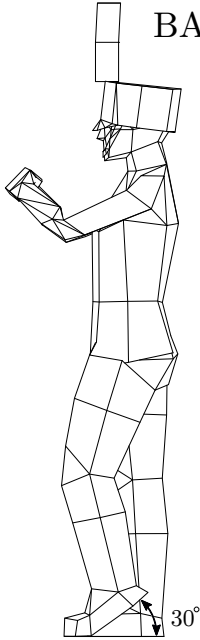


# Mark Time & Lock and Close

MARK TIME MARK! AND! FOUR! EIGHT! ...

BAN READY HALT! LOCK AND CLOSE!



**Upper body** motionless

## ***TIPS:***

- Feet shoulder-width apart (try armpit-width if too big)
- Right arm remains still
- Keep weight distribution even between both legs
- Thumb of left hand rests on top of hand
- Left hand is perfectly horizontal

**Heel** raised 30°