

# FIST of FURY

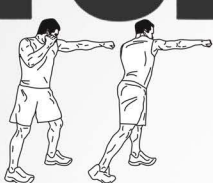
ENTRAÎNEMENT  
PAR DAREBEE  
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NIVEAU I 3 séries

NIVEAU II 5 séries

NIVEAU III 7 séries

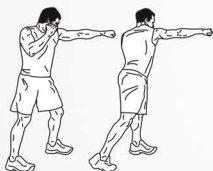
REPOS jusqu'à 2 minutes



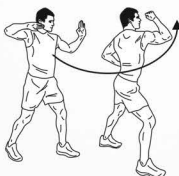
60 jab + cross



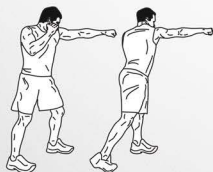
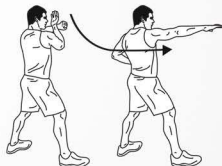
10combos saut groupé + coup de pied de face



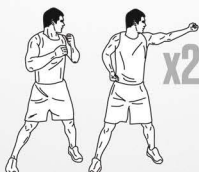
60 jab + cross



10combos coup de coude + coup de couteau



60 jab + cross



60 double backfists

fin de séance



5 minutes  
coup de poing en squat