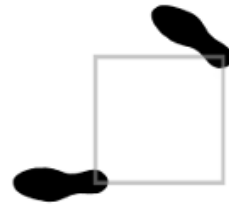# Week 2

Welcome, Right Scissors

Rest

Right Shoulder Strike

White Crane Spreads Wings

Right Swim, Left Swim, Right Swim,
Left Swim, Strike with Right Hand

Left Scissors