

Latihan Sempoa

1	2	3	4	5	6	7	8	9	10
150	151	171	116	152	164	111	114	104	102
-17	-17	-17	-17	-17	-17	-17	-17	-17	-17

11	12	13	14	15	16	17	18	19	20
156	150	161	115	150	163	112	114	104	102
-16	-16	-16	-16	-16	-16	-16	-16	-16	-16