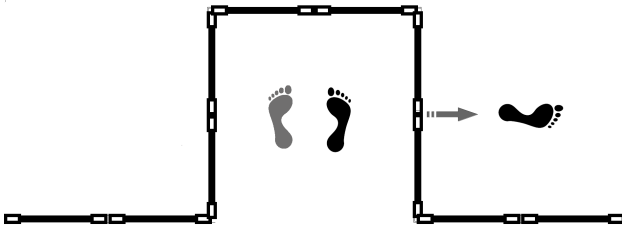


Form #1, Exercise #2



Form: two segments straight

Training goals: defense step, foot turned to the side, fast change of sides

 **Tabata music:** 96 bpm
SoundCloud: Anton Radev, W.O.D



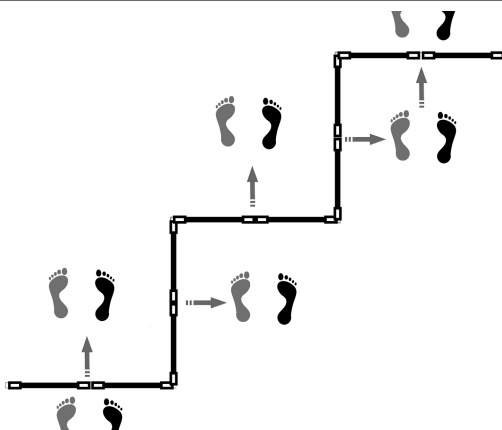
Defense steps to right and left, **foot turned 90°**, active arm for ball action, passive arm over the head



Points for self check

upper body stable and straight up, no shoulder rotation, view straight

Form #2, Exercise #2



Form: two segments straight

Training goals: fast knee lift close to body, flexibility

 **Tabata music:** 96 bpm
SoundCloud: Anton Radev, W.O.D



Defense action „half height“, knee close to shoulder, „close the gap“



Points for self check

upper body remains vertical, knee high up, foot also turned to the outside