

shinobi-60-second-warmup

2

SD

Tenors

BD's

Cyms.

D

sim... *f* *mp* [R stick toss under L arm]

Choke *mf* Edge Slide

E

mf *ff* *f* R L etc...Ping

mf *ff* *f* R B MR L R L R L RR R i

mf *ff* *f* R R R L R R R L R L R L R R sim...

f Slide1 Slide2

F **G**

ff *f* *mf* *mp* *p* sim... *mp* *f*

ff *f* *mf* *mp* *p* *p* *f*

mp *f*

Stick Vis.

H

mp *f*

ff *fff* *fff* *fff*

ff *fff* *fff* *fff*

ff *fff* *fff* *fff*

ff *fff* *fff* *fff*