



FRONT WING



SIDE PUNCH



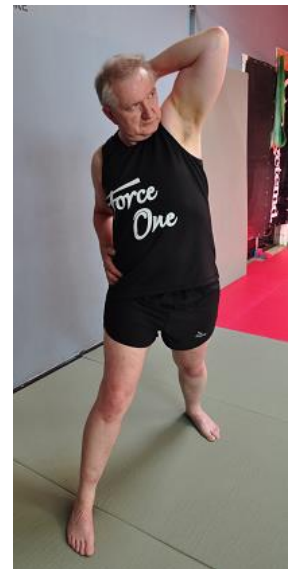
SLEP HOLDING



BACK ELBOW



SIDE ELBOW

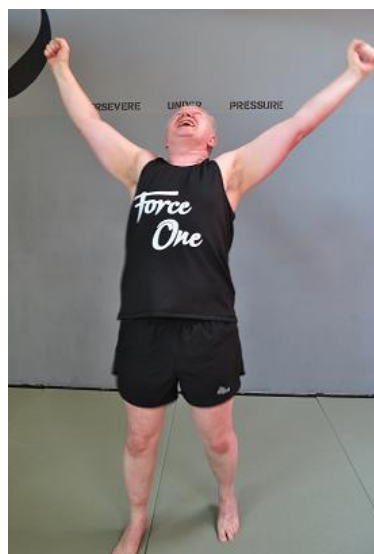


FRONT ELBOW

1



ARNOLD



ROCKY



BEER

POWER HOUSE



ARCHER



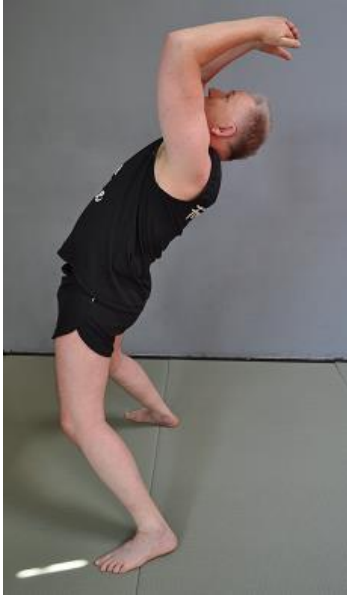
SAMURAI



LOW BLOCK



LOOK BEHIND



TSUKI



2

WRESTLER GRIP



COMPASS



PUNCH KNEE



FLY HIGH



THAI DEFENSE 1



THAI DEFENSE 2



THAI DEFENSE 3



KNEE STRIKE



FRONT KICK



SIDE K BLOCK



DUTCH WINDMILL



BACK RELAX



STANDING DUNCKEY KICK



4

HIP SUFFLE



CHI CHANNEL IN



CHI CHANNEL OUT





BASIC BELLY



BEND KNEE STRECH

BELLY



HOLD

CROSS BELLY



BIKING BELLY



SIDE
BELLY
HOLD 1



SIDE
BELLY
HOLD 2



GROUND PUNCHING



SIDE LEG RAISE



BASIC BRIDGE



WRESTLERS SIDE CRAWL



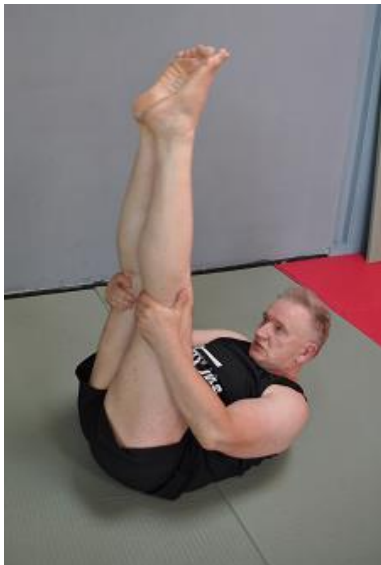
BRIDGE KICK LOW



BRIDGE KICK HIGH



DOUBLE LEG RAISE



HALF V-FORCE



V- FORCE HOLD



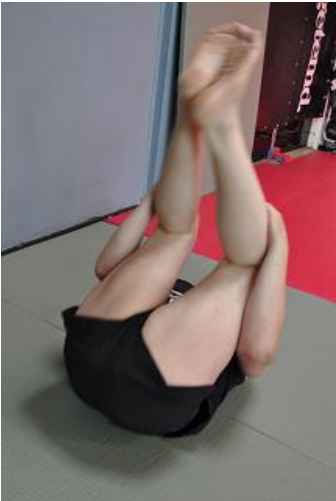
BACK ROLL START



BACK ROLL HALF WAY



BACK ROLL END



FACE DOWN BASIC



90 DEGREE KICK



FLY LOW



BACK RAISE



SIDE FLIP



LOW PLANK



WIPING



HIGH PLANK



LOW WIPING



10

SHOULDER STRECH



ELBOW RAISE 1



ELBOW RAISE 2



TURNED SHOULDER STRECH



TURNED SHOULDER STRECH



SHORT SIDE FLIP



FROG STEP



BACK RELAX STRECH



BACK RELAX OVERHEAD

