

TIME LINE OF TECHNIQUES on Video 3 (A)
by Graham Healy (founder HISDA 2000)



END OF VIDEO 3 (A1)

00.00-3.20 Introduction

3.20 Knee raising warm up

4.20 leg raising (hamstrings)

5.07 Rear leg raising (groove for side kick)

Completed on 25December 2020

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(Healy's Health ABN 50-7110604-560) email healyshealthandfitness@hotmail.com