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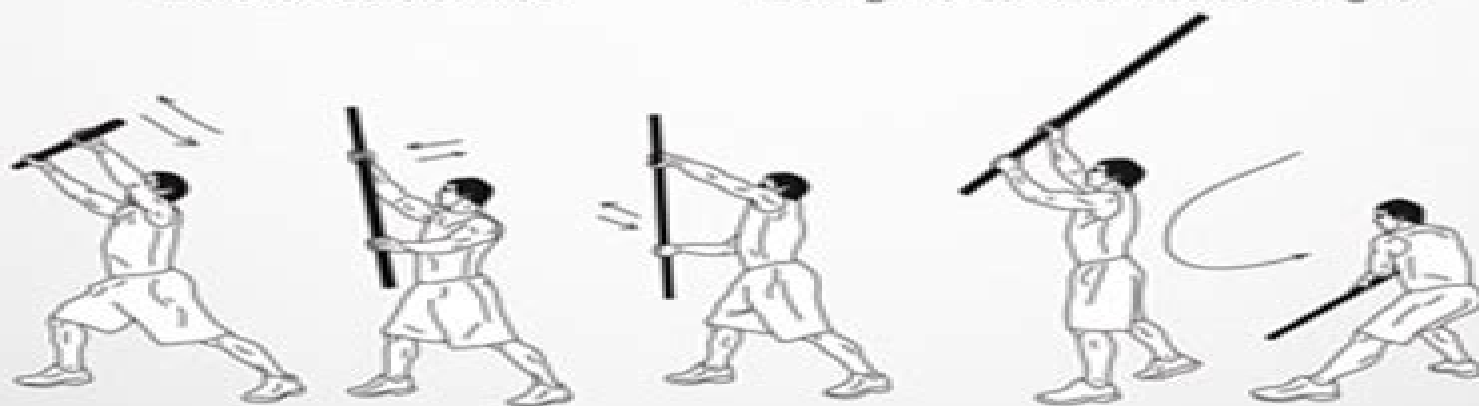
DAREBEE WORKOUT © darebee.com

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

Kathleen Armour



Bo Staff Techniques Manual:

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