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LOMA Body	Shield Train	nina I										notoo
	Notes	Date										notes
Technique												
Rody Dunch	add all footwork to all	reps time										
Body Punch												
Frant Kieke		reps time										
Front Kicks												
Side Kicks		reps time										
Roundhouse		reps										
		time										
Whojin Roundhouse		reps										
		time										
		reps										
Doubles		time										
		reps										
Spin Sides		time										
		reps										
360s		time										
		reps										
Magnet Drill		time										
		reps										
Knees		time	ļ									
		reps	ļ									
Push kick		time										
		reps										
		time										