

# SELF DEFENCE

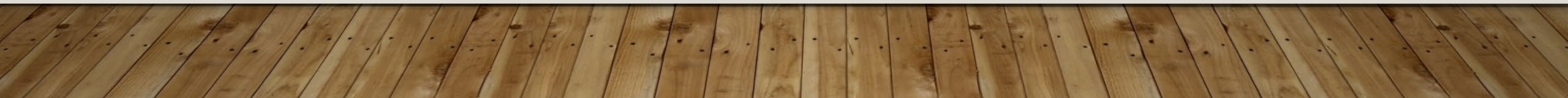
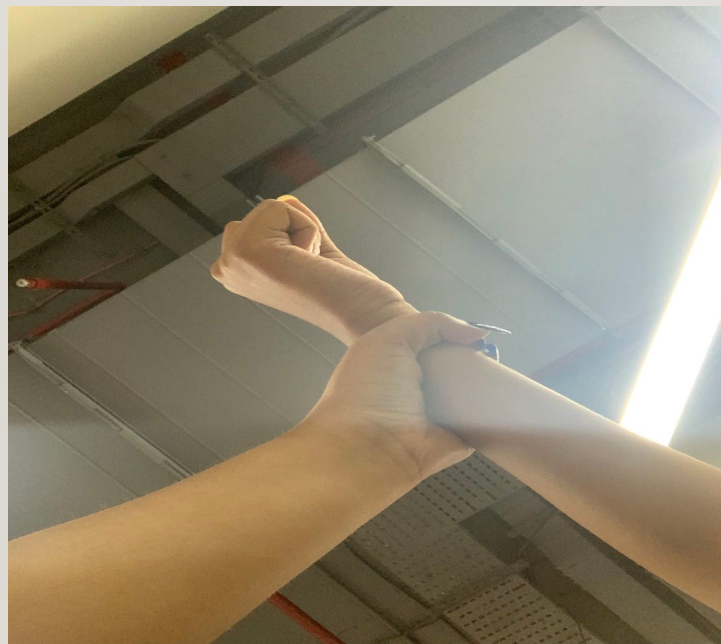
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POINTS OF INTERACTION

# WRIST HOLD

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# FALL OF THE ATTACKER

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# BACKWARDS KICK

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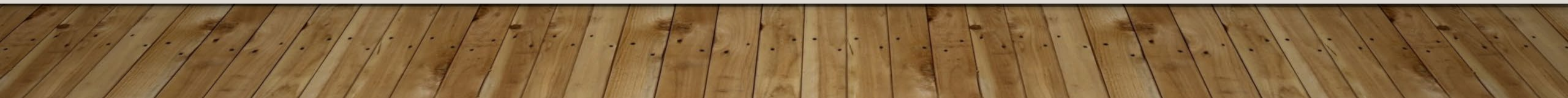
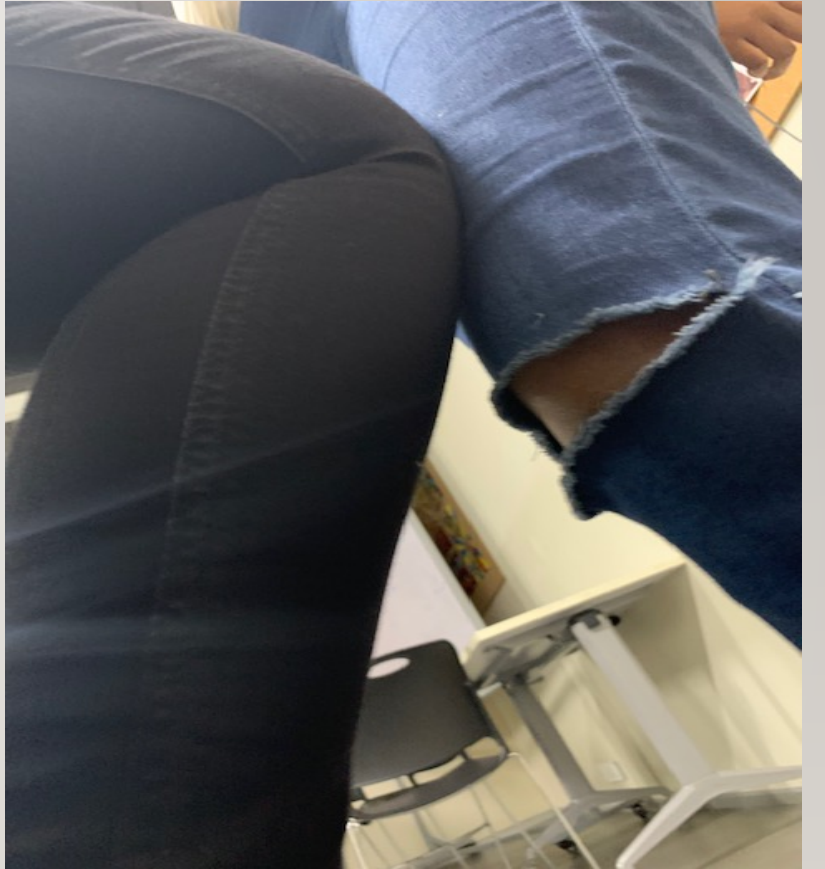


# KNEE KICK

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# HAIR PULL

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