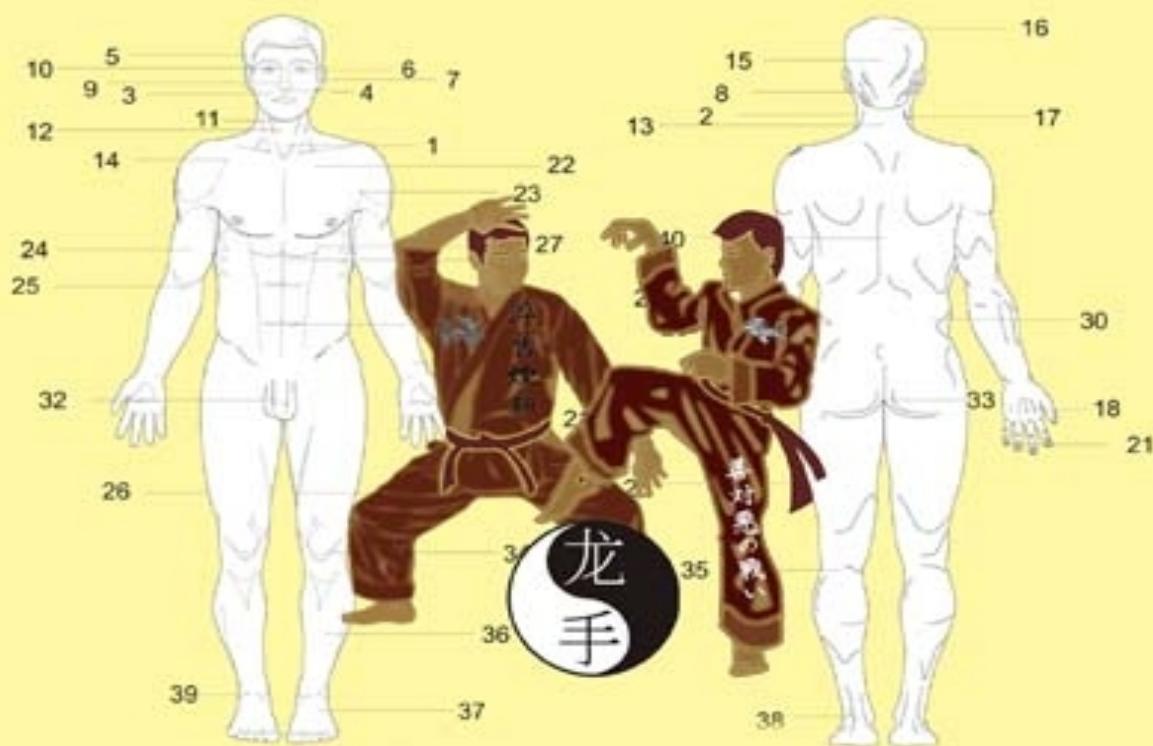
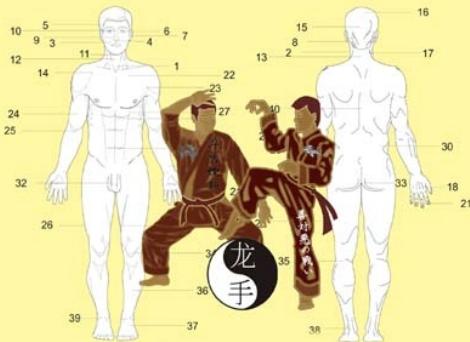


# 幽麦



**Dim Mak**  
**Deadly Nerve Points**

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Christian Fruth

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Many thanks for the support to all involved,  
especially to my children.

## **Preface**

Let me begin with a saying by Sun Zu: "In order to win, whatever you tackle, you have to attack the unprotected spot of the opponent".

### **Caution:**

The techniques shown in this book may cause serious injuries.

It is not the intention of the author to encourage the reader to engage in the trials or even training of these techniques without professional support.

This volume is solely for the purpose of information and the author rejects any claims for liabilities in case of abuse.

For the best utilization of the script a basic knowledge about selfdefence or martial arts is required.

An additional advantage is the knowledge of the anatomy and their Acupressure points.

In order to practice the sophisticated techniques of the Dim Mak nerve points resulting from the ancient Chinese martial arts, the prior preparation of the body and mind of every combatant is imperative.

The exercise of Dim Mak nerve point techniques requires an intensive training. Strength and speed alone regrettably do not suffice.

During the practice of this technique considerable forces are being released. Without proper physical and mental preparation the nerve point technique will probably cause health injuries.

