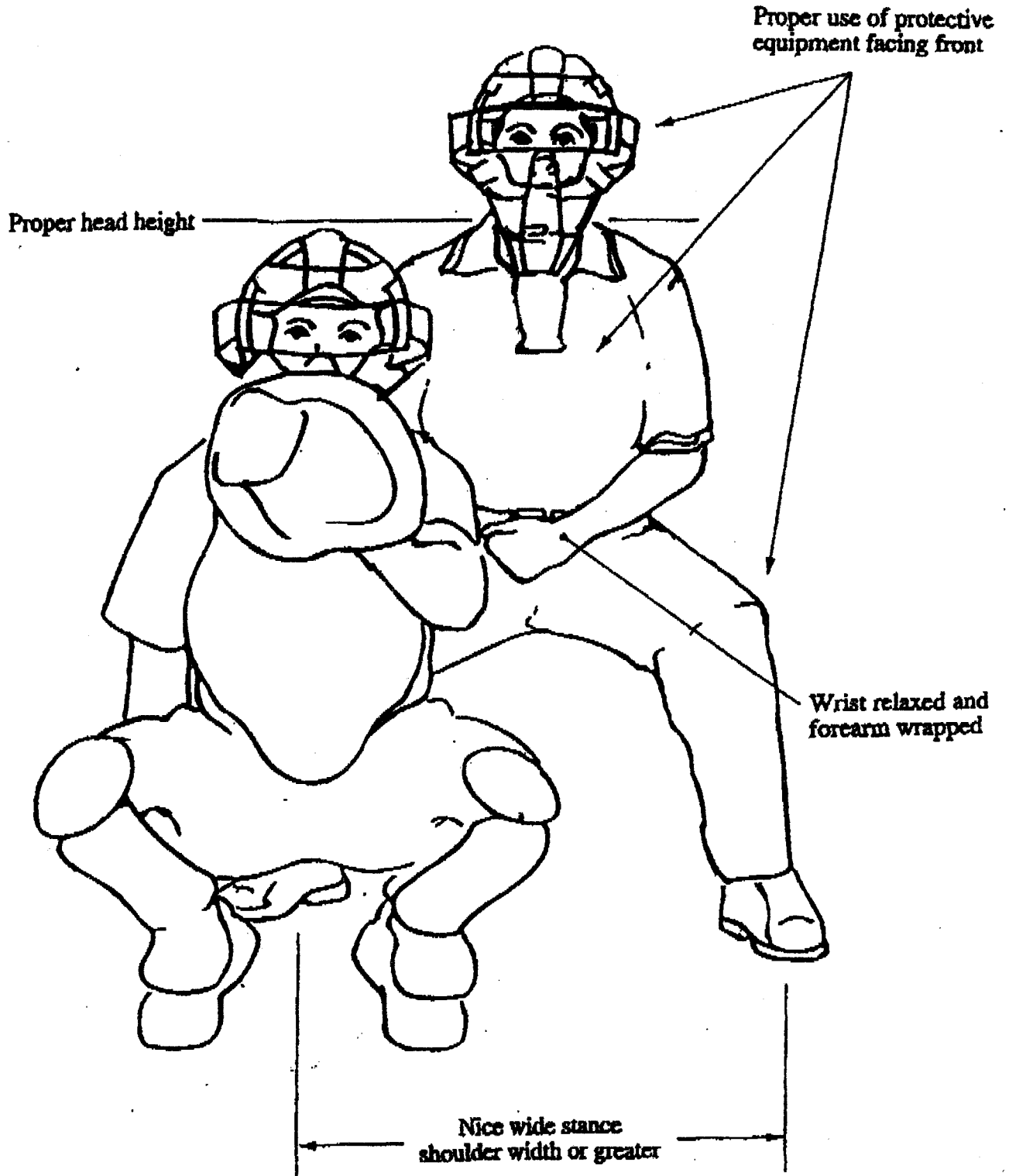


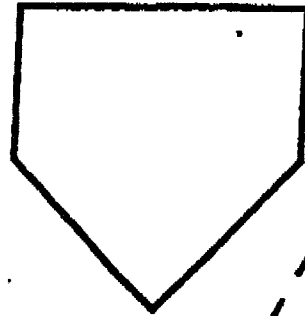
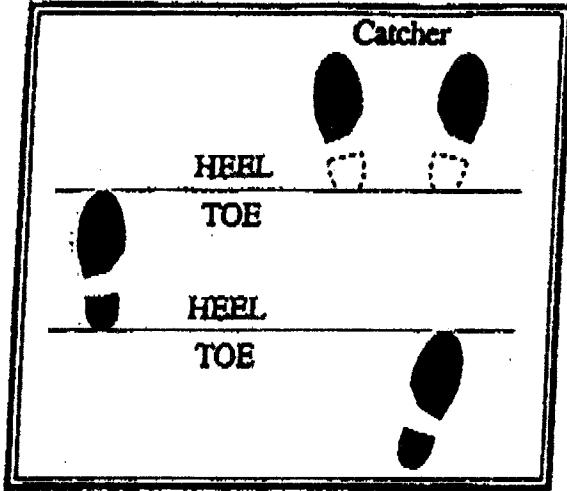
THE SLOT (FRONT VIEW)

Proper head position is controlled by

1. Width of stance
2. Amount of squat
3. Forward body tilt

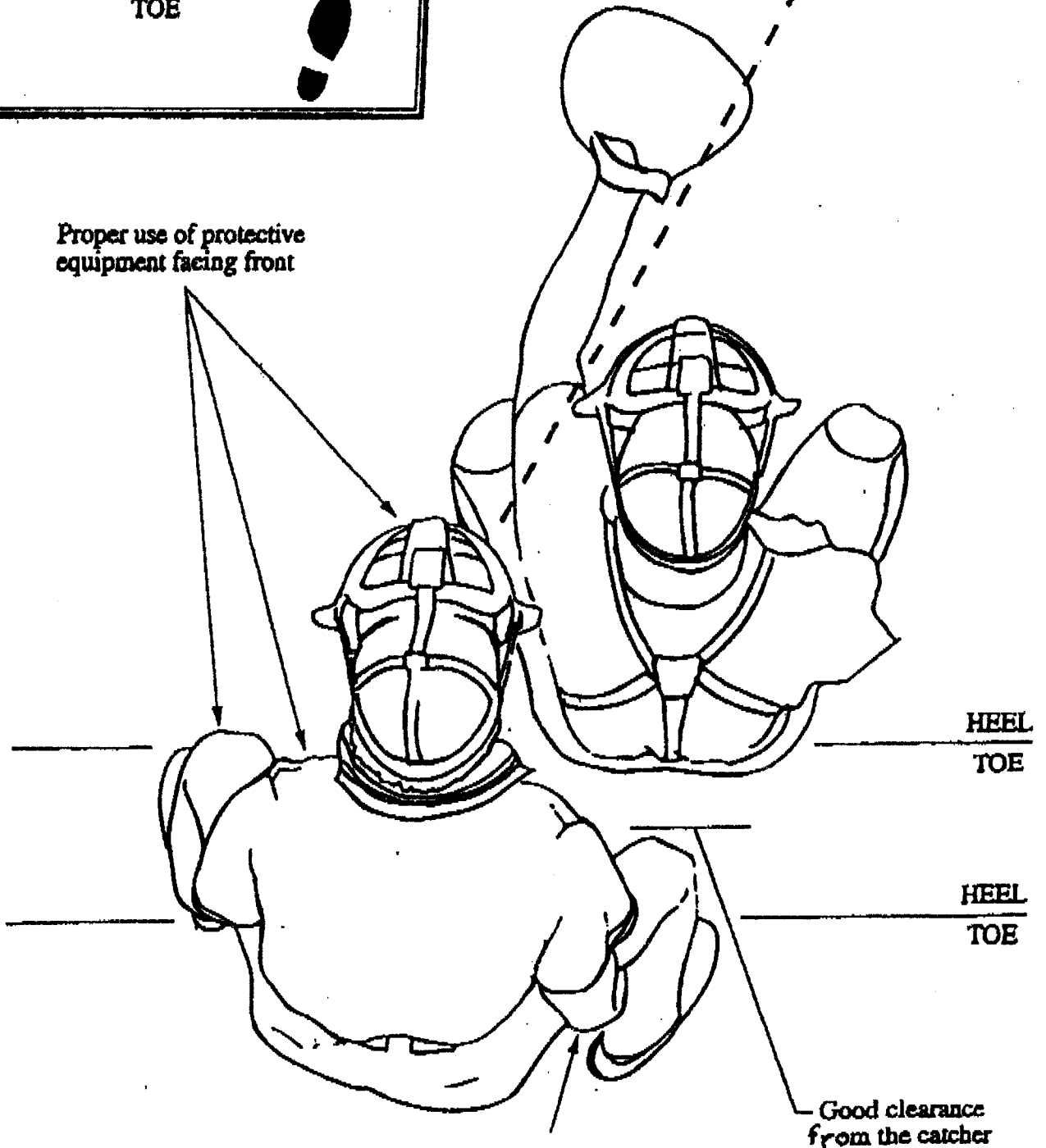


THE SLOT (TOP VIEW)



Good view of the outside corner

Proper use of protective equipment facing front



Right hand in front of
right or banded knee

THE SLOT (SIDE VIEW)

