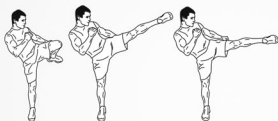


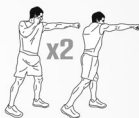
BLACK BELT

DAREBEE WORKOUT © darebee.com

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



20 double turning kick (high + mid)



20 jab + jab + cross



20 double side kick (low + mid)



20 hooks



20 hook kicks