





Diamond Antispin vs Box Antispin

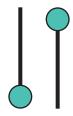


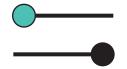
## Hands:

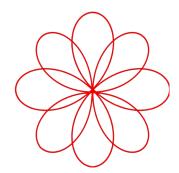
Together Time/ Opposite Direction

## Poi:

Split Time/ Opposite Direction







TogOpp/SplitOpp