

## 74. G-JO ACUPRESSURE: THE HEALING SIDE OF THE MARTIAL ARTS

For many centuries, martial artists have used pressure points on the body to control, disable or even kill opponents. In fact, it is widely rumored that the late Bruce Lee was "executed" using an arcane form of "death touch," sometimes called *dim mak*, which is said to have caused his brain to "explode." This apparently occurred in retaliation for his publicly insulting one or more old martial artists on a TV talk show in Hong Kong.

Whether or not that is true (Lee did die from cerebral oedema, arising from sources unknown), what *is* true -- though less well-known -- is that the use of pressure points for *healing* is a much older and more widely-practiced art throughout the Orient. Of course, martial arts instructors have always known about the use of pressure points for both inflicting and relieving pain. But it often comes as a surprise to even well-trained instructors just how far pressure-point therapy can go in healing the body of literally hundreds of ailments.

I was introduced to the use of these fascinating pressure points by my karate instructor in 1963, and I began seriously studying this powerful healing art several years later. I claim no original knowledge -- the healing benefits of pressure points have been known for at least 5,000 years and probably longer.

But following a serious accident in 1974, which I completely controlled and healed using pressure points, alone, I have spent most of my time working with a special technique known as G-Jo (pronounced "GEE-joh"). During that time, I have shared this knowledge with millions of people on more than 1200 radio and TV talk shows where I've appeared to explain and demonstrate this remarkable "self-health" technique, and through various books and home-study programs I've written.

In that accident -- which occurred at my small farm in southern Florida -- my children were helping me hoist a chicken roost. They were using a heavy, steel ladder like a jack to hold the roost in place. However, they let go of the ladder too soon and it tumbled down on me, smashing across my face and completely slicing through both the side of my nose and upper lip, deep into my gum. The sudden pain and bleeding were so intense I nearly passed out!

Yet, I kept my senses enough to grab for a special G-Jo point between my thumb and forefinger -- G-Jo #13 -- and with just several moments of massaging this spot deeply, both the pain and bleeding were completely stopped!

While these symptoms returned shortly, all I did was to restimulate the same pressure points, again, then again. And since I'd had many years of G-Jo experience, I decided to forego visiting a doctor or emergency room (which the severity of this accident otherwise called for) and really put G-Jo to a test.

Instead of stitches, pain-killers and medical attention, I used only G-Jo. To my own amazement, the wound healed quickly and cleanly; and today there is only a tiny scar remaining as evidence from this otherwise drastic injury. Needless to say, I became totally convinced of G-Jo's effectiveness.

The name *G-Jo* comes from the Chinese calligraphic characters that mean "*emergency first aid*." G-Jo is a rudimentary form of finger-pressure acupuncture (or "acupressure"). In using G-Jo,

you simply stimulate one (or more) of the body's various "acupoints" -- tiny therapy points used in acupuncture -- in a deep, digging or goading massage for a few seconds. It requires nothing more.

Since that accident in 1974, I have had occasion to use this technique in a variety of emergency situations -- other serious injuries, food poisoning, automobile accidents, etc. -- and have found G-Jo to be extremely effective ... even to the point of allowing me to become virtually health self-sufficient. With G-Jo, you, too, can heal problems that occur in your daily life -- headaches, indigestion, sprains and such -- literally within seconds!

G-Jo accomplishes two important functions: it relieves suffering immediately; and it stimulates the body's self-healing mechanisms. G-Jo is a simple, three-step process. Once you learn the technique, you only need to know the right G-Jo point that "controls" the ailing bodily area or function.

Then, as soon as the ailment arises, simply reach for the best G-Jo point ... "trigger" (stimulate and massage) it in the special G-Jo way (described later) ... and sigh in relief. It's just that simple -- and it works immediately. Much faster than any drug or medication. G-Jo is probably the oldest, yet most effective (and easily learned) first-aid technique in the history of mankind. And best of all, it requires only the tip of your finger -- nothing else -- to be completely effective.

It's said there exists a G-Jo pressure point to relieve nearly any symptom or discomfort you can describe. But fascinating though it may be, the idea of pushing a "body-button" to bring relief and "reversal" (healing) of symptoms must also raise one's natural skepticism. The normal first question -- *how does G-Jo work?* -- isn't easily answered.

Science has been trying for years to get a handle on the nature of the acupuncture and acupressure process. What has been proven is that, when a "good" (effective) acupressure point is triggered properly, the body is flooded with endorphins and other brain-generated pain-killers. Beyond that, how and why G-Jo works is unclear.

It may be that, as the Chinese say, you are "adjusting" the flow of your "life force," the energy that makes your heart beat (*ch'i, qi or ki*, the same force applied in the martial arts). One thing is certain: G-Jo really does work. And with a little practice, you can make G-Jo work for you.

There are nearly 200 Basic G-Jo Acupressure points. With a complete knowledge of their locations, you can relieve 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](http://www.g-jo.com) ). Such diverse problems as burns, sports injuries, lacerations, stings, dysentery and appendicitis -- not to mention headaches, lower back pain, indigestion and menstrual distress -- all respond quickly to properly-applied G-Jo Acupressure.

However, six of these G-Jo points are so broad-acting they are considered *primary* or "cookbook" points. Each one controls a large area of the body, so that even if you don't know the best point to totally relieve your symptom, you may still get partial relief by stimulating one or more of the primary points. Three of these primary G-Jo points are found on each arm, three on either leg. Download a free Basic G-Jo Training Chart from The G-Jo Institute's website [www.g-jo.com](http://www.g-jo.com) for illustrations of these six important G-Jo points.

There are only two important rules to know for using this technique: find the right point that controls your ailment; then trigger that point properly.

Finding the G-Jo point is done by probing deeply with the *tip* -- not the pad or fleshy part -- of your thumb or index finger, upon the appropriate area of the body. Probe deeply -- you won't injure yourself; and deep, probing pressure is necessary to locate the tiny "ouch point" for which you'll be searching.

In a pinch, or if you can't generate enough pressure with just your finger- (or thumb-) tip, you can even use a mechanical probing instrument, such as the eraser tip of a pencil. But if you do use such a tool, be careful: it's easy to apply too much pressure and you could bruise yourself (or a person you're working upon).

Now step two: as soon as you discover the "ouch point," massage that spot deeply in the 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).

To complete your G-Jo massage, simply move to the identical but opposite side of your body and duplicate that process for a few seconds. Same probing ... same massage after you locate the point. Test again -- in some rare cases, you might actually bring back the symptom you had just relieved; but in that case, go back to the first side and restimulate the original point. If the target symptom or health disorder later returns, just duplicate the process.

Probe until you find the point. Massage. Probe on the opposite side of the body. Massage, again. Test. Your symptom should be gone. Total elapsed time from suffering to relief: less than half a minute!

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The right G-Jo massage should be a little painful -- even bring a wince of sensitivity to your face. It seems the pain acts like a key to "unlock" the G-Jo point and allow energy to once again flow smoothly (if the Chinese are correct in their theory). But that pain will pass as soon as you stop massaging the point.

Upon finding and triggering a good point properly, several things usually occur. First, you'll feel a sudden sense of warmth or perspiration. Even a feeling of lightheadedness or, rarely, a brief touch of nausea. These are perfectly normal "acupressure reactions" and indicate you've properly triggered one of the better points for your problem. Then, after a few seconds of massage, simply check your symptom. It should be nearly or totally relieved.

This relief should be long-lasting. Several hours, or more, is not uncommon, especially for minor ailments. In fact, G-Jo often produces complete healing, as well ... sometimes after just one application!

When -- if -- the symptom returns, simply restimulate the best G-Jo point(s), again. This time, you should get longer relief. But if you find that you need to retrigger a G-Jo point more than four or five times a day for an apparently minor problem -- or for more than several days in a row -- it usually means:

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?

3. You didn't stimulate the point properly -- did you use enough fingertip pressure? Did you massage long enough?
4. Your problem may be more serious than you think -- seek professional attention.

Before seeking outside help, however, a good rule of thumb is to first try another of the six, primary G-Jo points. Each of these powerful points may have as many as 40 different healing or relieving benefits! This is especially true under survival conditions -- use anything that works. And in my experience, there's at least one G-Jo point for nearly any problem you can name. So keep trying.

But G-Jo isn't for all people under all circumstances. Those who should generally avoid the use of this technique (at least until first checking with their doctor or other health care professionals) include: pregnant women, especially those beyond the third month of pregnancy; and chronic heart patients, particularly those fitted with pacemaker-like regulating devices. Also, avoid G-Jo if you take regular, daily medication for serious health problems, such as cancer or diabetes.

As you become more proficient in this vital art (and that shouldn't take more than just a little practice combined with a knowledge of the points and their uses), you'll add an important tool to your survival "bag of tricks."

It's a sure bet that Oriental warriors from the earliest times have known the basics of using these healing acupressure points. In the Chinese army today, auricular therapy (ear acupuncture) is being taught as standard battlefield therapy. And while such techniques don't guarantee becoming invincible, the warrior who feels better, fights better ... and has a greater chance of survival -- even in the worst conditions.

## HOW TO FIND THE SIX, PRIMARY G-JO ACUPRESSURE POINTS

**G-Jo point #13:** on the back of the hand, in the "webbing" between the thumb and index finger. This is a main acupressure point for problems of the head and neck. This point is good for sprains and strains in the upper torso, headaches, bloody noses -- even tired feet! In all, nearly 50 health problems may be relieved and often reversed with G-Jo #13.

**G-Jo point #4:** about two inches back from the crease of the outer wrist toward the elbow, on the "hairy side" of the lower forearm, in line with the middle finger. Press deeply in the small hollow or depression you'll feel between the two arm bones to find this point. It is useful for relieving tennis elbow, sprained wrists and shoulder injuries, among others.

**G-Jo point #10:** directly beneath G-Jo #4, about two inches back from the crease of the *inner* wrist, still in line with the middle finger. This point is useful for easing nagging menstrual cramps, seasickness or problems of the chest and breasts, among others.

**G-Jo point #5:** just behind the bony bulge of the *outer* ankle, in the hollow or depression between the bulge and Achilles tendon. This is a wonderful point for fast relief of back pains, strains and sprains. It's also useful for hip injuries and pain in most parts of the body. Knees, ankles and other joints also respond well to triggering this point.

**G-Jo point #7:** about three inches above the bony bulge of the *inner* ankle, between the shinbone -- or tibia -- and the calf muscle; it will announce itself with a sharp twinge of sensitivity and is one of the easiest of all points to find. Number 7 is quite useful for problems that occur in the front of the body, especially those from the stomach downwards. Try this for sprained ankles, knee problems and such. But its best use is probably for indigestion, menstrual cramps, nausea and similar disorders.

**G-Jo point #9:** the second most important G-Jo point on the body -- after #13 -- located about three inches below the bottom of the kneecap, just to the outside of the "ridge" on the front of the shinbone, in the vertical trough or depression separating the tibia and calf muscle. This point is used for many of the same ailments as #7, but more. Unfortunately, it is the most difficult of all the primary G-Jo points to find, though many acupressurists suggest its use for any problem, in conjunction with more specific points.

Please note: the six, primary G-Jo points are so broad-acting that they often overlap one another in terms of effectiveness. If one of them doesn't work, go on to another. You may find one that at least relieves your problem enough to keep you alive, functional and in good spirits until you can get more complete help.