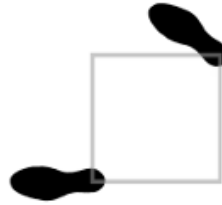


Week 3

Deflect Downward

Double Brush Knees

Extended Swim



Twist Step Left



Twist Step Right



Punch At Opponent's Knee (Straight Step)

Brush Elbows

Push

