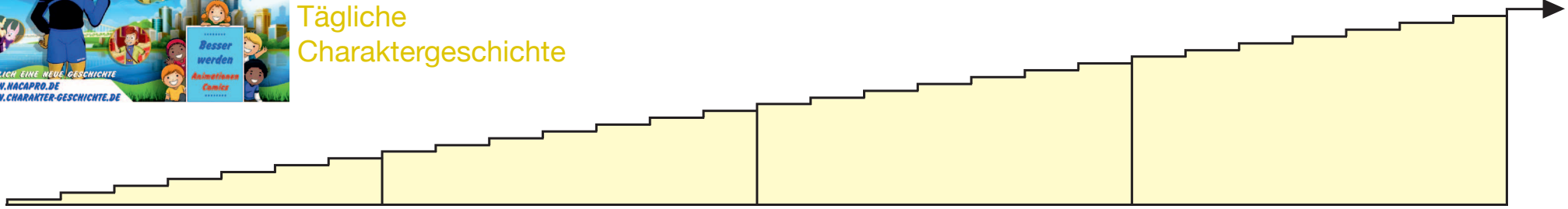


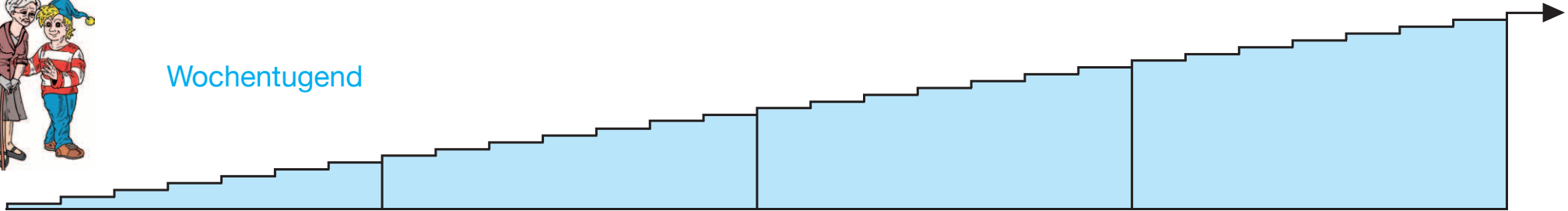
Level 10 - Player



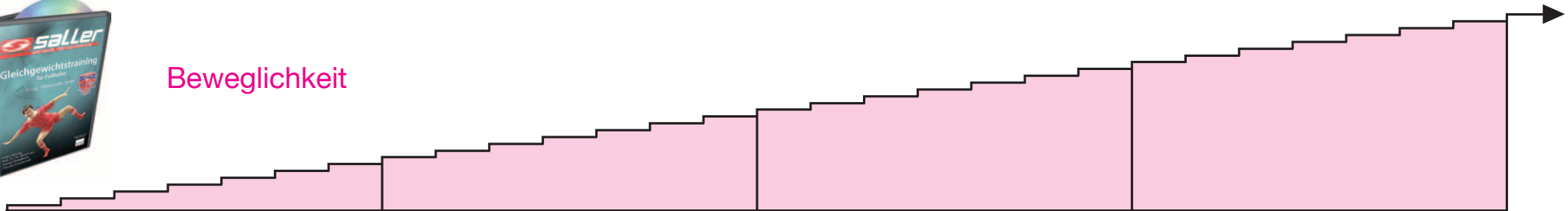
Tägliche
Charaktergeschichte



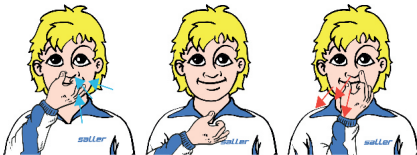
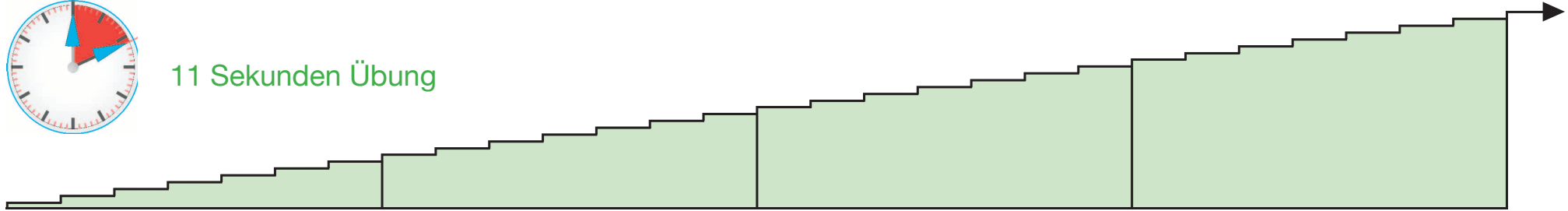
Wochentugend



Beweglichkeit

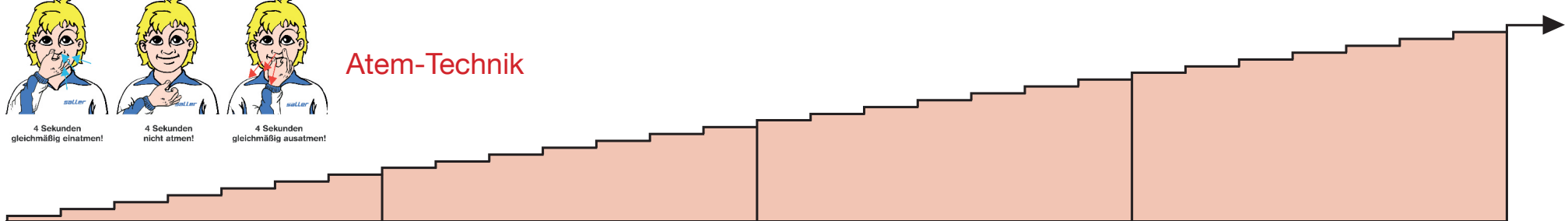


11 Sekunden Übung



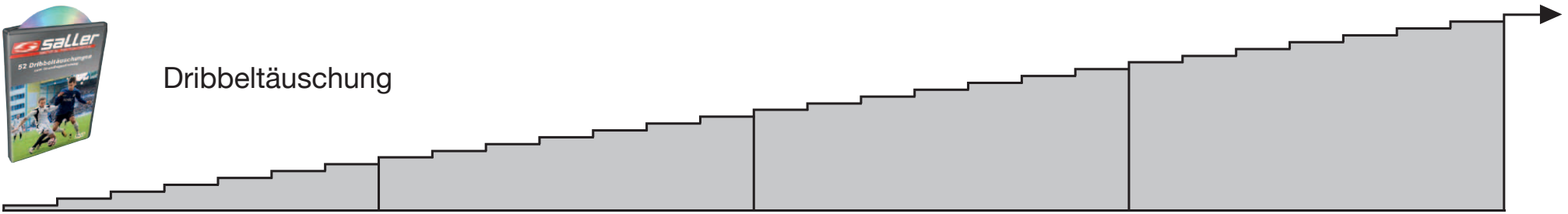
4 Sekunden gleichmäßig einatmen!
 4 Sekunden nicht atmen!
 4 Sekunden gleichmäßig ausatmen!

Atem-Technik

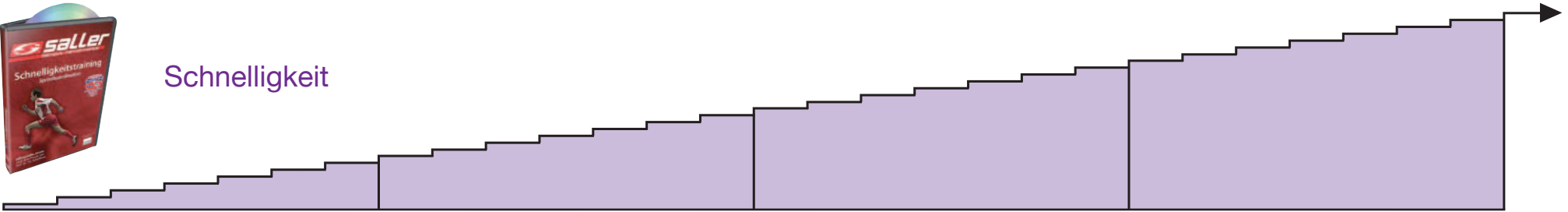




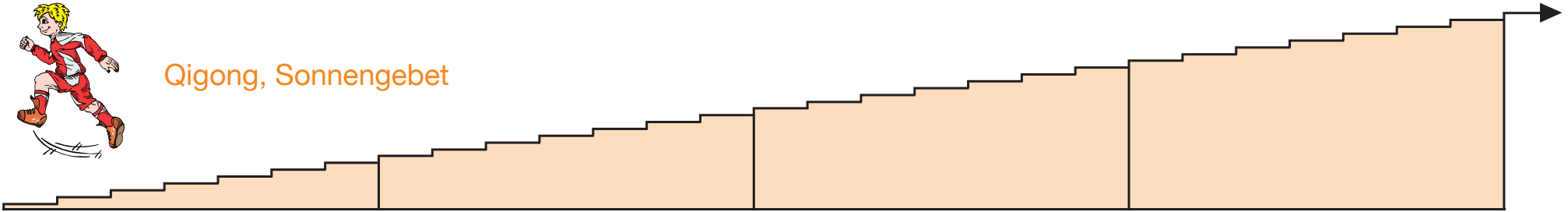
Dribbeltäuschung



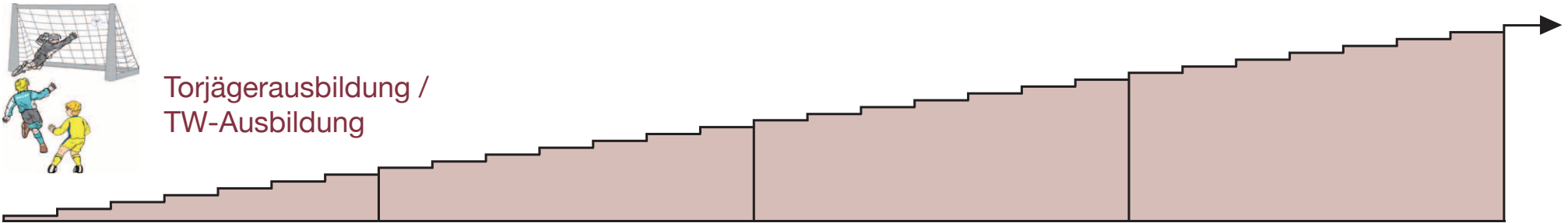
Schnelligkeit



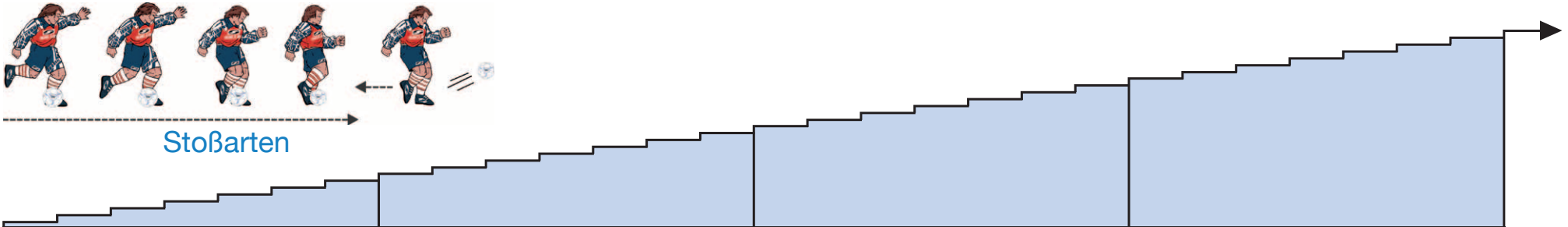
Qigong, Sonnengebet



Torjägerausbildung /
TW-Ausbildung



Stoßarten



√ = Ausgeführt

b.w.

