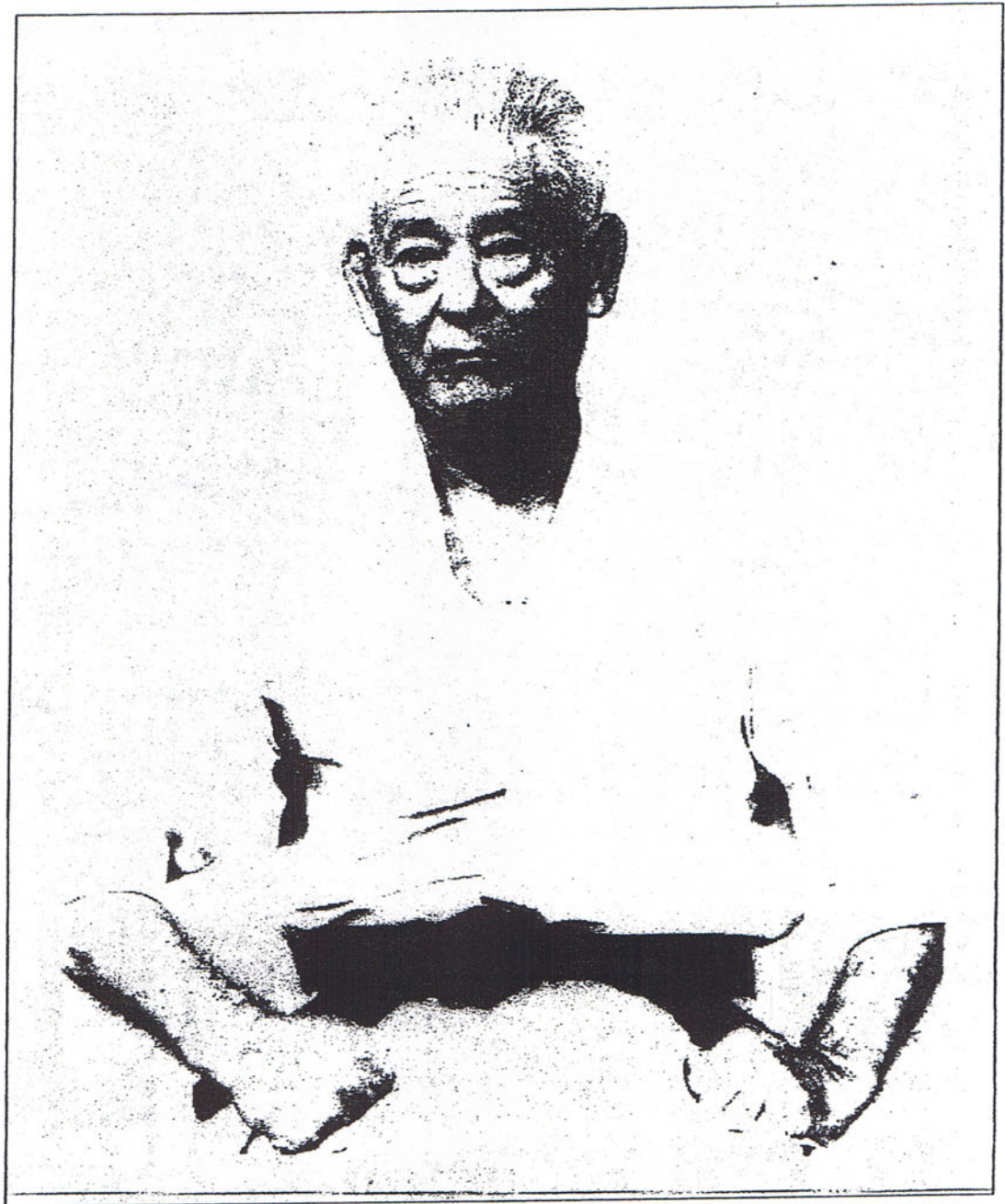


Secret Pressure Points Notes
of
Grandmaster Hohan Soken (1889 - 1982)
Matsumura Seito (orthodox) Shorin Ryu

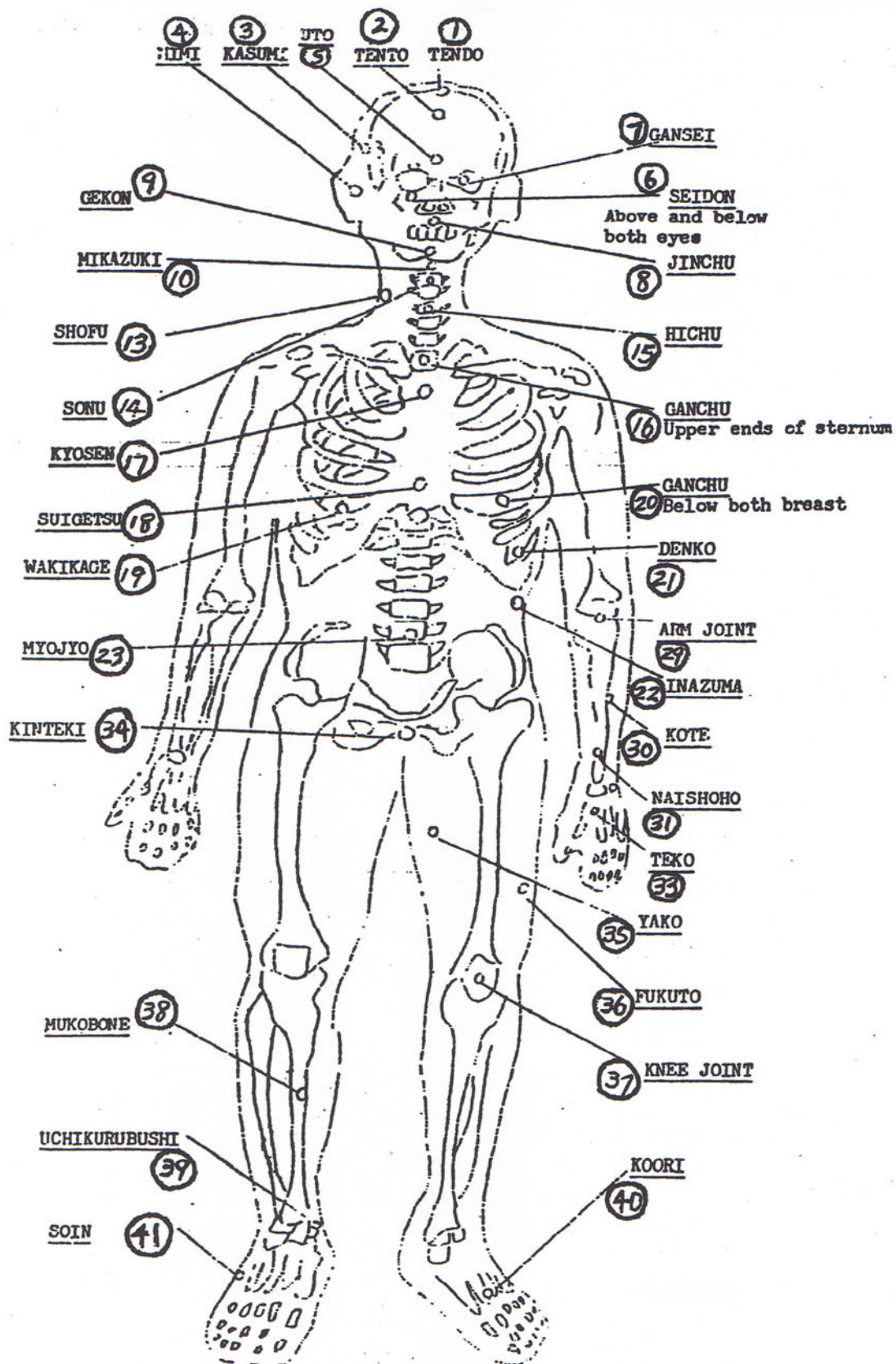


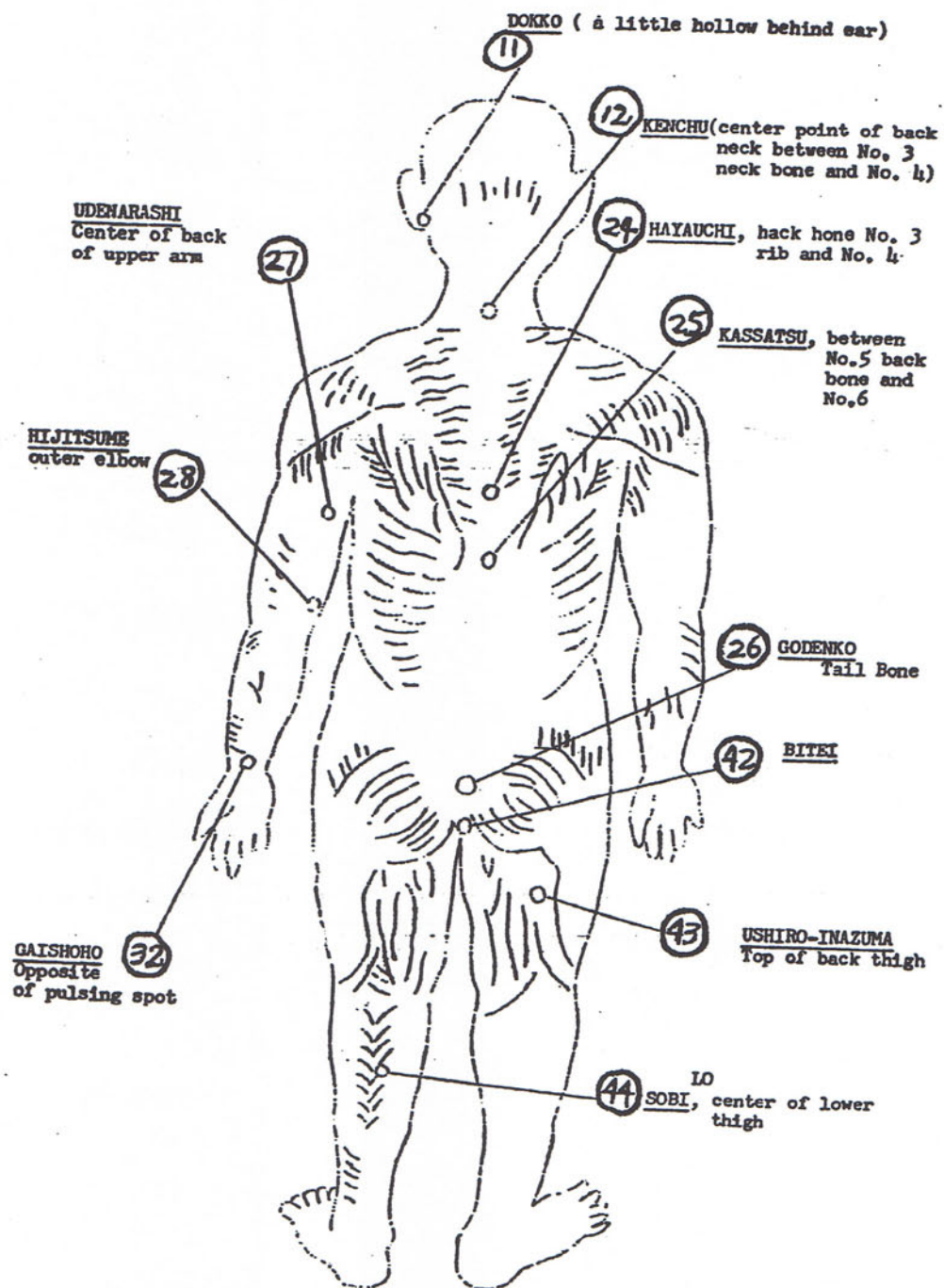
Hohan Soken (1889-1982)

Hohan Soken was born and resided in Gaja Village, Nishihara City, Okinawa. He was born in a Okinawan Samurai Class, but due to the abolishment of the Samurai he was forced to live a life of a commoner. Hohan Soken worked in the rice fields to make a living. His uncle Nabe Matsumura not having a son of his own to pass down the family style of Matsumura Uchinan Sui-Di to, accepted Hohan Soken as a student through introduction of Hohan's mother. Hohan Soken's mother was Nabe Matsumura's sister. Hohan began karate training with his uncle at the age of fourteen. Nabe began training him in the basics of karate, teaching him all the common Kata and Weapons found in the Uchinan Sui-Di style of Soken "Bushi" Matsumura, finally feeling Hohan was ready, Nabe said that it was time for you to learn real karate. He started teaching Hohan the secret White Crane (Hakutsuru) Karate of Bushi Matsumura. Nabe trained Hohan very hard and strict in this old method of Matsumura Hakutsuru Karate. Hohan was Nabe Matsumura's only student and he passed the exact method that was passed down to him by Bushi Matsumura. Hohan's training was done in secret, so no other people could see or learn their method. He was trained in correct method of stepping by walking along banana leaves placed on the ground, balance techniques, slapping, gripping and kicking pine trees for body conditioning. Hohan practiced White Crane kata techniques on a pine log lying on the ground and on a floating log in a pond. He trained in two man drills with Nabe as well as long enduring Hakutsuru kata practice. Nabe would train Hohan early in the morning, then Hohan would go to work in the rice fields all day and then they would resume training late into the night, this went on for many years. Hohan also studied Kobudo under the masters Kumesu Ushi and Chikin Kraka. In 1924 Hohan along with some notable Karate Masters opened a Dojo to teach and train together. Hohan and one of the other master's had a major disagreement, that left Hohan very upset. Hohan decided to leave Okinawa over this dispute and moved to Argentina. Hohan resided in Argentina for 21 years. Hohan continued his karate (Hakutsuru) training and taught a select few people while he lived there. He worked as a Photographer and ran a Laundry business to make a living. He was married in Argentina and had son's. Yearning to go back to Okinawa, he left Argentina in 1945 and moved back to Okinawa with one of his son's. Upon his return back to Okinawa he was in dismay in finding out that the old way of karate had changed. Karate had become more modern and sport like, which did not set well with him. He began to teach karate to a select few students and service men. He changed the name of his family art to Matsumura Seito (orthodox) Shorin Ryu to separate the his old method of karate from the new modern karate being taught in Okinawa at that time. He taught his students in a strict and hard manner like he was taught by his uncle. He was one of the hardest training masters in Okinawa. He continued to teach and conduct demonstrations and was addressed as O-Sensei by his peers. He never conformed to the new ways of Okinawa, preferring to speak the old dialect of Hogan or Spanish instead of Japanese and teaching the old ways that were passed down to him. Hohan Soken was president of the All Okinawan Kobujutsu Association and was involved in the Ryukyu Historical Society, which preserved the roots and customs of Okinawa's past. Hohan handed down his Matsumura Seito Shorin Ryu to his student Fusei Kise at his retirement in 1978. Hohan Soken passed away in 1982. Hohan had two wives, one in Argentina and he married his second wife after returning to Okinawa. His sons had no interest in carrying on the family karate system. His son from Argentina that lived with Hohan and his second wife in Okinawa kept Hohan's ashes until he passed away and then Hohan's ashes were returned to his first wife's family in Argentina. Hohan has a memorial

grave site in Okinawa and his ashes remain in Argentina, leaving him ties to both places he lived, which is fitting for the Grandmaster. Hohan Soken contributed greatly to the art of Karate (Hakutsuru) and is remembered in his writing of his death poem.

“ I have taught you all I know, there is no more I can teach you. I am a candle whose light has traveled far. You are my candles to whom I have passed my light. It is you who will light the paths for others. Today I see around me the lights of Shaolin, the flames of tomorrow. My task is done, soon my flame will end. Teach the true spirit of Karate-Do and one day you may enter the Temple of Shaolin”.





Vital Points of Jyodan (Upper Row) and spots to be attacked

Appellation

Description

1. **Tendo** means the top of the head. **Fatal.** Attack by Ken (fist), tettui (fist hammer) and dagger.
2. **Tento** Located between the tendo and forehead. **Fatal.** Attack by issshiken (one finger fist), Uraken and dagger.
3. **Kasumi, Komekame** **Fatal.** Attack by issshiken, uraken and dagger.
4. **Mimi** Attack by issshiken, uraken and dagger.
5. **Uto, Miken** Between eye and eye. **Fatal.** Attack by ken and uraken.
6. **Seidon**, above and below both eyes. Attack by hiraken (palm fist), Nukite (thrusting) and issshiken.
7. **Gansei, hitomi**, pupil. Attack by hiraken, nukite, ipponken and uraken.
8. **Jinchu** Middle Point between nose and mouth. **Fatal.** Attack by ken, uraken, issshiken and dagger.
9. **Gekon** Middle point between mouth and jaw. **Fatal.** Attack by ken, uraken, issshiken and dagger.
10. **Mikazuki**, means chin, Attack by ken, feet and elbow.
11. **Dokko** Little hollow below and behind ear. Attack by issshiken, dagger and tettui.
12. **Keichu** Means the center point of back neck. **Fatal.** Attack by ken, issshiken and tettui.
13. **Shofu, Matsukaze** Sides of the neck. **Fatal.** Attack by ken, tettui, dagger and elbow.
14. **Sonu, Murasame** Front sides of the neck, right above the collar bone. **Fatal.** Attack by ken, tettui, dagger and elbow.
15. **Hichu**, Windpipe, **Fatal.** Attack by ken, elbow and knee pan.

Vital Points of Chudan (Middle Row) and spots to be attacked

16. **Danchu, Kyochu** Upper ends of breastbone. Attack by ken, elbow and knee pan.
17. **Kyose** Lower ends of breastbone. Attack by ken, elbow and knee pan.
18. **Suigetsu**, Pit of stomach. **Fatal.** Attack by ken, nukite, elbow and knee pan.
19. **Wakikage** Lower portion at the side of the chest between # 5 rib and # 6 rib. **Fatal.** Attack by ken, elbow and geri (kick).
20. **Ganchu** Below both breasts. **Fatal.** Attack by ken, elbow and kick.
21. **Denko** Front side of upper abdomen between # 7 rib and # 8 rib. **Fatal.** Attack by ken, tettui and dagger.
22. **Inazuma** Front side face of upper abdomen between # 11 rib and # 12 rib. **Fatal.** Attack by ken, tettui and dagger.
23. **Myojyo** Naval, one inch below naval. **Fatal.** Attack by ken and kick.
24. **Hayauchi** Back, between # 3 rib and # 4 rib. **Fatal.** Attack by ken and elbow.
25. **Kassatsu** Between # 5 and # 6 of the backbone. **Fatal.** Attack by ken, tettui and elbow.
26. **Godenko** The lowest end of the backbone (tailbone). **Fatal.** Attack by ken and kick.
27. **Udenarashi** Center portion of backside of upper arm. Attack by tettui and dagger.
28. **Hikitsume** Outer side of elbow. Attack by tettui and dagger.
29. **Arm Joint** Attack by tettui and dagger or twist.
30. **Kote** Attack by tettui, dagger and elbow or on both flanks.

31. **Naishoho** pulsing spot, Attack by ken, isshiken, tettui and dagger.
32. **Gaishoho** Opposite side of pulsing spot. Attack by ken, isshiken, tettui and dagger.
33. **Teko** Joint thumb and first finger. Attack by ken, isshiken, tettui and dagger.

Vital Points of Kadan (Lower Row) and spots to be attacked

34. **Kinteki, testicles, Fatal.** Attack by ken, clasp, kick by knee pan.
35. **Yako** Front inner side of upper thigh. Attack by ken and kick (so called front groin)
36. **Fukuto** Front outer side of lower portion of thigh. Attack by ken and kick.
37. **Knee Joint** Attack by kick, tread and bend.
38. **Mukobone, Shinbone** Front central side of the shin. Attack by ken and kick.
39. **Uchkurobushi, Ankle bone.** Attack by tettui and dagger.
40. **Koori, Instep of the feet.** Attack by tread and crush.
41. **Soin, Rather outside of the back of the feet.** Attack by tread and crush
42. **Bitei, The lowest ends of the tailbone.** Attack by kick and knee pan.
43. **Ushiro-inazuma, Top of the back of the thigh.** Attack by ken and kick.
44. **Sobi, Center of the back of the lower thigh.** Attack by kick.

Remarks: Fatal spots out of the 44 vital points are as follows:

Jyoden (Upper Row) Fatal Spots - 10
Chudan (Middle Row) Fatal Spots - 9
Kandan (Lower Row) Fatal Spots - 1

Total: 20 Spots

Causes of Fatality or Fainting:

1. **Tendo, Fatal** Causing severe shock to the cerebrum and irritate brain nerves, sense and motor organs are lost.
2. **Tento, Fatal** Concussion of brain and severe stimulation of brain nerves.
3. **Kasumi, Fatal** Severe stimulation of brain nerves, sense and motor organs are lost.
4. **Mimi - Ears, Fainting** Because of nervous disorder caused by severe concussion to ear drums.
5. **Miken -Brow, Fatal** Rupture of sense and motor organs, because of stimulation of brain nerves caused by the severe shock of cerebrum.
6. **Seidon, Fainting** Because of nervous disorder with the irritated cerebrum.
7. **Gansei, Fainting** Because of severe pain and facial nerve stimulation and loss of eyesight.
8. **Jinchu, Fatal** Because of loss of both organs of sense and motor caused by the stimulation of the brain nerves.
9. **Gekon, Fatal** Because of loss of both organs of sense and motor caused by the stimulation of brain nerves.
10. **Mikazuki, Fainting** Because of nervous disorder caused by concussion.

11. **Dokku, Fainting** Because of nervous disorder to brain nerves and spinal cord, resulting in loss of both organs of sense and motor function.
12. **Keichu, Fatal** Because of loss of both organs of sense and motor caused by the stimulation of brain nerves.
13. **Shofu, Fatal** Because of severe change of blood circulation caused by the stimulation of carotid artery and pneumogastric nerve, and loss of sense and motor organs.
14. **Sonu, Fatal** Because of loss of motor organ caused by the irritated artery bellow the collar bone and nerve under tongue.
15. **Hichu, Fatal** Because of stoppage of breathing caused by the suppressed windpipe.
16. **Danchu, Fainting** Because of disruption to respiratory organs by stimulation of lung artery running above the heart bronchai.
17. **Kyose, Fainting** Because of loss of motor functions caused by the nervous disorder, by severe change of blood circulation by the severe shock of the liver, stomach and heart.
18. **Suigetsu, Fatal** Severe contusion to liver and stomach. The severe shock is to effect the whole internal organs and to irritate the various nerves, and to cause loss of their functions.
19. **Wakikage, Fatal** Severe contusion to the lung and stimulation to the artery nerves. Causing stoppage of lung mechanism, breath and blood circulation.
20. **Ganchu, Fatal** Stop the lung mechanism and stop breath and blood circulation.
21. **Denko, Fatal** In case of right Denko, stimulation to the lung by the severe shock of the liver and nervous organs of both organs are to be lost. In case of left Denko, stimulation to the lung and heart by the severe shock of the stomach and nervous organs are to be lost.
22. **Inazuma, Fatal** Different between the right and left. Same as Denko.
23. **Myojyo, Fatal** Because of stimulation to abdomen artery and nerves by the severe shock to the small intestine and bladder, and severe change of blood circulation and loss of motor organ.
24. **Hayauchi, Fatal** Stop breath and blood circulation by stoppage of lung organs and stimulation of spinal nerves.
25. **Kassatsu, Fatal** Stop breath with loss of motor and sense organs by severe shock to the spinal nerve and downward artery, heart and lung.
26. **Godenko, Fatal** Severe shock to all spinal nerves, stimulate cerebrum and cause both organs of sense and motor to be lost.
27. **Udenarashi, Fainting** Gives pain to the breast and neck portion and cause motor functions to be lost, because of stimulation of all the nerves and veins of upper arm.
28. **Hikitsume, Fainting** Give abnormal pain to breast and neck portion by severe stimulation of ulnar nerve.
29. **Arm Joint** Severe pain and dislocation of elbow.
30. **Kote, Fainting** Give abnormal pain to breast and neck portion by severe stimulation of ulnar nerve.
31. **Naishoho, Fainting** Give abnormal pains to overall breast and neck portion by stimulation of ulnar artery and nerves, and cause loss of motor organ.
32. **Gaishoho, Fainting** Give abnormal pains to overall breast and neck portion by stimulation of ulnar artery and nerves, and cause loss of motor organ.
33. **Teko, Fainting** Give abnormal pain to breast and neck portions by stimulation of main branch nerves, and cause loss of motor organ.
34. **Kinteki, Fatal** Cause severe stimulation and hanging of testicles by irritation of their nerves, veins and stoppage of breath.

- 35. Yako, Fainting** Gives unbearable pain to loin and abdominal portion by stimulation of groin veins and their nerves, and stoppage of breath.
- 36. Fukuto, Fainting** Cause convulsive fit of muscles at thigh part, give severe pains to lower abdomen and cause loss of motor function at lower legs.
- 37. Knee Joint** Severe pain and dislocation of knee.
- 38. Mukobone** Severe trauma to the tibia nerve, severe pain and loss of standing in an upright posture.
- 39. Uchkurobushi, Fainting** Gives severe pain to loin by stimulation of the calf bone artery and tibia nerve, causes loss of motor organ.
- 40. Koori, Fainting** Gives severe pain to the feet and loin portion by stimulation of inner feet nerves, shin artery and bone nerves, and loss of motor organ.
- 41. Soin, Fainting** Gives severe pain to the feet and loin portion by stimulating of inner feet nerves, shin artery and bone nerves, and loss of motor organ.
- 42. Bitei, Fainting** Gives severe trauma to entire spinal cord, causes cerebral trauma and loss of sensory and motor organ.
- 43. Ushiro - Inazuma, Fainting** Gives severe pain to loin and abdomen portion by stimulation of sciatic nerve, and cause loss of motor organ.
- 44. Sobi, Fainting** Gives severe pain to loin and abdomen portion by stimulation of shin bone and calf artery, and cause loss of motor organ.