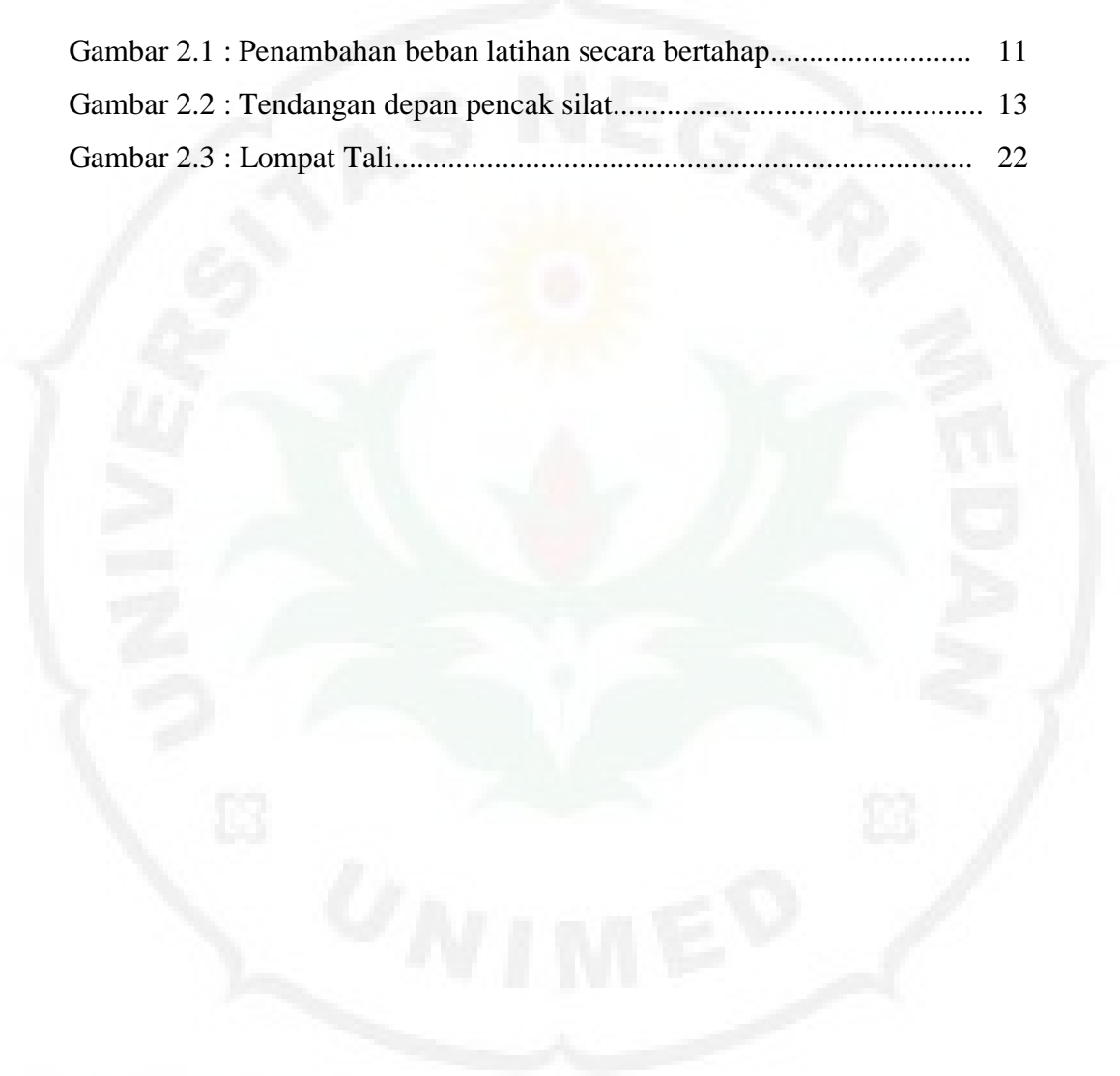


## DAFTAR GAMBAR

Gambar 2.1 : Penambahan beban latihan secara bertahap.....	11
Gambar 2.2 : Tendangan depan pencak silat.....	13
Gambar 2.3 : Lompat Tali.....	22



THE  
*Character Building*  
UNIVERSITY