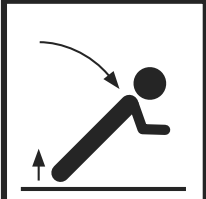
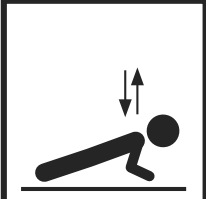
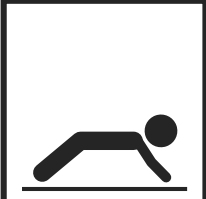





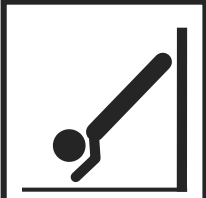

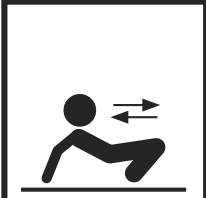
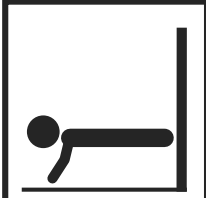
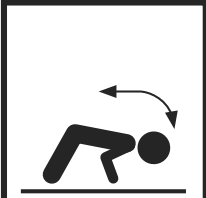

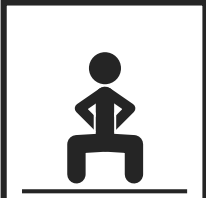
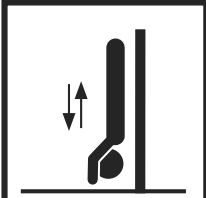


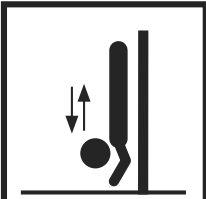




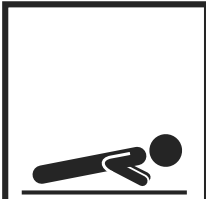


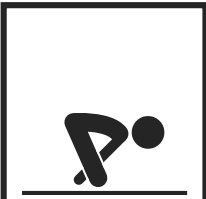

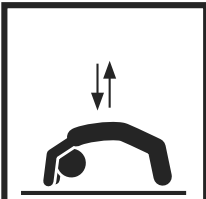



30 Exercises for Online Trial Training

 ◆ 5x	 ⊠ 20x	 ● 2 min	 ◆ 30x	 ⊠ 2 min	 ● 2 min
 ◆ 7x	 ⊠ 2 min	 ● 2 min	 ◆ 20m	 ⊠ 30x	 ● 2 min
 ◆ 20x	 ⊠ 30x	 ● 2 min	 ◆ 10x	 ⊠ 80x	 ● 2x1 min
 ◆ 10x	 ⊠ 2 min	 ● 2 min	 ◆ 10x	 ⊠ 2 min	 ● 2 min
 ◆ 40x	 ⊠ 60x	 ● 2 min	 ◆ 20x	 ⊠ 20x	 ● 2 min

◆
Reaction Abilities

⊠
Physical Abilities

●
Endurance

Your Trial Training – Our Recommendations

- Step 01: Learn and practice the 30 Exercises.
- Step 02: Learn and practice the first 15 techniques.
- Step 03: Choose a warrior-name or a pseudonym.
- Step 04: Join our in-person or online training for more.



More information and tutorials
can be found on our website.





LS-02 - Defense Knowledge

LS-03 - Safety Knowledge

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- **Ongoing Updates:** Benefit from regularly updated lessons and new content.
- **Community Support:** Connect with fellow members, instructors, and teachers.
- **Hybrid Classes:** Train online and optionally join in-person training sessions.
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