

Hand Positions



Sphere of Tension



Half Sphere

Arm Positions



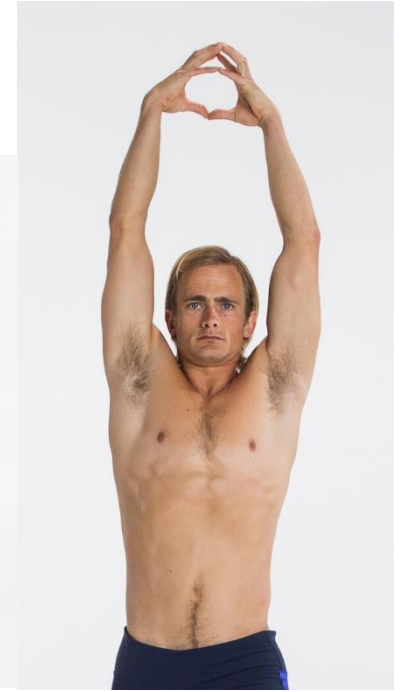
Measuring Sticks



Long Wing



SOT Chest



SOT Overhead

Foot Positions



Parallel Stance



Anchored Feet



Fisted Foot

Additional Arm Positions



Short Wing



Platter Hands



Hip Huggers