










STAGE: 2

**Stage 7**

Ready Condition: 1

Types of Course: SHORT COURSE

 10 Min Rnds								
	50	2	1	0	0	0	2	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.