



WARRIOR Combat

WARRIOR COMBAT

COMBINATIONS, CONDITIONING, AND CORE

Friday, July 18 2:20-4:30 #461

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**WARRIOR
INSTRUCTOR
ACADEMY**

AGENDA:

**INTRODUCTION TO WARRIOR COMBAT
THE KEEP FIGHTING MINDSET AND A SPIRIT OF RESILIENCE
FORM & TECHNIQUE FUNDAMENTALS
MASTER CLASS
Q&A**

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WARRIOR Combat
KEEP FIGHTING
NOTES:

Guard

Stance

Jab

Cross

Lead Hook Rear Hook

Lead Upper Rear Upper

Lead Knee Rear Knee

Lead Elbow Rear Elbow

Lead Kick Back Kick

Stomp Kick

Side Kick

