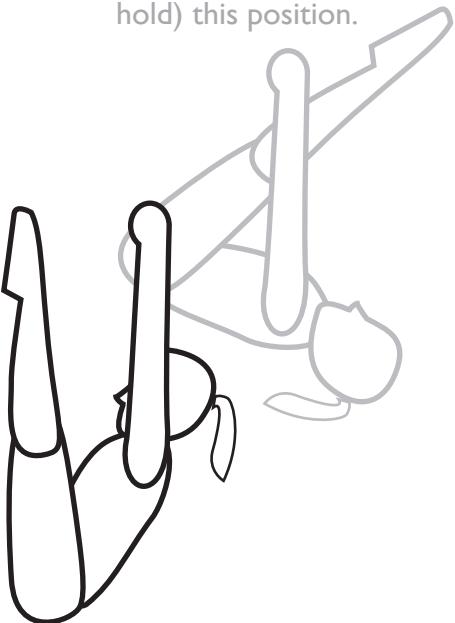


## Pike-Open Basket Toss

Move very quickly through (i.e. don't hold) this position.



Shoot feet up like a back extension roll. Arch here if not twisting. Arms T.

