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		I. !	4! -		4							
LOMA Attacki	ng Com	Buida	OIJ	ns	1							note
Technique	Notes	date										
1 Rear leg roundhouse,	Closed Stance	reps										
Skip side kick		time										
2 Skip side kick,	Closed Stance	reps										
Rear leg roundhouse		time										
	Closed Stance	reps										
Low/High Roundhouse		time										
	Closed Stance	reps										
4 Low Round/High Hook		time										
	Closed Stance	reps										
Skipping Double		time										
. L	Open Stance	reps										
Front into Round		time										
	Open Stance	reps										
Skip round, rlrh* head		time										
O Oldin Assa frant lan nassa d	Open Stance	reps										
Skip Axe, front leg round		time										
O Frant las aut atam animaida	Open Stance	reps										
Front leg cut step, spinside	0 0	time										
0.360 double	Open Stance	reps						-				
0 360, double		time						-				
* rear leg roundhouse		reps time										
* rear leg roundhouse		unie										