

DAFTAR GAMBAR

	Halaman
Gambar 2.1. Teknik Gerak Tendangan <i>Ushiro Mawashi geri</i>	14
Gambar 2.2. Pelaksanaan <i>Resistance Band</i>	21
Gambar 2.2. <i>Resistance Band</i>	21
Gambar 2.3. <i>Ankle Weight</i>	23



THE
Character Building
UNIVERSITY