



# Applied Iron palm (Ultimate Iron Palm)

*Grandmaster Brian Gray*

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## **Applied Iron palm (Ultimate Iron Palm)** Grandmaster Brian Gray

The book begins with an overview of theories and answers to questions and discoveries in light of earlier learning from knowledge gained from the first two books. The book deals with applying the knowledge and how to use the palm in self-defense. The book also teaches how to make Grandmaster Gray's famous Iron Palm liniment.

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