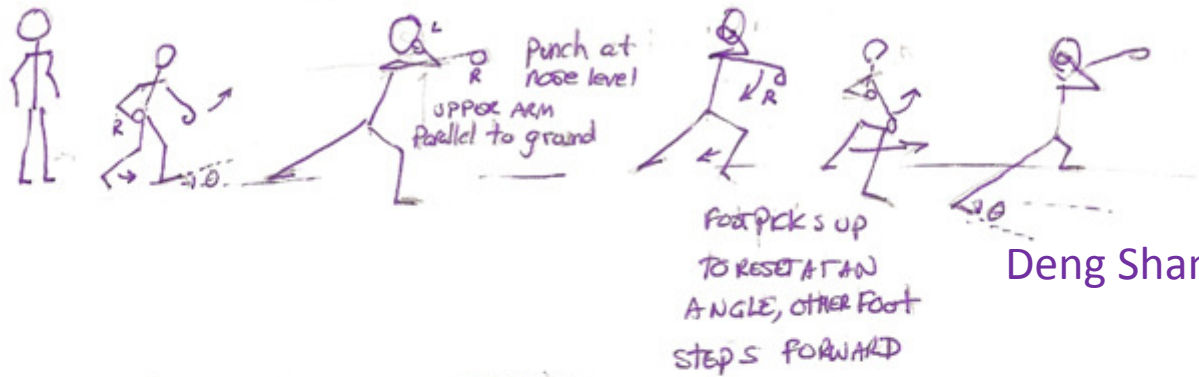


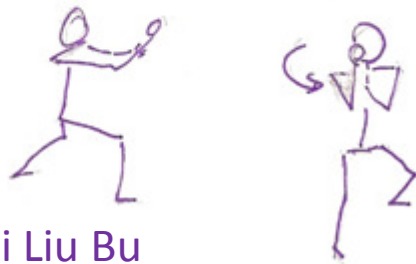
### EXERCISE 1

#### LUNGE PUNCH STANCE FRONT ARM, FRONT FOOT



Deng Shan Bu

### EXERCISE 2 - FOREARM STRIKE



Si Liu Bu

### EXERCISE 3

#### DOWNWARD STRIKE



Deng Shan Bu

