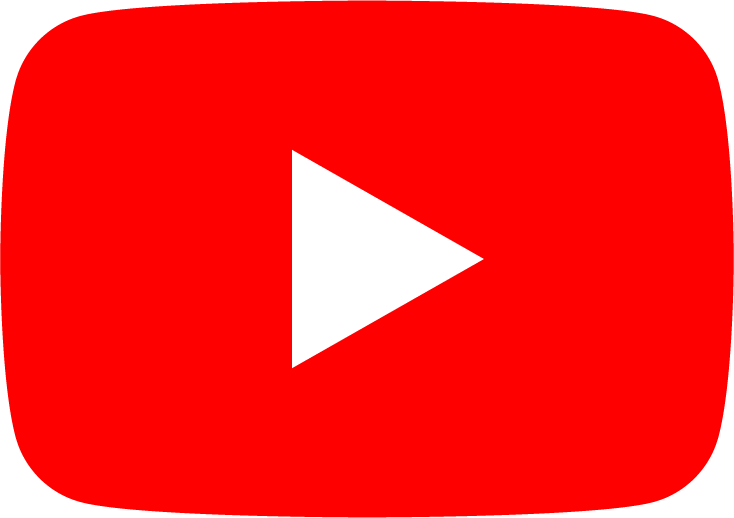
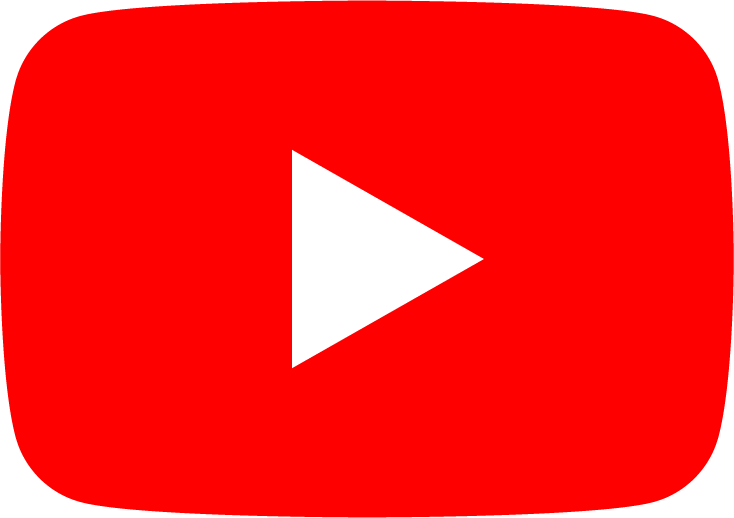
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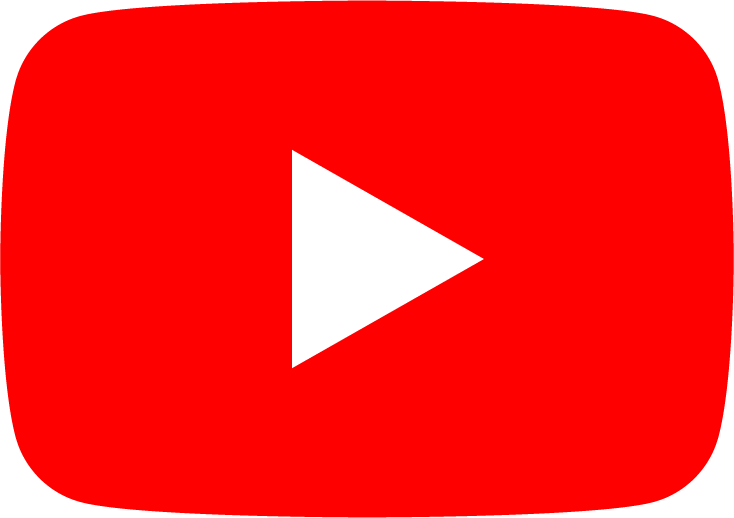
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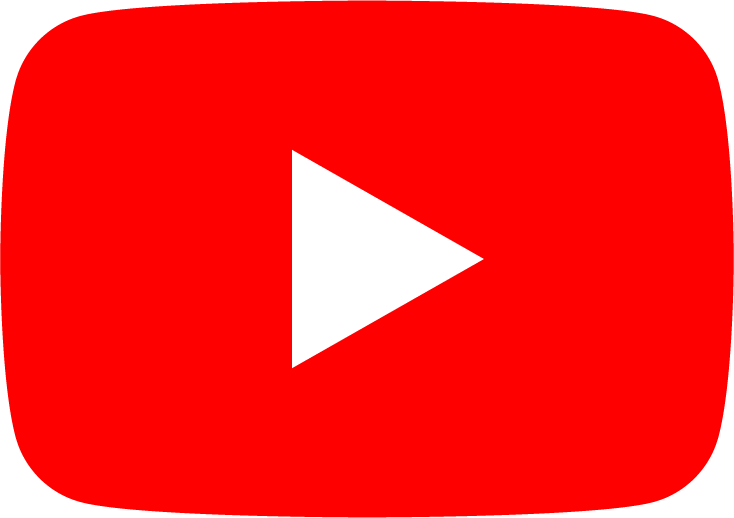
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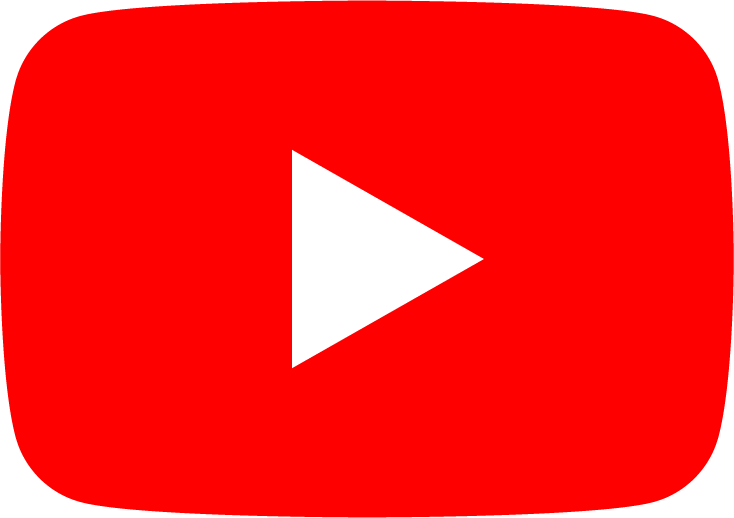
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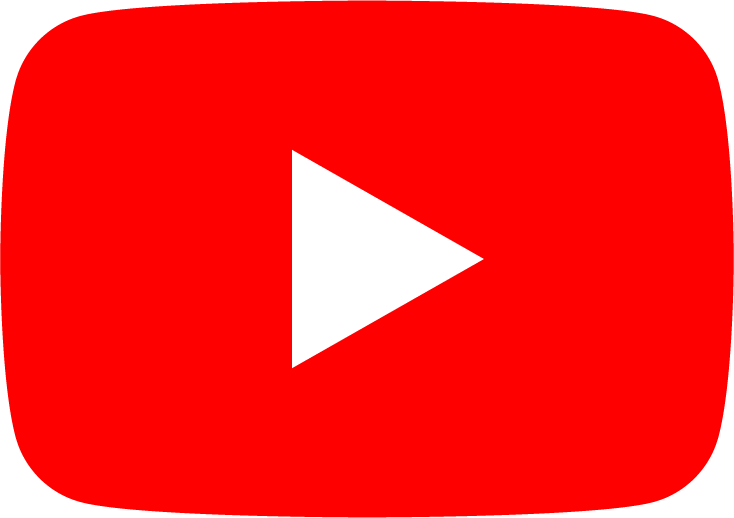
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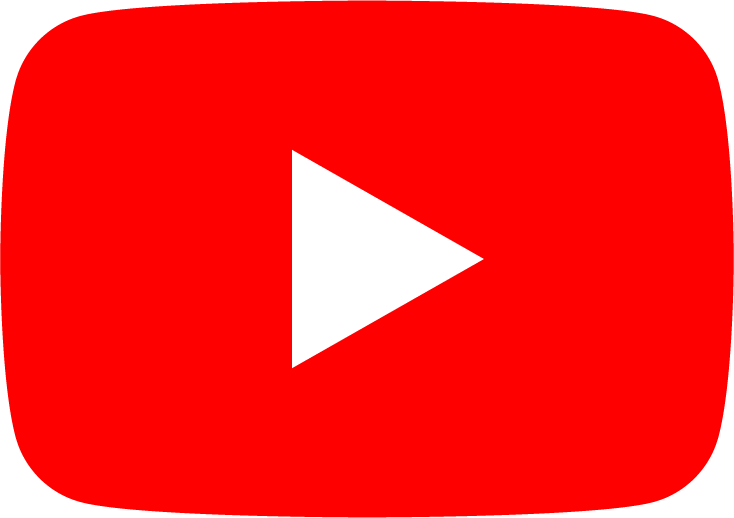
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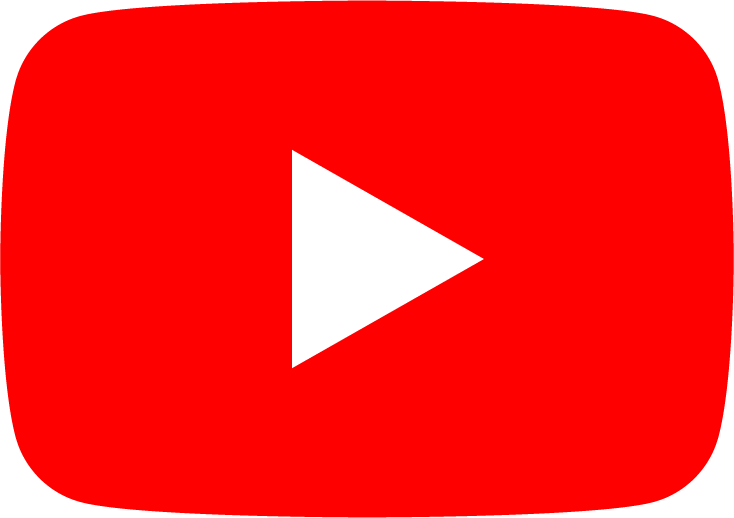
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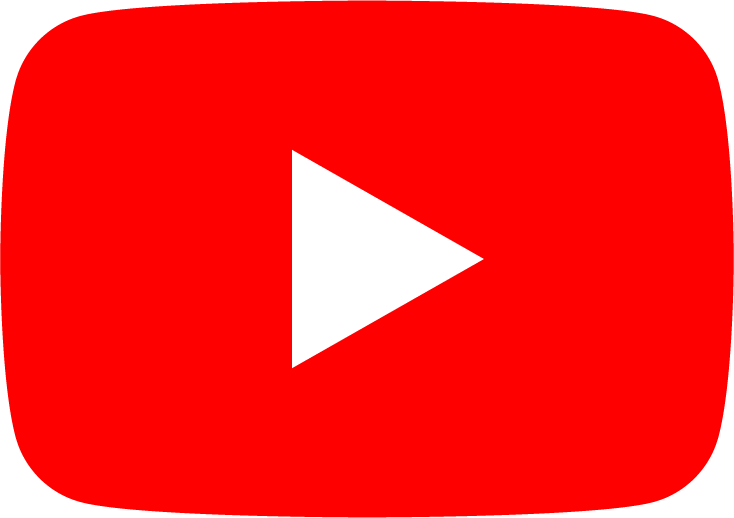
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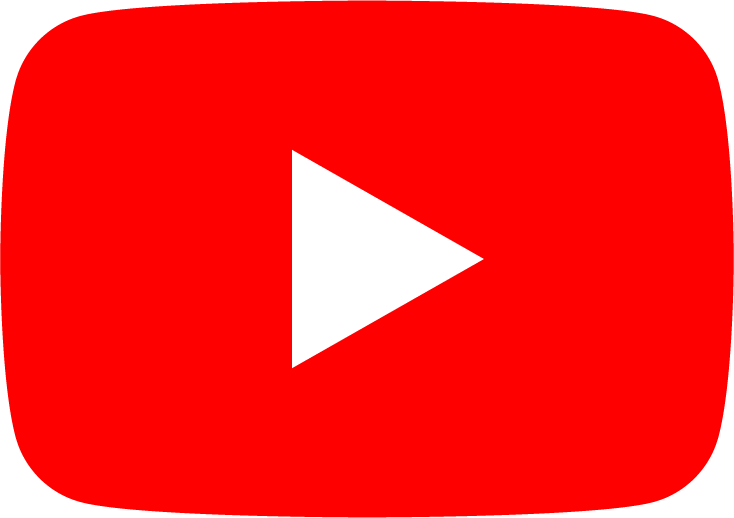
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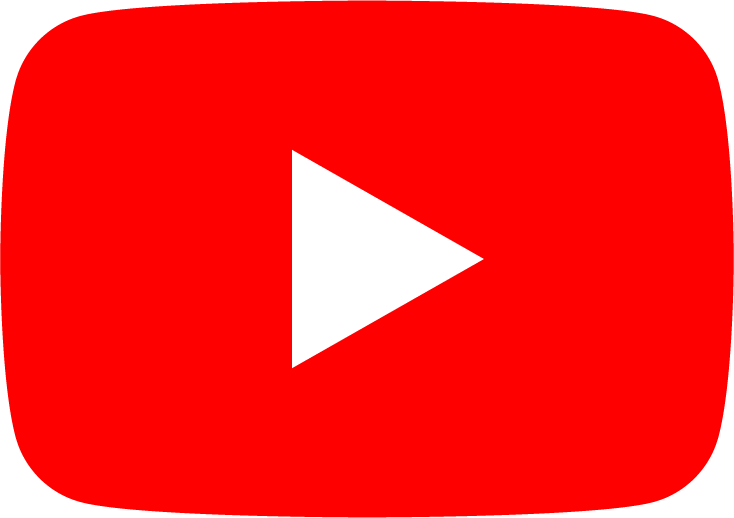
[Sprint run video](https://www.youtube.com/watch?v=2hU04IFAr7Q&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=8)  
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[](https://www.youtube.com/watch?v=UJf5pUz7jlI&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=12)

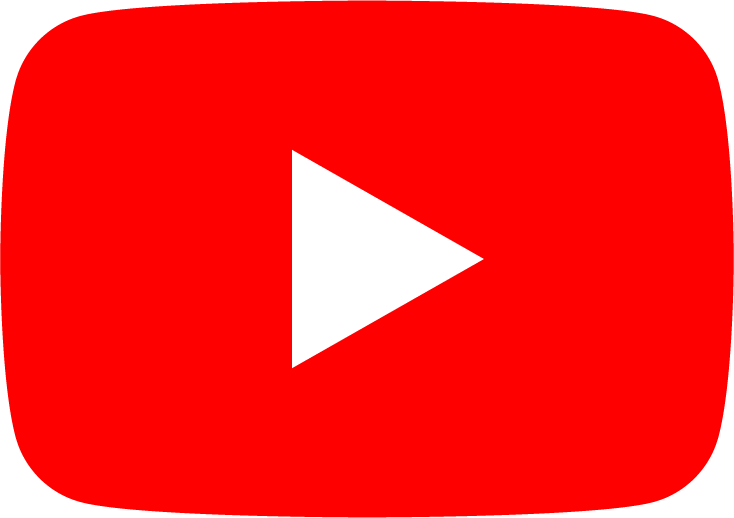
[Static balance video](https://www.youtube.com/watch?v=UJf5pUz7jlI&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=12)  
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[](https://www.youtube.com/watch?v=d6shCkvjTmo&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=10)

[Two-hand strike video](https://www.youtube.com/watch?v=d6shCkvjTmo&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=10)  
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[](https://www.youtube.com/watch?v=Y-cs8F6hryw&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=9)

[Vertical jump video](https://www.youtube.com/watch?v=Y-cs8F6hryw&list=PLrOa7LNP0maWa6EPlnkvHlk3VsBqhuMZq&index=9)  
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