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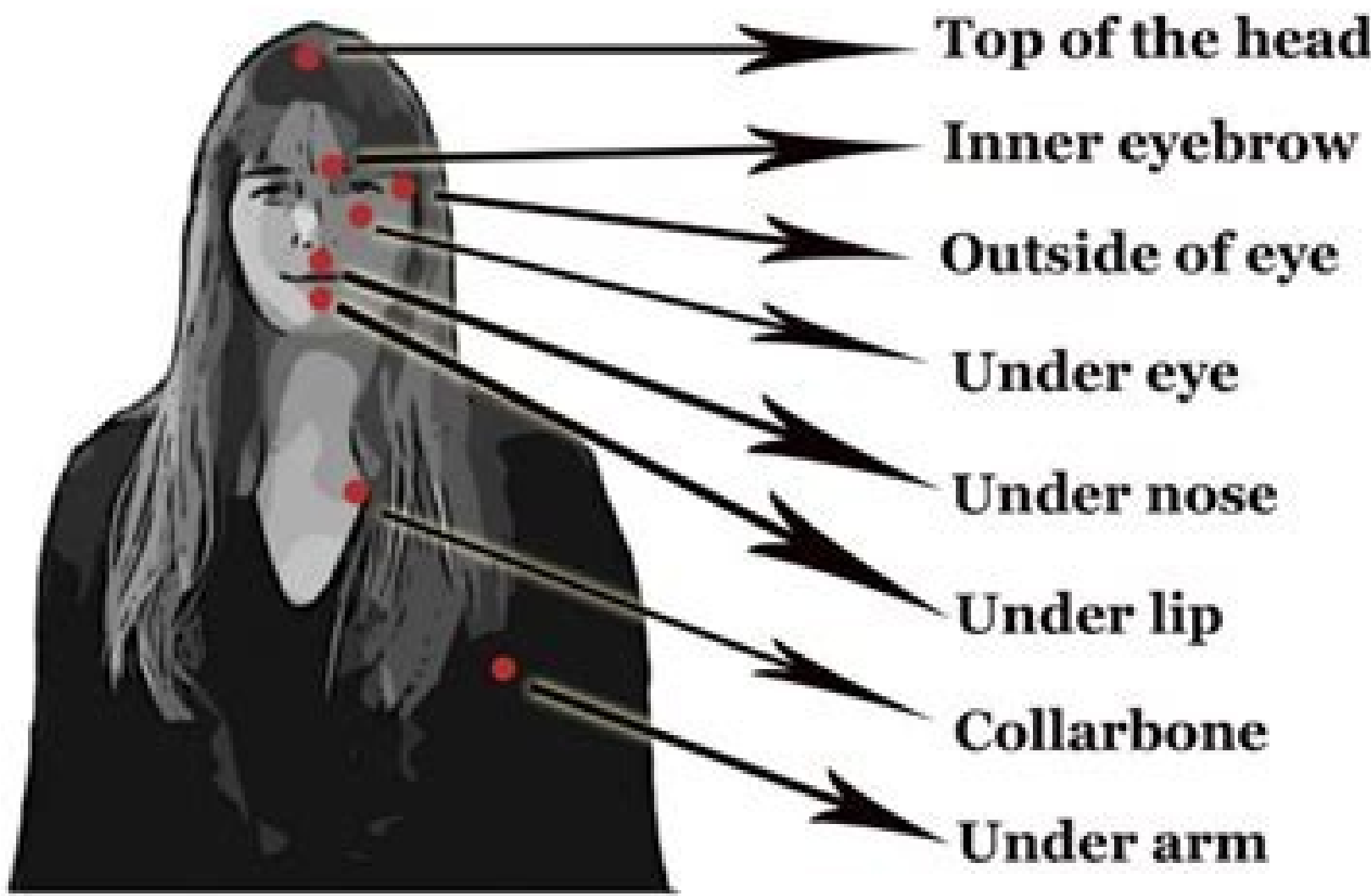
  
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## EFT Tapping Chart

### Short Cut Tapping Sequence for EFT



### How to tap using EFT

Choose a specific issue to work with (e.g. a situation or emotion)

Rate the issue on a scale of 0-10 with “0” being no intensity and 10 being as bad as it can be.

Create a set up statement - tap on the karate chop point, located at the side of your hand, as shown, and say “Even though I have this (issue), I deeply and completely love and accept myself.” Repeat x 3.



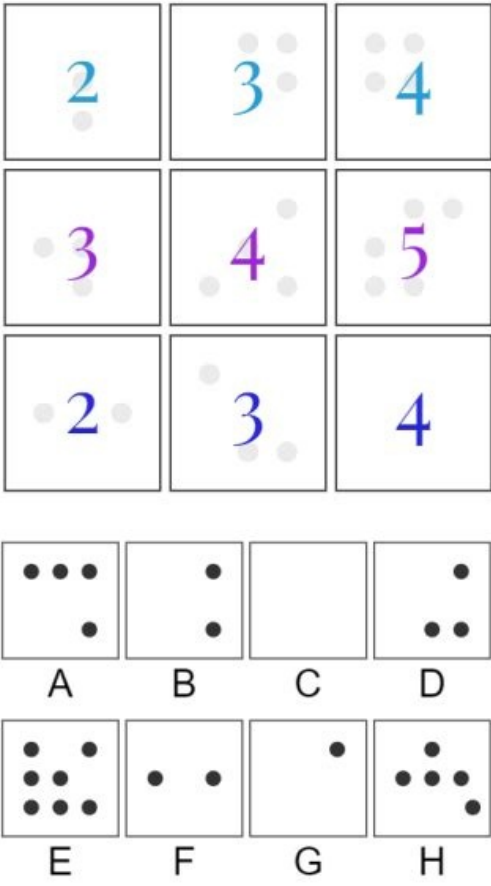
Now we’re ready to tap, using the short cut tapping sequence . As we tap each point we use a reminder phrase (a few words to describe the issue) e.g. “this (issue)” to stay tuned into the problem while we tap.

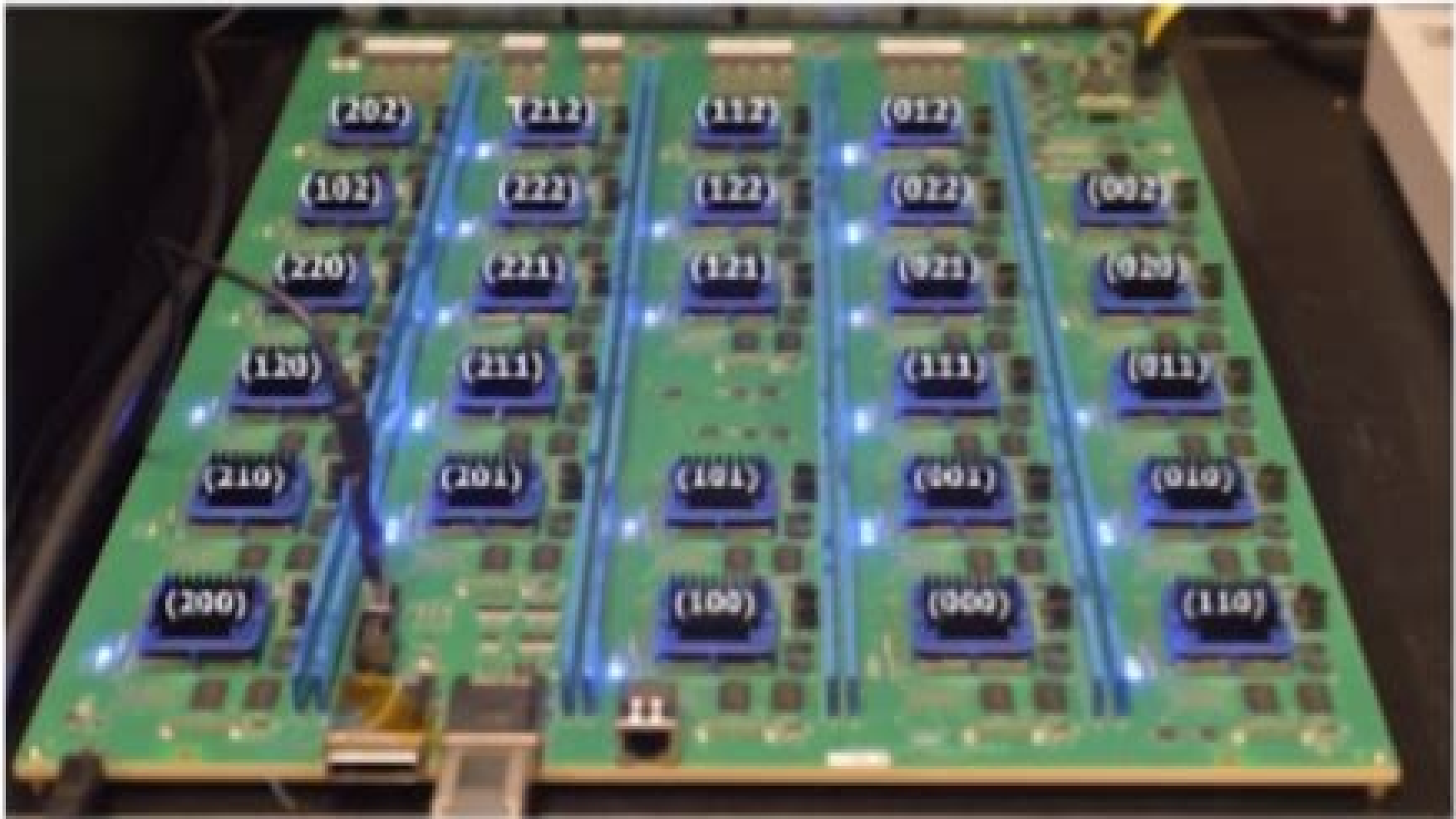
Starting at the eyebrow point, tap each point quicky but gently, 5 - 7 times, moving downwards through all the points on the chart and finishing with the top of the head point.

Take a deep breath, now rate the issue again. If you have not reached “0” return to the set up statement. If the intensity is much lower, you can re-phrase the set up to “ Even though I still have some (issue) ....” Contine doing rounds of the tapping sequence until you reach “0”.

More info available at [www.thethoughtgardener.com](http://www.thethoughtgardener.com) Come and visit.

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Where are pressure points for self defense. Pressure points body self defense chart.

For example, according to some practitioners of karate, knockout pressure points are those targets which cause brief dizziness for the adversary while other martial artists see it as targets that create a significant form of dizziness that causes your knees to weaken or buckle. Pressure point fighting techniques that simply promote “transitory dizziness” are inadequate for real world self defense conditions. A strong and prolonged compression to a human pressure point target may cause some of the following physiological responses to occur: Motor dysfunctionBalance disruption Involuntary muscular spasmsDroolingDisorientationLoss of consciousness If we take it one step further, we can divide pressure point fighting into one of three possible categories: Three Types of Pressure Point Fighting Pain compliance pressure point fightingBlood flow pressure point fightingImpact pressure point fighting What are Knockout Pressure Points? Some effective pressure point areas include: common peroneal nerve, femoral nerve and the infra orbital.” What Happens When a Pressure Point is Struck? I am a martial arts innovator with over 30 years of training in reality based self defense and I can assure you that such old school martial arts pressure point stories are nothing more than fairy tales, absolute nonsense that deserves the very same credibility as Santa Claus and the Golden Goose. “Pressure point fighting for real world conditions has nothing to do with ancient martial arts masters or esoteric teachings.” Pressure Point Fighting Defined So exactly what is the definition of human pressure points as it relates to fighting? Therefore, the only safe and sure-fire method of pressure point fighting are those techniques that produce an immediate and complete loss of consciousness for the adversary. Depending on the martial arts style or system, pressure point fighting can range from being functional and pragmatic to downright ridiculous. The term “knockout pressure points” is vague and paradoxical and does not always literally mean “pressure points to knock someone out”. In my reality based self defense system, Contemporary Fighting Arts, our pressure point fighting techniques differ drastically from most martial arts pressure points by focusing exclusively on real world self defense applications. “Blood flow and impact pressure points are the only two forms of pressure point fighting that will allow you to knockout your opponent.” Knockout Pressure Points in Real World Self-Defense In real world self defense, time is a critical factor and you must employ street fighting techniques that produce immediate results. Lets take a quick look at each one. Copyright 1998-2019, Contemporary Fighting Arts, Pressure Point Fighting, While pain compliance techniques do have its purpose in some self defense situations, it should never be associated with words like “knock out.” As you would have guessed, there are only two types of pressure point fighting that can literally be used to knock someone out! They are blood flow and impact pressure point fighting. All rights reserved. By now you should have concluded that pain compliance pressure point fighting cannot be considered as a knockout pressure point. Sammy Franco will aggressively prosecute those found publishing Contemporary Fighting Arts materials on the Internet without written permission. Sadly enough, there are droves of gullible people who will actually believe such rubbish and actually devote a good portion of their lives to pursue and study it. Consider the dangers of applying one of those dubious martial arts pressure points or what I like to call “dizzying techniques” on an enraged attacker high on PCP. Or perhaps you have heard about the Zen master who can kill with just the slightest touch of his index finger – known as the death touch or “dim mak.” Here’s a classic example of Pressure Point Myths. Essentially, when I say, impact knockout pressure point targets, I’m talking about exclusively striking the assailant’s head, or what I call “head hunting.” Therefore, the pressure point fighting targets for real world self-defense include: EyesEars TempleNoseChinBack of Neck Throat Unfortunately, time doesn’t allow me to go into the specific body mechanics of pressure point fighting, but if you’d like to learn more, see our instructional DVD Pressure Points: The Science of Striking Vital Targets. Train Hard and Be Safe!Sammy Franco Warning! Articles are property of Sammy Franco and Contemporary Fighting Arts, LLC. “Unfortunately, pressure point fighting does not always mean that you will knockout your opponent.” The truth is both definitions of knockout pressure points are inaccurate and certainly impractical for real world self defense applications. I’m sure at one point of another you have heard about the mysterious and ancient kung fu masters who can effortlessly knockout a larger and stronger foes with a simple touch of their hand. However, assigning a clear cut definition to the term Pressure Point Fighting is not such an easy task because it will have different meanings to different people, especially martial artists. This is because the words “knock out” often means different things to different people, especially martial artists. Reprint or distribution is strictly prohibited. Impact knockout pressure points can also be struck with various hand held weapons, such as the kubotan stick, or club.Blood flow knockout pressure points – when deliberate pressure is applied to these life sustaining targets, almost immediate unconsciousness can occur. Pressure Point Fighting Targets I could write several more articles addressing different pressure point targets as they relate to self defense and personal protection, but for the purposes of this article I just want to focus on impact knockout pressure point targets. The operative words are “complete” and “immediate”. This means our pressure point fighting methodology is efficient, effective and safe which means that you will stand the best chances of success when faced with a self defense encounter. See Choke Out: Mastering the Rear Naked Choke to learn more about blood flow knockouts. I wrote, “a pressure point is a specific area on the human body where a nerve lies close to its surface and is supported by bone or a muscle mass. A powerful and deliberate strike to a human pressure point target may cause some of the following physiological responses to occur: Extreme painStunning effect or sensationMotor dysfunction Balance disruption Reflex response What Happens When a Pressure Point is Compressed? In several of my books, I mentioned the characteristics of pressure points used in combat situations. Impact knockout pressure points - these are vital and sensitive anatomical targets that can be struck with your limbs. Pressure Point Fighting or “knockout pressure points” is a subject that is shrouded in mystery and intrigue. For example, knocking someone out with a power punch. They are: impact knockout pressure points and blood flow knockout pressure points. In Contemporary Fighting Arts, when we say knockout pressure points, we literally mean pressure points that knock someone out. Pressure points targets are not just vulnerable to strikes, they can also be compressed such as a rear naked choke technique. Don’t get me wrong, it’s possible to kill a man with one strategically placed blow, but it has absolutely nothing to do with mysterious martial arts pressure points, ancient masters or esoteric teachings. In many cases, they will not work on psychotics, drunks or drugged assailants as well as many other real world conditions. And since we only focus on real world self defense applications we define knockout pressure points as those targets that cause a complete and immediate loss of consciousness for the adversary. “In real world self defense, time is of essence. Direct pressure to a pressure point area is applied by striking it with a natural body weapon. You must employ pressure point techniques that produce immediate and complete loss of consciousness for the adversary.” Essentially, there are only two ways to deliver a knockout pressure point that leads to a complete and immediate loss of consciousness.

Burton Richardson is known for his pressure-tested approach to functional self-defense to BJJ, MMA, and weaponry arts. An original Dog Brother (Lucky Dog) and Full Instructor under Guro Dan Inosanto, and a Kali Ilustrisimo instructor directly under the great Tatang Ilustrisimo, Burton travels the world teaching people the details and training methods that make the art highly ... 30/11/2018 · Pressure is all. The standard pressure limits for the .38 Special are just fine for the snubbies and make for a soft life for the medium-sized revolvers. If you want more you can have it, but you will pay for it, in particular, a +P load in a five-shot snubbie becomes work, or even painful, to shoot. The expression military-industrial complex (MIC) describes the relationship between a country’s military and the defense industry that supplies it, seen together as a vested interest which influences public policy. A driving factor behind the relationship between the military and the defense-minded corporations is that both sides benefit—one side from obtaining war weapons, ... 21/10/2019 · Choosing 9mm Self-Defense Ammo for Pistol Caliber Carbines. Semi-automatic pistol caliber carbines have been taking off the last few years, especially models chambered in 9mm. In addition to the Kel-Tec Sub2000 and the Beretta CX4 that have been around for several years, we now have the Sig MPX, the CZ Scorpion. 12/01/2022 · Magic Leap pivots toward health care, defense, and manufacturing markets with Magic Leap 2, which will cost “slightly” more than the \$2.295-\$2.995 Magic Leap 1 — The company has enlisted companies such as heart-mapping startup SentiAR and neurotech business SyncThink to try out its new technology 08/10/2021 · Pressure Points Elliott Abrams discusses U.S. foreign policy, focusing on the Middle East and democracy and human rights. Amnesty International Joins the Anti-Israel Jackals

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