

Spinning **Kicks** IN 7-STEPS

GUIDE

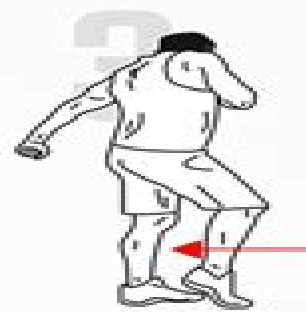
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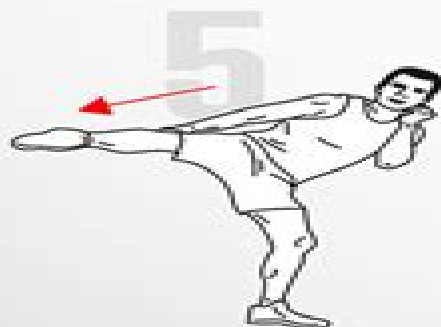
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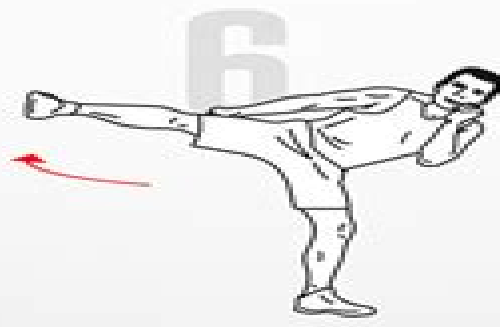
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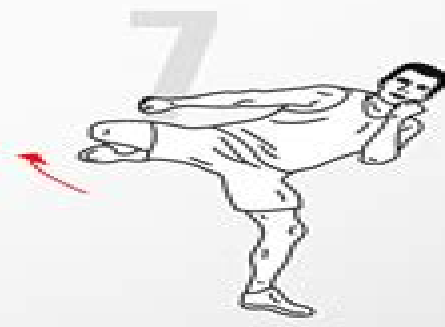
knee raise
"chamber posions"



straighten



hook kick



- all the way

Kicks Guide In Kung Fu

Léo Pomar

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