[](https://www.youtube.com/watch?v=EPi7KFwwiJI&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=1)

[Catch video](https://www.youtube.com/watch?v=EPi7KFwwiJI&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=1)   
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[Dodge video](https://www.youtube.com/watch?v=ies4MpIXfHA&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=5)   
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[Hop video](https://www.youtube.com/watch?v=Qsd9WKtyNk4&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=4)  
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[Kick video](https://www.youtube.com/watch?v=ha3vUqH654w&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=3)  
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[Leap video](https://www.youtube.com/watch?v=M9RtdIcOdxE&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=2)  
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[Overarm throw video](https://www.youtube.com/watch?v=1mdyMVezRGc&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=11)  
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[Side gallop video](https://www.youtube.com/watch?v=D812EVCdy0w&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=6)  
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[Sprint run video](https://www.youtube.com/watch?v=2hU04IFAr7Q&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=8)  
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[Static balance video](https://www.youtube.com/watch?v=UJf5pUz7jlI&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=12)  
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[Two-hand strike video](https://www.youtube.com/watch?v=d6shCkvjTmo&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=10)  
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[Vertical jump video](https://www.youtube.com/watch?v=Y-cs8F6hryw&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=9)  
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