

COMBAT-BO

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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



10 spins



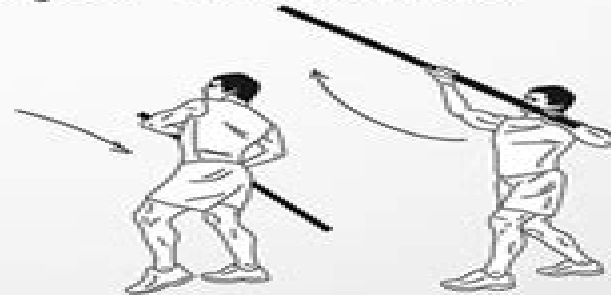
10 forward thrusts



20 combos grounded block + turning kick + reverse hook kick



20 combo horizontal strikes



20 uppercuts

Bo Staff Techniques

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