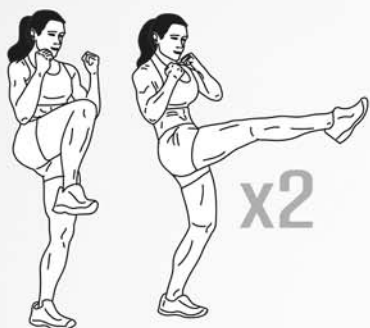


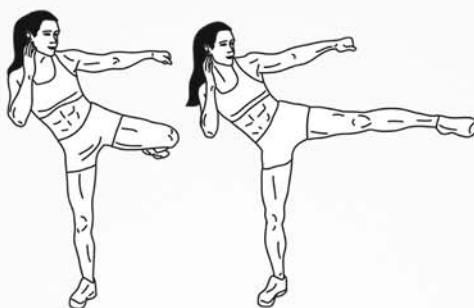
JADE

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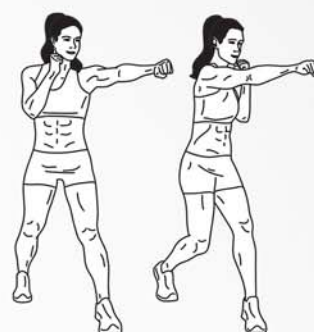
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



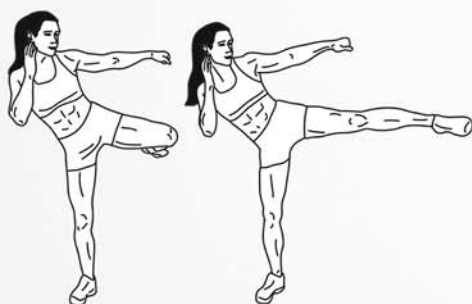
20 double front kicks



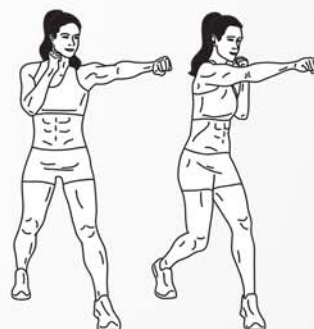
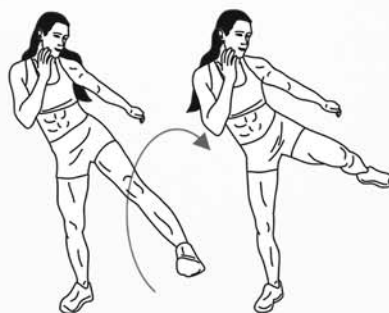
40 turning kicks



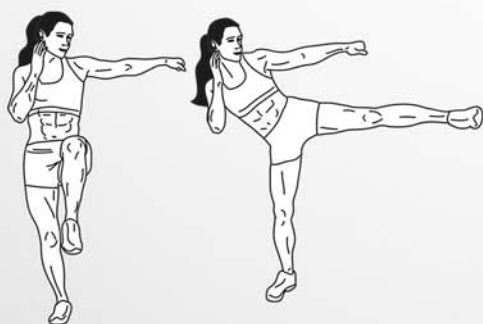
40 punches



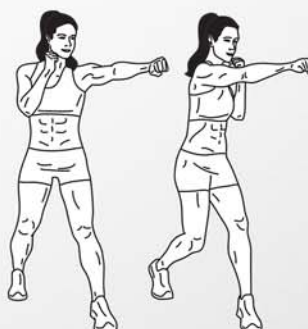
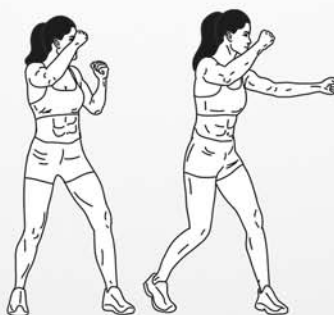
20 combos turning kick + hook kick



40 punches



20 combos side kick + backfist



40 punches