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## Authentic Shaolin Heritage: Dian Xue Shu (Dim Mak): Skill of Acting on Acupoints

*By Jin Jing Zhong, Andrew Timofeevich*



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The book was written in 1934 with blessing and direct participation of the Abbot of the Shaolin Monastery Reverend Miao Xing nicknamed "Golden Arhat". Book are about methods of acting on acupoints and their practical application in Martial Arts. DIAN XUE SHU that is literally means "The Art of Touching Acupoints" is more known in the West as DIM MAK ("Blows at arteries" in Cantonese dialect) or "Death Touch". It should be noted that the last two names do not fully reflect the essence of this method. DIAN XUE SHU is a profound teaching which is closely connected to Chinese traditional medicine. Besides the martial aspect, it includes a wide range of methods of reanimation and medication. In addition to theoretical fundamentals, the books give detailed description of the localization of basic acupoints, methods of acting on them with the aims of combat, reanimation and medication, effects of acting on a particular point, methods of exercising fingers and palms, blow techniques etc.



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#### **About the Author**

Jin Jing Zhong (alias En Zhong) was born in 1904, had an unofficial name of Zhe Chen and a nickname of Fendian Ke ("Mad"). Engaged in traditional styles Kung Fu from his childhood. Learnt the style Tan Tui ("Kicking Legs") from master Zhu Guan Peng, the Shaolin style Liu He ("Six Harmonies") from master Yiang De Shan, the style Xing Gong Quan ("The Fist of Subconscious Mastership") from master Yin De Kui, then was a disciple of Miao Xing, the Abbot of the Shaolin Monastery, who taught him the style Luohan Quan ("Arhat's Fist"), 72 Shaolin Arts and ancient Shaolin Treatises on Pugilistic Arts. Later trained military police. In 1933 founded "Society for Studies of Fighting Techniques" and was the head of "Weekly Magazine of National Arts".

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