

# SELF DEFENSE MOVES

**NOSE PALM**



**ONION HAMMER**



**APPLE SNAKE**



**NECK CHOP**



**PLEXUS FIST**



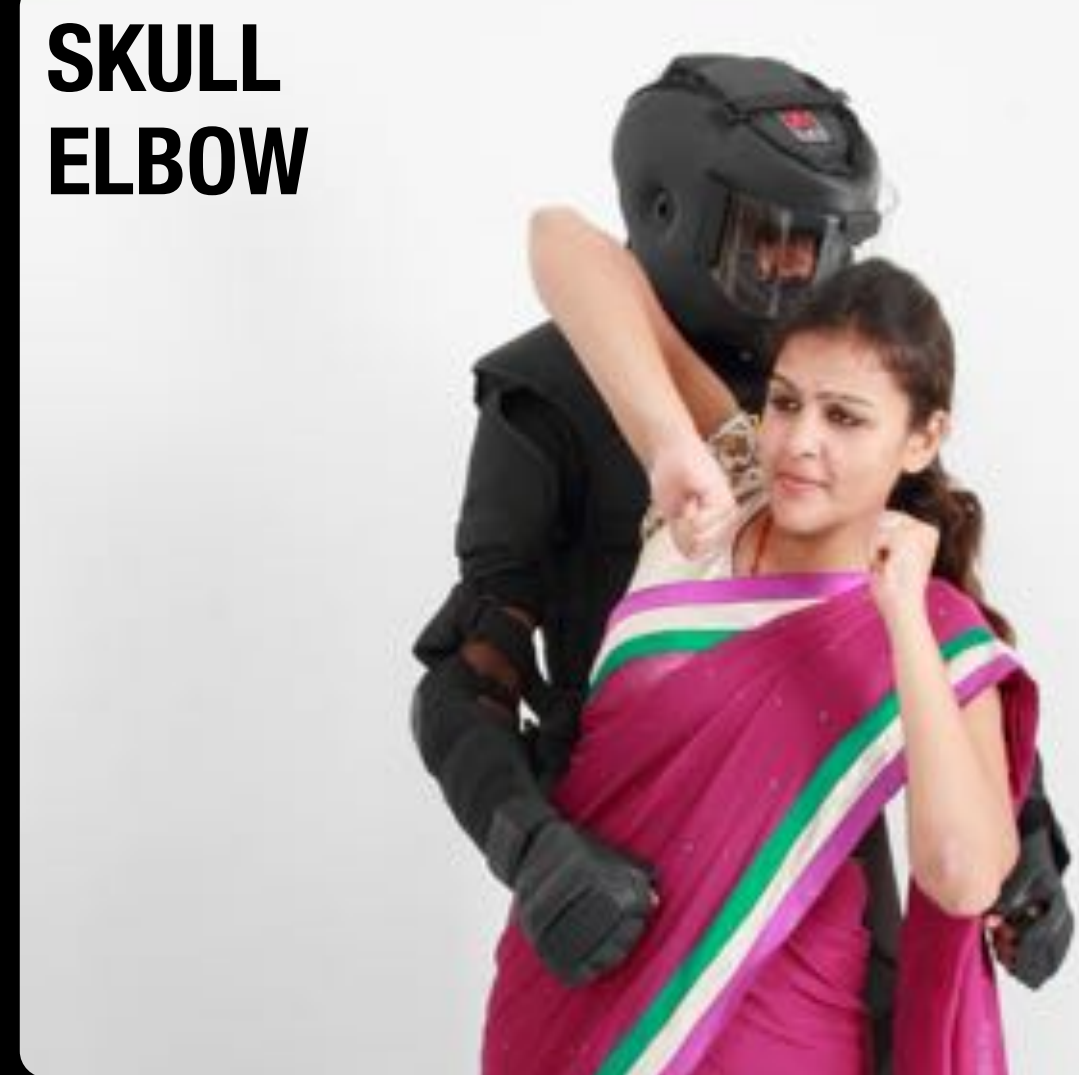
**GROIN KNEE**



**GROIN KICK**



**SKULL ELBOW**



**RIB ELBOW**



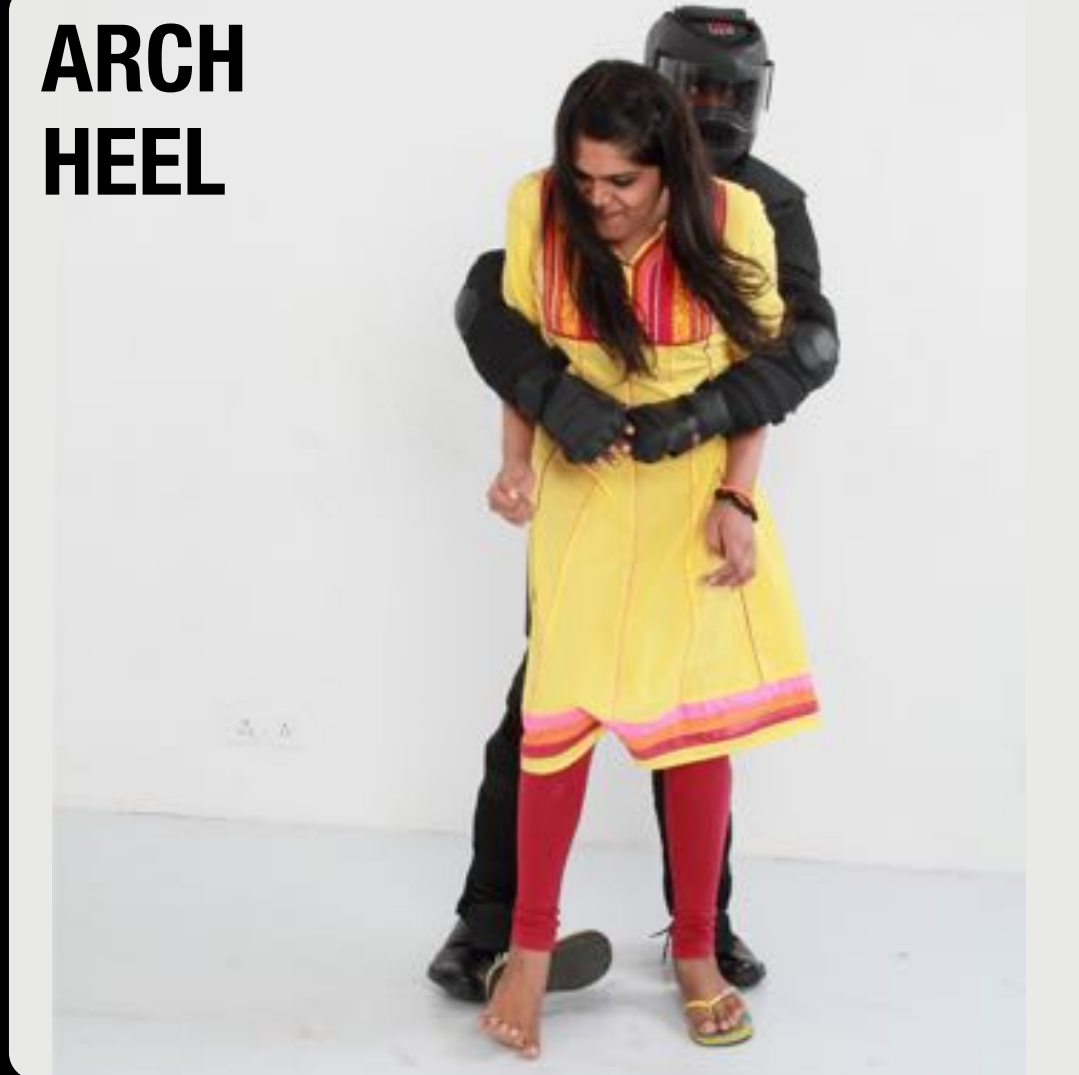
**GROIN HAMMER**



**DONKEY KICK**



**ARCH HEEL**



**TEMPLE CHOP**



**CAROTID CHOP**



**RIB CHOP**



**THIGH BLADE**



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