

4 ASSASSINS

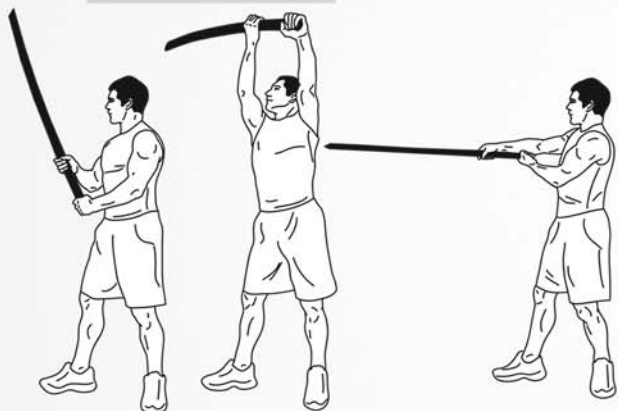
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

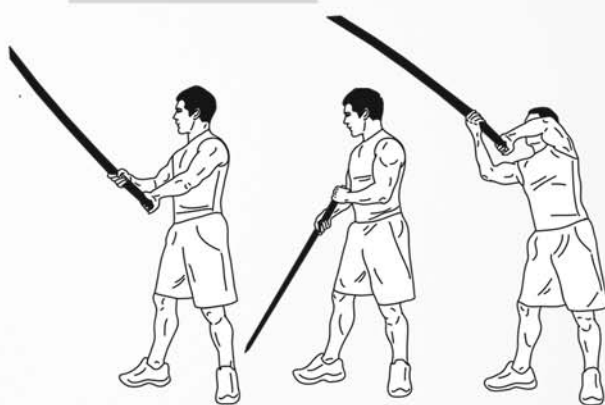
10 combos each | REST up to 2 minutes



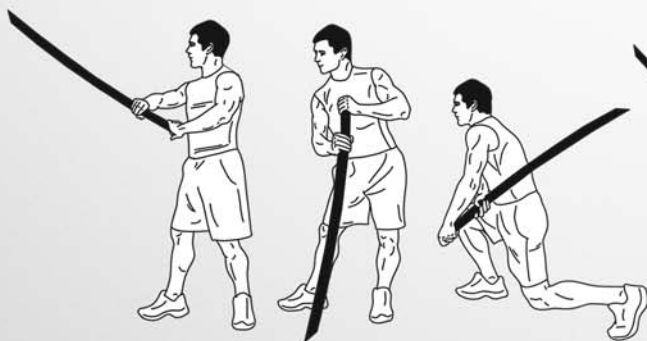
1 upward block + horizontal cut



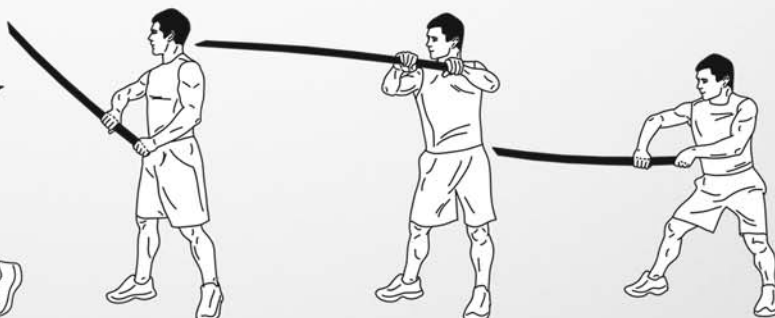
2 downward block + uppercut



3 downward block + reverse thrust



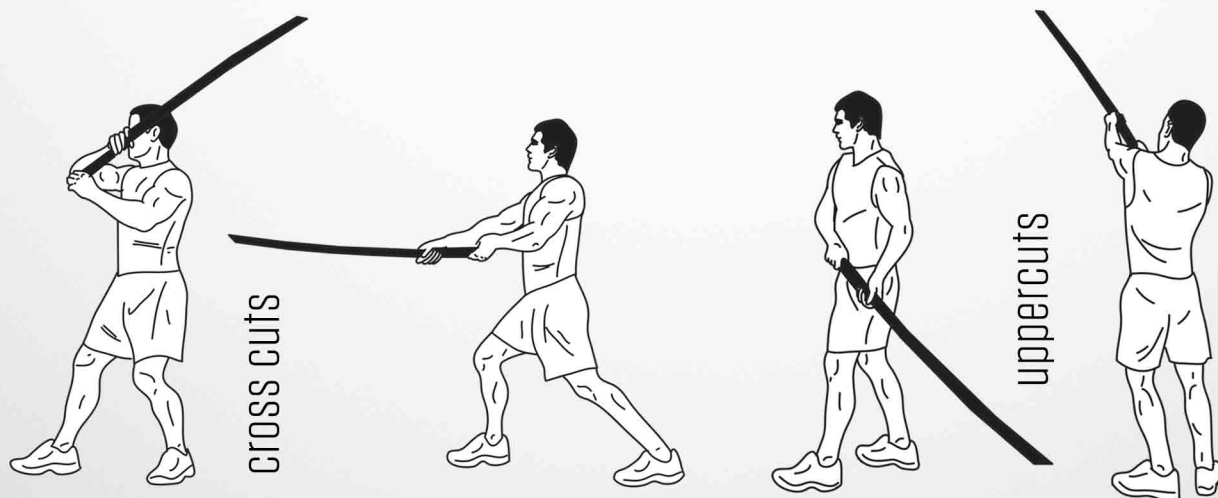
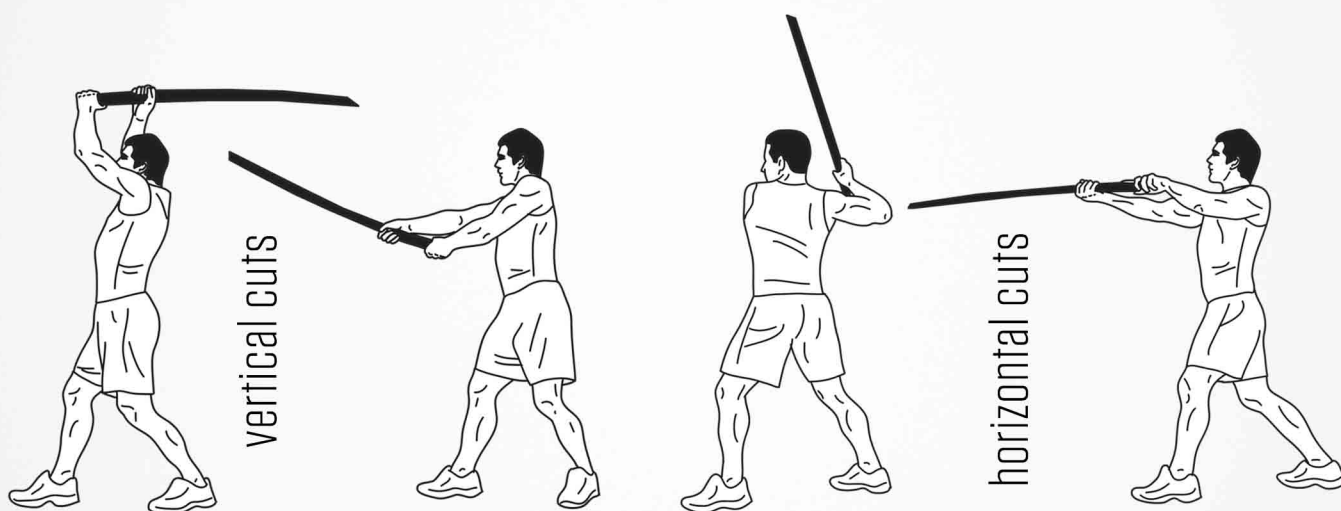
4 horizontal cut + forward thrust



1000 cuts

DAREBEE BOKKEN WORKOUT @ darebee.com

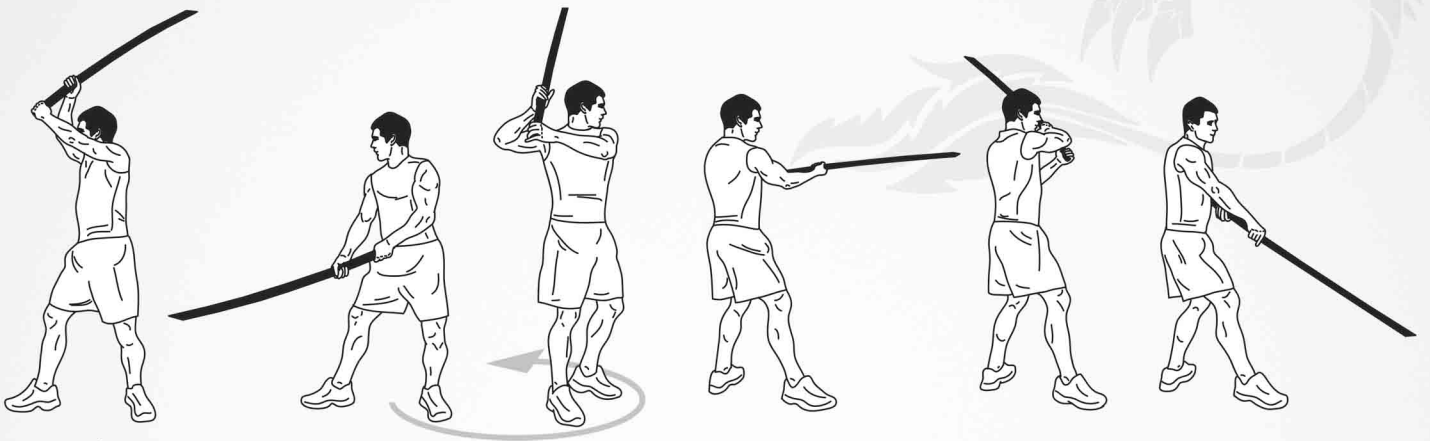
use the moves below in any order
until you've done 1000 cuts in total



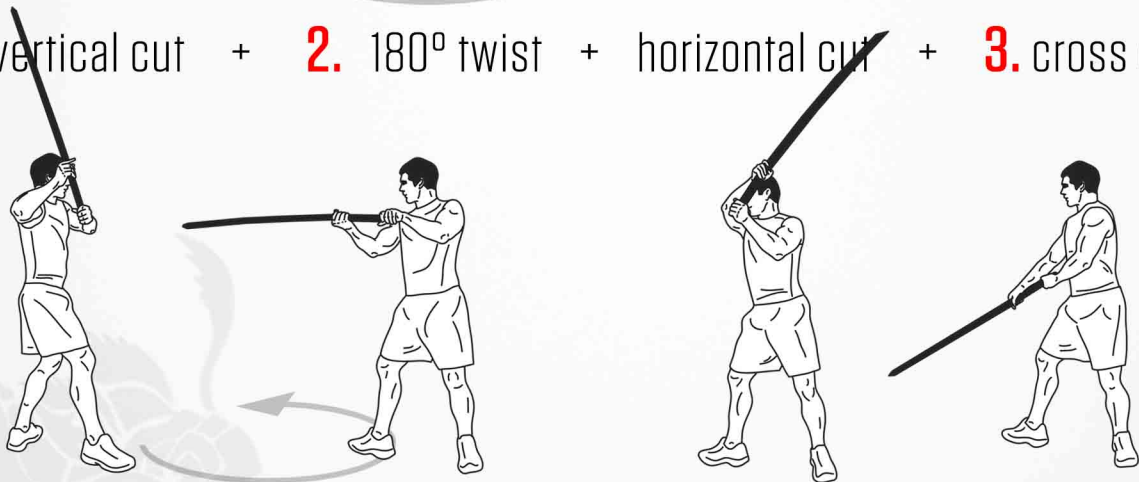
DANCE WITH DRAGONS

DAREBEE WORKOUT @ darebee.com

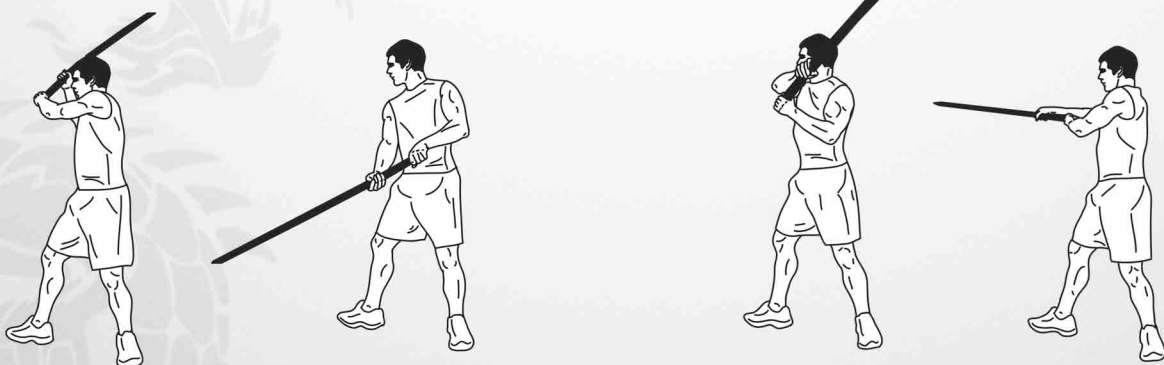
repeat the combo LEVEL I 20 times LEVEL II 30 times LEVEL III 40 times



1. vertical cut + 2. 180° twist + horizontal cut + 3. cross cut +



4. 180° twist + horizontal cut + 5. cross cut +

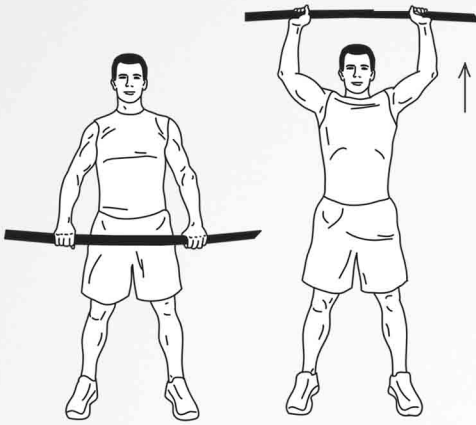


6. cross cut + 7. horizontal cut

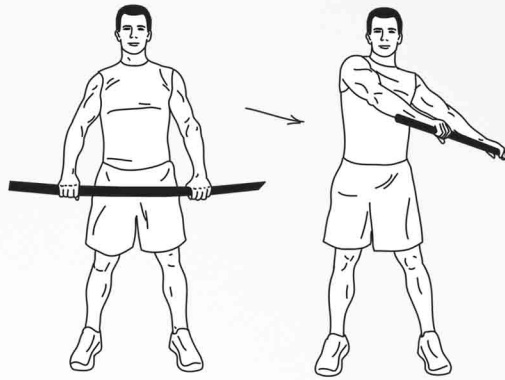
KATANA

WARMUP

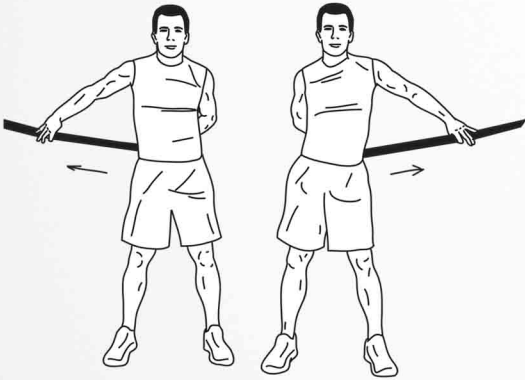
BY WORKOUT @ darebee.com 10 REPS EACH



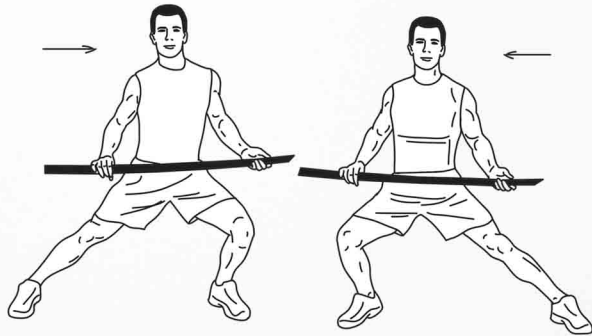
overhead raises



side-to-side twists



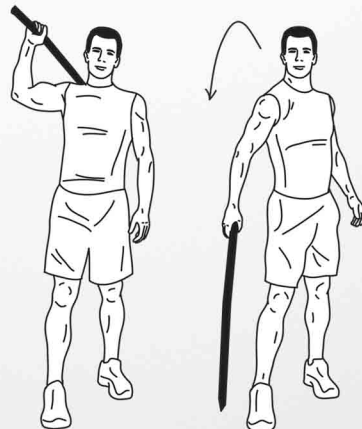
behind back twists



side-to-side lunges



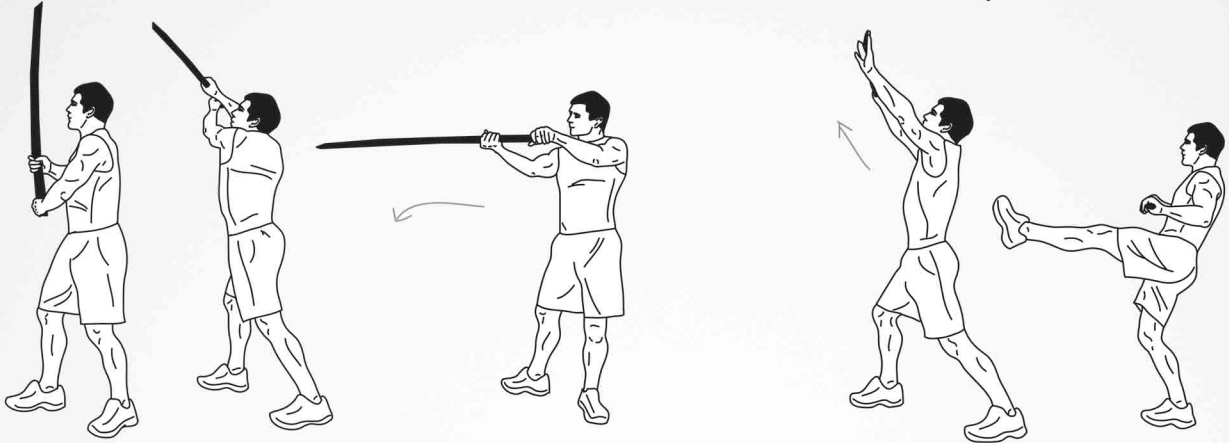
katana infinity



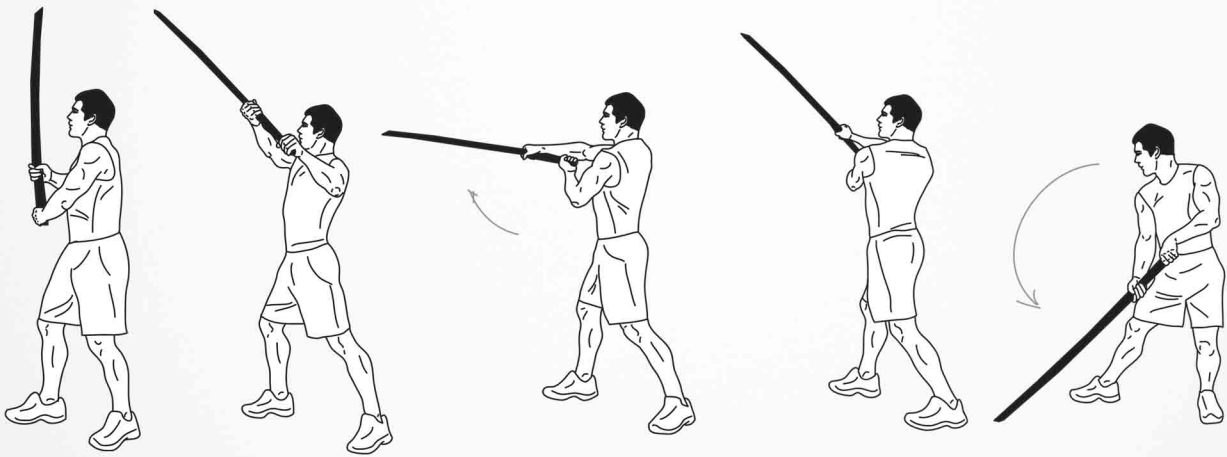
light vertical cuts

NINJA HUNTER

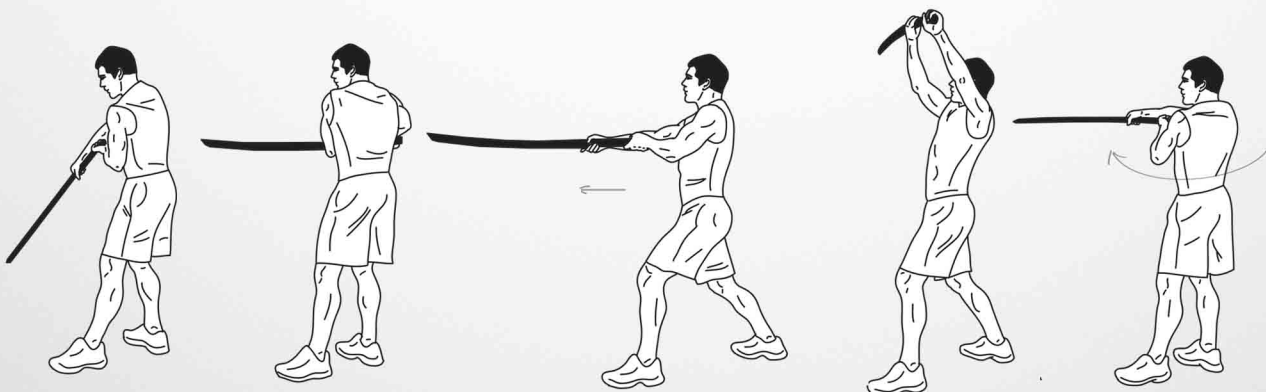
DAREBEE WORKOUT @ darebee.com | 10 combos each
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



1. upward block + horizontal cut 2. upward block (both hands) + front kick



3. upward block + horizontal cut 4. upward block + cross cut



5. downward block + thrust + upward block + horizontal cut

QUICK DRAW

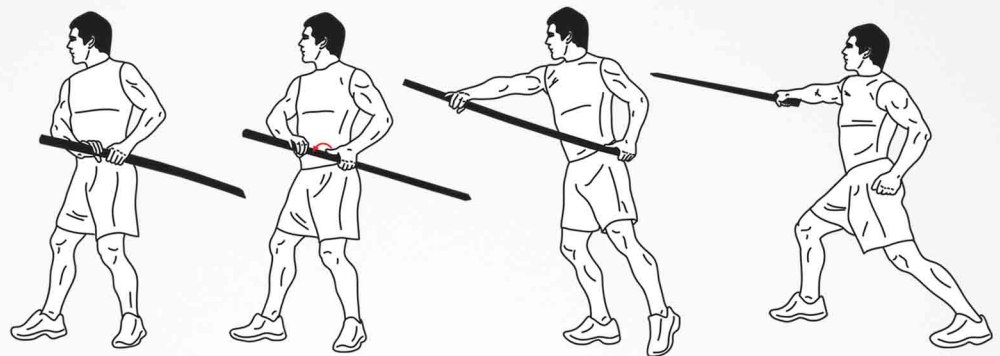
DAREBEE WORKOUT @ darebee.com

10 combos each | LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

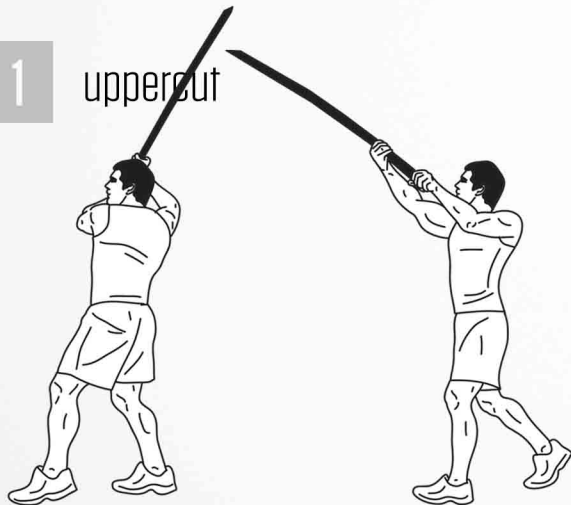
REST up to 2 minutes

Starting move
for each DRAW :

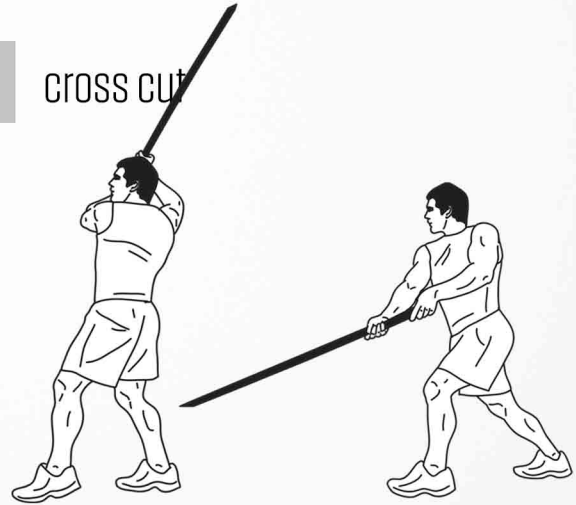
1. Grip
2. Twist
3. Draw
4. Horizontal Cut



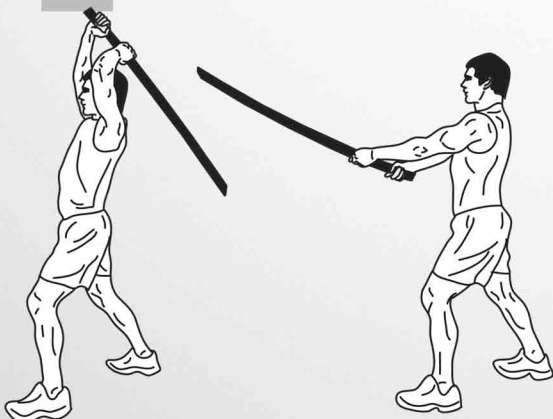
1 uppercut



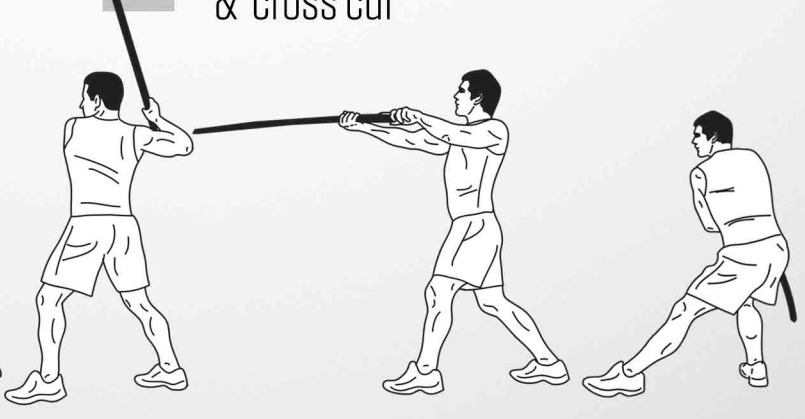
2 cross cut



3 vertical cut



4 horizontal cut (both hands)
& cross cut



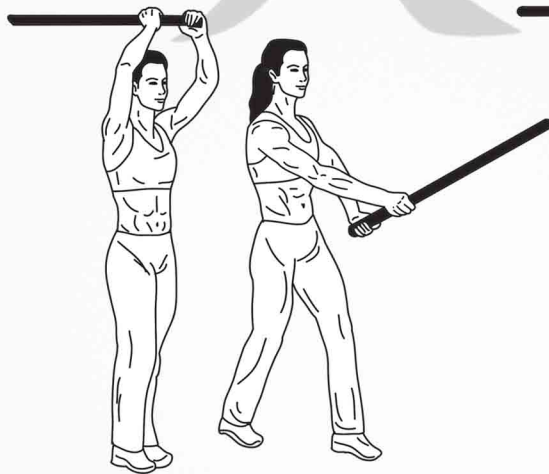
Ronin

DAREBEE WORKOUT @ darebee.com

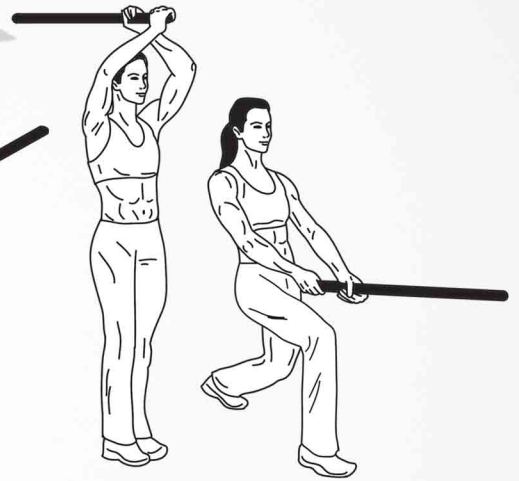
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



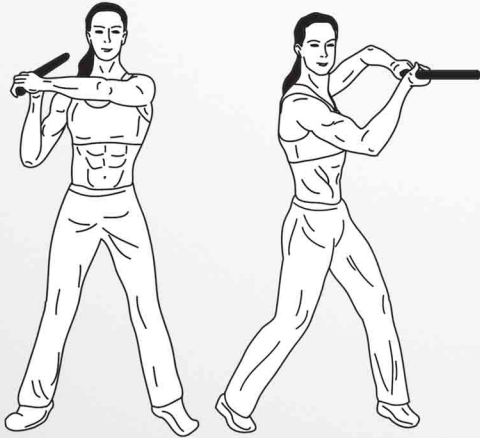
20 hops up and down
10 hops side to side
10 hops back and forth



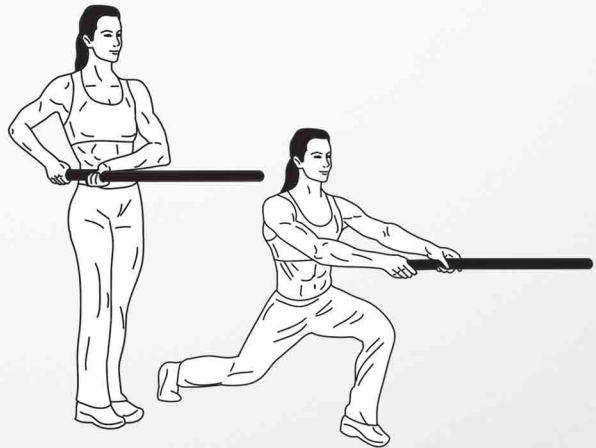
20 cuts



20 lunge cuts



20 horizontal cuts



20 thrust lunges

DAREBEE

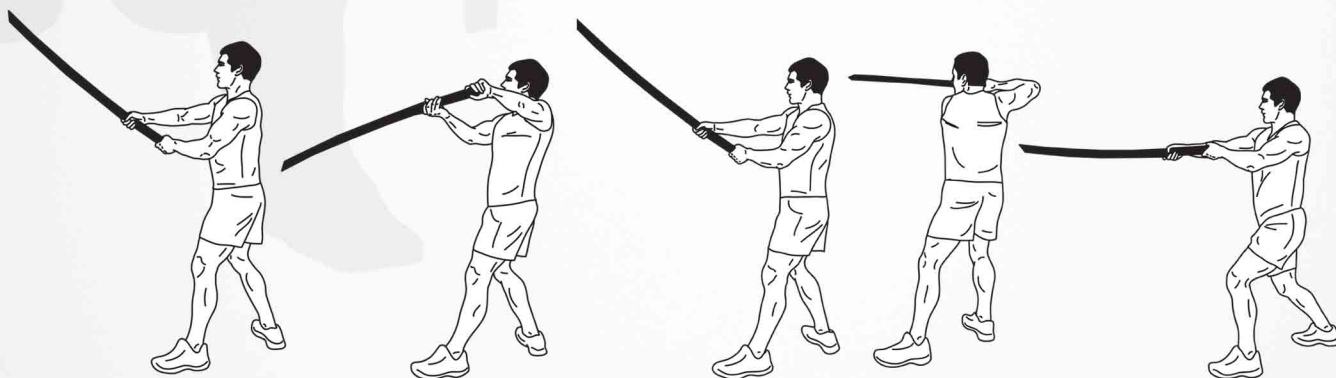
DAREBEE WORKOUT @ darebee.com

10 combos each | LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

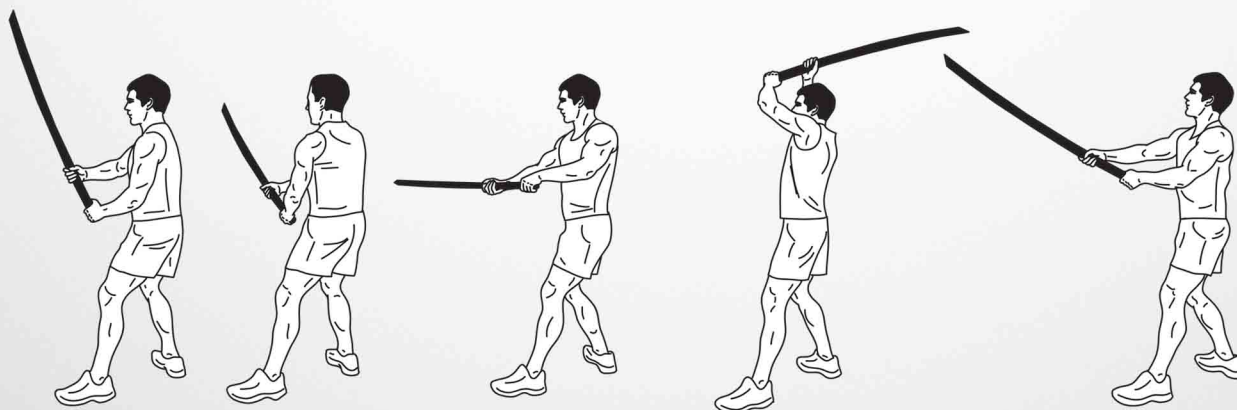
REST up to 2 minutes



1. horizontal cuts: left + right + one-arm cut 2. zigzag cut (mid / high)



3. vertical cut + uppercut 4. vertical cut + thrust

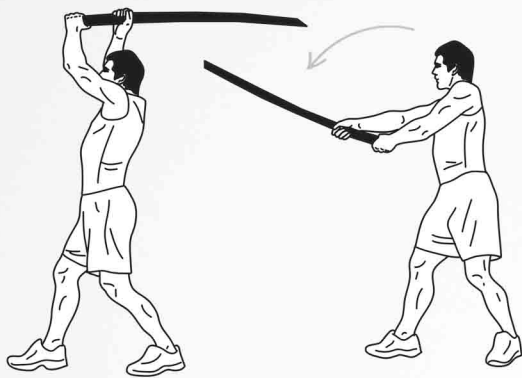


5. push away + downward cut (mid) 6. double vertical cuts

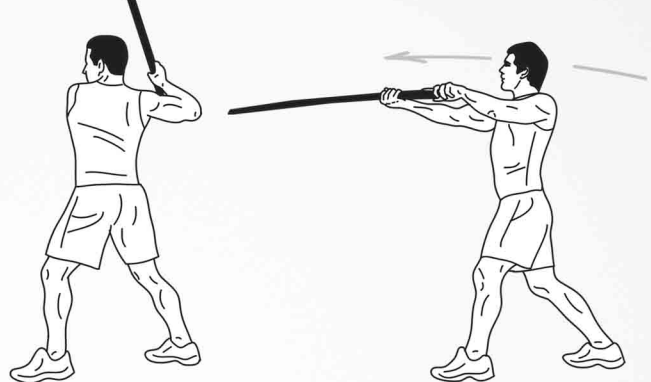
SHADOW WARRIOR

DAREBEE WORKOUT @ darebee.com

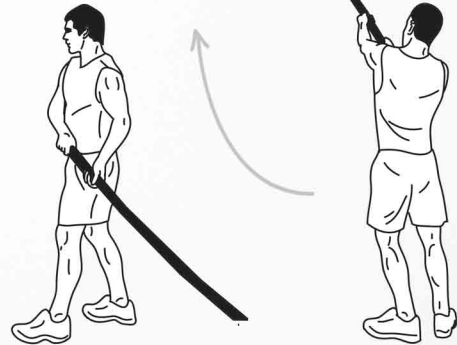
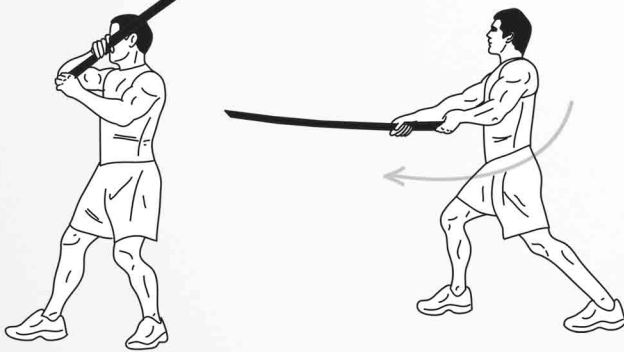
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



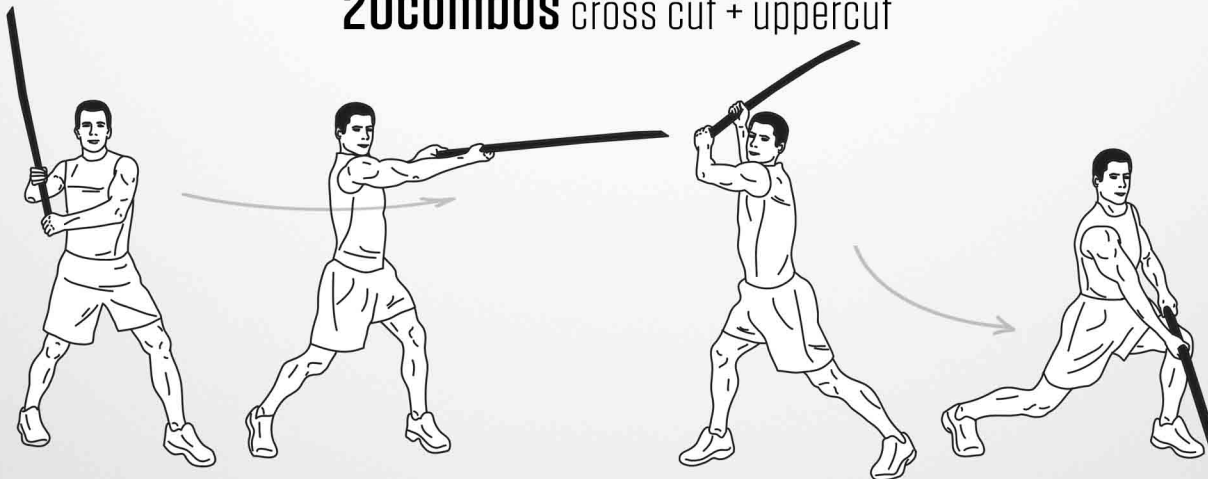
20 vertical cuts



20 horizontal cuts



20 combos cross cut + uppercut



20 combos horizontal cuts (left and right) + cross cuts (left and right)