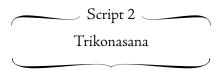
Megan Andrews

ISHTA 200H TT Assignment

Mentor: Peter Ferko March 26, 2022



(Preparation: Keep one block close to the front of your mat.)

Transition from Warrior 2 (right leg forward)

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Transition Out

\*

Repeat Other Side