

QUIET / Self-Defense Workout

(LV1 - Sprawl @ 30sec., LV2 - 3 Squats @ 30 sec., LV3 - 3 Pushups @ 30sec.)

1. **Cover + Combo 2**
2. *Sprawl + 2 Low Knees*
3. **Body Knees**
4. *Extreme Elephants*
5. **Bob + Groin Slap + Body Elbow**
6. *Rip + Reverse Elbow to Head*
7. **Body Elbows**
8. *Rotating floor palm to sweeping forearm*
9. **Slip + Combo 4**
10. *Snap kick + Double ear box + 2 Hi Knees*
11. **4 Palms + 2 Low Knees**
12. *Leg Sweeps*
13. **Dancer + Groin Slap + Combo 2**
14. *Shoulder roll + Cross (Palm) + 2 Body Knees*
15. **Head Hi Knees**
16. *10 Palms + 2 Low Knees*
17. **Bear hug break + 4 Rear elbows**
18. *Leg Check + Eye Flick + Combo 3*

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19. Low Knees

20. *Extreme Elephants*

21. Defense + Cross (Palm) + Combo 2

22. *Sprawl + 2 Low Knees*

23. Body Elbows

24. *Rotating floor palm to sweeping forearm*

25. Dancer + Groin Slap + 2 Body Elbows

26. *Cover + Combo 4*

27. Head Knees

28. *Leg Sweeps*

29. Rip + Reverse Elbow to Head

30. *Slip + Groin Slap + Combo 2*

31. 4 Palms + 2 Low Knees

32. *10 Palms + 2 Head Knees*