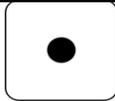


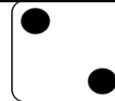
Judofüchse
vom
TSV Hordorf



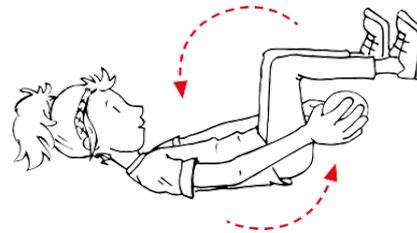
Trainingsplan 2



Hock-Strecksprünge



Ball um die Beine



Knie und Ohrläppchen



Seilspringen



Boxen



Einbeinstand



