

Double Lift System: ONE HANDED by SaysevenT - Video - DOWNLOAD

Hello everyone, my name is SaysevenT.

Today, let me introduce you to another series from **DOUBLE LIFT SYSTEM: ONE HANDED**.

This is the 3rd series from DLS (Double Lift System). This time, I present to you a method for executing a double lift using only one hand.

Take it easy and, for NOW, rest your right hand for a moment and do a miracle with one hand.

Features:

1. There are 4 moves to learn:

- Memoria DL
- Radja DL
- Sanjaka DL
- Nusantara DL

2. And there 2 ways to start the DL:

- From the BOTTOM
- From the TOP

3. Then Learn the best COMBO ROUTINE:

- The Nusantara DL + PUTAR DL

4. Bonus :

- SENDU DL
- SENDU II DL

5. This totals 11 different moves for you to learn.

Watch the demo, download the video, and learn it now!