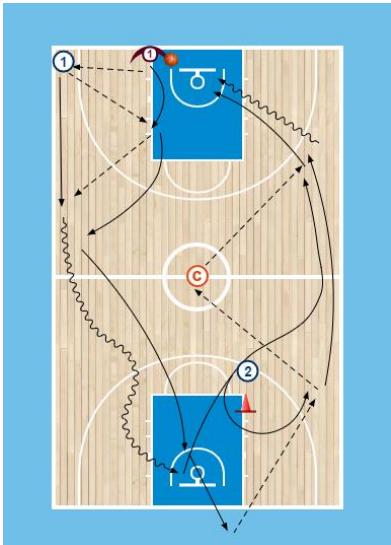


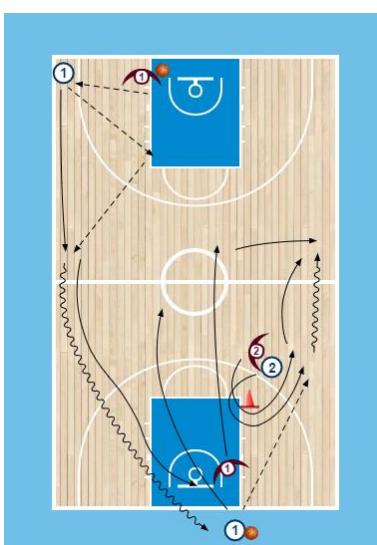
TRANSITION DEFENSE (MOTION TEACHING-2)

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

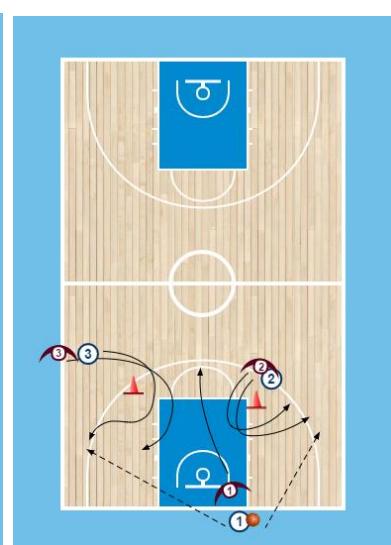
1V1 CONTINUOUS



2V2 CONTINUOUS



3V3 CONTINUOUS



4V4 CONTINUOUS

