












STAGE: 1

Stageg fff

Ready Condition: 1

Types of Course: SHORT COURSE

 4 Min Rnds								
	20	1	0	0	0	0	1	0

Start Position:

Exemple: Standing erect, facing downrange with arms hanging naturally by the sides.

Procedure:

Exemple: Standing erect, facing downrange with arms hanging naturally by the sides.