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You can't do small joint manipulations. What that means is it is illegal to grab fingers or toes and bend them intentionally. You can break your opponents fingers unintentionally or intentionally by kicking or punching their hands, but it's not an effective technique.

[Can you break fingers in MMA?](#) - Quora : Can-you-break-fingers-in-MMA

[Stomp \(strike\) - Wikipedia](#) : wiki : Stomp_(strike)

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Você está procurando maneiras de colocar as mãos