

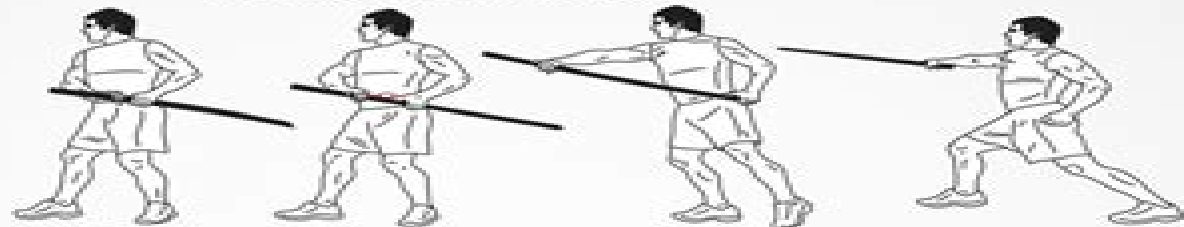
QUICK DRAW

DAREBEE WORKOUT @ darebee.com

10 combos each | LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
REST up to 2 minutes

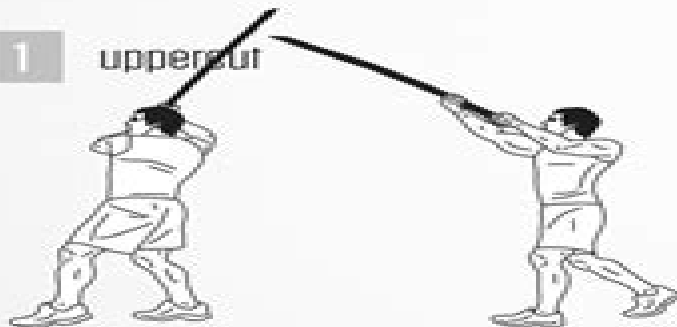
Starting move
for each **DRAW** :

1. Grip
2. Twist
3. Draw
4. Horizontal Cut



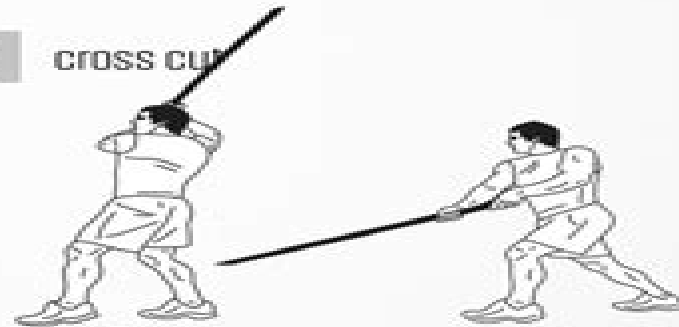
1

uppercut



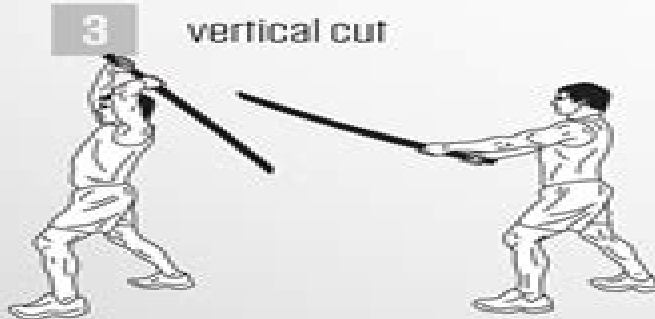
2

CROSS CUT



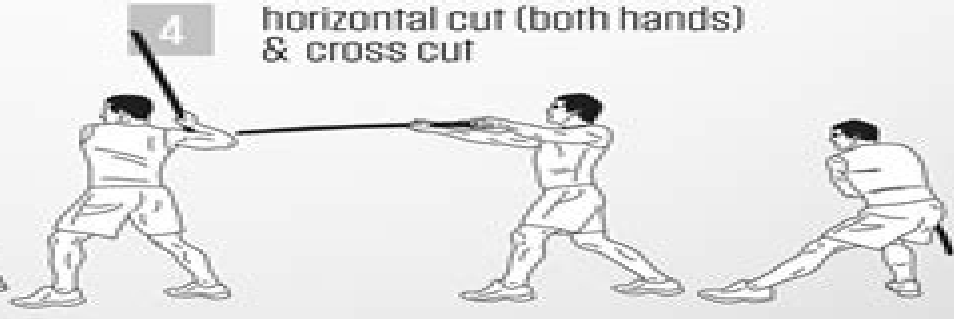
3

vertical cut



4

horizontal cut (both hands)
& cross cut



Manual Program Katana

Shasha Hu



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