



⚡ TRAINING SEMINAR ⚡

WARM UP	PTS
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BLOCKS	PTS
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STRIKES	PTS
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KICKS	PTS
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COMBINATION	PTS
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TOTAL TRAINING POINTS

LEADERSHIP CHALLENGE

10 PTS - FOR EACH FRIEND AND FAMILY MEMBER THAT TRAINS WITH YOU	PTS
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10 PTS - POST A PICTURE WITH YOUR TRAINING CARD	PTS
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10 PTS - POST A PICTURE WITH YOUR PLEDGE CARD	PTS
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10 PTS - POST A VIDEO TRAINING OR DOING A COMBINATION	PTS
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TOTAL LEADERSHIP POINTS

TOTAL OVERALL POINTS