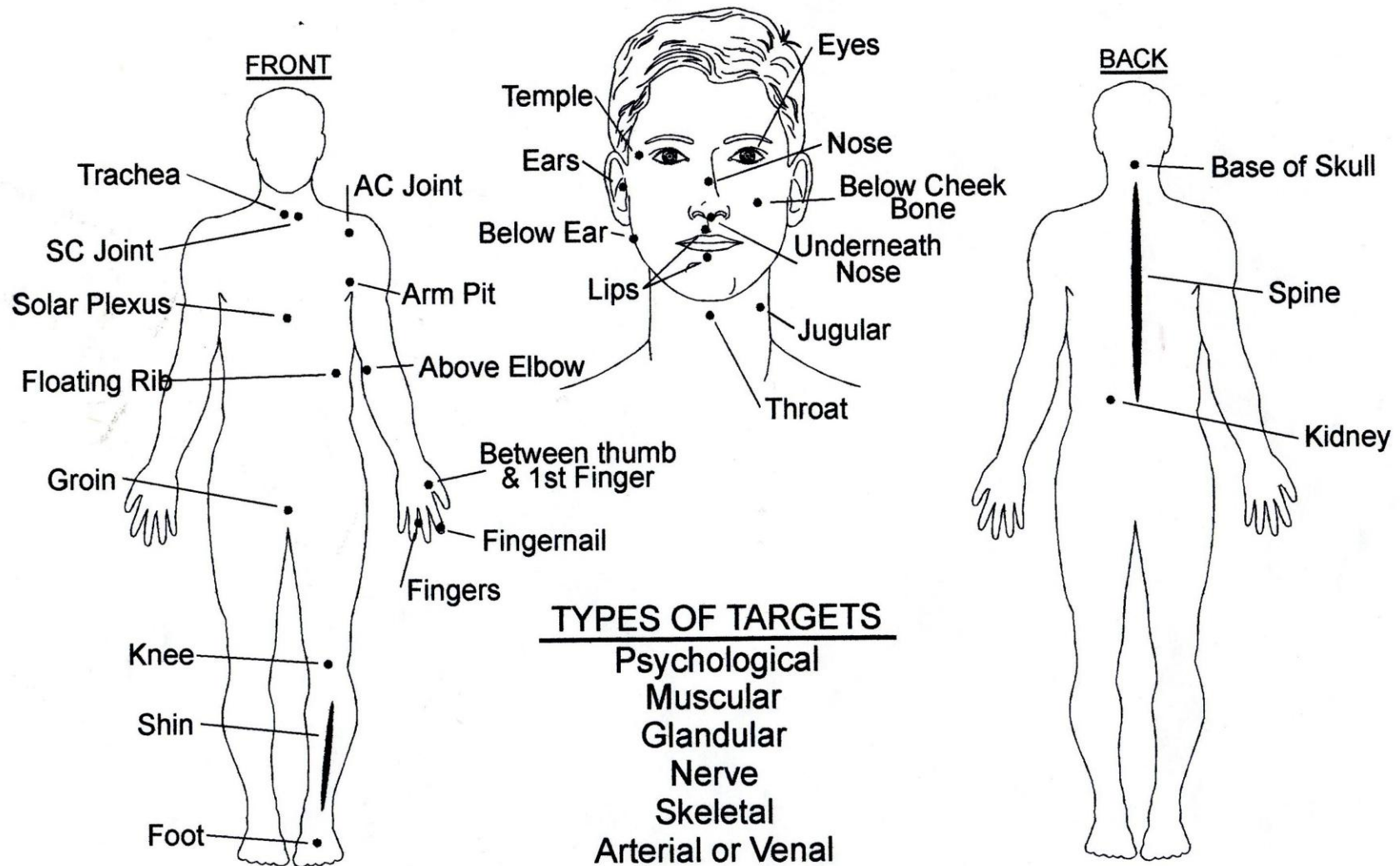


SELF DEFENSE

PHYSICAL EDUCATION

PRESSURE POINTS / VULNERABLE AREAS OF THE BODY



Targets are shown on only one side of the body but are found on both sides.