



Hand Strike Set

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| 1. Chamber | “Chamber” |
| 2. Knifehand strike | “Knife” |
| 3. Chamber | “Chamber” |
| 4. Reverse knifehand | “Knife” |
| 5. Chamber | “Chamber” |
| 6. Palm strike | “Palm” |
| 7. Chamber | “Chamber” |
| 8. Backfist (to the front) | “Backfist” |
| 9. Chamber | “Chamber” |
| 10. Ridgehand strike | “Ridge” |
| 11. Chamber | “Chamber” |
| 12. Spearhand strike | “Spear” |

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