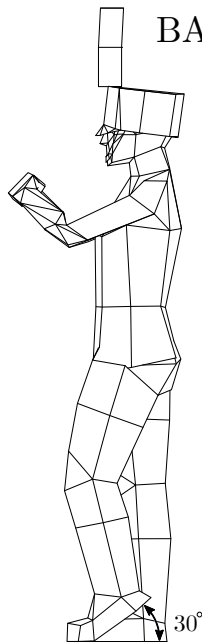


MARK TIME & LOCK AND CLOSE

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

BAN READY HALT! LOCK AND CLOSE!



Upper body
motionless

Left foot raised
on beats 2 & 4

Right foot raised
on beats 1 & 3

Heel raised 30°

TIPS:

- Keep toes planted on ground
- Keep upper body absolutely motionless
- Engage the core; there is no rocking of the weight or change in center of mass
- Motion is short and snappy