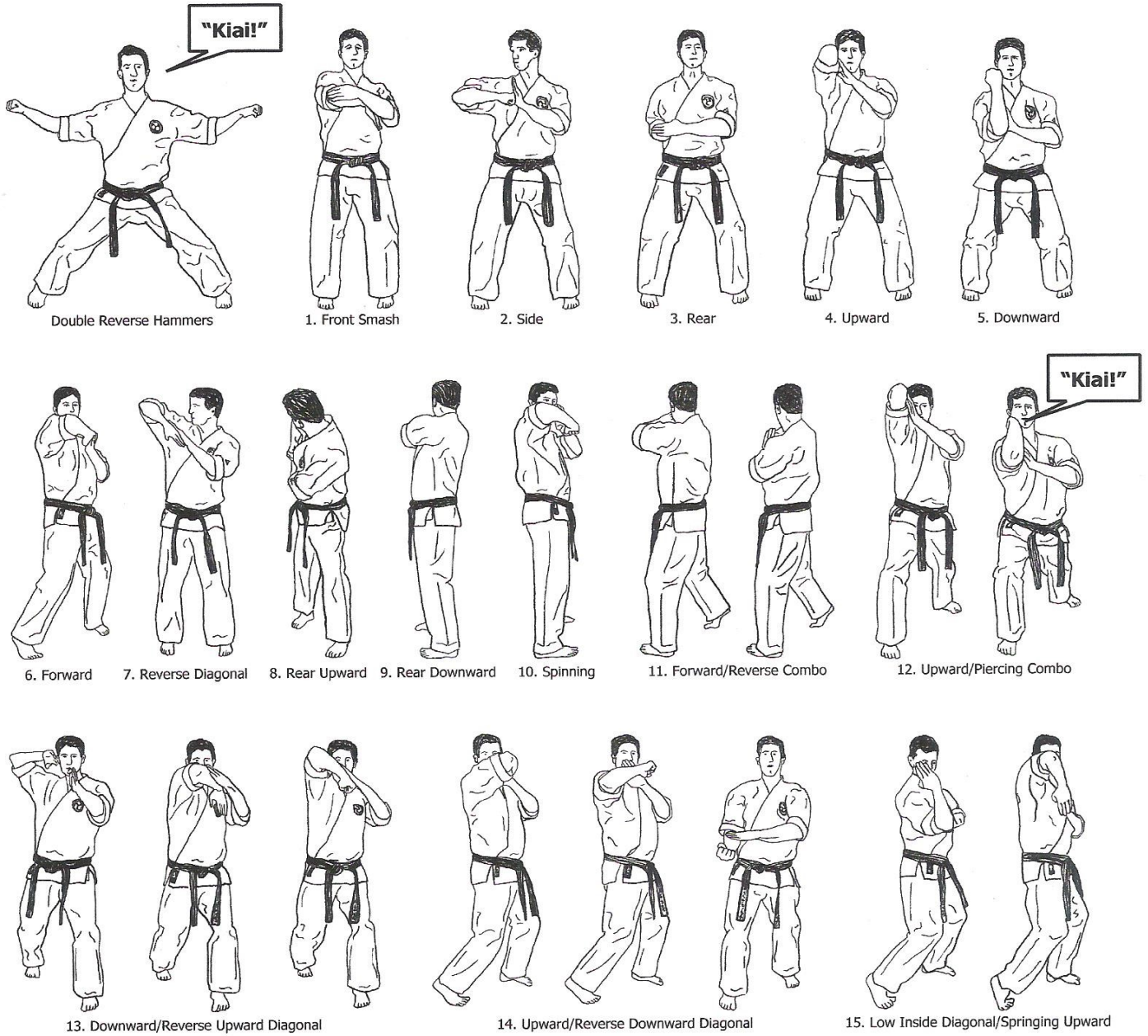




AMERICAN FREESTYLE KARATE

ELBOW SEQUENCE

Review: 1-15



McCall's American Freestyle Karate Club

Review 1-15