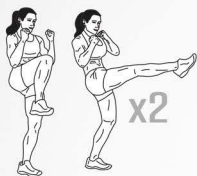


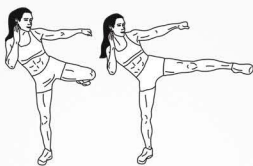
JADE

ENTRAÎNEMENT par DAREBEE © darebee.fr

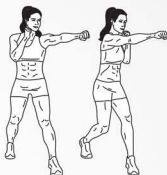
NIVEAU I 3 séries NIVEAU II 5 séries NIVEAU III 7 séries REPOS jusqu'à 2 min



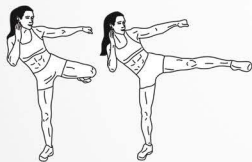
20 coups de pied



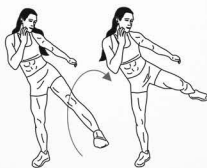
40 coups de pied circulaires



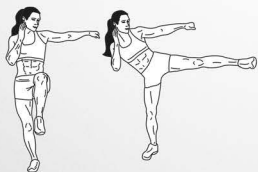
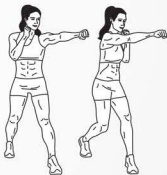
40 coups de poing



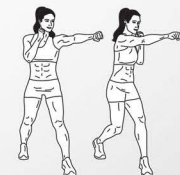
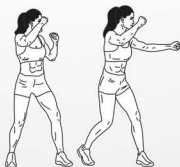
20combos coup de pied circulaire + coup de pied crocheté



40 coups de poing



20combos coup de pied de côté + backfist



40 coups de poing