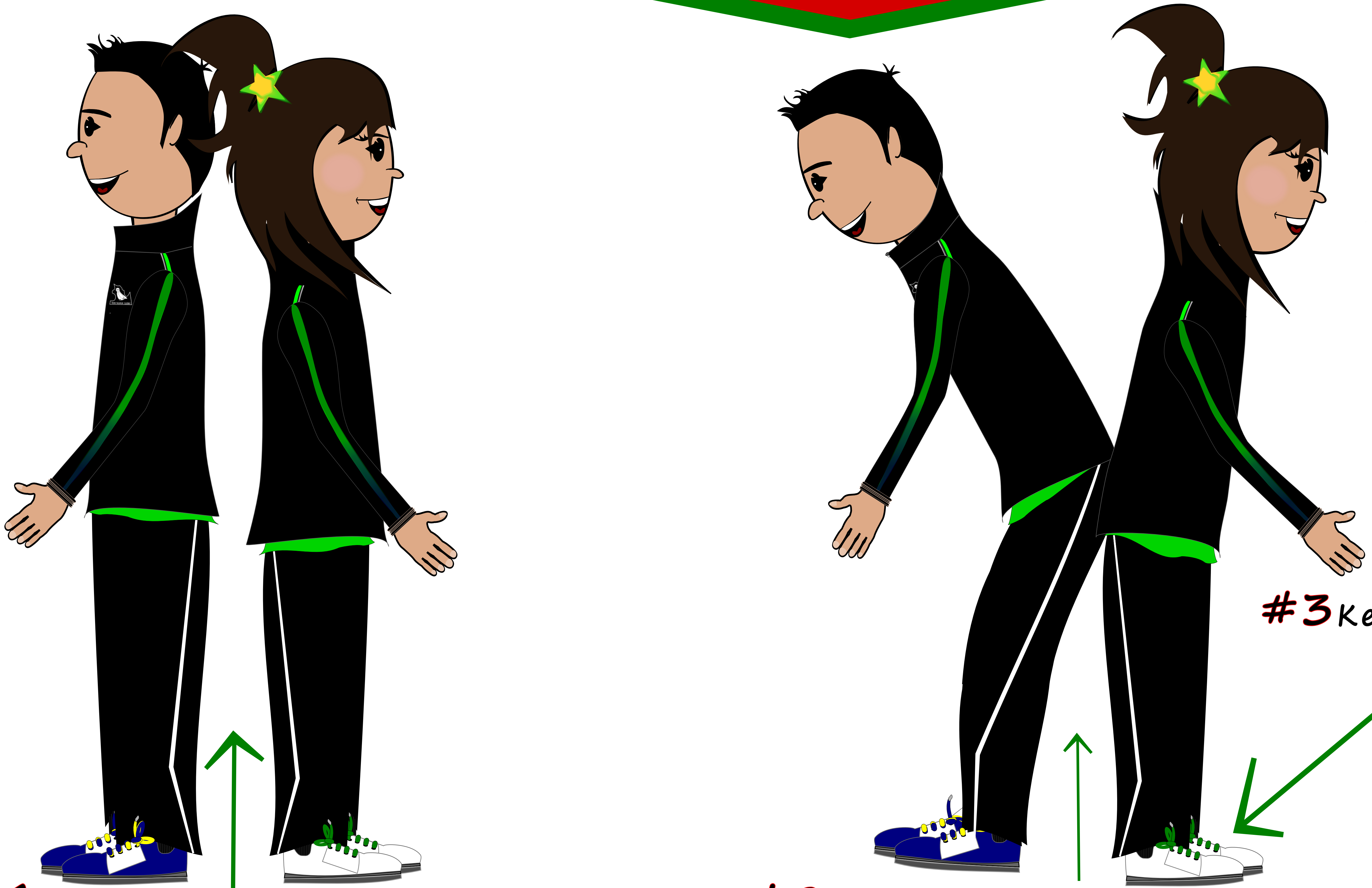
ᐅᑉᐸᑎᓐᓄᑦ ᐱᖑᖅᑲᖅᑕᐅᑎᓂᖅ

Butt Bump



#1 ᐱᖕᖑᐊᖅᑲᑏᓪᓗ ᓂᑯᖅᕿᓗᑎᒃ ᑐᓄᖕᖓᖅᑲᑦᑕᐅᑎᓗᑎᒃ ᐊᑦᑐᐊᓗᑎᒃ.

#1 Stand back to back with your partner.

#2 ᐅᑉᐸᑏᒃᑭᓄᑦ ᐱᖕᖑᐊᖅᑲᑏᑦ ᐹᓪᓚᑎᒐᓯᐊᖅᓗᒍ.

#2 Using your butt try to push your opponent off balance.

#3 ᐃᑎᒐᑎᒃ ᑕᒡᒐᓂᑦᓯᓈᖅᑎᓗᒥᑦ.

#3 Keep your feet in place. Best out of 3.

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