















# Head on wall drill

1. Grip 3/4 down shaft
2. Head on wall



inside (hook)



TikTok

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**Note: Possible to replace.**







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## SITUATION 2: CONFERENCE ROOM

SETTING



AT SITUATION ROOM  
OR COURT  
OR LAWERS MEETING.

TIC / GOLF ACTION



REFERENCE.



In a high stakes environment of a conference room the entire team remains frozen, looking expectantly towards their boss for a final answer while the boss is revealed in a corner of the room, detached from the group, his head pressed firmly against the wall, an involuntary physical tic used to anchor his posture and stabilize his focus.

Note: Possible to replace.

### SITUATION 3: PROFESSIONAL KITCHEN

