Самоподготовка. Удары правой и левой ногой.

[https://thexvid.com/video/2KAeYOgcmdA/приемы-рукопашного-боя-в-mma-броски-удары-комбинации.html](https://thexvid.com/video/2KAeYOgcmdA/%D0%BF%D1%80%D0%B8%D0%B5%D0%BC%D1%8B-%D1%80%D1%83%D0%BA%D0%BE%D0%BF%D0%B0%D1%88%D0%BD%D0%BE%D0%B3%D0%BE-%D0%B1%D0%BE%D1%8F-%D0%B2-mma-%D0%B1%D1%80%D0%BE%D1%81%D0%BA%D0%B8-%D1%83%D0%B4%D0%B0%D1%80%D1%8B-%D0%BA%D0%BE%D0%BC%D0%B1%D0%B8%D0%BD%D0%B0%D1%86%D0%B8%D0%B8.html)