

Level 1 Bars

D. Hanford 8.3.2023

Back Hip Pullover



0.6

Cast



0.4

Back Hip Circle



0.4

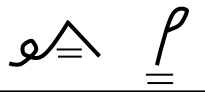
Underswing DISMOUNT



0.6

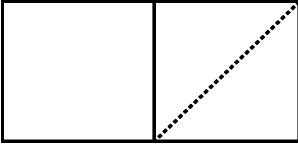
or

Cast Straddle-on,
Sole circle DISMOUNT

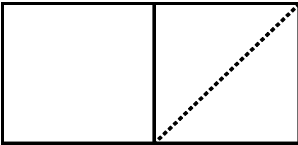


0.6

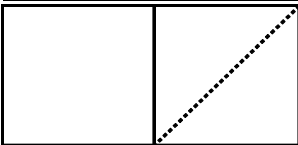
1



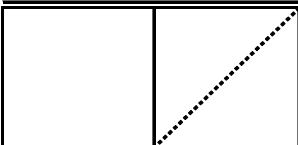
2



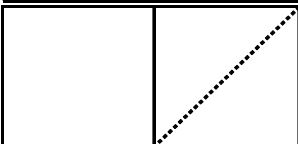
3



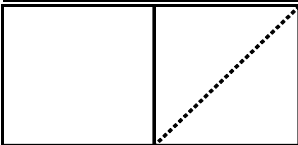
4



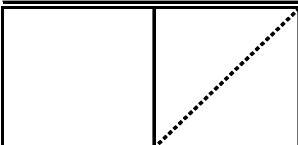
5



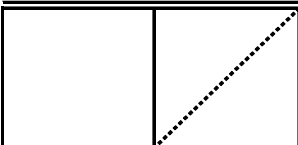
6



7



8



Level 1 Bars

D. Hanford 8.3.2023

Back Hip Pullover



0.6

Cast



0.4

Back Hip Circle



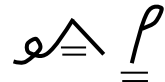
0.4

Underswing DISMOUNT



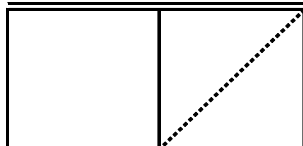
0.6

Cast Straddle-on,
Sole circle DISMOUNT

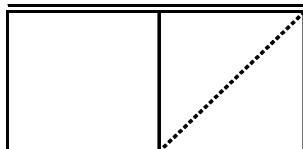


0.6

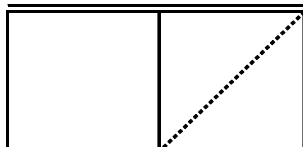
1



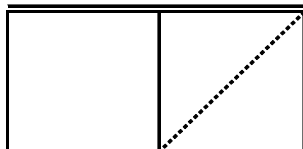
2



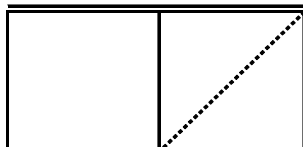
3



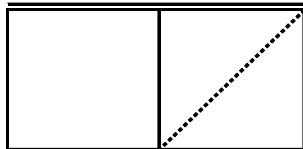
4



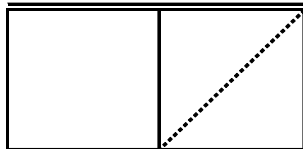
5



6



7



8

