

A MARTIAL ARTS COMIC BOOK COMPANION

THE DRAGON'S CAGE



EXCITING FIRST ISSUE!!

HOW TO MAKE A FIST



Zig and Zozo spend a lot of time training so they can always be ready to take on Komodo! It's not knowing 1,000 moves that makes you a master, it's practicing the same move 1,000 times! Here's a basic move you can never do enough times: making a fist!



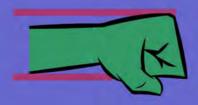


Place your thumb on the outside of your fist. NEVER put your thumb inside your fist.

Use your punching knuckles, not your knocking knuckles.







Tighten fist and straighten wrist!

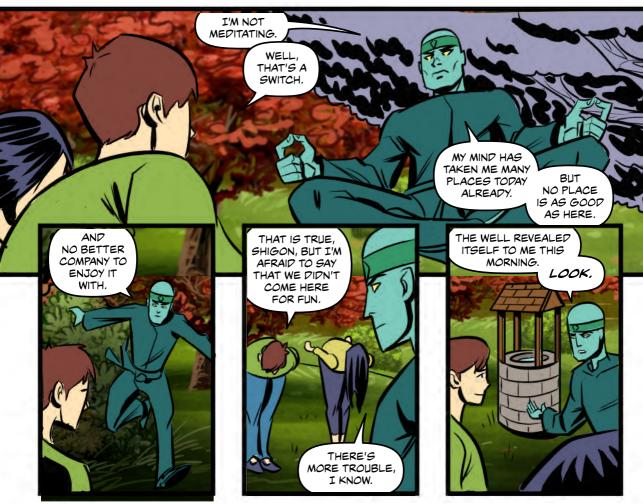
Your punch goes out fast, but comes back faster!!



TO BE A MASTER, YOU MUST PRACTICE AT LEAST 1,000 TIMES!































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