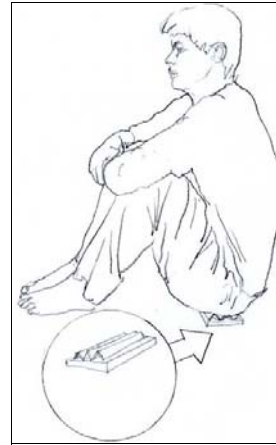


The Tiger Bench

Sitting Torture

Practitioners are forced to sit on a tiny board, on iron chairs, on triangle iron bars and on Tiger Benches (a kind of severe torture method. The person is forced to sit on the bench with his knees tightly tied to the bench. Hard stuff, usually bricks are inserted under this person's feet which cause immense pain)



Triangle Iron Board:

After sitting on the iron board, practitioners' hips bleed and fester endlessly.

Handcuffs

Practitioners are handcuffed in a way to let them suffer as much as Possible: handcuffed in the back, handcuffed individually or two handcuffed together, "Su Qin Carrying a Sword on the Back"—victim's hands are handcuffed behind back with one arm over the shoulder and the other against the lower back; two people are tied up together with handcuffs and heavy shackles, tied to dead person's bed, hung up on windows or door frames, forced to wear heavy shackles on feet

Standing Torture

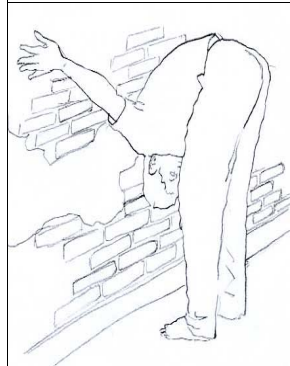
Punishment by forcing to stand for a long time; stand with the head bent down to the lowest, while the hands are pulled up and held up to the highest point in the back, thus the body shape looks like a plane; stand in a very small room; stand upside down.



Limbs Shackled Together



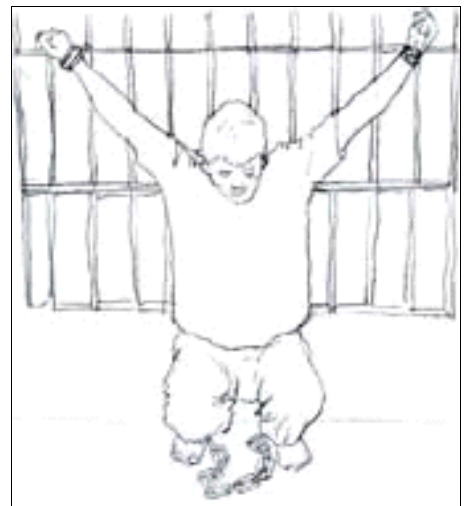
Su Qin Carrying a Sword on the Back



Solitary Compartment:

The dimensions of the cage are less than a person's height, so one can neither stand up nor lie down. Except for a small barred door, all openings are tightly sealed. No light comes in. Practitioners are at times locked up for 120 days.

Squat Torture__Method Squat with both legs; Do military squat



Tying the Ropes:

"Hanging up once" means the rope is tied one time. As a severe punishment, the rope is tied twice at the most for criminals who try to escape from detention centers. But the police tie Falun Gong practitioners eight or nine times.

