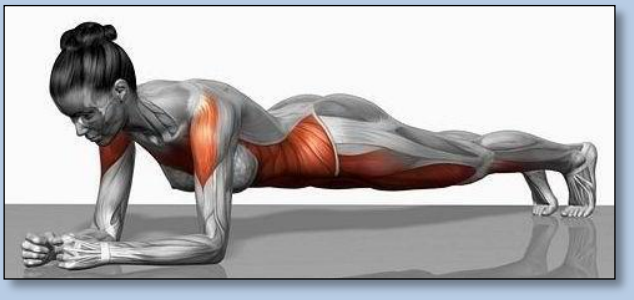
TAISHO Karate Lede



DAG 1 UW MAXIMUM (X 2)	**DAG 2** 20 sec (x 3)	**DAG 3** 30 sec (x 2)	**DAG 4** 25 sec (x 3)	**DAG 5** 35 sec (x 2) ....
DAG 6 RUST	**DAG 7** 30 sec (x 3)	**DAG 8** 40 sec (x 2)	**DAG 9** 35 sec (x 3)	**DAG 10** 25 sec (x 4) ....
DAG 11 30 sec (x 2) 20 sec (x 2)	**DAG 12** RUST	**DAG 13** 40 sec (x 2) 25 sec (x 2)	**DAG 14** 30 sec (x 2) 45 sec (x2)	**DAG 15** UW MAXIMUM (X 2) ....
DAG 16 45 sec (x 2) 35 sec (x 2)	**DAG 17** 30 sec (x 2) 25 sec (x 4)	**DAG 18** RUST	**DAG 19** 40 sec (x 2) 25 sec (x 4)	**DAG 20** 35 sec (x 3) 30 sec (x 3) ....
DAG 21 45 sec (x 2) 30 sec (x 3)	**DAG 22** UW MAXIMUM (x 2) 45 sec (x 2)	**DAG 23** 50 sec (x 2) 25 sec (x 3)	**DAG 24** RUST	**DAG 25** 30 sec (x 4) 45 sec (x 2) ....
DAG 26 40 sec (x 3) 50 sec (x 2)	**DAG 27** 35 sec (x 4) 45 sec (x 2)	**DAG 28** 30 sec (x 4) 60 sec (x 2)	**DAG 29** 30 sec (x 6) 45 sec (x 2)	**DAG 30** RUST
DAG 31 UW MAXIMUM (x 2) 60 sec (x 3)				