

|     |       |
|-----|-------|
| 9-8 | 11-10 |
| 4-5 | 7-6   |
| 0-1 | 3-2   |

Always cross.

Assume viewing forward with hand extended and palm down.  
For wrists, positive means clockwise.

For base, positive means left.

For HAND, positive means close.

For ELBOW, positive means contract.

For SHOULDER, positive means retreat.