

Dim Mak, the Art of Pressure Point Fighting

Is it the Ultimate Self Defense System or Prohibitive Deadly Force?

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Introduction

Death Touch, Black Art, and other equally as stimulating descriptions are commonly used when discussing Dim Mak. In fact for many years Dim Mak was cloaked in a veil of mystery and secrecy with few privileged to learn the art outside of China. Even within the realm of Chinese Martial Arts artist the deeper techniques and methods of Dim Mak was not shared with all. Historically Dim Mak dates back to before Christ with formal practiced and documented written styles as early as the 500 AD. The earlier history of the evolution is very interesting to study and we would recommend those who wish to pursue Dim Mak to take the effort of reviewing this exciting and colorful series of events that gave birth to Dim Mak as a formal art.

Dim Mak has two faces. The one most pursued is its martial aspects but the healing aspect is also important. In fact some knowledge of the healing aspect is needed in case of accidental training injuries. The focus of this article will be on the martial arts face with some hints as to reviving a person accidentally struck. A special word of caution to all who practice Dim Mak, should you be injured, while immediate first aid may be rendered by your instructor, you should seek out a Chinese Oriental Medical Doctor so that any long term problems that may arise can be treated before serious symptoms develop.

*“It is important that a student of Dim Mak
study and become proficient in both the
fighting and healing aspects of Dim Mak”
Grand Master Dr. Pier Tsui –Tsiu-Po*

Dim Mak is a system of deadly pressure point fighting. Most today agree that the use of pressure points evolved through various forms of oriental medicine and also through Martial arts Masters who doubled as healers in olden times. So both the good and bad effects of pressure points evolved as duplicity between “the medicine man” that in many cases was also the Martial arts teacher and the Chinese Oriental Medical doctor. In fact Dim Mak points evolved into a trauma branch of Chinese Oriental Medicine again emphasizing their healing potential as much as their combat capabilities. It is interesting to note that from the combative aspects healing techniques emerged and as more was learned about the healing face of Dim Mak, the Martial face became better understood and more effective as well. So the combination of the combative and the healing faces of Dim Mak provide a feed back system improving both applications of Dim Mak.

From these beginnings came the evolution of Dim Mak, as practiced today. As history fades to present day some discoveries were refined, some became lost and many evolved into control within select or secretive groups. Hand in Hand with pressure point applications was the development of the use of Chi which has been incorporated into most arts especially Qi Gong “Chi gong” and was primarily practiced for healing. However, when using Dim Mak combined with application of Chi, the effects are enhanced immeasurably. This part of Dim Mak training therefore includes Chi building.

It is also worth mentioning that pure Chi in and of itself may be used for both healing and as a form of self-defense.

Dim Mak requires an in-depth understanding of the meridians, Chi flow, Yin and Yang, Five Elements and selected pressure points in the body. It requires knowing when to and how to most effectively use these points. Basically there are 108 original Dim Mak points 72 of which can maim and 36 points that can kill if struck with sufficient focus and intent. When using Dim Mak strikes to these points additional caution should be exercised as even light contact can produce adverse physiological results.

Today there are numerous pressure point fighting and self-defense techniques. One standout is the art of Dim Mak. Dim Mak is not an added feature to an already established martial art nor is it a portion of a self-defense system built into an art. Dim Mak is an actual complete combat system in and of itself. Until recently most of the secrets of this art were withheld, but as modern day communication evolved many of these secrets “leaked out”. As in the discovery of many martial arts that were once cloaked in mystery as information did emerge and many misconceptions and misunderstanding in its use began to surface. Due to these circumstances Grand Master Dr Pier Tsui-Po, who is respected as the most knowledgeable of this art, began to offer training in the pure art of Dim Mak. With the availability of this art as handed down from master to master it is Grand Master Pier Tsui-Do’s hope that the misconceptions and misunderstanding and even misuse of Dim Mak may be rectified.

Dim Mak is an entire system that requires an in-depth understanding of the meridians and selected pressure points in the body. It requires knowing when to and how to most effectively use these points. Basically there are 108 original Dim Mak points 72 of which can maim and 36 points that can kill if struck with sufficient focus and intent. Dim Mak is not the use of all of the over 1,000 acupuncture points used in Oriental Medicine as some advocate.

When using Dim Mak techniques be cautious as even light contact can produce dramatic results to many of the points especially the 36 than can kill. Some points should only be demonstrated by touch or perhaps marking a striking dummy (such as a “BOB” dummy) with the areas for students to train on.

These points may also be used to just immobilize an attacker. There is a thin line in the intensity of a strike that will temporarily stun an opponent to one that may cause severe injury, instant or delayed death. Dim Mak then is a complete system dedicated to disabling, possibly paralyzing or killing an opponent. Dim Mak does not require massive strength and it does allow a weaker person to disable a larger and stronger person. The premises on which Dim Mak works is it diverts and can reverse the flow of energy in the meridians reducing blood and chi flow to various parts of the body such as the brain, heart, kidneys, and legs. Dim Mak has the following combative effects on the human body

1. Tearing of muscle or tendons which is accomplished by twisting, bending, or ripping out muscles.

2. Sealing of blood vessels (arteries, veins and capillaries) by striking, grapping, pressing on the effected blood vessels.
3. Dislocating joints and breaking bones by striking, twisting and bending same.
4. Attacking points that restrict breathing such as sealing or stopping the breath due to grapping, hitting, or pressing the throat or muscles surrounding the lungs.
5. Cavity pressing of pressure points and hitting these in a concentrated manner.

The targets to achieve the above can be one or more of the following: a single point, a cluster of points, set up points, vital organ, bones and joints, blood vessels, and muscles and tendons. As a rule three types of points are attacked: death points, non fatal points but serious injury, and dual or multiple points that may be used for combat or healing

The application of Dim Mak techniques can disable, knock out or kill someone. It may destroy or damage the body's immune system. These techniques may cause leaks or tears in our energy systems (Aura-Charka's etc), produce stagnation of energy, blocks to the flow of energy, disruption of energy fields in and around the body, create physical and mental stress and gradual decay of the integrity of blood vessels and organs. In general pressure point strikes can disrupt the entire auto immune system leaving us open to infections, diseases, energy imbalance and loss of health. In fact the after effects may be far more severe than the attack itself. All of these may cause someone to become more susceptible to diseases in addition to the damage from the attack itself.

The Dim Mak expert must understand the balance of energy and flow. Ideally a skilled Dim Mak warrior can identify leaks and tears in the energy field of a person. This ability allows prompt treatment or first aid and also enables one to attack with more force by directing their strikes in a weakened area of the energy field of the opponent. It is also advised that prior to practice students build their chi reserves and use chi and white light to protect them from injury.

Dim Mak Attacks and Strikes

Dim Mak encompasses an entire system of how to attack, where to strike and how to combine strikes. It identifies the effects of the strikes and how they will react in the victim.

“ A Dim Mak strike disrupts the body’s underlining energetic balance throwing it into chaos” Grand Master Dr. Pier TsuiTsiu-Po

In the Ghost Hands of Dim Mak training, it is taught that a defense attack should be a quick and instantaneous reaction. Often referred to as a pounce, this is an explosive motion towards the area to be struck by the Martial artist. The pounce type technique is adaptable to most styles of martial arts. It is deliberate and while quick it is not a blind charge. So the explosive action is tempered by a focused area and angle of attack avoiding any defense mechanisms the intended target may lodge. This movement should be one that takes the opponent by surprise. The strike is made in conjunction with the pounce so one move places you in range and delivers the strike before the target can

react. Indeed if executed correctly the attacker will be caught by surprise. Even if the attacker is the aggressor and is moving towards you with an active fighting technique, a well-focused pounce at an angle to keep you away from his or her attack will be successful.

Often the Dim Mak stylist will use the centerline technique either as a direct attack or as a counter technique when an aggressor attacker throws a technique at them. The centerline technique takes advantage of when an opponent exposes his frontal side (center line) or his back side (rear center line). This happens frequently when a person has an aggressive straightforward stance when fighting or when a person fighting from an oblique stance throws a punch or kick that brings their centerline into direct striking view. The frontal centerline exposes the entire Conception Vessel with its various disabling pressure points. The rear centerline exposes the Governor Vessel. Of course many other meridians and practical pressure points are still exposed, it is just these particular ones become much more attractive to strike when presented as a clear target.

And of course the Devil Hands of Dim Mak is used when an aggressor grabs, holds, or pushes a Dim Mak stylist. In this application pressure points are frequently used in conjunction with locks and other control maneuvers. In fact styles such as Combat Hapkido have incorporated many of these techniques into their system

In this article we will look into six techniques. We highly caution those practicing these techniques to not make actual contact unless supervised by someone knowledgeable in Dim Mak and first aid measures for accidents incurred due to an unintentional strike or

kick. Before any training the practitioner should know where, and have access to a qualified Chinese Medical Doctor in case of accident or injury to pressure points.

Strike to Stomach 9 - Stomach nine is one of the most deadly pressure points one can strike. Even moderate contact may cause serious consequence. If one uses multiple pressure points in conjunction with this strike the effects are even more devastating.

Stomach nine is situated at the forward side portion of the neck on by the pulse point of the carotid artery. It is close to the level of the Adam's apple Stomach 9 should only be struck if ones life is in danger from an enemy. . A strike here in addition to immediate effects may also lead to deterioration of the artery and a possible side effect of a stroke even months or years later. The techniques which work best for an attack on stomach nine are a chop or ridge hand, as either of these techniques will encompass a direct hit to ST 9.

Recommended Attacks - Tiger Claw, Front or backhand knife hand, ridge hand or finger jab

Physiological effects - Possible rupture of the carotid arteries. And the potential of instant death if a strike with a Tigers claw is used accompanied with ripping of the aorta and adjoining muscles of the neck. Blood flow is restricted and gall bladder and stomach functions are also affected. May produce extreme bradycardia (slowing of the heart) and lowing of blood pressure.

Strike to Yin Tang (third Eye- Seal Hall)- This point is another deadly pressure point and is in close proximity to two other points (Hong Tang –Shan Gen) that when combined could be fatal if a hard strike is rendered. Yin Tang is located just above the nose and in-between the eyes. A slight indentation may be felt. This is one of the more “popular” strikes made famous by the many evangelists who used this in their ceremonies. A technique of placing pressure with one hand on ST9 and striking Yin Tang with the heel of the other hand became popularly known as the “evangelist knockout”.

Recommended strikes; Palm hand

Kick to spleen 6 - Kick or strike is the most effective. Another less injurious technique is a simple thrust of the base of the palm with the fingers touching the top of the head (Governor Vessels 23 and 24) this will knock a person down and most likely produce unconsciousness

Physiological effects - With hard impact, death or delayed death is the result. Other signs and symptoms can include insanity, severe disorientation, loss of balance, vague and irrational thought, insomnia, headaches, convulsions, and hypertension. Even mild contact may leave a person feeling weird and confused for several days.

Strike to Conception Vessel 8 if you go directly to the belly button you will discover CV 8

Recommended strike is a corkscrew down ward punch.

Physiological effects if a corkscrew punch is used the chi will be driven downwards causing the most severe damage. An upper cut would still produce severe effects. The possible physiological reactions include imbalance in the intestines causing diarrhea, edema, distension, and fullness of the stomach. A strong blow could cause Yang exhaustion accompanied by cold, periumbilical pain, prolapse of the rectum, damage to the reproductive organs and spleen.

Strike to Liver 8 and kidney 10 - Liver 8 is located just to the inside of the back portion of the knee and is 1 cun (thumb width) anterior to kidney 10. K 10 is found midway in the back of the knee in the crease between the 2 tendons in that area (semimembranosus and semitendinosus)

Recommended strikes round kick to front or rear leg or Front or sidekick to back leg. If you are constrained so that your upper body is bent over, a strike or tear with the hands works well

Physiological effects Swelling and pain, of the knee and patella, with radiating pain upward and downward in the leg. Most likely the person struck will be unable to stand. High probability of serious structural damage to the knee. Both the kidney and liver may

have problems and even the kidneys due to stagnation of chi. This may include difficulty urinating, infection, due to the interaction of the heart and K 10 the heart may also develop difficulties. In women the liver 8-point may cause menstrual problems, abdominal masses and uterine bleeding

Strike to spleen 6 - To locate spleen 6 go to the inside of the leg and four fingers (3 cun) directly above the ankle

Recommended strike. Sidekick, round kick

Physiological effects: Abdominal distention, loose stool, irregular menstruation, nocturnal emission, impotence, spermatorrhea, orchitis, enuresis, frequency of urination, retention of urine, hemiplegia.

Summary

Train hard, vary your techniques, cross train in your style and different styles and proceed confidently with the power and knowledge gained through your studies and the practical use of Dim Mak.