

活法生

JUDGEMENT OF LIFE

KAPPO IS AN ART TO REVIVE A PERSON FROM ASPHYXIA CAUSED BY STRANGULATION, A FALL, CHOKING, ATEMI, OR ASTONISHMENT. WHEN PERFORMING WITHOUT MISTAKE, AND WITH CONFIDENCE, REST ASSURED THE PERSON SHALL REVIVE.

IN CASE OF APPARENT DEATH, FIRST WE MUST SEE WHETHER THERE IS HOPE FOR RESUSCITATION OR NOT.

1. WHEN THE PUPIL WILL REFLECT THINGS.
2. WHEN THE FINGERS AND TOES ARE BENT TIGHTLY.
3. WHEN THE ANLIS IS CLOSED.
4. WHEN THE TEETH ARE CLOSED TIGHTLY.
5. WHEN A DROWNED PERSON'S FINGERNAILS STILL HAVE A NICE COLOR.
6. WHEN A HANGED OR STRANGLED PERSON'S NASAL MUCUS HASN'T CHANGED COLOR.

IN THESE SIX INSTANCES, THERE IS GOOD CHANCE OF RESUSCITATION. ON ALL OCCASIONS OF RESUSCITATION, TIGHTEN YOUR LOWER ABDOMEN AND INHALE A DEEP BREATH. DO THE KAPPO ACCORDING TO YOUR NATURAL BREATH, WITH CONFIDENCE AND AN ACCOMPANYING "KIAI." AS TO THE USAGE OF YOUR HANDS, YOU MAY USE MUCH STRENGTH WITH YOUR ARMS, SO THAT YOU MIGHT BE ABLE TO KILL A DEMON. HOWEVER, WHEN YOUR HANDS TOUCH A PERSON IN ASPHYXIA, MAKE IT TENDER, AS AN INFANTS HAND. USAGE OF YOUR LEGS MUST BE AS TENDER AS YOUR HANDS.

活法十一種

KAPPO JUICHI SHU (THE ELEVEN KAPPO METHODS).

1. NO KAPPO UPPER BACK METHOD FROM A BLOW TO THE HEAD OR ANY SEVERE KNOCK-OUT.
 2. SEI KAPPO LOWER BACK METHOD FROM A STRANGLE OR SEVERE HEART OR BRAIN INJURY.
 3. HON KAPPO RESTORE FROM A BLOW TO THE SOLAR PLEXUS (LOWER RIB METHOD).
 4. HANAJI DOME STOP NOSE BLEED.
 5. KIN KAPPO RESTORE FROM INJURY TO THE GROIN.
 6. SUI KAPPO RESTORE FROM DROWNING.
 7. KUBI KAPPO RESTORE FROM HANGING (DRAW THE SOUL BACK FROM HEAVEN).
 8. ASHI KAPPO FOOT METHOD FROM SLEEP OR FAINT.
 9. TANDEN KAPPO LOWER ABDOMINAL METHOD.
 10. JINZO KAPPO KIDNEY METHOD.
 11. ZUNO KAPPO RESTORE FROM INJURY TO THE BRAIN.
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KATSU AND KAPO

Restoring Cardiopulmonary Functioning and/or Consciousness

1. Se Katsu (Back Resuscitation) Back-slap stimulation

Begin with the person supine. Kneel above his head on your right knee. Slip your hands under his shoulders and between his arms and grip his lapels. Sit him up, move forward, and support his back against your right thigh. Place his left arm over your left thigh, then reach over his left arm with yours and grip his right lapel. Put the tip of your middle finger on the large vertebra at the base of his neck (the 7th cervical vertebra) and pick a point on his spine a little more than a hand's length down (between the 5th and 6th thoracic vertebra). Cup your right hand and strike this point with a sharp, percussive blow that glances up to his head. Kiai to the base of his skull at the same time. His head will snap back if the blow is struck right.

2. Ashi Katsu (Foot Resuscitation) Foot-slap stimulation

Begin with the person supine. Approach his feet from his right. Kneel between his feet on your right knee so that his right shin is trapped under your right ankle. Lift his left calf onto your left thigh and hold his left ankle with your left hand. With your right hand, slap sharply across the arch of his left foot, just below the ball of the foot, at a point below his middle toe.

3. Nuki Katsu (Nuki: a hole in a brace) Clavicular-jab stimulation

Begin with the person supine. Kneel on your right knee above his head. Slip your hands under his shoulders and between his arms and grip his lapels. Lift his shoulders until you can kneel on both knees and support his back on your thighs. His head will be on your abdomen. On each hand, cross your index finger over your middle finger and place the tips of your middle fingers in the hollows on either side at the base of his neck, just above the collar bone. Direct your fingers to the lower end of his sternum (to the xiphoid process) and jab. He will slide down your thighs if the jab is done correctly.

4. Tsume Katsu (Nail Resuscitation) Fingernail/Toenail stimulation

Pinch or bite the base of the nail (at the middle of the cuticle) on the thumb or big toe. Wrap the nail with several layers of cloth before your bite to prevent breaking the skin around and under the nail with your teeth.

5. Futo Koro Katsu (Torso Resuscitation) Nipple stimulation

Bare the left breast and stimulate the nipple with a lit cigarette, match, pin, or needle.

6. Hiza Katsu (Knee Resuscitation) Knee-strike stimulation

Begin with the person supine. Stand behind him and sit him up. Steady him with your hands as you drive the top of your thigh just above the knee into his back between the 5th and 6th thoracic vertebra.

7. Shiri Katsu (Buttocks Resuscitation) Rectal stimulation

Begin with the person supine. Pull all his garments down from his waist to his knees. Roll him over to face-down. Face his head and stand across his waist. Lift his hips up and back until his thighs are vertical. Kneel at his left side, put the tips of your right index and 4th fingers side-to-side and put your middle finger over them. With a corkscrew motion, drive these fingers up his anus and as far into the rectum as you can. Expect the anus to tear and bleed.

Relieving Discomfort in the Testicles

8. Kin Katsu (Testicle Resuscitation) Massage toward groin

Compare the size of his pupils; if a pupil is obviously dilated, the testicle on the opposite side of his body has probably ascended.

Method 1: Begin with the person supine. He will probably be doubled up with his hands over his groin. Assuming his right testicle may have ascended, kneel on your right knee by his right hip. Press his right shin tightly to your side to your right upper arm. Reach under his calf with your left hand and grip your right forearm. Make a claw with your right hand, fingers together, and put your fingertips below his ribs, on the right side. (If both testicles have ascended, perform the kapo on both sides.) Press down and pull your fingers firmly to his groin by rocking back. His leg will straighten as you rock. Rock forward and repeat the cycle until the testicle descends.

Method 2: If he is not doubled up, have him clasp his hands on his chest, stand behind him, put your hands under his arms, and grip his wrists. Lift his buttocks three to four inches off the mat. Walk backward, slap his buttocks (in the sciatic nerve area) with the bottom of your free foot and drop him on his buttocks between each step.

9. Manaka Oshi (Center Press) Massage away from the groin

Begin with the person supine. Face his feet, kneel at his side, and firmly draw your fingertips from his pubic bone to his solar plexus until the discomfort is gone.

10. Inno Katsu (Scrotum Resuscitation) Deep-squat method

Jump up and come down into a deep squat with your feet far apart. Two or three squats should relieve your discomfort.

11. Hanaji Tome (Nosebleed Stop) Pull hair at nape of neck

Method 1: Begin with the person sitting. From his left side, put your left thumb and index finger on either side of his nose, just above the flare of the nostrils. With no more pressure than you would use against your eyeball, press up and in against the bleeding nostril(s) to close it. At the same time, gently pull up on the hair at the nape of his neck with your right hand. This should be stimulating but not painful. The bleeding should stop almost at once.

Method 2: Begin with the person sitting. From his left side, put your thumb and index finger on either side of his nose and firmly pinch the spine of the nose at the tip of the nasal bone. This should not close the nostril(s). Apply firm pressure to the center of the head and deliver several light blows to the base of the skull with the edge of your right hand. The bleeding should stop almost at once.

Method 3: Assuming he is bleeding from his right nostril, hold your left hand vertical and move your index finger away from the middle finger. With the back of your hand to his throat, put your middle finger under his chin (from his right side) and your index finger lightly on the side of his nose, but with enough pressure to close the nostril. Have the person hum as you apply pressure to his nostril. Stop increasing the pressure when the hum becomes nasal. Hold your left testicle with the same amount of pressure you apply to his nostril.

Method 4: As in method 3, but hold your right index finger vertical, in front of your eye, and lightly touching your face.

12. Yoko Komi (sideburn) Pull hair at sideburns

Gently pull up on the hair of his sideburns. The bleeding should stop almost at once.

Relieving Headaches

13. No Kapo Compress head with hands

Method 1: Begin with the person sitting on the mat. Kneel behind him and support the back of his head on your chest. Put your palms on his temples and slowly increase the pressure between your hands. Have him signal when/if the pressure becomes too great, then slowly reduce it. Repeat this three times.

Method 2: Begin with the person kneeling. Kneel in front of him and put your palms over his ears, fingers spread apart. Slowly increase the pressure between your hands. Distribute the pressure over your entire hand. Have him signal when/if the pressure becomes too great, then slowly reduce it. Repeat this three times.

Method 3: With the person still sitting, move to his side and put the heel of one hand between his eyes and the heel of the other at the point where the spine meets the skull. Your fingers will point to the top of his head. Slowly increase the pressure between your hands. Have him signal when/if the pressure becomes too great, then slowly reduce it. Repeat this three times.

14. Hiza Oshimasu (Knee press) Compress head with knees

Method 1: Begin with the person supine. Kneel above his head so that your knees are on each side of his head and touching his shoulder. Slowly squeeze his head between your knees. Have him signal when/if the pressure becomes too great, then slowly reduce it. Repeat this three times.

Method 2: As before, but put your fingertips in a circle on the outside of your knees, opposite his ears. Keep your arms straight and push your knees together with your fingers.

15. Ishi Katsu Temple massage

Begin with the person supine. Kneel above his head and gently massage his temples with your palms.

16. Atamani Katsu (Brain resuscitation) Temple and neck massage

Begin with the person supine. Kneel above his head and place your palms on his temples and your fingers on the sides of his neck. Gently massage both the temples and neck by moving your hands in circles.

Relieving Eye Strain

17. Me Oshimasu (Eye press) Massage along eyebrows

Begin with the person supine and be sure contact lenses have been removed. Kneel above his head and place both thumbs at the top of his nose. Slowly, and with gentle pressure, slide your thumbs along the top of his eyesockets (the supraorbital ridge), over his ears, and down to the back of his neck. Repeat this several times, then gently rub his eyes through his eyelids with your fingertips.

18. Me Katsu (Eye resuscitation) Massage eyes with heel of hand

Remove contact lenses, then lightly rub the heels of your hands over your closed eyes. Massage gently with slow circles. This may also be done with your fingertips.

Releasing a Locked Diaphragm

19. Hon Katsu (Major resuscitation) Hip-lift method

Begin with the person supine. He will probably be doubled up. Stretch his arms over his head and straighten his legs. This alone may ease his breathing. Face him and stand across his waist. Reach under and lift him by his hips until his shoulders leave the mat. Let him down and repeat the cycle until he can breath easily.

20. Eri Katsu (Lapel resuscitation) Chest-stretch method

Begin with the person sitting on the mat, legs straight. Kneel on your right knee, behind his left shoulder, so that your right thigh can support his back. Reach under his arms and grab both sides of his collar. Rock back and stretch his chest by arching his back over your thigh and hip, then rock forward and let his shoulders and head fall forward and down. Repeat this cycle in time with his breathing until he can breath easily.

21. Tachi Katsu (Standing resuscitation) Chest-constriction method

Method 1: Begin with the person standing. Have him clasp his hands behind his head. Reach under his arms from behind and grab the back of each of his wrists. Arch his back over your chest, then, as you let him down, pop your hands back up to stretch his spine.

Method 2: Begin with the person standing. Have him cross his arms and put his fingers over the tips of the oppsite shoulders. Put your arms around him and over his arms from behind, squeeze his elbows to his chest, and stretch him back over your chest.

Method 3: Begin with the person standing. Have him cross his arms and put his fingers over the tips of the opposite shoulders. Put your arms around him and under his from behind, and grab his opposite elbows. Pull his elbows across his chest and stretch him back over your chest.

Relieving Discomfort in the Kidneys

22. Jinzo Katsu (Kidney resuscitation) Back massage

Begin with the person prone and his back uncovered. Put your palms over his kidneys, fingers to the outside. Slide your hands a few inches to the outside, then a few inches up, then a few inches to the outside again. The slide should be firm and smooth, and in short strokes. Continue the massage until the discomfort is reduced.

23. Ura Katsu (Reverse-side resuscitation) Back stretch

Begin with the person prone. Face his head and kneel between his legs on one knee. Lift his hips several inches from the mat to stretch the muscles over his kidneys, then gently lower him down and firmly push your palms over his kidneys.

Relieving Discomfort in the Stomach

24. Mukatsuku Kimasu (Mukatsuku: to feel nausea) Throat massage to prevent vomiting

Begin with the person sitting. Put your thumb and index finger on either side of his larynx, in the middle of the back edge. You should feel his carotid pulse with both fingertips. Massage his throat with slow, large circles without sliding your fingertips over his skin. The movement of his skin will allow you to cover a fair amount of area without taking your fingers from their original position. Then, have the person lie prone and apply thumb pressure on both sides of his spine between the 7th and 8th, and between the 10th and 11th thoracic vertebra.

25. Sasai Katsu (Sasai: to bring forth) Gagging stimulation to induce vomiting

Method 1: Sit the person up and put your index and middle fingers as far down his throat as possible to induce vomiting.

Method 2: Put your fingers in the hollow of his throat and press in and down.

Opening a blocked airway

26. Tanden Katsu (Abdomen Resuscitation) Standing lung compression

Begin with the person standing or sitting. Stand behind him, reach under his arms, and put the thumb-side of your right hand about halfway between his navel and the lower end of his sternum. Couple your right fingers with your left and sharply pull your hands in and up. The lodged object should pop out of his mouth.

27. So Katsu Lying lung compression

Begin with the person supine, head turned to the side. Kneel at his right side and put your right palm halfway between his navel and the lower end of his sternum, fingers pointed to his head. Drive your palm down and toward his head to dislodge the object from his throat.

28. Hen Naoshimasu Psychological method

Traditionally, when a person is choking on a fish bone, the backbone of the fish on which he is choking is put on his head, and the person is told not to let the bone fall off. With his attention directed to the top of his head, his throat will relax unconsciously and allow him to swallow, which will open his airway.

General Relaxation

29. Keiyaku Katsu Breath-holding method

Use this kapo for cramps or to relax a spasming muscle. While sitting, inhale deeply and hold your breath. Pinch your upper lip just below your nose until it hurts. Push your abdomen out and down strenuously, until you feel faint and need to breath. Release your pinch and abdomen, breath deeply, and let yourself relax.

30. Ashi Oshimasu (Foot press) Knuckles into bottom of foot

Method 1: Begin with the person prone. Face his feet and kneel across his thighs. Pick up his left foot from underneath with your left hand. Twist the knuckles of your right fist back and forth into the bottom of his foot below the ball with considerable pressure.

Method 2: Begin with the person prone. His heels should be to the outside, toes to the inside. Stand pigeon-toed, your toes on his and, keeping your weight on your heels, slowly pull your feet up the bottoms of his feet with your toes. The motion is similiar to squeezing mud through your toes. Massage from his toes to the front of his heels.

Method 3: Begin with the person prone. Kneel at his feet. With the edge of your hand, slowly move up the bottom of his foot with small scooping motions. Begin with your hand horizontal and do not let it come to the vertical. Massage from his toes to the front of his heel.

Reducing Suicidal Depression

31. Nodo Katsu (Throat resuscitation) Throat stimulation

Begin with the person sitting. Stand behind him and put your left hand around his head and on his forehead. Put your right thumb and forefinger on either side of his trachea and above his larynx. Pinch the sides of his trachea firmly and quickly pull your hand down his throat to the collar bone. Keep his head from moving forward with your left hand.

This technique is very painful and is intended to anger the person. Anger indicates a desire to change something in the environment and is thus incompatible with suicidal depression, which is the desire to avoid or remove one's self from the environment.

Treating Shock and Hypothermia

32. Suru Katsu (Rubbing resuscitation) Rubbing stimulation

Rub the person's entire body firmly and vigorously until he revives.

Reviving a Drowned Person
(Not to be preferred to standard CPR)

33. Suisei Katsu (Drowning resuscitation) Back pressure, elbow lift

Begin with the person prone. Rest his head on his hands, palms down. Kneel on one knee above his head and place your palms on the highest point of his back on either side of the spine. Rock forward and push down hard on his back. Grab both his elbows and lift them up and to you as you rock back. Replace his elbows and rock forward to push on his back again. Repeat this cycle with a slow, steady rhythm until he revives.

34. Dekishi Katsu (Drowning resuscitation) Back pressure, chest stretch

Begin with the person prone, with his head on his hands, palms down. Face his head and kneel across his waist. Reach under his arms and grab both his wrists (or shoulders or pectoral muscles). Pull his wrists and shoulders up to you to arch his back. Return him gently to the ground and place your palms below his rib cage on both sides of his spine. Push down and toward his head with considerable pressure. Repeat this cycle with a slow, steady rhythm until he revives.

35. Deguchi Katsu (Exit resuscitation) Chest-push respiration

Begin with the person supine. Face his head and kneel across his waist. Put your palms on the lower part of his rib cage and push firmly down and toward his head. Relax the push for a moment, then repeat the cycle with a slow, steady rhythm until he revives.