



DEFENSIVE
TRAINING GROUP

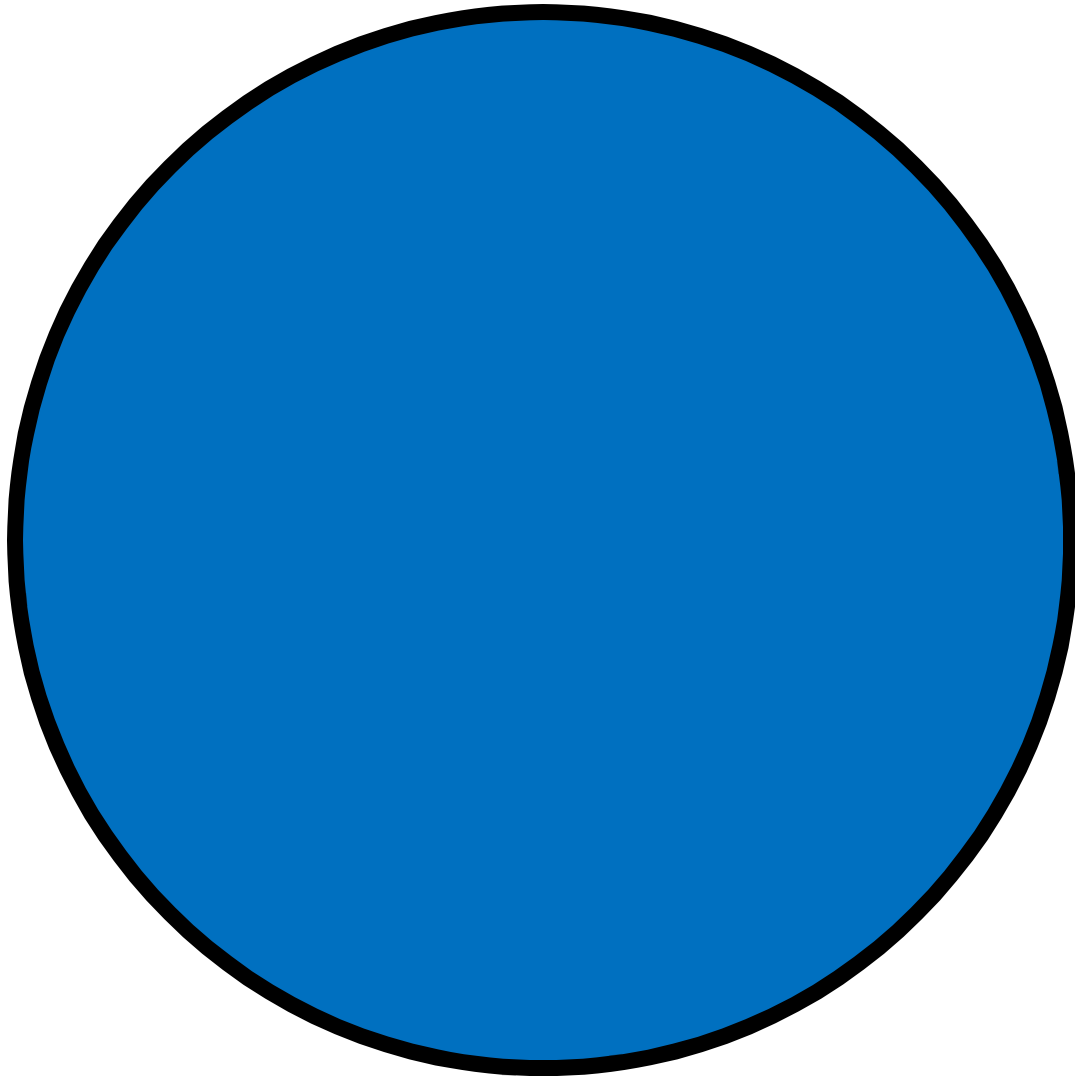
2 3 6 8 DRILL

2 seconds

3 rounds

6 yards

B8 (5.5")



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