



Skull

Bridge of nose

Temple

Upper lip

Ear

Clavicle

Solar plexus

Abdomen

Genes

Shin

Instep

Inner arm: Inside and outside elbow

Lower forearm

Elbow

Side of neck

Adam's apple

Armpit

Windpipe

Ribs

Kidneys

Tailbone

Hollow of the knee

Side of knee

Achilles tendon

Base of Skull

Upper back

Small of the back

Waist vertebrae

Cal

Advanced Pressure Points Fighting

L Darling-Hammond



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