

# Pressure Points/Vital Points

## Weak Points of the Human Anatomy

### Front of the body

1. Top of head
2. Frontal area, between coronal suture and forehead
3. Temple
4. Base of nose, between eyes
5. Bridge of nose
6. Eyes
8. Lower edge of jaw
9. Articulation of lower jaw, below and in front of ears
10. Cavity below ears
11. Side of neck: jugular vein or carotid artery, vagus nerve
12. Adam's apple
13. Top of sternum
14. Bottom of sternum
15. Solar plexus
16. Lower abdomen
17. Rib cage, below
18. Rib cage, below
19. Rib cage, either abdomen
20. Testicles
21. Side of stomach
22. Inner part of upper thigh
23. Outside of thigh
24. Knee cap and joint
25. Shin
26. Top of foot, just beneath ankle
27. Elbow
28. Back of hand

### Back of Body

29. Spine
30. Back of head
31. Back of neck
32. Kidneys
33. Tip of spine
34. Back of upper thigh
35. Lower calf
36. Back of knee
37. Ankle (below ankle bone)

