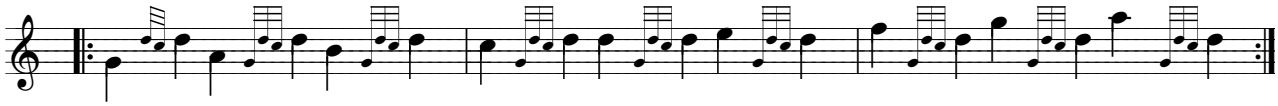
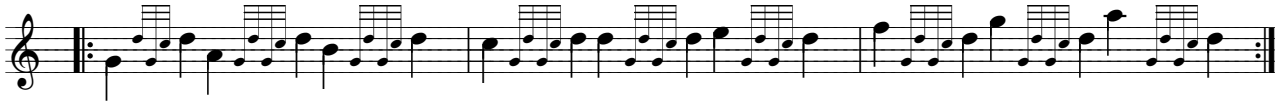
Throw on D - Grip - Taorluath Exercises

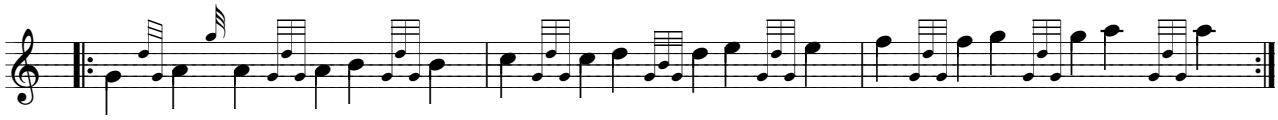
01. Throw on D Stil 1



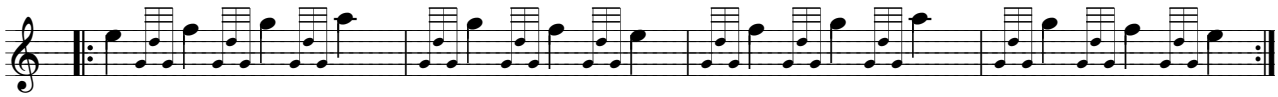
02. Throw on D Stil 2



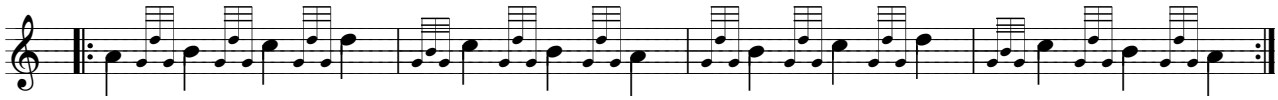
03. Grips



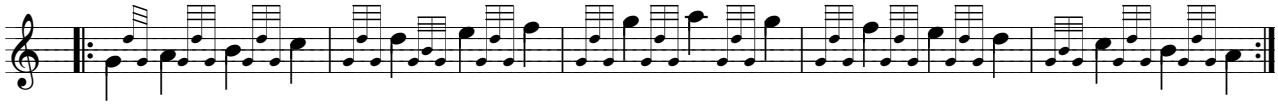
04. Grip Scale Top Hand



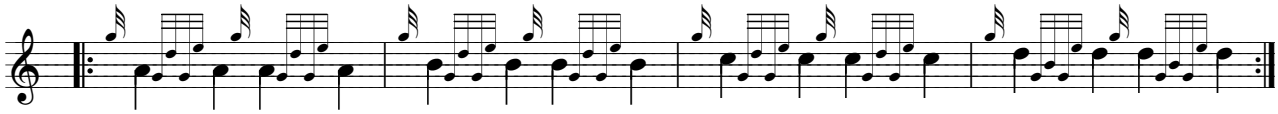
05. Grip Scale Bottom Hand



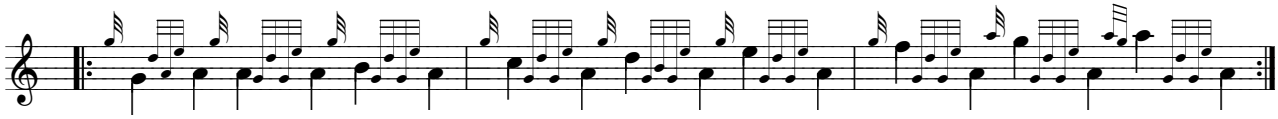
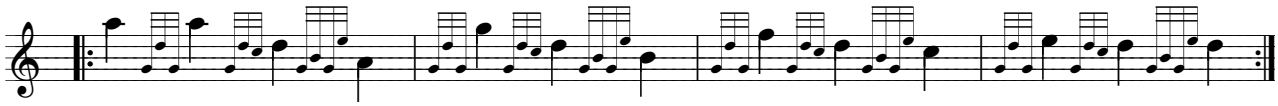
06. Grip Scale



07. Taorluath



08. Taorluath on low A



09. D Taorluath - Throw on D - Grip - Mix