Самоподготовка. Удары правой и левой ногой.

[https://thexvid.com/video/fQJWZiv11do/как-изучить-рукопашный-бой-в-домашних-условиях.html](https://thexvid.com/video/fQJWZiv11do/%D0%BA%D0%B0%D0%BA-%D0%B8%D0%B7%D1%83%D1%87%D0%B8%D1%82%D1%8C-%D1%80%D1%83%D0%BA%D0%BE%D0%BF%D0%B0%D1%88%D0%BD%D1%8B%D0%B9-%D0%B1%D0%BE%D0%B9-%D0%B2-%D0%B4%D0%BE%D0%BC%D0%B0%D1%88%D0%BD%D0%B8%D1%85-%D1%83%D1%81%D0%BB%D0%BE%D0%B2%D0%B8%D1%8F%D1%85.html)