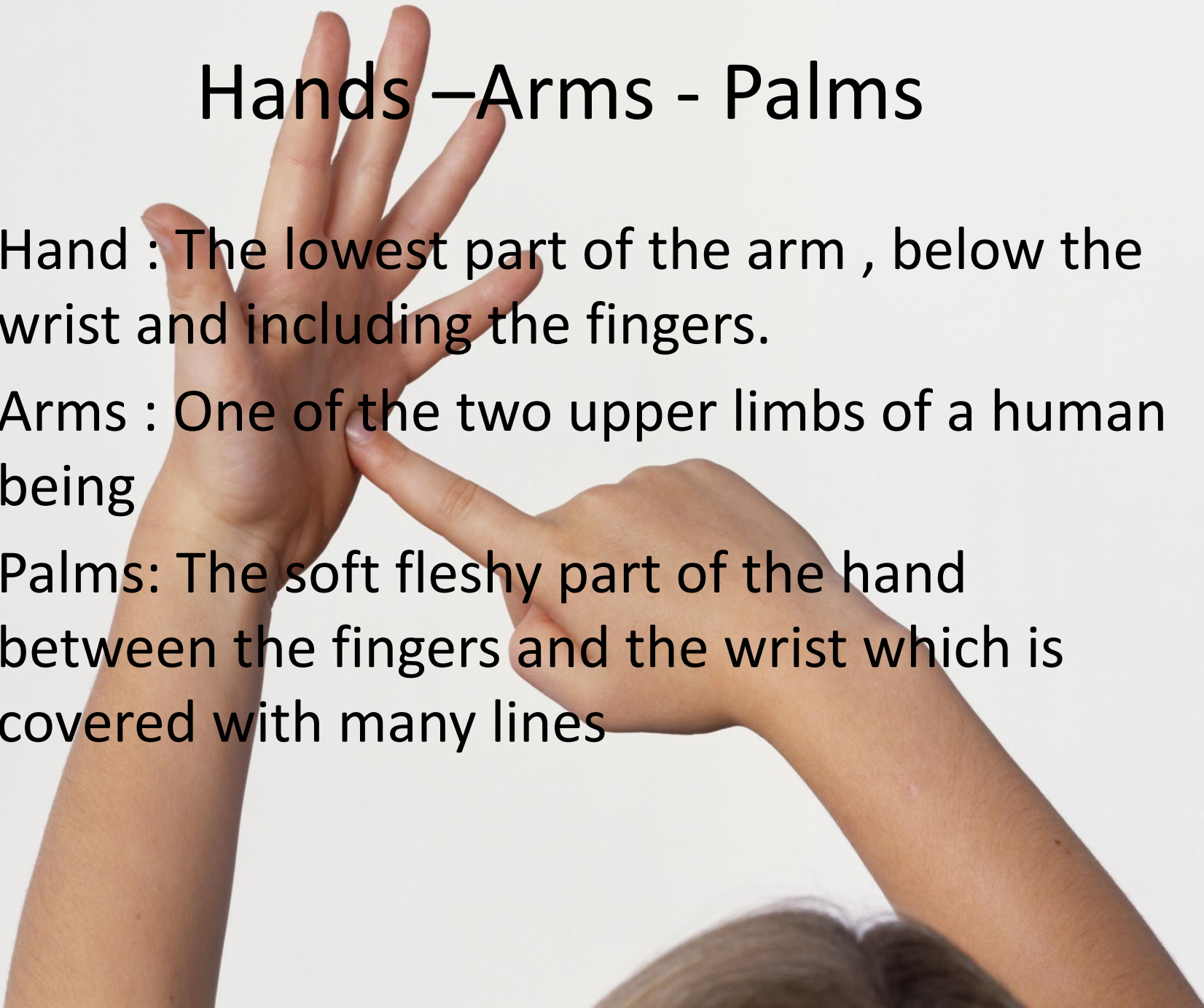




# Hands –Arms - Palms

- Hand : The lowest part of the arm , below the wrist and including the fingers.
- Arms : One of the two upper limbs of a human being
- Palms: The soft fleshy part of the hand between the fingers and the wrist which is covered with many lines





Palm facing down indicates

Telling some body to sit  
down

or

stopping some body

Facing up position  
(gesture of submission)



**FACING DOWN POSITION**  
(REQUEST WITH AUTHORITY )

A close-up photograph of two hands shaking in a firm grip. The hands are positioned in the center of the frame, with fingers interlocked. The skin tone is light. The hands are wearing dark grey or black suit jackets and white dress shirts. The background is plain white.

Hand shake  
(shook hand)



# The "left-side-advantage"



# double-hander wraps





# "Political Double-Hander"



hand cupped and not fully opened



# Finger tip hand shake





**Stiff Arm Thrust**

Taking control  
handshake →



← Giving control handshake



Glove handshake →



A close-up photograph of a man with dark, wavy hair and a surprised or intense expression. He is wearing a dark blue suit jacket over a light blue button-down shirt. His right hand is raised, palm facing forward, with fingers spread. The background is a blurred green, suggesting an outdoor setting. In the bottom foreground, the tops of two microphones are visible: a black one on the left and a red one on the right. The text "Locked fingers (clenching)" is overlaid in white on the right side of the image.

Locked fingers  
(clenching)



Submissive  
palm position

Dominant palm position



Aggressive  
palm position

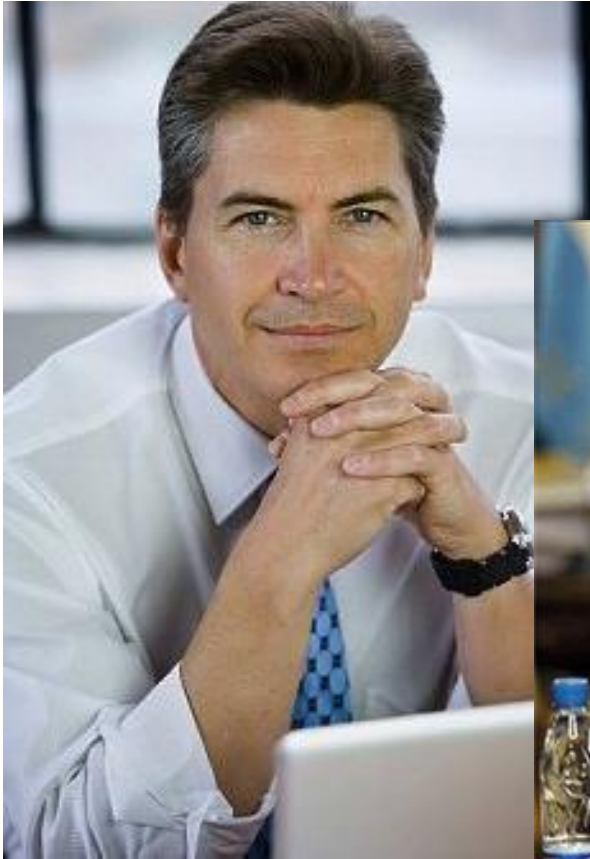




Positive  
expectation



High clenched hands indicate people who are difficult to decipher



Confidence



Frustration



Gripping hands

Negative & superior attitude



Thumb  
displays



Dominant or aggressive

# Arm Gripping Gesture



Show that the user is 'cool'  
and  
to make his superiority felt

# Partial Arm-Cross Barrier Gesture

lacking in  
self-confidence





'Readiness' which in the right context is correct, but the basic meaning is aggression



Stand arm cross gesture is common

Suppose arm are gripped tightly  
it indicates



The person is waiting for a call or anxious  
to know a thing that is unfamiliar



A middle-aged man with short grey hair and glasses, wearing a dark suit, light blue shirt, and blue tie. He is smiling broadly and has his arms crossed. The background is a blurred office environment with other people in business attire. The image is framed by a white border with diagonal lines.

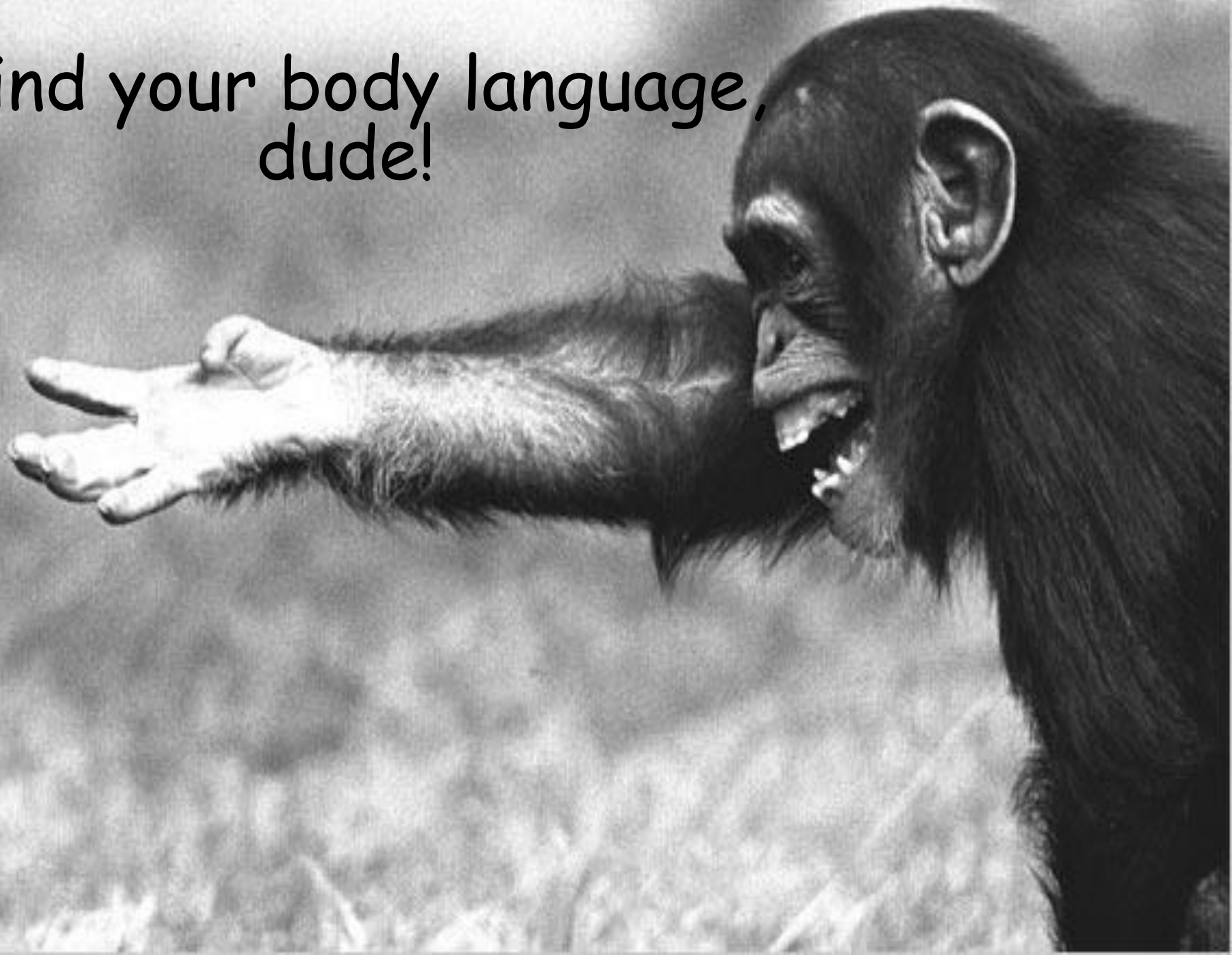
Boss intends to speak to his juniors

Folding arms indicates the social status also



*Open palms can indicate honesty*

Mind your body language,  
dude!



# Thank You Friends for being patient





## NONVERBAL BEHAVIOR

1. Brisk, erect walk
2. Standing with hands on hips
3. Sitting with legs crossed, foot kicking slightly
4. Sitting, legs apart
5. Arms crossed on chest
6. Walking with hands in pockets, shoulders hunched
7. Hand to cheek
8. Touching, slightly rubbing nose
9. Rubbing the eye
10. Hands clasped behind back
11. Locked ankles
12. Head resting in hand, eyes downcast

## INTERPRETATION

1. Confidence
2. Readiness, aggression
3. Boredom
4. Open, relaxed
5. Defensiveness
6. Dejection
7. Evaluation, thinking
8. Rejection, doubt, lying
9. Doubt, disbelief
10. Anger, frustration, apprehension
11. Apprehension
12. Boredom

## Non verbal Behaviour

1. Rubbing hands
2. Sitting with hands clasped behind head, legs crossed
3. Open palm
4. Pinching bridge of nose, eyes closed
5. Tapping or drumming fingers
6. Patting/fondling hair
7. Tilted head
8. Stroking chin
9. Looking down, face turned away
10. Biting nails
11. Pulling or tugging at ear

## Interpretation

1. Anticipation
2. Confidence, superiority
3. Sincerity, openness, innocence
4. Negative evaluation
5. Impatience
6. Lack of self-confidence; insecurity
7. Interest
8. Trying to make a decision
9. Disbelief
10. Insecurity, nervousness
11. Indecision

