



The Ancient Art Of Life And Death: The Book of Dim-Mak

By Rick Bauer, Flane Walker

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Contrary to popular myth, the original purpose of dim mak was not the training of assassins. It was an intensive study of the medical arts that incorporated the martial arts, and its ultimate goal was to heal, not to destroy. True to the intent of the ancient Chinese masters, here is an undiluted, holistic study of dim mak as both a martial and a healing art. Included are a historical overview of dim mak and Traditional Chinese Medicine, discussions of the physiological mechanism and medical risks of acupoint strikes, an indepth introduction to the classical 36 Chamber training program traditionally used to teach dim mak; detailed analyses of the medical and martial applications of each of the acupoints on the 12 main meridians, complete with detailed diagrams outlining each meridian system and its acupoint locations; and an introduction to herbal pharmacology, which was an integral part of traditional dim mak training. Appendices serve as quick reference guides to the activation method and results of selected point strikes. For academic study only.

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Editorial Review

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About the Author

A. Flane Walker is a traditional taoist martial artist, acupuncturist, herbalist and student of Asiduedro Adlawana, Walker Pinkett, and Mastuetsu Kushubi. He was the last of Master Kushubi's students to be taught the complete 36-Chamber training sequence. Among his other accomplishments, Mr. Walker has served as vice president of Tiger Yangs Moo Ye Do International, and taught at West Coast Shotokan headquarters, where he and the late Edwin Hamile "compared and exchanged concepts." Mr. Walker is now considered the Grand Master of the Won Hop Loong Chuan system of martial arts.

A martial artist and longtime student of A. Flane Walker, **Richard C. Bauer** is the author of numerous professional journal articles on military history and martial arts subjects. He is a decorated Department of Defense civilian and graduate of the prestigious Industrial College of the Armed Forces (ICAF) program. During his 25-plus year civilian career, he served with distinction during Operation Desert Storm/Desert Shield, Bosnia-Herzegovina, Kosovo, Operation Enduring Freedom, and Operation Iraqi Freedom.

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