

GB-23

Point Name: 軛筋 (zhé jīn) "Flank Sinews"

Meridian: Gall Bladder

Element: Wood

Polarity: Yang

Peak Time: 11PM to 1AM

Location

1 cun anterior to Yuanye (GB-22), approximately at the level with the nipple in the fifth intercostal space.

Local Anatomy: 1 cun anterior to GB-22, approximately level with the nipple on a male in the 4th intercostal space.

Vasculature: The lateral thoracic artery and vein, the fifth intercostal artery and vein.

Innervation: The lateral cutaneous branch of the fifth intercostal nerve.

Martial Arts Usage

- Disrupt Energy

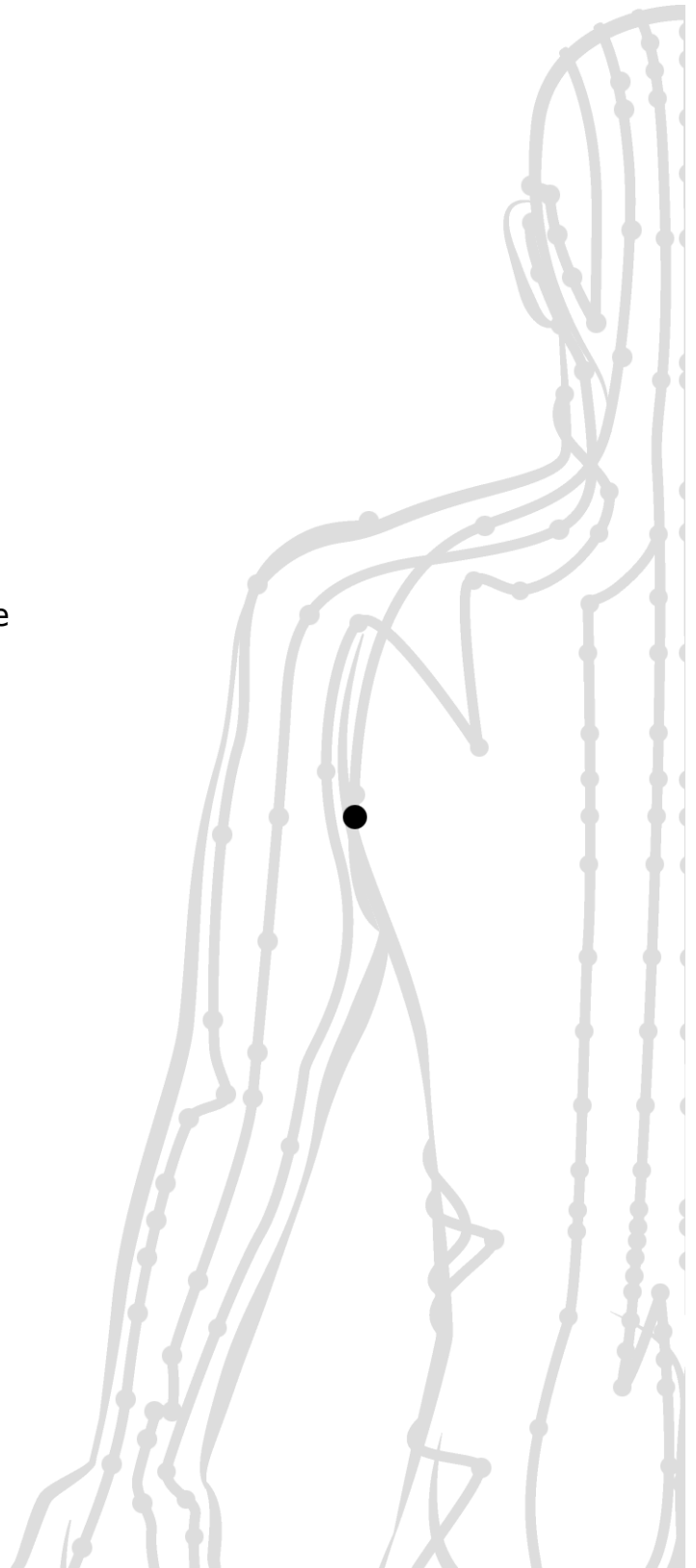
Traditional Chinese Medicine (TCM) Classes

- Trigger Point of the Intercostals muscle

Attack Method: Obliquely 0.3 - 0.5 inch. Slanted insertion, 0.5 - 0.8 inch. Angle is 45°.

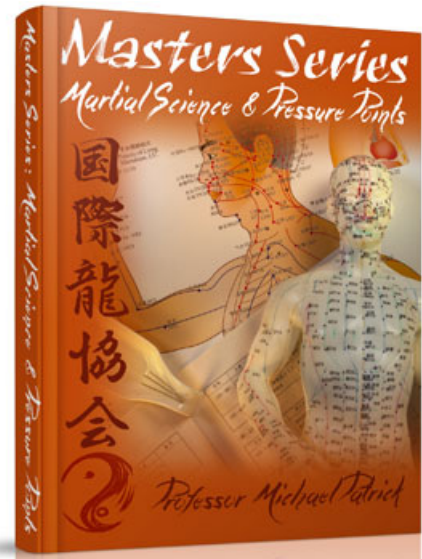
Description

This point drains energy from the body when struck hard.



The Source of this Information:

- Professor Michael Patrick of Dragon Society International
- Professor Rick Moneymaker, Founder of Dragon Society International
- Paperback: 630 pages. 8.5" x 11" 1.4" (3.9 lbs)
- Over 1,670 medical illustrations
- Over 80 detailed tables
- Over 100 photos demonstrating Kyusho Jutsu applications
- Over 30 special Pressure Point categories
- Western and Eastern anatomical illustrations
- Traditional Chinese Medicine principles and sciences
- Cross-reference of nerves, muscles, blood vessels, and arteries
- Main Meridians, Divergent Meridians, Connecting Vessels, Extraordinary Vessels, Sinew Channels
- Pressure Points for Healing, Knockouts, Joint Release, Attacking the Spirit, and more...



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