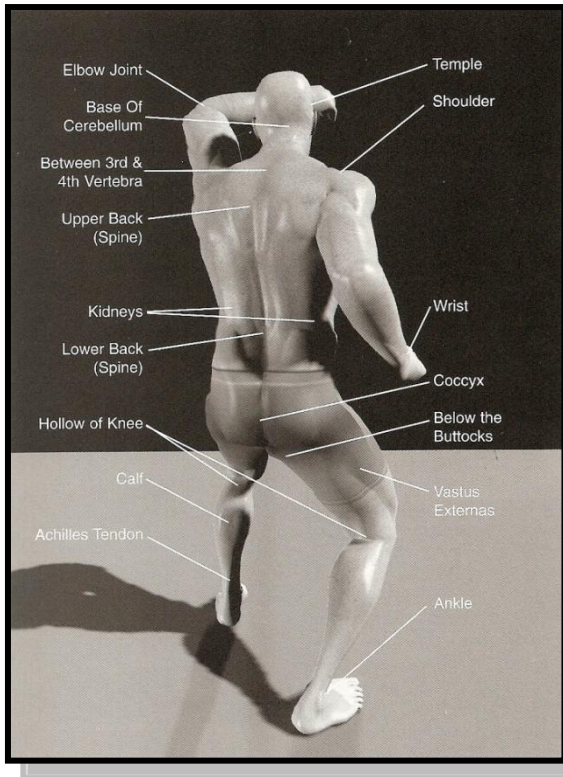


Vital Striking Areas



- Elbow Joint
- Base of the Cerebellum
- 3rd & 4th Vertebra
- Upper Back
- Shoulder
- Kidneys
- Lower Back
- Wrist
- Coccyx
- Below the Buttocks
- Vastus Externas
- Hollow of the Knee
- Calf
- Achilles Tendon
- Ankle

- Skull
- Temple
- Eye Socket
- Bridge of Nose
- Philtrum
- Jaw & Chin
- Side of Neck
- Adams Apple
- Windpipe
- Clavicle
- Sternum
- Solar Plexus
- Ribs
- Abdomen
- Groin
- Inside Thigh
- Knee Joint
- Instep
- Toes
- Inner Wrist & Forearm
- Olecranon

