

HT-1

Point Name: 極泉 (jí quán) "Summit Spring"

Meridian: Heart

Element: Fire

Polarity: Yin

Peak Time: 11AM to 1PM

Location

When the upper arm is abducted, the point is in the center of the armpit or axilla, on the medial side of the axillary artery. At the center of the fossa axillaris on the medial side of the artery axillaris when the arm is abducted

Local Anatomy: In the center of the axilla, on the medial side of the axillary artery, at the lateral, inferior margin of the pectorals major muscle and in its deep position the point lies in the coracobrachialis muscle.

Vasculature: Laterally, the axillary artery

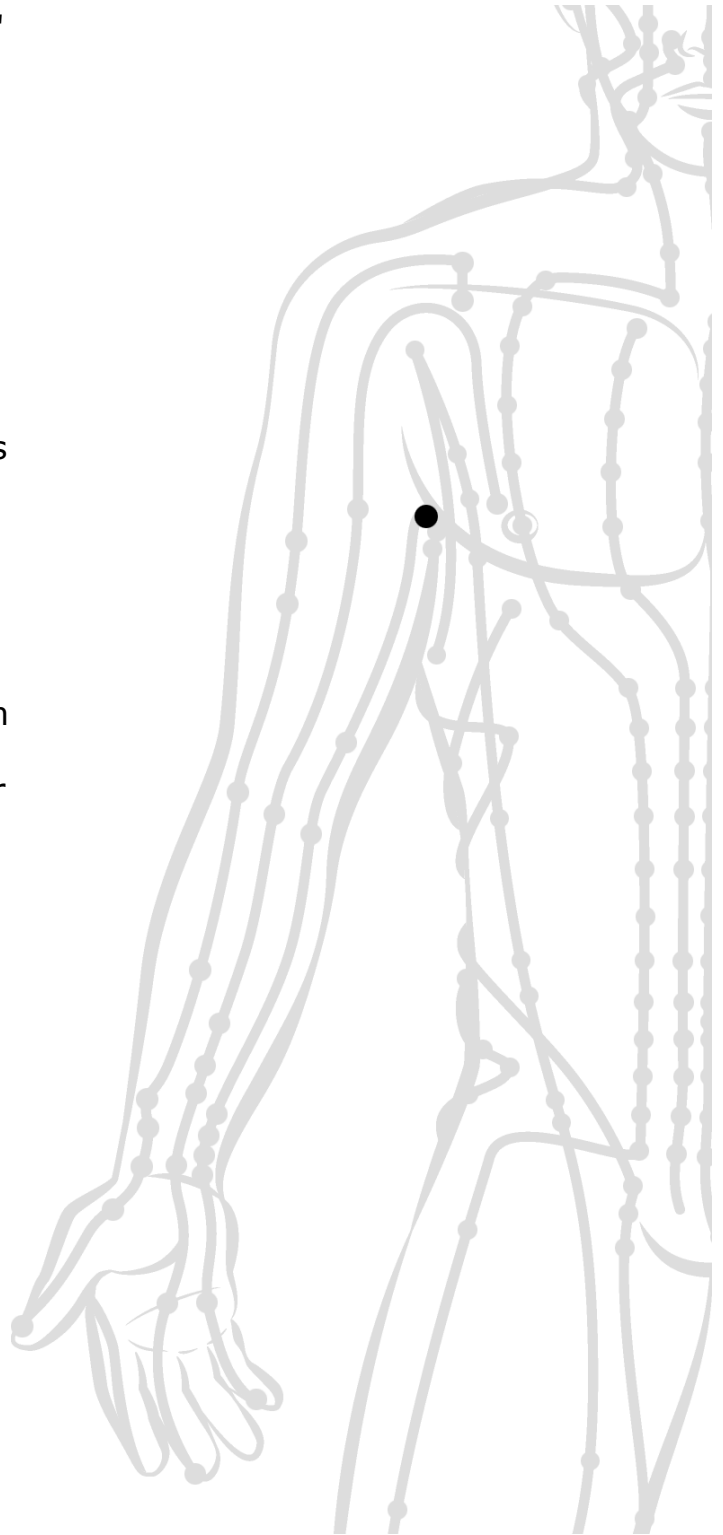
Innervation: The ulnar nerve, median nerve and medial brachial cutaneous nerve.

Martial Arts Usage

- 36 Vital Point
- 108 Vital Point
- Attack Nervous System
- Dangerous
- Disrupt Energy
- Fight Ender
- Sealing the Blood

Traditional Chinese Medicine (TCM) Classes

- Entry Point



- Forbidden Point
- Meeting of the Heart with the Heart Divergent Meridian
- Meeting of the Heart with the Small Intestine Divergent Meridian
- Meeting of the Heart with the Large Intestine Divergent Meridian
- Trigger Point of the Subscapularis muscle

Attack Method: Perpendicularly 0.5 - 1.0 inch. Avoid puncturing the axillary artery. Angle is 90°.

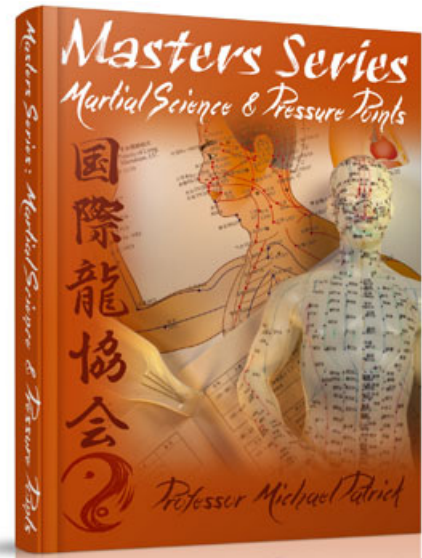
Description

This is a very dangerous heart point. A strike may cause the heart to stop instantly with even a medium to heavy strike. The point lies directly over the axillary artery. Because of this, massive artery damage can also be done when this point is struck. Brain function may also be affected with speech being impaired and mental activity, in general, having the potential to be severely affected. The emotional state of the person being struck may also be damaged.

In addition, localized shoulder damage may be done as well. This point is traditionally used to cure "frozen shoulder" because of its ability to clear both external and internal Qi of the meridian.

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
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- Over 30 special Pressure Point categories
- Western and Eastern anatomical illustrations
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