

**KINS 6.06: Karate - Intermediate**

'' " /f\ fl t fi t 'Z fl\_ z/ Z fl! z\_ z' fl i t t i f\! 'z" z\_ Z fl fl# t \$ffl%zflfi t fi & " fl! " ! ' %f\zfl\_ ("# %z Z (') fl\* + " z\_ fl, i fl\$! , %z Z fl! " ! " / fl\_ i & . " i z\_ (% %z