

QUICK DRAW

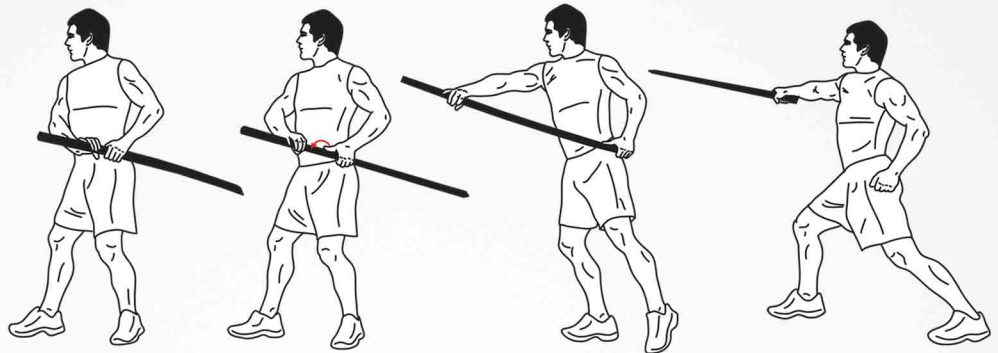
DAREBEE WORKOUT @ darebee.com

10 combos each | LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

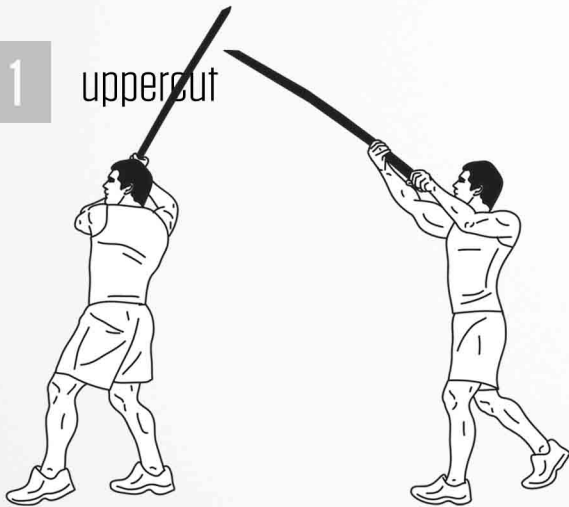
REST up to 2 minutes

Starting move
for each DRAW :

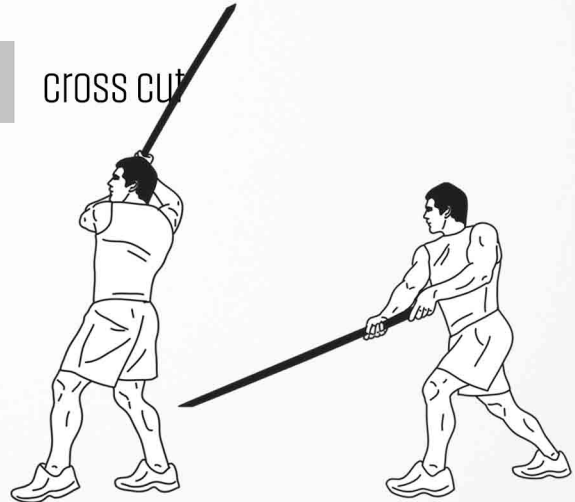
1. Grip
2. Twist
3. Draw
4. Horizontal Cut



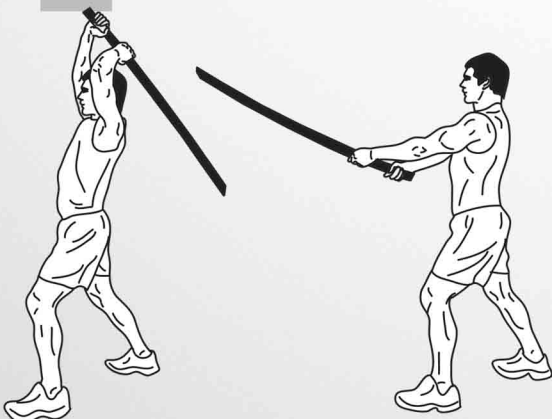
1 uppercut



2 cross cut



3 vertical cut



4 horizontal cut (both hands)
& cross cut

