

Torture Methods Used on Falun Gong Practitioners

The pictures in this section are of torture methods actually used against Falun Gong practitioners in Chinese prisons, labor camps, detention centers, police stations, mental hospitals, and even some secret locations. Although some are reenactments, many of these pictures were taken right after the practitioners escaped from police detention. The faces of some practitioners were masked to protect their safety. Other practitioners insisted that their pictures be shown as they are.

Due to space limitations, only a small selection of the pictures is shown. The practitioners who produced these photos and sent them out of China did so at great risk to themselves. The authorities in China accuse those who expose the facts about the persecution of "revealing state secrets. They are then arrested, tortured using many of the same methods shown here, and even killed.

1. Forced to Stand for a Long Time

The practitioner is forced to stand still, facing a wall, all day long. This punishment is often combined with the deprivation of food, water, sleep, and use of the toilet. This abuse usually lasts several days. Convicted prisoners are often instigated to watch over the practitioners. If practitioners cannot hold still they are severely beaten with fists, shocked with electric batons, kicked, or slapped in the face. To prevent them from talking, their mouths are sealed with tape. This torture has a number of variations, including:



Figure 1



Figure 2

1.1 Half-Standing: The practitioner is placed between two sets of bunk beds and handcuffed with one hand to the upper bunk of one bed and the other hand to the lower bunk of the other bed. The practitioner is forced to lean over to one side and cannot stand up straight (Figure 1).

1.2 Standing in the "Army Corps" Posture: The practitioner 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 practitioner suffers severe sunburn.

1.3 Gecko Crawling on the Wall: The practitioner must stand on one leg while facing the wall and lifting the other leg. The upper body is held against the wall, as are the two arms, which must slant to the side, causing an imbalance of the body. However, the upper body must always be kept straight (Figure 2).



Figure 3



Figure 4



Figure 5

2. Forced to Sit for a Long Time

The practitioner 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 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 (Figure 6). There are several variations of this torture, including:



Figure 8

2.1 Body Folding while Sitting: The practitioner is forced to sit on the floor with both legs straight, and with the hands either holding the toes or tied behind the back. To increase the pain, a guard sits on the practitioner's back (Figures 4 and 5).

2.2 Board Sitting: The practitioner is forced to sit on rough wooden boards. In a variation, the practitioner must sit on a small stool (Figure 7).

2.3 Sitting with Legs Straight: The practitioner is forced to sit on the floor with both legs straight. Sometimes the perpetrator will stand on the practitioner's knees. This torture will injure the person's knees (Figure 8).



Figure 6



Figure 9



Figure 10

3. Forced to Squat for a Long Time

The practitioner is forced to squat and remain still for a long time, often for many days. This punishment is often combined with the deprivation of food, water, sleep, and use of the toilet. This torture can result in poor blood circulation to the lower limbs, muscle spasms, and nerve damage (Figures 9 and 11). There are several variations of this torture, including:

3.1 Bent Immobile at a Corner of the Wall: The practitioner is made to squat bent with the head in front of the legs until the head touches the ground, and the upper back is pressed against the wall in a corner (Figure 10).



Figure 7



Figure 11



Figure 12



Figure 16



Figure 17



Figure 18

3.2 Squatting with Heels up: The practitioner is forced to squat over nails sticking out of the floor under one's heels, and must keep the heels raised to avoid the nails (Figure 13).

4. Riding an Airplane

This was an infamous torture in China during the Cultural Revolution, and is widely used today against Falun Gong practitioners. The practitioner's head is bent down while the hands are pulled up and stretched outwards to both sides of the body (like the wings of an airplane). The practitioner is forced to stay still in this position for a long time. Sometimes glasses filled with water are placed in the practitioner's hands. This punishment is often combined with the deprivation of food, water, sleep, and use of the toilet (Figures 12-15).

4.1 Backing up an Airplane: The practitioner must bend over while holding the legs straight. Then, with the feet close together, the arms are lifted as high as possible (Figures 12 and 14).

5. Forced to Run for a Long Time

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

6. Forced to Stay in Extreme Weather

6.1 The practitioner is forced to stay outside in the biting cold overnight, and must stand in or lie down in the snow or on ice. Countless Falun Gong practitioners have suffered this torture, including the elderly. Some are even stripped naked in the winter and dunked in a water tank before going out into the cold. In a variation of this torture, the practitioner is stripped naked and tied to a bed in winter with all of the windows open. A fan is used under the bed to make it colder (Figures 16 and 19).

6.2 Sitting in Ice-Cold Water: In China, the bathroom is seldom heated. The practitioner is tied to a chair in the bathroom. While sitting in the cold, ice-water is poured around him to intensify his suffering (Figure 17).

7. Deprivation of Basic Physiological Needs

The police have exploited any and every basic physiological need or sense to torture Falun Gong practitioners. Practitioners have suffered deprivation of sleep, food, water, use of the toilet, sanitary napkins, and shower. They are prevented from changing clothes; prohibited to speak or make eye contact; bombarded with deafening high-pitched sounds, subjected to intense light shone into their eyes; and exposed to high-volume tapes, CDs, or TV programs slandering Falun Gong. Anyone who does not obey is viciously beaten (Figure 19).

8. Pouring Boiling or Icy Water Over the Head

This is a common punishment for practitioners to receive in jail. It not only causes physical suffering, but is used to humiliate the practitioner as well. It is considered a "routine" torture (Figure 18).



Figure 13



Figure 14



Figure 15



Figure 19

9. Handcuffs and Shackles



Figure 20



Figure 21



Figure 22



Figure 23

To the Chinese police, handcuffs and shackles are not merely devices of mobility restraint; they are also torture equipment. Some of them are very tight and cut into wrists and ankles, some are self-tightening, some have spikes, and so on. Usually, the practitioner remains in such a contorted position and is so immobilized that he must depend on others to help him eat, go to the toilet, and change clothes. As the muscles and tendons are stretched to the limit, sleep is nearly impossible. No matter how tired the practitioner is, after he falls asleep, the pain wakes him up (Figures 20 and 24).

Following are several variations of tortures that use handcuffs and shackles.

9.1 Handcuffed Behind the Back: The practitioner handcuffed in this way cannot use the bathroom, eat, or sleep (Figure 21).

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

9.3 The Foot Shackle Combined with Handcuffs: One of a practitioner's hands is handcuffed to the other hand between the legs. The shackle weighs over 20 pounds. The practitioner cannot go to sleep, walk, stand, use the bathroom, or eat a meal, and instead must walk in a half-squatting and bowing position. Sometimes the shackles have heavy metal weights added to them. Police often torture practitioners this way for weeks (Figures 22 and 25).

9.4 Death Twist: This torture tool is made from abandoned handcuffs wrapped with cloth so that they are not flexible. The practitioner's hands are locked together and immobilized and soon become completely numb (Figure 26).

9.5 Suspending Like a Swing: The practitioner's hands and feet are cuffed. Then the practitioner's cuffed hands are hung from the headboard of a bed and the cuffed feet are hung from the footboard. The practitioner is suspended like a swing while the cuffs cut into the wrists and ankles, making them bleed (Figure 23).

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



Figure 24



Figure 25



Figure 26

10. Solitary Confinement

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

10.1 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. The practitioner 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, the practitioner cannot stand straight. To exacerbate the agony, the guards often handcuff the practitioners to the small cell door so that the pain prevents them from being able to sleep.

10.2 Locked in an Iron Cage: The height of the cage is less than the practitioner's height. The width and length are calculated so that the person can neither stand straight nor lie down. The practitioner 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 (Figure 27).



Figure 27



Figure 28



Figure 29



Figure 31



Figure 32



Figure 33



Figure 36

10.3 Tied to a Death Board: This variation of solitary confinement was originally conceived for and used on death row criminals. The practitioner is tied to an iron or wooden board for weeks with four limbs stretched out and locked, and cannot move at all. Women are even kept tied to the board while menstruating. The practitioner 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 practitioner is often stripped naked. The practitioner suffers not only from solitary confinement, but also from the excruciating pain of feeling his whole body atrophying. Many practitioners have lost their lives from this torture (Figure 28).

10.4 Leaning against a Big Board: This is a variation of the “death board” torture. The practitioner is forced to lie down on a bed made of a wooden board without any padding for many days at a time with feet and hands fixed to the bed (Figure 29).

10.5 Water Dungeon: This is a deadly solitary confinement. The practitioner 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 practitioner’s neck. The practitioner cannot lean to any side because of the spikes, and cannot squat down because of the water. Many practitioners have suffered this torture and some have died (Figure 30).

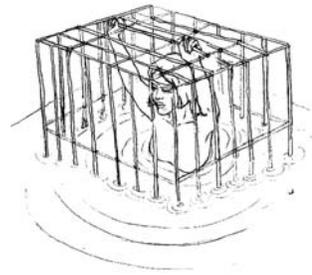


Figure 30

11. Cuffed and Hung Up

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

11.1 Hung up from Behind: With both hands tied or cuffed behind the back, the practitioner is hung up by the arms or the handcuffs, with both feet off of the floor, or just touching the floor. Both hands and arms soon lose feeling and go numb from lack of blood circulation. Countless Falun Gong practitioners have suffered from this brutal torture. Some have even been hung up for several days (Figures 31 and 32).

11.2 Hanging in a Cage: A practitioner’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 (Figure 34).

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

11.4 Half-Flying: The practitioner’s hands are shackled to an upper bunk bed. Then one foot is hung up so the other foot barely touches the ground. Practitioners have been forced to endure this painful position for as long as 15 days (Figure 33).



Figure 34



Figure 35

12. Tiger Bench

A practitioner is tied on a narrow wooden or iron bench by the thighs and knees, with hands tied behind the back or tied to the foot of the bench. Increasing the 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 (Figure 36).

13. 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. Police use fresh hemp stalks to slap Falun Gong practitioners' faces, or they strip practitioners naked and throw them onto a pile of hemp.



Figure 37



Figure 38



Figure 39



Figure 45

14. Electric Batons

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 shock the most sensitive areas such as the arches of practitioners' feet, the palms, belly, neck, armpit, face, eyes, nipples, and penises. The police have also forced these batons into practitioners' mouths or vaginas to shock them (Figure 37 and 38).

Many Falun Gong practitioners have died from electric baton shocks. The practitioner may be shocked while tied to an iron chair. With the arms stretched as far as possible, the practitioner may be constrained by specially made shackles fastened to the floor (Figure 39) or the practitioner may be shocked with many electric batons simultaneously (Figures 40 and 41).



Figure 40



Figure 41



Figure 42

15. Beating the Buttocks

Literally, this torture is called "passing the board." The practitioner is forced to 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 (Figures 42-44).

16. Force-Feeding

This 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. Even those not on hunger strikes have been tortured by this method (Figures 45-49).

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. To that end, the police have used many different means to cause excruciating pain and injury, including:

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



Figure 43



Figure 44



Figure 46



Figure 47



Figure 50



Figure 51



Figure 52

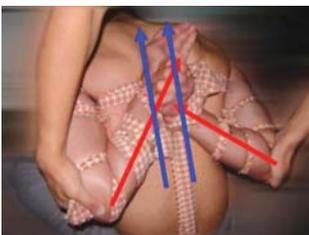


Figure 53

16.2 Leaving the Feeding Tubes in the Stomach: This is another way to cause pain. Practitioners tortured this way are usually handcuffed so that they are unable to remove the tube.

16.3 Knocking out Teeth to Force-Feed: To force practitioners to open their mouths, the police resort to violent methods, including using pliers and crowbars, knocking out practitioners' teeth, tearing apart their lips, or even boring holes in their cheeks.

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

16.5 Force-Feeding Vinegar/Straight Alcohol: Several Falun Gong practitioners have died from this.

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

16.7 Force-Feeding Urine/Feces



Figure 48



Figure 49

17. Bamboo Sticks

The police hammer sharp bamboo sticks into the fingers of the practitioners through the tips of the fingernails. In the process of the hammering, the fingernails are 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.

17.1 In a variation of this torture, called **"Pressing the Fingers with Sticks,"** guards place hard objects (wooden sticks, metal rods, etc.) between the practitioner's fingers; then they twist, press down, or heavily strike the practitioner's hand with a fist while holding the tips of the fingers tight. The fingers are injured instantly, causing extreme pain. Some practitioners' fingers have been permanently injured by this torture. The resulting wounds penetrate to the bone and the practitioner's hands are mutilated into a mass of flesh and blood (Figure 50).

18. 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." (Figure 51)

19. Tying the Ropes

A thin rope is used to tightly encircle the neck and the rope is wrapped around the practitioner'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 practitioner sometimes loses control of the bladder.

In many cases the rope was tightened to the point of breaking the 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 has been known to cause death if used twice in a row; however, some practitioners have suffered this up to 10 times in a row (Figures 52-55).



Figure 54

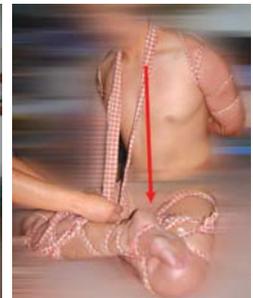


Figure 55

20. Suffocation

The police pull a plastic bag over the head of a practitioner. While the practitioner is suffocating and gagging, the police ask, "Will you give up Falun Gong?" Sometimes the police use thick paper soaked in water, a bucket, or a piece of plastic to cover the faces of practitioners to suffocate them. Sometimes they hold them under water to drown them, or spray water directly into the nose or mouth to force them to accept brainwashing (Figures 56-60).



Figure 56



Figure 58



Figure 59

21. Stewed Chicken with a Bent Neck

Several guards hold the practitioner's legs flat against the floor and spread slightly apart while the upper body is pressed hard against the lower body, squashing the belly so severely that it protrudes unnaturally from both sides of the body. When the neck and feet are in a straight line, with the face and belly pressed against the floor, the neck and feet are tied together, usually with a bed sheet, and the hands are tied behind the back. The pain is excruciating. The joints may be dislocated, and the practitioner is generally unable to walk normally for months afterwards (Figures 61-68).

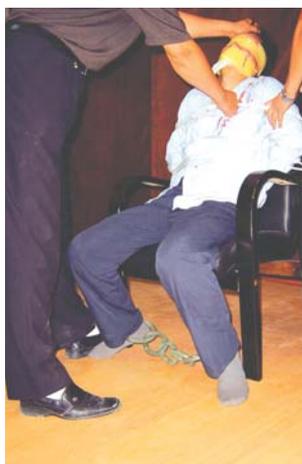


Figure 57



Figure 60



Figure 61



Figure 62



Figure 63



Figure 64



Figure 65



Figure 66



Figure 67



Figure 68

22. 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 (Figures 69-72):

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



Figure 69



Figure 70



Figure 71: Gang Rape

In some labor camps and jails, and sometimes even in public, the police have personally raped or even gang-raped female practitioners. Female practitioners have also been stripped naked and thrown into all-male jail cells. This torture has often inflicted permanent psychological and physical damage on the practitioners in question, and on more than one occasion the practitioners have later died under mysterious circumstances.

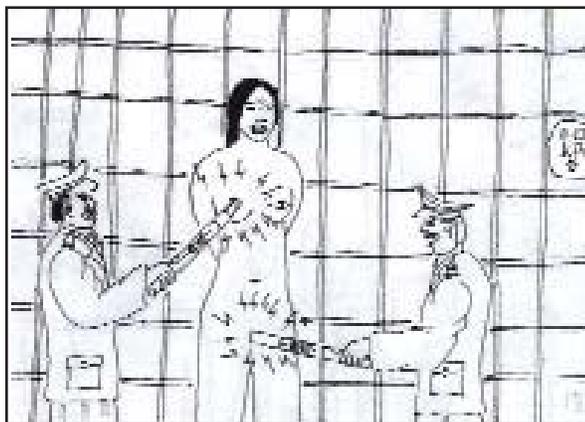


Figure 72: Sexual Abuse

To force practitioners to give up their beliefs, police have sexually violated female practitioners in numerous ways. Officials have used electric batons to shock female practitioners' breasts, and commonly have gone as far as shoving activated electric batons into the women's vaginas. This has caused excruciating pain and often permanent psychological and physical damage.

23. Bed Pressing

The practitioner is handcuffed and shackled and forced to sit down on the floor. A bed is then placed over his head and several people climb on the bed, pressing down and jumping on it. This often causes the practitioner to lose control of the bladder and bowels.

24. Hot and Spicy Chicken Legs

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

25. Forced to Stay in a Closed Chamber

The practitioner is locked in a closed room with no window in the summer heat. Sometimes the police even pour hot water on the floor to make the chamber “steamier.”



Figure 73

26. Stabbing

Sensitive parts of the body, such as the bottoms of the feet, are stabbed repeatedly (Figure 73).

27. Slave Labor

The practitioners are forced to do slave labor, including manual labor, for long hours with very little sleep. If they do not meet their quotas, they are given only half a bun to eat, or nothing at all. Thus, they suffer from constipation and do not have a bowel movement for weeks or even a month at a time.



Figure 74

28. Beating with Wooden Bed Boards

The perpetrators force the practitioner to squat and then strike his back with three wooden boards put together until the boards break (Figure 74).

29. Limited Toilet Use

Practitioners are allowed to use the toilet infrequently or for only a few minutes at a time. If they exceed the time limit, the guards beat and punish them by forcing them to squat with their buttocks pointing up.



Figure 75



Figure 76



Figure 77



Figure 78

30. Inhumane Sleeping Conditions

Often the bed is made of wooden boards. Many practitioners are crowded into the same room, so they must place their bodies next to each other on the boards in order to sleep. Others have to sleep under the beds, sometimes on a cement floor with no blanket. Often practitioners must sleep on damp straw, resulting in scabies all over the body.

31. Torture Tools

Here are a few of the torture instruments used in China's mental hospitals, police stations, detention and forced brain-washing centers, prisons, and forced labor camps to inflict excruciating pain on Falun Gong practitioners.

31.1 **High-Voltage Electric Baton.** (Figures 75 and 76)

31.2 **Police Baton.** (Figure 77)

31.3 **Wire cutters.** (Figure 78)

31.4 **Spiked Baton.** (Figures 79 and 80)

31.5 **Torture instruments** used in Changle Labor Camp (Figure 81).



Figure 79



Figure 80



Figure 81