
	1	2	3	4
	SBA 15	KPM 10	S 30	A 10
5	6	7	8	9
KPM 10	MBA 10	S 30	D 10	KPM 10
10	11	12	13	14
MBA 8	A 8	S 30	SBA 8	KPM 10
15	16	17	18	19
MBA 8	S 30	SBA 8	KPM 7	A 10
20	21	22	23	
S 30	D 7	MBA 8	D 7	

600 ADVANCED ACTIONS PROGRAM
(Fast Training Schedule)



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31	SBA	Single Best Action
34	MBA	MIX Best Action
150	S	STRETCH
47	KPM	Kick/Punches MIX
28	A	ATTACK
24	D	DEFENCE