

Movements

V F B G Z M C E V T Y H J R M X B V U J M Y H M
X Q W K K E Q C V H L V A G I N M Q F M U Q Z V
V E V I U U C N K X I V P T U G Q R C T Y V J S
H M M I E B Y A B E Q N U A B P Q D F Q F V T G
M K V N V D H T E F C O O K N K V L P Q X E T A
Q W D U H S D S I G T N N X A W F V O Z B P R S
E R N C Q S C P L I O U A J C K S P D S M E J M
K W U F Z T G E S L T D M T P H G W O T I K Y H
E E M Q J M T E P T O E V Z S E D O C H R N G K
H Q P U L C D D H B B R L C Q T I W H X U J W B
Z C X H K I D F Q U K A D T P L A T U C X U B Y
U G F A S D U W B T Y S U R G Y M B L Z R N K Z
A Z X A C G P L R T B I C H A C T L M I B U V A
T K T M J N E U E S V G K C N W I D F O B V U K
V O G O R T E Q A C D T W A T C K G J E C P X L
P A W W X P O Y K O C P A V U Z Y C A G K O W P
U K I W I G G H F O D B L Y K H F R A X Y B K V
B F T V I X A Q A T J F K L K N C E B B N E I I
C E I O Z E N N L R Z H U M J R E Z R L E U G C
W R Z S N M S E L F T X G G A D J C I J L Q W S
K Q F O R W A R D R O L L W B S N V D F J S L J
E L T L R R W E Y M L E L A S S K A G T S N V K
Y V N N Q B F S T C A R T W H E E L E T X I F B
K H B Q L L V B F I G H T I N G S T A N C E P K

Fighting Stance

Combat Stance

Backward Roll

Side Sit out

Forward Roll

Deep Stance

Bear Crawl

butt scoot

Breakfall

Cartwheel

Duck Walk

Bridge