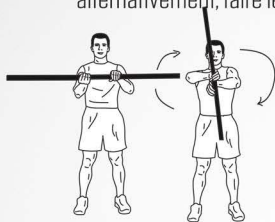


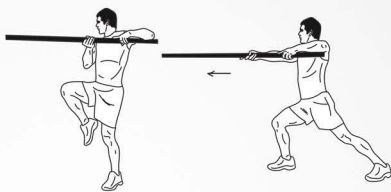
COMBAT-BO

ENTRAÎNEMENT par DAREBEE @ darebee.fr

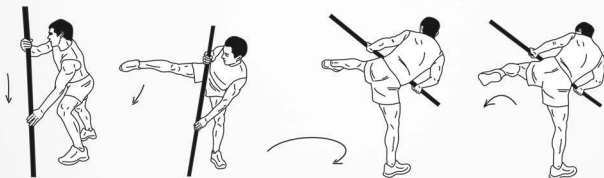
NIVEAU I 3 séries **NIVEAU II** 4 séries **NIVEAU III** 5 séries **REPOS** jusqu'à 2 minutes
alternativement, faire les quatre combinaisons 20, 30 ou 40 fois.



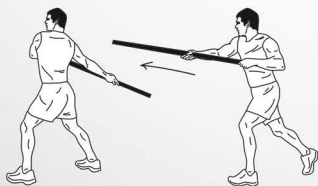
10 rotations



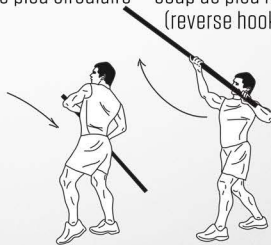
10 frappes vers l'avant



20combos blocage (appui au sol) + coup de pied circulaire + coup de pied retourné
(reverse hook kick)



20combos frappes horizontales



20 uppercuts