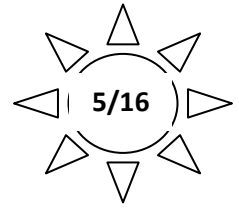


CTI Black Belt Team World Tour '11



	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	TOTAL
Sit-ups									
Push-ups									
Pull-ups									
Scissors									
Chops									
Jumping Jacks									
Poomse									
Sparring Rounds									
Classes									
Jump Rope									
	7.9	7.10	7.11	7.12	7.13	7.14	7.15	7.16	TOTAL
		★							
Sit-ups									
Push-ups									
Mountain Climbers									
Bag Rounds									
Kicks									
Jumping Jacks									
Poomse									
Sparring Rounds									
Classes									
Falling									
Heel Raises									
	7.17	7.18	7.19	7.20	7.21	7.22	7.23	7.24	TOTAL
Sit-ups									
Push-ups									
Pull-ups									
Scissors									
Chops									
Jumping Jacks									
Poomse									
Sparring Rounds									
Classes									
Jump Rope									

