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स्वयं सिद्धा
SELF DEFENSE WORKSHOP
Mr. Prem Prakash
23rd September, 2019
HIT WHERE IT HURTS
Using the base of your palm as a weapon
Elbow strikes
Using your knee as a weapon
Leg kick and heel stamp

SELF DEFENSE WORKSHOP
Chief Guest
Mr. Prem Prakash
(ADG Kanpur Range)
23rd September, 2019
Now the session is open for Questions
Prem Prakash IPS
Additional Director General of
Police, Kanpur Zone
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श्री प्रेम प्रकाश
प्रो० नीलिमा गुप्ता

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