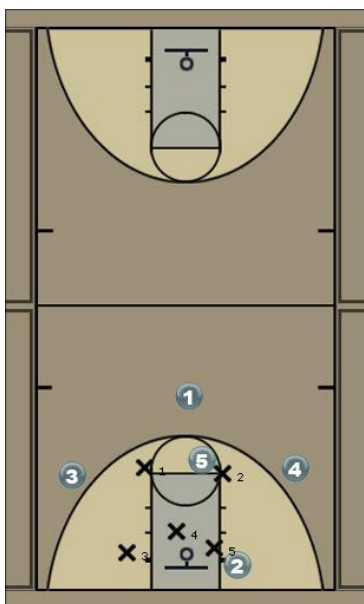
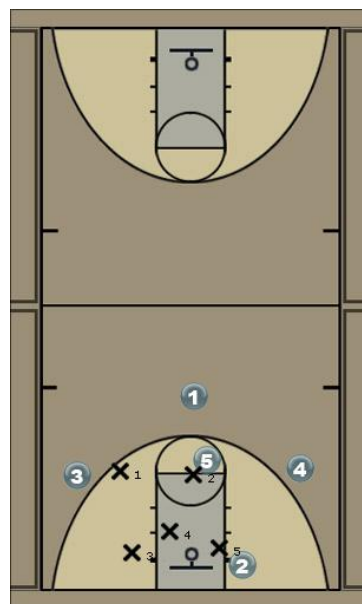


Fist Low

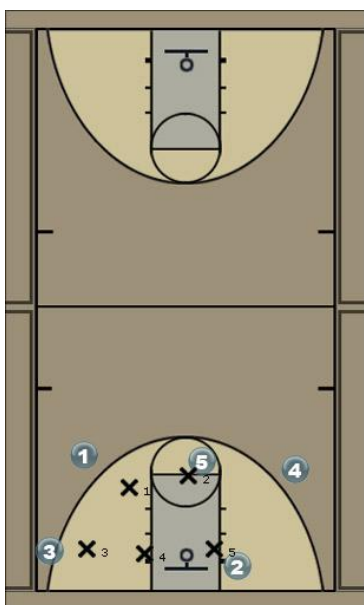
Movement 1



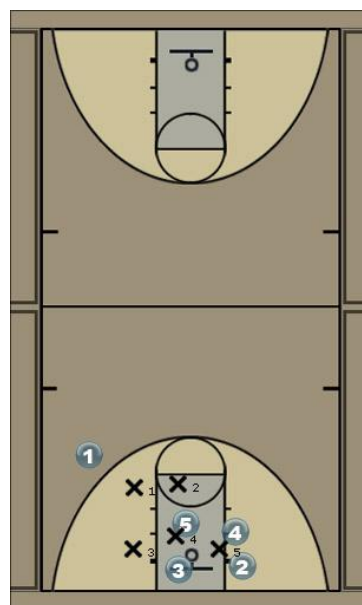
Movement 2



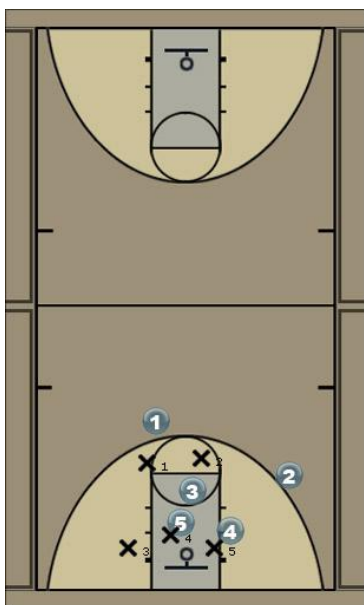
Movement 3



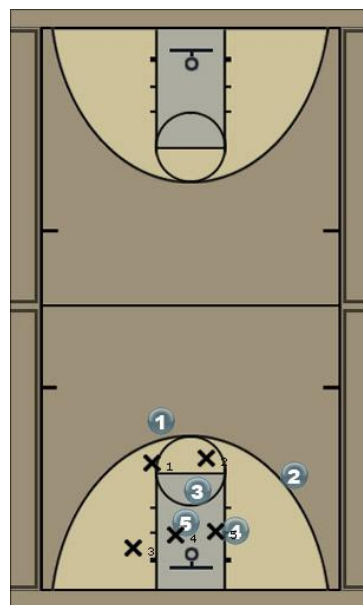
Movement 4



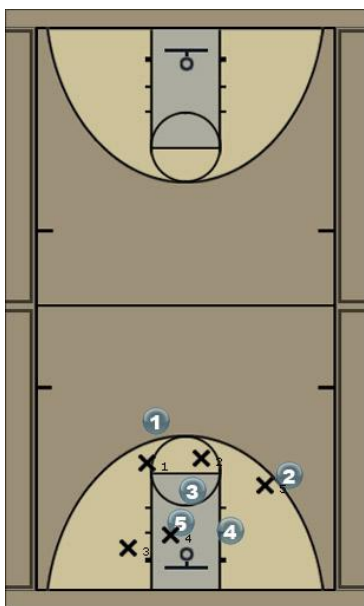
Movement 5



Movement 6



Movement 7



Movement 8

