



STAGE: 1

**ggggggggg**

Ready Condition: 1

Types of Course: SHORT COURSE



8 Min Rnds



40



1



0



0



0



0



3



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.