

Torture Methods

1. Forced to stand for a long time

A victim is forced to stand still, facing a wall, all day long. This punishment is often combined with the deprivation of food, water, sleep, and the use of the toilet. This abuse usually lasts several days. If victims cannot hold still they will be severely beaten.

This torture has a number of variations, including:

1.1 Back Against the Wall: A victim is forced to stand or kneel down with the back against the wall, head dropped forward, and both hands pulled up from behind.

1.2 Standing in the "Army Corps" Posture: A victim is forced to stand under the scorching sun. The feet are planted on the fiery ground, sometimes without shoes or socks. Besides the agony of standing for a long time, the victim suffers sunburn.

1.3 Exhausting an Eagle: A victim is forced to stand on a tall stool. When victims fall from exhaustion, the police will viciously beat them and force them back on to the stool.

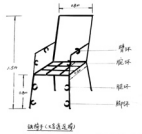
1.4 Body-Folding: A victim is forced to stand with both legs straight and close together, and bend the head down as far as it will go toward the feet, in front of the knees. The fingers point to the ground, and the head is upside down, forcing the body into a contorted posture.

2. Forced to Sit for a Long Time

A victim is forced to sit still for a long time, often for many days. This punishment is often combined with the deprivation of food, water, sleep, and the use of the toilet. This torture can result in poor blood circulation to the lower limbs, necrosis in the buttocks, and nerve damage from the waist down.

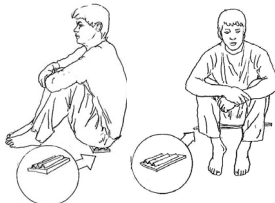
There are several variations of this torture, including:

2.1 Iron Chair Sitting: A victim is shackled to a chair made of iron wires for more than a week. The wires hurt the victim's buttocks.



2.2 Board Sitting: A victim is forced to sit on rough wooden boards.

2.3 Triangle Board Sitting: Sitting on an iron board with sharp peaks and grooves. This often causes the victim's hips to bleed and fester.



3. Forced to Squat for a Long Time

A victim is forced to squat still for a long time, often for many days. This punishment is often combined with the deprivation of food, water, sleep, and the use of the toilet. This torture can result in poor blood circulation to the lower limbs, muscle spasms, and nerve damage.

There are several variations of this torture, including:

3.1 Riding a Horse: A victim is forced to squat down with the legs apart and both arms raised forward parallel to the ground.

3.2 Squatting on a Square: A victim is forced to squat in a square floor brick measuring 30 by 30 cm [approximately 1 ft. by 1 ft.] for a long time. The head must be raised and the feet cannot cross the demarcated line.

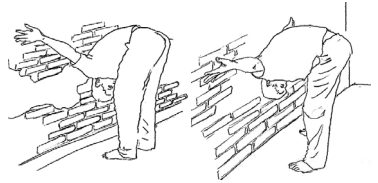
3.3 Squatting in a Corner: A victim is forced to a corner of a room using tables or boards, leaving only a small space, and forced to squat down.

3.4 Squatting with Heels up: A victim is forced to squat over nails sticking out of the ground under one's heels, and must keep the heels raised to avoid the nails.

4. Riding an Airplane

This was an infamous torture in China during the Cultural Revolution. A victim's head is bent down and hands are pulled up and stretched outwards to both sides of the body (like the wings of an airplane). The victim is forced to stay still in this position for a long time. This punishment is often combined with the deprivation of food, water, sleep, and the use of the toilet.

4.1 Backing up an Airplane: This is a variation of "riding an airplane". A victim must bend over while holding the legs straight. Then, with the feet close together, the arms are lifted as high as possible, with the hands touching the wall.



5. Forced to Run for a Long Time

A victim is forced to run non-stop for over ten hours, or else suffer a harsh beating.

6. Forced to Stand Outside on a Winter Night; Forced to Stand in Snow or on Ice with Bare Feet

A victim is forced to stay outside in the biting cold overnight, or stand in snow or on ice. Countless Falun Gong practitioners have suffered this torture, including women and the elderly. Some are even stripped naked.

7. Forced to Stay in Closed Chamber in the Heat of Summer

A victim is locked in a closed room with no window in the summer heat. Many Falun Gong practitioners have suffered this torture. Sometimes the police even pour hot water on the floor to make the chamber "steamier".

8. Deprivation of Sleep, Food, Water; Deprivation of Use of Toilet, Sanitary Napkins, Shower, Change of Clothes; Prohibition of Eye Contact and Talk; Bombarded with Deafening High-Pitch Sounds, Shined with Intense Light

Police have exploited any and every basic physiological need or sense to torture Falun Gong practitioners. Anyone not obeying will be viciously beaten.

9. Pouring Boiling Water or Icy Water over Head

This usually is the first punishment one receives in jail. Many Falun Gong practitioners have suffered this "routine" torture.



10. Handcuffs and Shackles

To Chinese police forces, handcuffs and shackles are not merely devices of mobility restraint, but also torture equipment. Many handcuffs and shackles that cannot be seen in other parts of the world are used by Chinese police: those that are very tight and cut into wrists and ankles, those that are self-tightening, those that have spikes, and so on. Following are several variations of tortures with handcuffs and shackles.



10.1 Handcuffed Behind the Back:

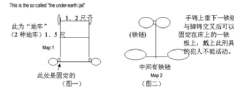
A victim handcuffed in this way cannot use the bathroom, eat or sleep.



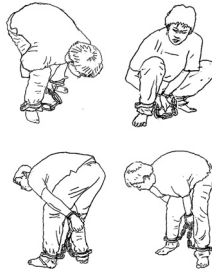
10.2 Carrying a Sword over the Back: A victim's hands are tied behind his back with one hand over the shoulder and the other hand against the lower back. The police then apply a great deal of force to pull the two hands toward one another and handcuff the two hands together. Usually, this torture causes victims to faint in just 20 minutes. However, police handcuff practitioners this way for as long as four hours.



10.3 Hell Cuff: This is a device intended for murderers or death row inmates. The pliers-shaped clasps dig into a victim's wrists and ankles. A victim wearing a "hell cuff" cannot stand, squat, move, or sleep.



10.4 The Foot Shackle Combined with Handcuffs: One of a victim's hands is handcuffed to the other hand between the legs. The shackle weighs over 20 pounds. The victim cannot go to sleep, walk, stand, use the bathroom, or eat a meal. They have to walk in a half-squatting and bowing position. Police often torture practitioners this way for weeks.



10.5 Running in Chains: Several victims are handcuffed and shackled together and forced to run non-stop.

11. Solitary Confinement

Solitary confinement, widely condemned around the world, is among the cruelest tortures. In China, police have used tortures beyond usual solitary confinement against Falun Gong practitioners. Following are only a few of the examples:

11.1 Locked in Small Cell: A small cell is a room of less than three square meters. It has no window, no bed, no water, and no toilet. A victim is locked in a small cell for months, having to eat, sleep, and excrete in the same small area. Since the height of the room is less than 1.5 meters, one cannot stand straight. To exacerbate the agony, the guards often handcuff the victim in the small cell door so the victim cannot sleep for many days.



11.2 Locked in Iron Cage: The height of the cage is shorter than a victim's height. The width and length are calculated so that the person can neither stand straight nor lie down. The victim is often handcuffed to the rail and cannot sleep. Many Falun Gong practitioners have been locked up this way for as long as 120 days. They are mentally and physically tortured.

11.3 Tied to a Death Board: This variation of solitary confinement was originally conceived for and used on death row criminals. The victim is tied to an iron or wooden board for weeks with four limbs stretched out and locked, and cannot move at all. The victim is tied down at all times, having to be fed by someone else, but sleeping and excreting are all done on the board, for this reason the victim is often stripped naked. The victim suffers not only from solitary confinement, but also the excruciating pain of feeling their whole body atrophying. Many practitioners have lost their lives from this torture.

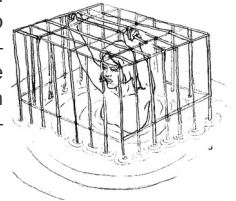


11.4 Leaning Against a Big Board: This is a variation of the "death board" torture. The victim is forced to lie down on a bed made of a wooden board with



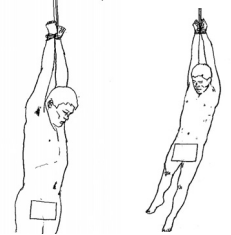
out any padding for many days at a time with feet and hands fixed to the bed.

11.5 Water Dungeon: This is a deadly solitary confinement. A victim is stripped naked, locked in an iron cage with spikes on all sides, and lowered into a pit of filthy water until the water reaches the victim's neck. The victim cannot lean to any side because of the spikes, and cannot squat down because the water. Many practitioners have suffered this torture and some have died.



12. Cuffed and Hung up

Hung up by handcuffs, in its most simple form, causes excruciating pain. Chinese police have added many cruel variations to this torture. Most Falun Gong practitioners jailed have suffered this in one form or another. The following are just a few examples:



12.1 Tying up the horse: A victim is handcuffed and shackled, and the arms are pulled up behind the back, with the head down, and then tied up with a rope that also loops around the neck. Then the police pull the end of the rope to tighten it around the practitioner as much as possible. This torture can cause death.

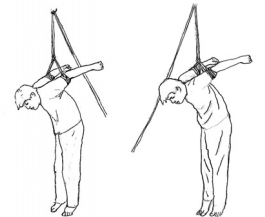
12.2 Hanging a Cage: A victim's hands are twisted behind his back and handcuffed. The police then pull the hands over the head and hang him up in the air until the feet are off the ground.

12.3 Big Hang: A victim is hung upside-down by the feet. This is a deadly torture, and some Falun Gong practitioners have died from this.

12.4 Hung up from Behind: With both hands tied or cuffed behind the back, the victim is hung up by the arms or the handcuffs, with both feet off of the ground, or just touching the ground. Both hands and arms will soon lose feeling and will go numb from lack of blood circulation. Countless Falun Gong practitioners have suffered this brutal torture. Some have even been hung up for several days.

13. Tying the Ropes

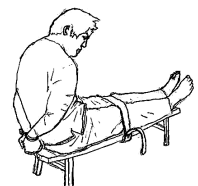
A thin rope is used to tightly encircle the neck and the rope is wrapped around the victim's arms. Then the police use all the force they can muster to tighten the rope. The rope becomes tighter and tighter around the body of the practitioner, cutting into the flesh and making it more and more difficult for him to breathe. The pain is so intense that the victim sometimes loses control of the bladder. In many cases the rope was tightened to the point of breaking a practitioner's arm. Sometimes the practitioner is hung from a high place with the rope as well. Sometimes there are spikes on the rope. When the rope is tightly fastened, it cuts into the flesh, which is extremely painful. This torture is known to cause death if used twice in a row; however, some practitioners have suffered this up to 10 times in a row.



14. Tiger Bench

A victim is tied on a narrow wooden or iron bench by the thighs and knees, with hands tied behind the back. Increasing number of boards or bricks inserted under his feet creates excruciating pain.

The police often use this device to immobilize Falun Gong practitioners to force-feed them.

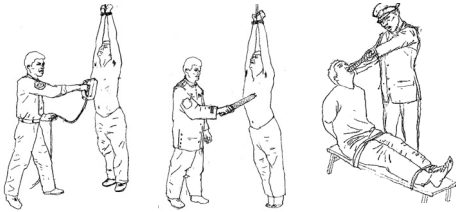


15. Live Hemp Torture

Hemp is a perennial plant. Its stems and leaves are covered with fine hairs and sharp, poisonous thorns. After contact with hemp, the skin immediately becomes inflamed, extremely itchy, and painful. This torture was used against underground Chinese Communist Party members during China's civil war in the 1940's, and was banned after the Chinese Communists assumed power in 1949. But police now use fresh hemp stalks to slap Falun Gong practitioners' faces, or strip practitioners naked and throw them onto a pile of hemp.

16. Electric Baton Shock

This is by far the most common torture used by the police against Falun Gong practitioners. Practitioners have been shocked with as many as a dozen batons at a time, with voltages as high as 30,000 volts, often for several hours. Countless practitioners have suffered flesh burns, some having ears, hands, or feet charred from the electric shocks.



The police have shocked practitioners' eyes, nipples, and penises. The police have also forced these batons into practitioners' mouths or vaginas to shock them.

Many Falun Gong practitioners have died from electric baton shocks.

17. Beating Buttocks

Literally, this torture is called "passing the board". A victim is forced to lie on the ground and beaten viciously with a board, club, or baton, dozens or hundreds of times. This often causes the buttocks to become black and blue.

18. Force-Feeding

This is another torture commonly used by police against practitioners, and it is the number one cause of deaths of Falun Gong practitioners. Almost every Falun Gong practitioner who has gone on a hunger strike in detention has suffered from force-feeding. Many practitioners not even on hunger strikes have also been tortured using this method.



The purpose of police force-feeding is never to nourish, but rather to punish practitioners and to cause so much pain that they will renounce Falun Gong practice. To that end, the police have used many different means to cause excruciating pain and injury, including:

18.1 Inserting and Withdrawing the Feeding Tubes Repeatedly: The police usually use a tube inserted through a practitioner's nose to force-feed. Often, even when the tube is already inserted, the police pull it out again and re-insert it. This can be repeated many times. Many practitioners have died from the tube piercing through their lungs.

18.2 Leaving the Feeding Tubes in Stomach: This is another way to cause pain. Practitioners tortured this way are usually handcuffed.

18.3 Knocking off Teeth to Force-Feed: To force practitioners to open their mouths, the police resort to the most barbaric violence, knocking out practitioners' teeth, tearing apart practitioners' lips, or even poking holes in practitioners' cheeks.

18.4 Force-Feeding Saturated Salt Water: This causes intense pain in the gut. Many practitioners have died from this because of the resulting dehydration.

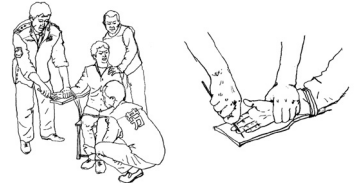
18.5 Force-Feeding Vinegar/Liquor: Several Falun Gong practitioners have died from this.

18.6 Force-Feeding Hot Pepper Oil/Mustard Oil/Boiling Water: These cause burns and intense pain in the esophagus, stomach, and intestines.

18.7 Force-Feeding Urine/Feces

19. Bamboo Sticks under the Fingernails

The police hammer sharp bamboo sticks into the fingers of the practitioners through the tip of the fingernails. In the process of the hammering, the fingernail will get torn off completely. The police first hammer the bamboo stick into one finger. If the practitioner still refuses to yield, the police will hammer bamboo sticks into successive fingers until they mutilate all 10 fingers.



20. Burning

The police have used cigars and cigarette lighters to burn fingers, toes, faces, nipples, vaginas, and other parts of practitioners' bodies. While burning them, the police say, "I will stop when you give up Falun Gong."

21. Hot and Spicy Chicken Legs

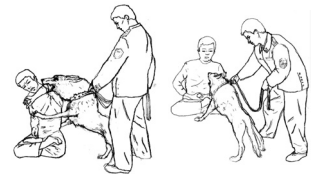
A victim is forced to lie on the ground. The inmates then take turns jumping high up in the air and then landing on the upper legs of the practitioner with one foot.

22. Bed Pressing

A victim is handcuffed and shackled and forced to sit down on the ground. A bed is then placed over his head and several people get on the bed pressing down and jumping on the bed. This often causes the victim to lose control of the bladder and bowels.

23. Dog Bites

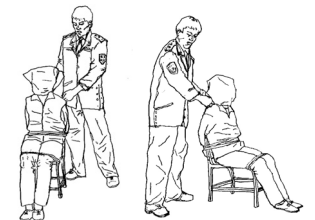
Police have let loose dogs to attack Falun Gong practitioners in a number of detention centers and labor camps.



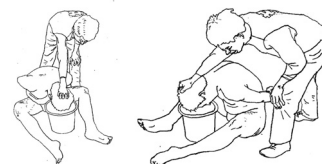
24. Suffocation

The police pull a plastic bag over the head of a practitioner. While the practitioner is suffocating and gagging, the police will ask, "Will you give up Falun Gong?"

Sometimes the police use thick paper soaked in water to cover the faces of practitioners to suffocate them.




25. Forcing Head into Bucket of Urine



26. Sexual Torture

In addition to the tortures that the police use on both male and female Falun Gong practitioners, the police use many female-specific tortures against Falun Gong practitioners. These include:

- Rape / gang rape
- Forced abortion
- Pinching / pinching off or biting off of nipples
- Needling nipples
- Electric baton shock of nipples and vaginas
- Bottle / baton rape
- Stuffing dirty socks into vagina / anus
- Burning the vagina with a cigar
- Inserting and rotating brushes inside the vagina

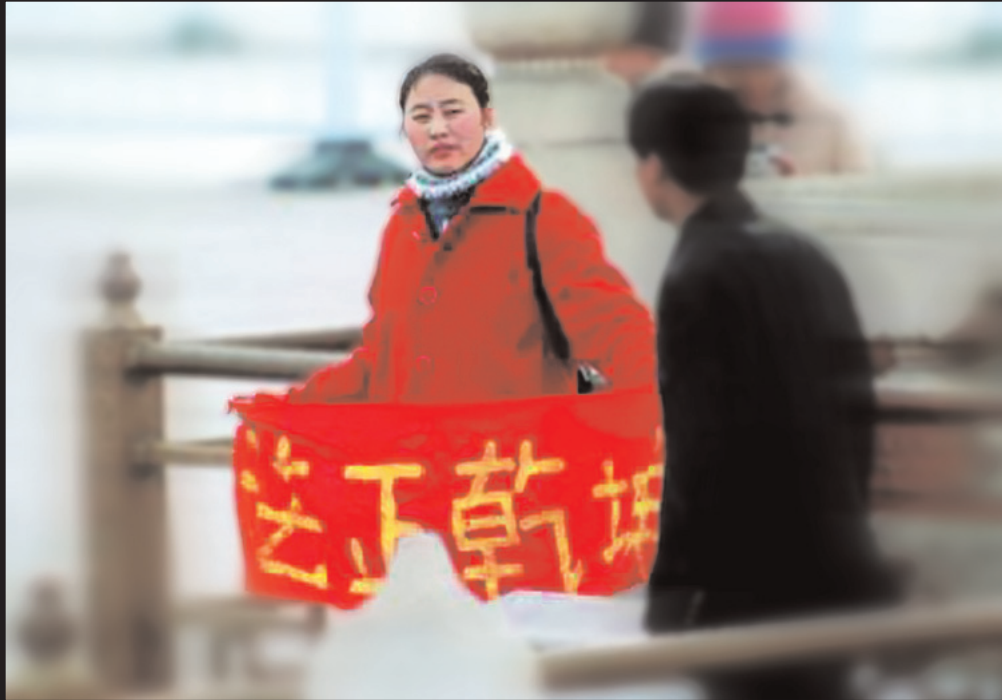


The Falun Gong Human Rights Working Group is a volunteer group dedicated to the human rights cause of Falun Gong practitioners. Our main activities include the collection, compilation of human rights violation cases against Falun Gong practitioners, and the submission of these cases to the United Nations, governments of world countries, and international human rights organizations. We also seek to publicize the Falun Gong crisis to bring about public awareness.

We welcome your suggestion and participation.

The Falun Gong Human Rights Working Group
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For updated information on Falun Gong, please visit: <http://www.faluninfo.net>



A practitioner displays a banner in support of Falun Gong as a plainclothes policeman approaches to arrest her on Tiananmen Square in Beijing