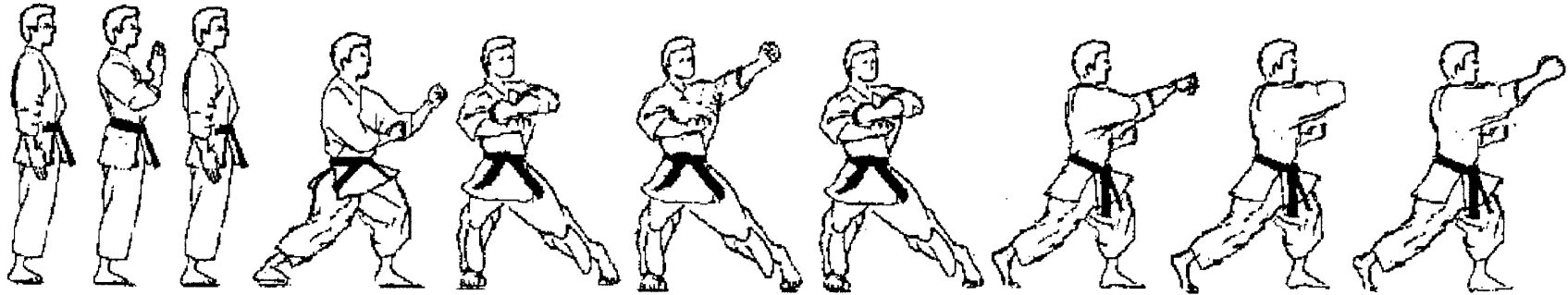
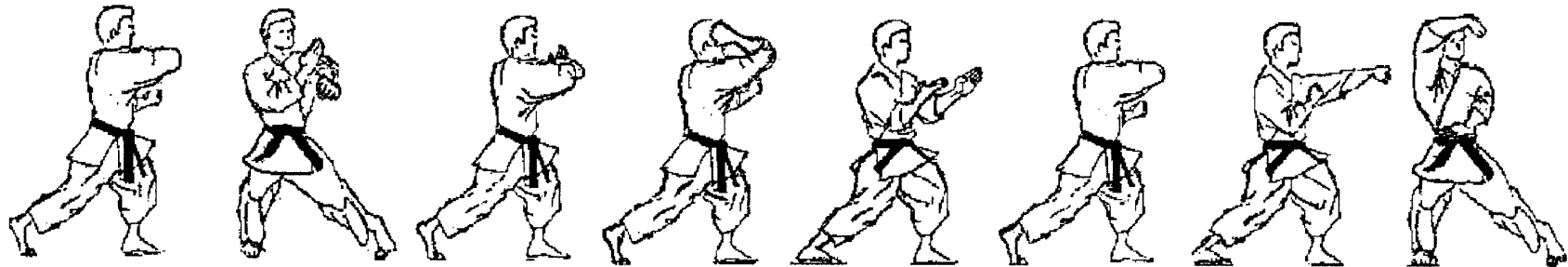


# MARA



Gasho      1. Offensive guard      2. Chamber      3. Lead backfist      Return      4. Straight punch      5. Chamber      6. Reverse backfist



Return      7. Lead hook      8. Rear hook      9. Vertical elbow      10. Open hand guard      11. Horizontal elbow      12. Lead punch      13. Double hands



14. Knife hand palm up      15. Chamber      16. Knife hand palm down      17. Front kick      18. Low lead hook      19 & 20 Chamber & side kick      1. Offensive guard      Gasho