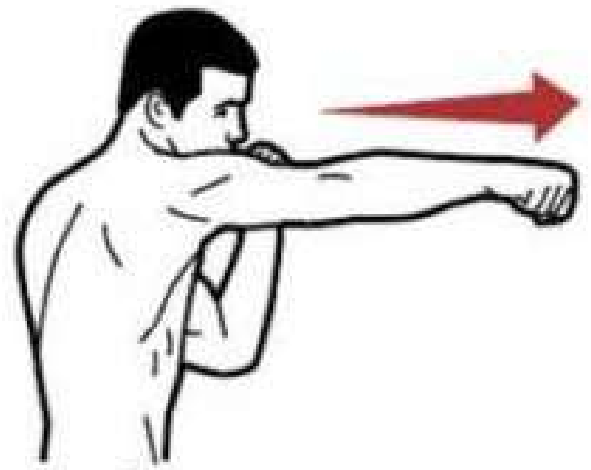


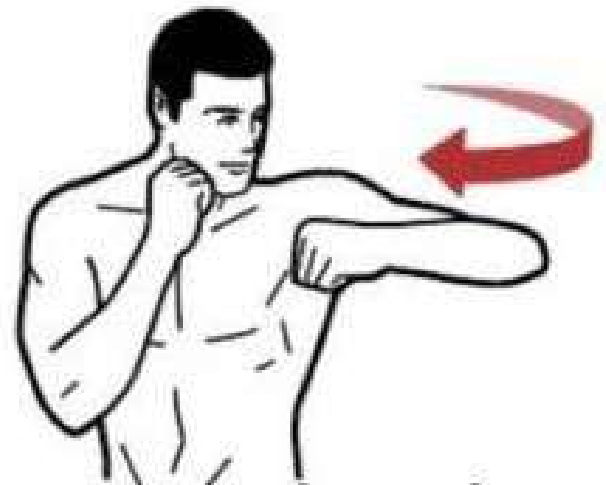
jab



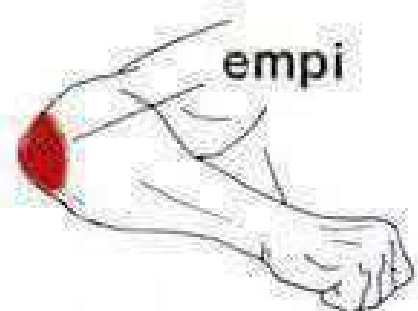
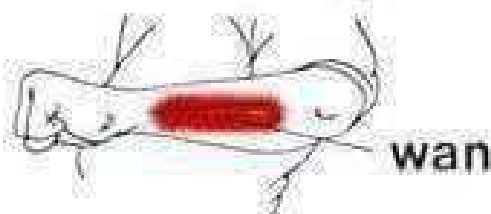
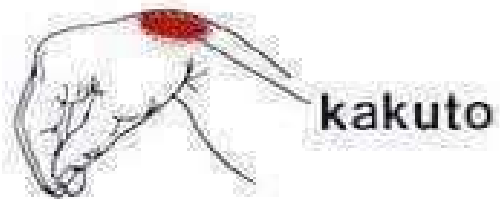
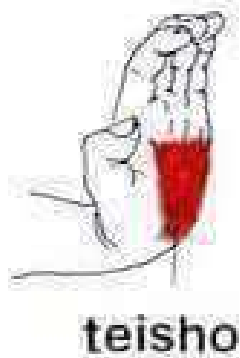
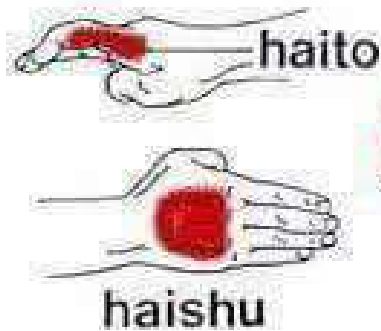
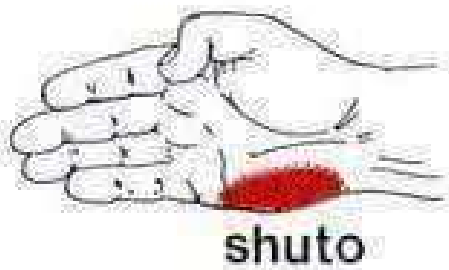
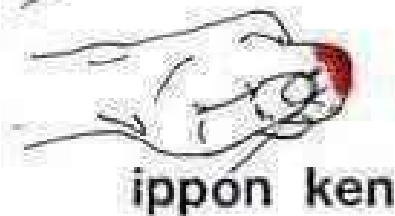
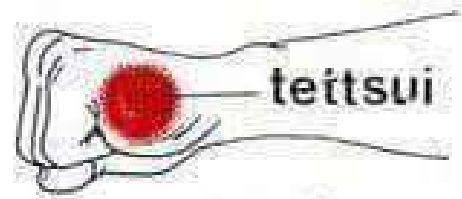
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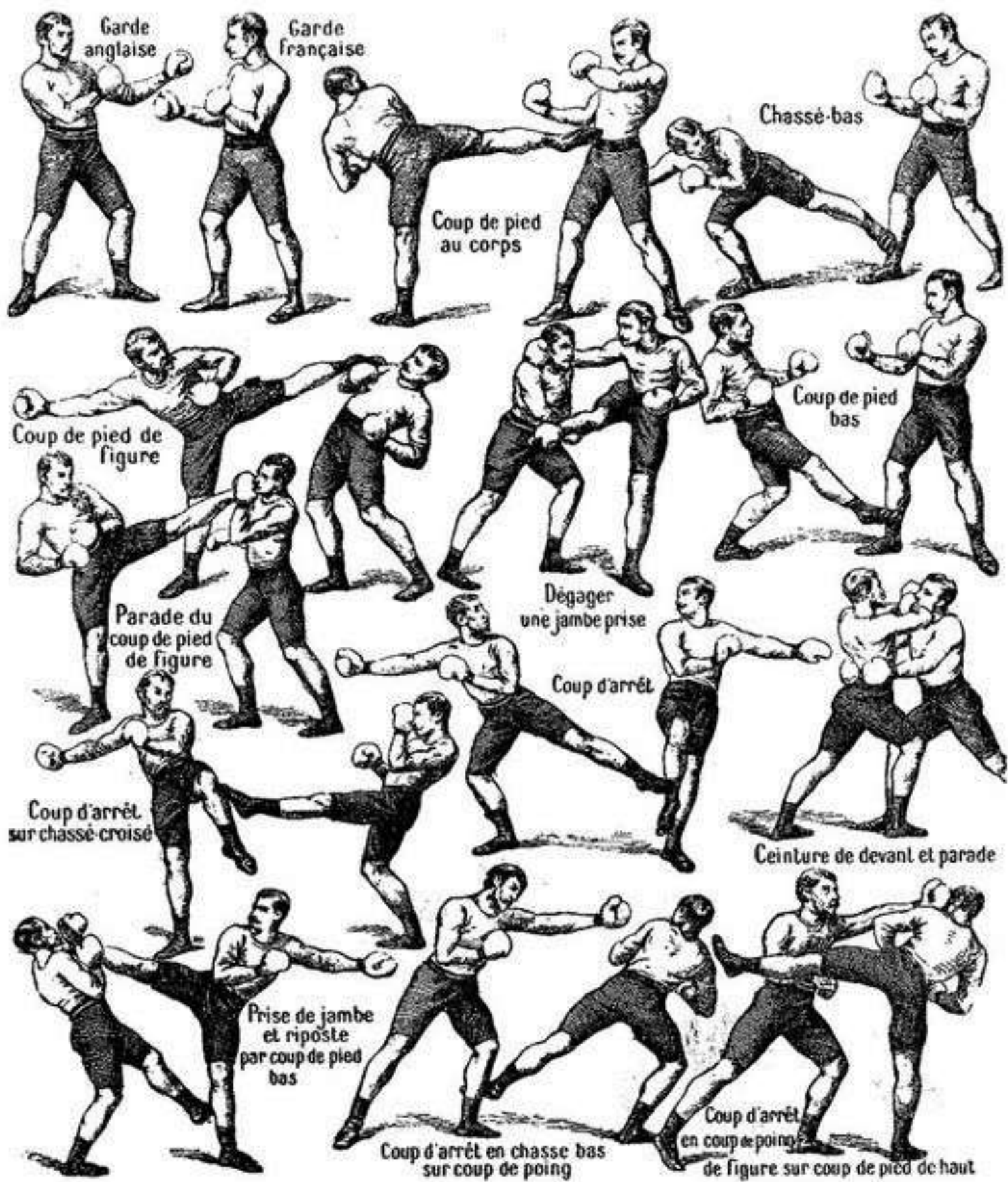


uppercut



rear hook







เทคนิคแก้ศอก 4 ท่า
4 DEFENCE TECHNIQUES AGAINST ELBOW

เทคนิคแก้เข่า 3 ท่า
3 DEFENCE TECHNIQUES AGAINST KNEE

เทคนิคแก้ศอก 23 ท่า
23 DEFENCE TECHNIQUES AGAINST ELBOW



เทคนิคโจมตี 23 ท่า

23 ATTACKING TECHNIQUES

