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The technique is usually a counter-attack movement used after entering the guard of the opponent, by blocking or deflecting his blow. The targets are usually the chin (see image), the nose or the throat when the strike is performed in a straigh line. When you use the palm heel as a hook, aim at the temple, the chin or the neck.

4 Effective Fighting Techniques That Every Man Should Know ...

The eye gouge is an incredibly easy technique to learn, yet, it ' s one of the most effective self-defense techniques out there. To perform the eye gouge, straighten out and stiffen your index and middle fingers while curling back your ring and little fingers.

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