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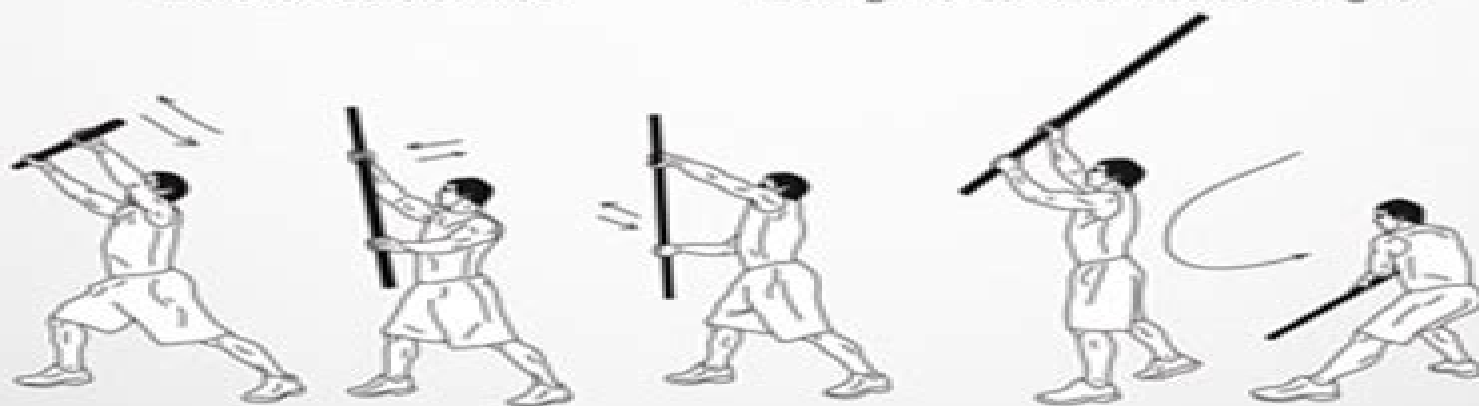
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LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
alternatively do all four as a combination 20, 30 or 40 times



20 overhead strikes

20 high horizontal strikes (left & right)



20combo block high - block left - block right

20 downward swipes

Bo Staff Techniques Manual

Christian G. Meyer

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Bo Staff Techniques Manual:

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