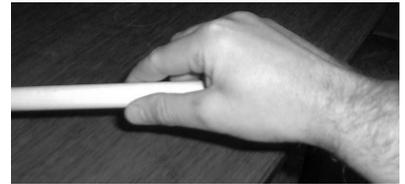


Point Up & Down

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a 1 a 2 a 3 a 4 a
up down up down up down up down up

- Always ensure you have the correct grip before starting.
- Every point up and down, returns to the same starting position.
- Use your wrist only to move the stick up and down.



A

B

C

D