

VITAL POINTS (Kup So)

In learning striking points, it is important to know the most vulnerable and weak spots on the body in order to deliver the most effective attack and to provide a proper defence.

The human body contains a network system which connects the body's inner workings and enables the body to complete individual processes while working within the system. The circulatory network (oxygen, blood, nerve impulses, etc) has stations where they are joined, which are known as pressure points (Kup So). There are over 300 pressure points in the human body. Among them are 36 spots which, when applying enough pressure, may be lethal (i.e. the philtrum, solar plexus, temple, groin, and the bridge of the nose).

For thousands of years, oriental doctors utilized these spots (pressure points) to discover any abnormal flow in the circulatory system, and even cured illness by acupuncture (stimulating pressure points with small metal needles) and acupressure (compressing pressure points manually). The oriental doctor knew that the manipulation of these pressure points could result in either life or death, and that he could cure or kill someone with these manipulations.

In Tang Soo Do, utilizing pressure points and joint locks is extremely important in order to maximize effectiveness while employing minimum effort during offensive and defensive techniques. Tang Soo Do calls these pressure points Kup So, which means "lethal spot".

These Kup So have degrees of calamity determined by the strength or force of the strike. Depending on the force and the specific Kup So struck, one can be partially disabled or even killed.

Anyone who devotes extensive training to Kup So is knowledgeable not only in first aid and curing pain and illness, but can also predetermine the lifespan of a subject by the premeditated strength of a blow. Such a blow can cause either instant or delay death of an enemy.

Learning vital points is one of the most important subjects for the Tang Soo Do student, and they should strive to gain profound knowledge and the skills on this subject.

