

# LU-7

**Point Name:** 列缺 (liè quē) "Broken Sequence"

**Meridian:** Lung

**Element:** Metal

**Polarity:** Yin

**Peak Time:** 3AM to 5AM

## Location

Superior to the styloid process of the radius, 1.5 cun above the transverse crease of the wrist. When the index fingers and thumbs of both hands are crossed with the index fingers of one hand placed on the styloid process of the radius of the other, the point is in the depression right under the tip of the index finger.

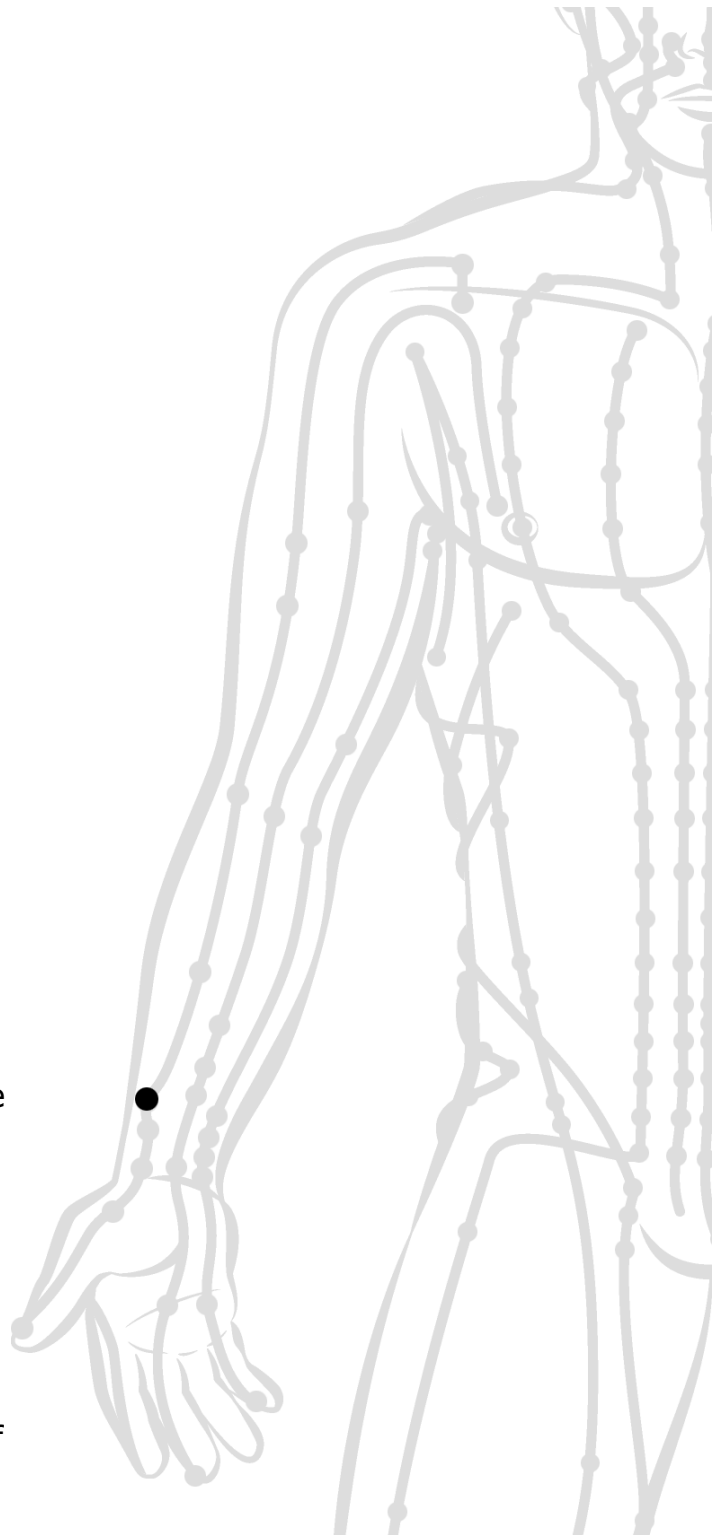
*Local Anatomy:* Superior to the styloid process of the radius, 1.5 cun above the transverse crease of the wrist, in the depression. When the index fingers and the thumbs of both hands are crossed with the index finger of one hand placed on the styloid process of the radius of the other, the point is in the depression under the tip of the index finger. Between the tendons of the brachioradialis and the abductor pollicis longus muscles.

*Vasculature:* The cephalic vein, branches of the radial artery and vein.

*Innervation:* The lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve.

## Martial Arts Usage

- 108 Vital Point



- Disrupt Energy
- Fight Ender
- Joint Manipulation
- Pain Compliance
- Sealing the Breath

### **Traditional Chinese Medicine (TCM) Classes**

- Command Point of the Head & Back of Neck
- Confluent Point of the CV
- Connecting Point of the LI
- Coupled Extraordinary Point of the LU
- Exit Point
- Master Point of the LU

**Attack Method:** Perpendicularly 0.5 - 1.0 inch. Angle is 45°.

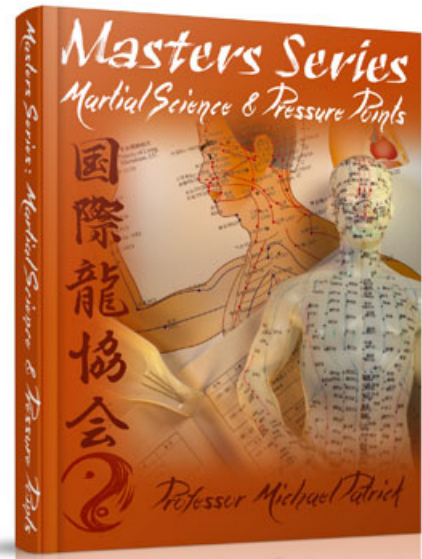
### **Description**

This point can cause a lot of localized pain and can drain Qi quickly. Even heavy finger pressure here as is the case of a lock, will cause great pain.

A strike here will unbalance the balance of Yin and Yang between the lung and large intestine.

## 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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