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Pressure Points Explained

Applications From Kata

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~~Kempo~~ engaged in martial arts,
then you'll find this key
sheet handy.

~~9 Self-Defense Pressure
Points That Can Save Your
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“Blood flow and impact pressure points are the only

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two forms of pressure point
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to knockout your opponent."

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Paperback - January 16, 2012

by George Dillman (Author),

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Logman points to a pressure
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acupoint is located "on your
hand between your thumb and
index finger," and massaging

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