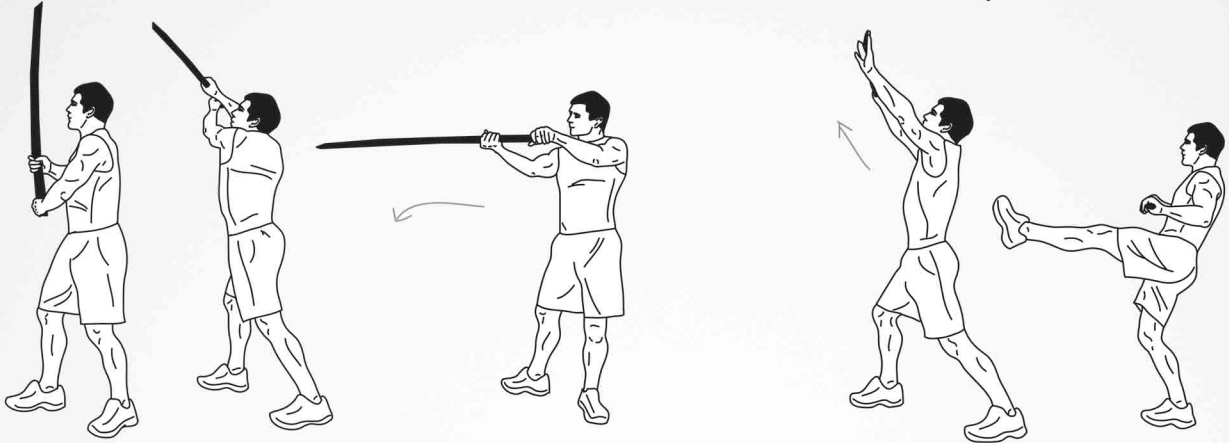
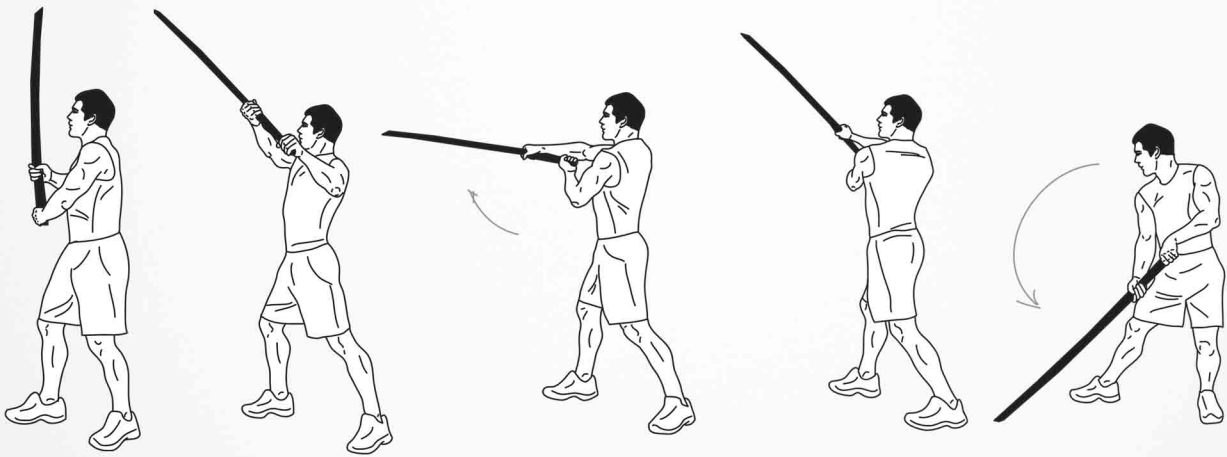


NINJA HUNTER

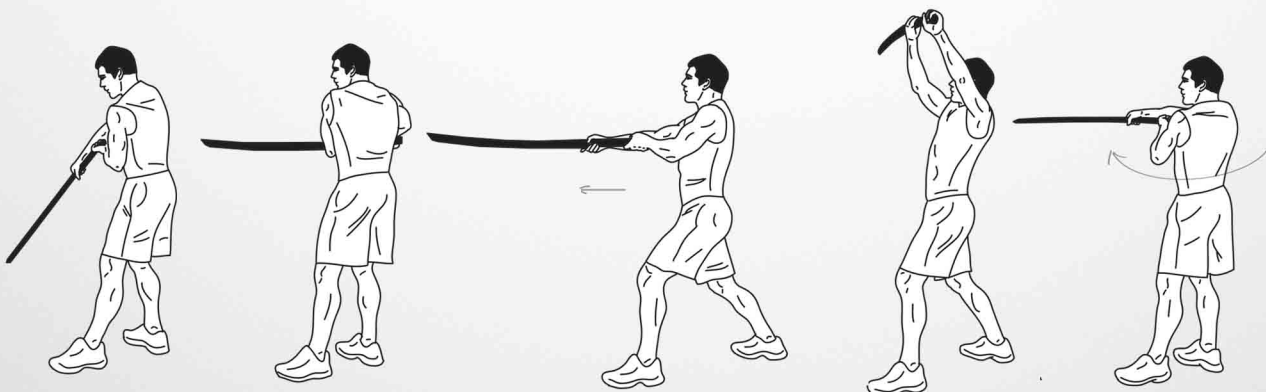
DAREBEE WORKOUT @ darebee.com | 10 combos each
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



1. upward block + horizontal cut 2. upward block (both hands) + front kick



3. upward block + horizontal cut 4. upward block + cross cut



5. downward block + thrust + upward block + horizontal cut