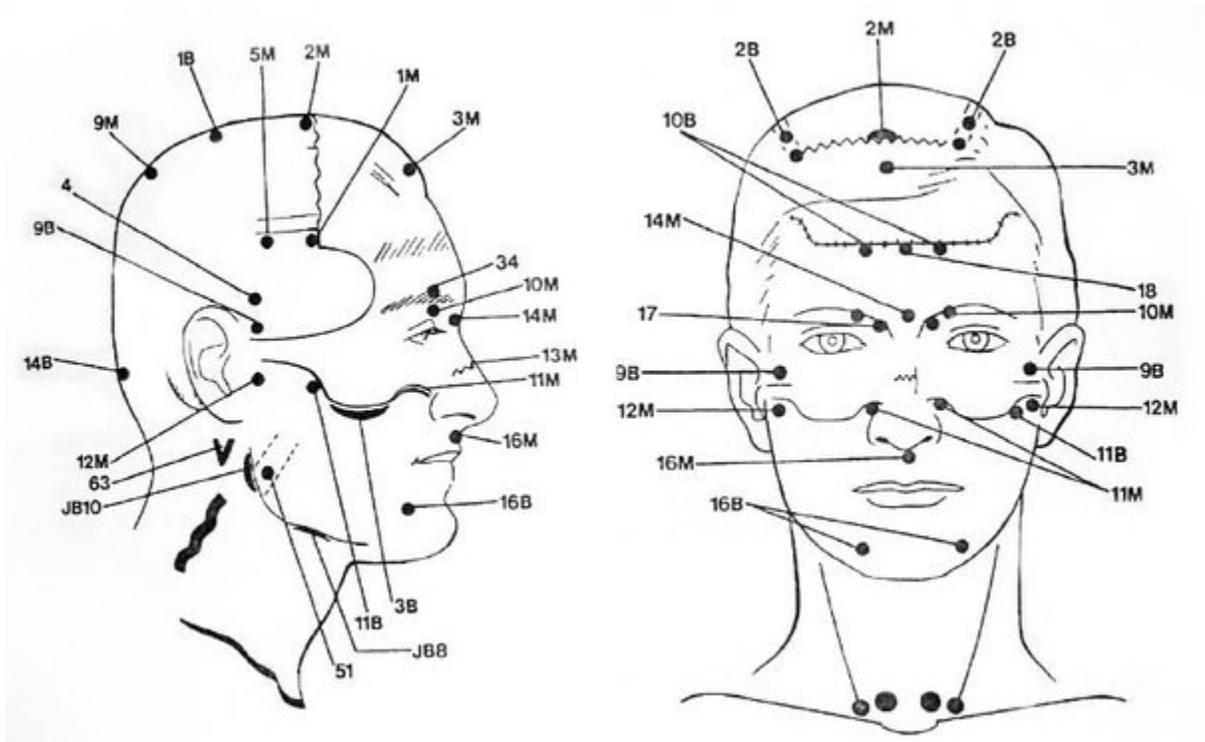


Secret Intelligence Service Operative Field Skills

(C-I)

Vulnerability and pain points of the body



Vulnerability and pain points of the body

* The nasal bones are located in the area of connection of nasal cartilage and skull, between the eyebrows. A blow to the nasal causes profuse bleeding which as a result makes breathing difficult and impairs vision and may lead to pain shock. The most dangerous is the punch in the nose from the bottom up base of the palm. This is convenient to use in close combat. With a precise hit, and even a mild attack of the enemy can be killed.

* On the brow arch are located clusters of small nerve endings and blood vessels. When you hit in the eyebrow the arch vessels burst, causing bleeding in the eye that impairs vision, and the impact on the nerve endings of pain warrants a strong effect.

* Zygomatic arch is located beneath the eye. It is quite fragile and easily injured from a blow with the fist, which leads to pain shock and loss of vision.

* Eyes - are the most vulnerable area of the head. Eyes are completely protected from mechanical impact - even a slight touch of leads to the long-term loss of vision. Therefore, any blows to the eyes or finger pressure are extremely effective.

* The lower jaw is a movable bone formation, and therein lies its vulnerability as a blow struck in this place, can cause its displacement with simultaneous rupture of bonds with a fixed part of the muscles of the skull, as well as split the bone, resulting in pain shock and loss of consciousness of the enemy. In boxing, this point is known as a knock-out area.

* Blow to the chin can cause loss of consciousness as a result of the enemy receiving a concussion or embossed lower jaw - as a consequence of a blow dealt from the bottom, can result in severely injured tongue.

* Beating of palms on auricles causes damage to the external ear and the resulting hearing loss. In the area around the ears pass many blood vessels and nerves, so the impact here is bleeding and loss of consciousness due to pain shock.

* In the temple of the skull bones are of the most subtle and can be pierced relatively weak impact. Consequences of fractures at these points can be fatal.

* If the enemy turns, along with punches to the kidneys, are dangerous blows to the occipital part. In this case the base of the skull is affected, and if the blow is sufficiently strong, the consequences can be very serious.

* The neck is home to vital blood vessels on the sides of the cervical vertebrae from the back and are extremely vulnerable - "Adam's apple" situated in the throat. Strong blows with can cause paralysis. Side blows to the neck edge via hand, can cause severe disruption of brain blood circulation, which in turn can

lead to unconsciousness. The precise blow to the throat in addition to severe pain causes respiratory failure due to a sharp contraction of the muscles in the throat area.

* Vulnerable points - lower and upper limbs are; kneecaps, outer and inner part of the knee, shin, foot, thigh muscles of the legs and the elbow, wrist and fingers.

* The most effective attack is to the elbow joint and patella support leg. Hit in these areas causes severe pain and immobility of joints.

* A direct blow to the outside of the knee joint leads to destruction because of its unnatural bending in the opposite direction and causes severe pain and stiffness in the knee. The blow to the inside of the knee affects ligaments and tendons around the kneecap, causing severe pain and leads to knee joint immobility. Beat in the kneecap causes its displacement and make sure fixed.

* The most effective blow to the shin is a hit by the outside edge of the foot at about one third the length of the bottom of the lower leg. At this point the bone is least protected and thin, which can cause a fracture, while not too strong impact - very painful.

* Areas where there are vulnerable points of the body; the crotch, solar plexus, ribs, heart, liver, spleen, armpits, the kidneys, the coccyx.

* After the crotch area is host to many major blood vessels and nerves are located above the genitals, which are very sensitive. Beat in the perineum causes pain shock and risk of bladder rupture.

* The solar plexus point is located in the center of the chest. Around the solar plexus are located many vital organs (heart, liver, stomach). There is the largest concentration of nerves. Impact produces a very strong pain, painful shock, difficulty breathing, stomach bleeding, disruption of the heart, loss of consciousness - this is not a complete list of the consequences of such a strike.

* The structure of the rib - the most fragile bones in humans. Therefore, fractures of the ribs 5-8 occur even under the stress of medium strength. Broken ribs can become a cause painful shock, and their fragments can damage vital organs.

* In the area of the lower ribs are the liver and spleen. Especially effective is a blow to the liver, since, even if not very strong, it leads to organ damage, which entails complete elimination of the enemy out of action. The liver is located under the lower ribs on the right side, and should be carried out with the left hand (fist, elbow, palm edge) and a knee in close combat, or use a direct free kick left-footed from the middle distance and the right foot to the side (the outside edge of the foot). Similarly blows applied to the spleen, taking into account that it is on the left.

* The armpits are large blood vessels and nerves. Unlike many other areas of the body they do not have any bone or muscle protection, so the hitting of the underarm produces what resembles a strong electric shock. As a result of such an attack occur complaints of pain and the inability of hand operation.

* Kidneys are located in close proximity to the rear wall of the abdominal cavity. They do not have the protection of bone, so very vulnerable. When you hit in the kidneys causing severe pain, they can rupture and internal hemorrhage. Striking, it should be noted that the kidneys are located on the same level with the elbow joint straightened along the arms of the housing.

* Hit in the area of the coccyx can damage the central nervous system and cause severe pain or even paralysis.

* By the vulnerable points of the head are the nasal bones, brow, lower jaw, ears, eyes, cheekbones, temples, occipital part.

Secret Intelligence Service

Operative Field Skills

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Adversitate. Custodi. Per Verum