



Beginning Stance
Feet together, hands down by the side in blades.



Clasp
Hands clasped, elbows in.



Low Touchdown
Arms extended straight down parallel to each other.



Bow and Arrow
One arm extended to side with other arm bent at elbow in a half 'T' motion.



Touchdown
Arms extending straight and parallel to each other.



Overhead Clasp
Arms are straight, above the head in a clasp and slightly in front of the face.



Low "V"
Arms extending down forming "V".



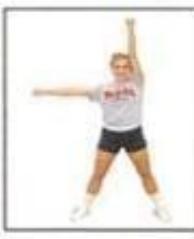
Box Motion
Both arms up in a 90 degree angle, elbows at shoulder height.



Muscle Man
Both arms up a 90 degree angle from a 'T' motion.



Side Lunge
Lead leg bent with knee over ankle, back leg straight, feet perpendicular to each other.



"L"
Left- Left arm extended to the left with the right arm extended in a punch motion.
Right- Right arm extended to the right with the left arm extended in a punch motion.



Diagonals
Right- Right arm extended in a high "V" and the left arm extended in a low "V".
Left- Left arm extended in a high "V" and the right arm extended in a low "V".



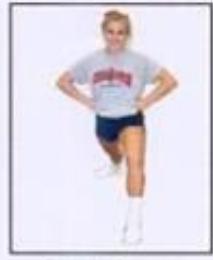
Punch
Right arm extended straight up, left arm on hip.



"T"
Both arms extended straight out to the side and parallel to the ground.



Half "T"
Both arms parallel to the ground and bent at the elbows, fist into shoulders.



Front Lunge
Lead leg bent with knee over head in a clasp and slightly in ankle, back leg straight, feet perpendicular to each other.



Tabletop
Arms bent at elbow, fists in front of shoulders.



High "V"
Arms extending up, forming a "V".