~PUMMEL (10)
 [English, hit, beat, strike, punch, pound, batter]

·   Paul **pummeled** his fleshly body and led it as a slave by means of his spirit.

·   But I **pummel** my body and lead it as a slave, that, after I have preached to others, I myself should not become disapproved somehow. **(1 Corinthians 9:27)**