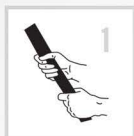


# 4 ASSASSINS

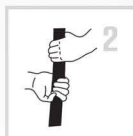
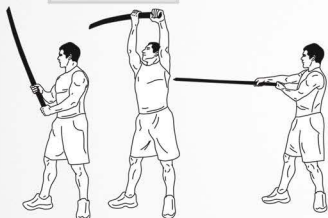
ENTRAÎNEMENT PAR DAREBEE © [darebee.fr](https://darebee.fr)

Niveau I 3 séries Niveau II 4 séries Niveau III 5 séries

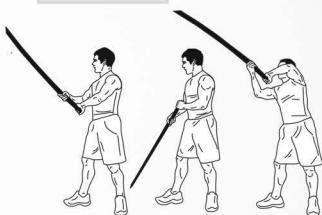
10 combos chacun | Repos jusqu'à 2 minutes



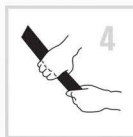
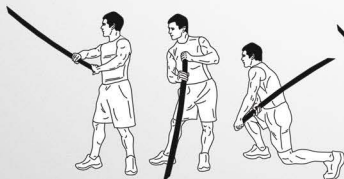
1 blocage haute +  
coupe horizontale



2 blocage basse +  
uppercut



3 blocage basse +  
coup d'estoc arrière



4 coupe horizontale +  
coup d'estoc

