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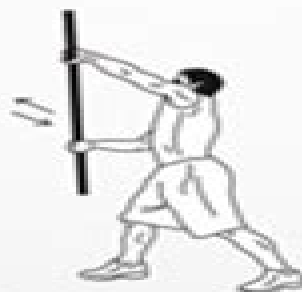
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
alternatively do all four as a combination 20, 30 or 40 times



20 overhead strikes



20 high horizontal strikes (left & right)



20 combo block high • block left • block right



20 downward swipes

Bo Staff Techniques Manual

Brendan G. Carr

A red circular graphic with a gradient, appearing as a stylized arrow or a light effect, positioned to the right of the author's name.

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