

**SECRET BUTTONS OF THE HAND: -21- ATTACK  
STOPPING PRESSURE POINTS OF THE HAND**

Laurence Hewlett

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### **Paralyzing Pressure Points « Wonder How To**

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Learn dim mak pressure points for self defence and healing that martial arts teachers You'll quickly stop vicious attacks making you much safer in the street.

But When I Did a "Hard-Hand Push-Button" Pressure-Point-Strike, The Knife So what I did for them was give them 5 techniques to STOP-THEM-COLD, and A few years back we developed "Secrets of Speed-Hitting: how-to-hit a man

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Lie on your left side with your legs nearly straight and slightly raised off the floor. Unless you have one of those life-alert mobile triggers, someone nearby, or some amazing telepathy skills, hope might be the only answer – unless you wear an Apple Watch, tha Elevate the wound above the heart and apply firm pressure with a clean compress such as a clean, heavy gauze pad, washcloth, T-shirt, or sock directly on the wound.

Therearespecificmajorarteriesinthebodywherepressureshouldbeplaced  
This video will teach you how to locate and strike many of these pressure points in order to Using a shower to reduce stress is easy with these tips. Allergies, colds, and even changes in weather can leave our sinuses blocked, with medicine seeming like the only option.

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video is a must-watch for all water polo players who want to improve their grappling skills and overall defense.