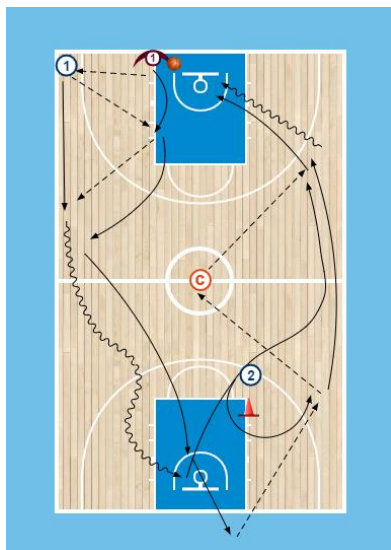


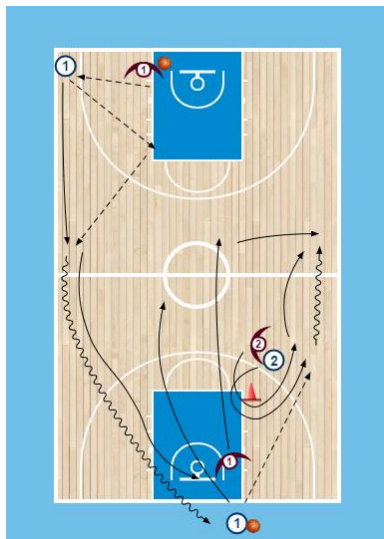
## TRANSITION DEFENSE (MOTION TEACHING-2)

All drills starts the same way (1v1 and builds up from there)

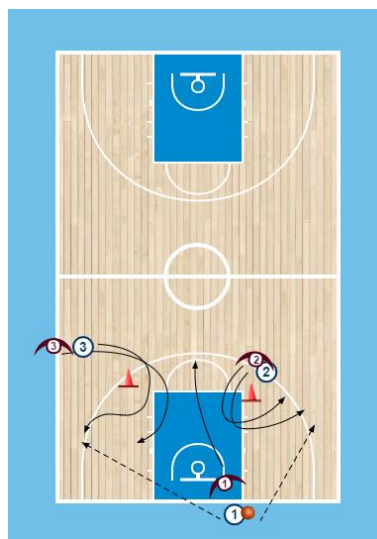
### 1V1 CONTINUOUS



### 2V2 CONTINUOUS



### 3V3 CONTINUOUS



### 4V4 CONTINUOUS

