into the West.

Indeed, for many Westerners, the early samurai films of Akira Kurosawa (ca. the 1950's) -- several of which showed actors performing various types of acupuncture or related techniques (e.g., *moxibustion*) -- was a curious introduction to the ancient, Eastern healing art now coming to be called "energy medicine."

However, even as far back as the late 1800's, some Western physicians -- such as the great Sir William Osler, the "Father of Internal Medicine in America" -- had already recognized the healing benefits of acupuncture. Osler was prescribing the treatment for low back pain, though this is only one of that modality's countless uses in physical and emotional healing.

G-Jo (pronounced "GEE-joh") is the most basic form of *acupressure*. In an earlier article in this magazine, I revealed seven basic G-Jo Acupressure points that every martial artist should learn. Please visit www.g-jo.com to download a free Basic G-Jo Acupressure Training Chart with the body's six primary or "cookbook" acupoints. Three of these points are located upon the hands and arms, three on the feet and legs.

However, there are more than 1200 known acupuncture points, of which nearly 200 qualify as G-Jo (from the Chinese characters which mean "first-aid") pressure points. These are detailed and illustrated in our Institute's *Master of G-Jo Acupressure Home-Study Certification Program*.

Each G-Jo "acupoint" controls one (and often several) bodily areas or functions. When the right "control point" is stimulated or "triggered" in certain ways, it brings almost instantaneous relief from pain and other forms of distress! Even better: The knowledge for using this age-old technique can be mastered in a remarkably short time and requires no prior knowledge of medicine, the health sciences or even the martial arts.

One of the most common problems suffered by martial artists is sore muscles and even muscle-cramping -- e.g., "charley horse" -- when the body is awkwardly stretched or bent, as frequently occurs during sparring, *katas* or various other training routines. In some people, muscle cramps follow repetitive, stressful work (such as lifting too much weight, or repeating the process too often); or from certain nutritional deficiencies.

Fortunately, it is in the area of dealing with aches, pains and the results of injuries that the remarkable healing power of G-Jo Acupressure truly shines forth.

There are two crucial elements in successfully relieving pain and other types of suffering with G-Jo Acupressure. The first is to *find the precise point(s)* to use; the second is to *"trigger" the appropriate points properly*.

G-Jo points are tiny -- only about the size of a pinhead, though they might feel much larger when you discover a "good" point using the necessarily deep, *fingertip* pressure. And they are often located in small hollows or depressions between bones, tendons or muscle groups. While all G-Jo points are typically a bit more tender than the surrounding flesh, the best points are almost always very sore, even to light fingertip pressure.

Curiously, though, that tenderness (which might feel like a toothache or pinched nerve) does not reveal itself unless and until it is probed for (or accidentally contacted). A good point typically does not just randomly ache, though itchiness (like a small bug bite) is not uncommon, when the body calls for its own kind of acupuncture stimulation -- scratching that itch -- which frequently occurs without our realizing what is happening.

Triggering the point is extremely easy for most people. It is done in a deep, digging, goading kind of specific massage which lasts for only a few seconds. But it should be deep enough to bring a wince of sensitivity to the face. Remember, if this a good point, even gentle massaging may quickly produce that "hurts good" response.

Indeed, the most difficult part of G-Jo (at least for some people) is getting up enough courage to make the point hurt, at all. Many people are squeamish about giving themselves even small amounts of pain, fearing they'll do some kind of damage. But the pain which occurs when doing G-Jo lasts only as long as the triggering is being done -- typically only a few seconds. And no damage can occur.

But if you are that squeamish sort of person, having a friend, family member or colleague trigger the point for you may be the answer. Or using the eraser tip of a pencil, instead of your fingertip, may also be helpful.

A good point, triggered properly, will usually produce what is known as an "acupressure reaction." This is a sudden feeling of warmth, clamminess, even perspiration, while you are triggering the G-Jo point. While it could occur anyplace in the body, this response is typically felt on the face, forehead, hands or feet, and usually only lasts for as long as the triggering is being done.

A less-common response to G-Jo Acupressure is a sudden feeling of weakness or light-headedness, followed by a profound sense of relaxation, when a point is being triggered. But this normally only occurs when a particularly good point is found and massaged; however, that point should be remembered for future use.

The G-Jo process is not complete until the same point on the opposite side of the body is also found and triggered in the same manner. In rare cases, when a point lies on the so-called frontal or spinal meridians -- that is, along the front and back centerline on the body -- there is no duplication needed, such as when using G-Jo Point #115 (see below). Mostly, however, the same sites on opposite sides of the body are first triggered; then, if one point is markedly more tender than the other, that one is again triggered if, or when, the target symptom returns.

That is G-Jo's simple, three-step G-Jo process: Find the point; trigger it properly; then duplicate the find-and-trigger process on the opposite side of the body. Once you understand how it is done, it usually takes less than a minute to go from pain to relief -- often complete relief -- using

only the touch of your finger.

Now, all that is needed is to know which of the body's nearly 200 G-Jo points to use.

For relieving muscle cramps, strain or soreness, one powerful acupressure point is G-Jo point #38. This easily-found site is located on the outside (distal aspect) of the lower leg, at the level of the knee-cap, just above the top, and slightly to the rear, of the calf muscle.

As soon as you notice the painful symptom, reach for that special point. Unlike many other G-Jo points, G-Jo #38 is not found in a hollow or depressed area of the leg. Rather, it feels more like it is near the surface of the skin. Now find ... trigger ... and repeat on the opposite leg. That's it.

Then, particularly with leg cramps, or "charley horse," I'd also trigger G-Jo point #115. This point is located on the face, in the so-called "philtrum," or indented area centered between the bottom of the nose and the top of the upper lip. Pinching and massaging this tiny spot when a leg cramp strikes, or is about to, has saved me from wrenching agony more times than I care to remember.

G-Jo is used symptomatically -- that is, when the actual injury or distress occurs. While there are more advanced G-Jo techniques revealed in our *Master of G-Jo Acupressure Home-Study Certification Program*, the "Basic" -- or first-aid -- aspect of G-Jo is normally just used each time the ailment begins to return ... the sooner the better.

An even more abbreviated type of G-Jo is also a powerfully effective technique for any martial artist to learn. At my organization, The G-Jo Institute, we call this "Opposite-Side G-Jo." It works best when you can identify and localize a precise area of injury ... say, a specific spot on the hand or arm.

Let's say there is a site on your hand which you have just injured. To use this incredibly easy technique, simply go to *the exact spot* on the other hand ... press that corresponding area deeply, in the G-Jo manner ... and locate the tender site you're certain to find. Yes, the moment an injury occurs to one side of the body, the opposite side of the body *also* develops tenderness when that spot is pressed.

Now, simply massage the uninjured hand (or other corresponding site) deeply, in the typical G-Jo manner -- just a few seconds of triggering should be enough. Then "test" the injured hand: You should notice remarkable relief! If there is still a bit of pain remaining, go back and repeat the process, again.

With all forms of G-Jo, please remember: *Repeat the find-and-trigger process as soon as the symptom or ailment returns!* You should receive increasing spans of "relief time" -- increasing time between any needed restimulation of the G-Jo point(s) which brought initial relief.

And one final note: As powerful and effective as G-Jo may be, if this -- or any other self-health technique -- fails to bring fast, complete relief, take the next, logical step ... please see your doctor or other health-care professional.

I have personally "erased" serious injuries to the face, neck, hands, legs and feet -- not just pain, but sometimes even intense bleeding -- in only a matter of moments! Indeed, I have successfully used this remarkable technique, both on myself and others, countless times in the nearly 30 years I've been teaching G-Jo.

To say G-Jo could be a *life-saving* technique is no understatement ... especially when applied to those who regularly face the possibility of suffering pain or disastrous injury. For this reason, G-Jo is fast becoming "required knowledge" for the serious martial artist, especially for those who teach -- or aspire to ever teaching -- any of those arts.