

SHADOW WARRIOR

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 vertical cuts



20 horizontal cuts



20combos cross cut + uppercut



20combos horizontal cuts (left and right) + cross cuts (left and right)

Katana Training Guide Diamond

A Gutmann



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