
	1	2	3	4
	SK 20	FW 20	PMIX 20	S 35
5	6	7	8	9
SK 20	FW 20	PMIX 20	S 35	FW 20
10	11	12	13	14
SK 18	FW 30	DK 15	KPM 10	S 35
15	16	17	18	19
SK 15	FW 20	PMIX 15	FW 30	KPM 17
20	21	22	23	
PMIX 20	FW 20	S 30	DK 15	

600 INTERMEDIATE ACTIONS PROGRAM
(Fast Training Schedule)



500

73	SK	Single Kick
75	PM	Punches MIX
160	FW	FootWork
27	KPM	Kick/Punches MIX
135	S	STRETCH
30	DK	Double Kicks