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Feet Posterior Scooting: Move Backwards 2 Inches

Anterior Scooting: Move Forward 2 Inches Lateral

Scooting: Move To Dom Jul 1th, 2024.

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Sullivan In Last Month's Newsletter We Discussed The
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MILAN KENPO KARATE
Hammer Fist Elbow Strike
(Cradled) Front Snap Kick Side Snap Kick Back Snap
Kick Stepping Back Kick Low Roundhouse/Wheel Kick
Knee Strike Intermediate ... MING'S SWORD CHINESE
FAN LOCKING THE GATE WATER FALL PRANCE OF THE
TIGER THE RAKE 3 TONGU Apr 3th, 2024
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