‘Spiral going around and back’

Correct posture

- Yes
- No

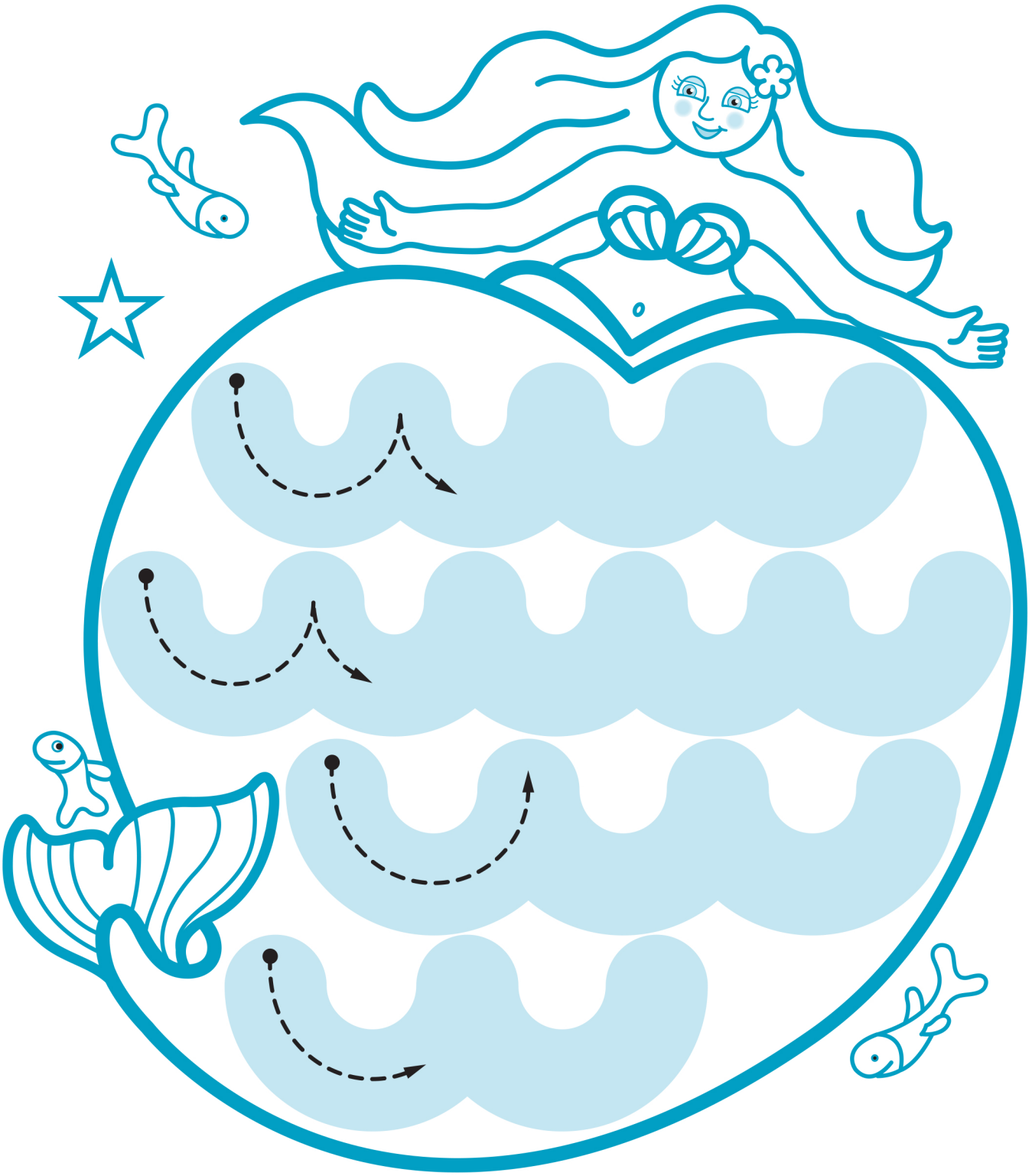
Backward direction

- Yes
- No

Correct grip

- Yes
- No

‘Down and unders’



Correct posture

☐ Yes

☐ No

Forward direction

☐ Yes

☐ No

Correct grip

☐ Yes

☐ No