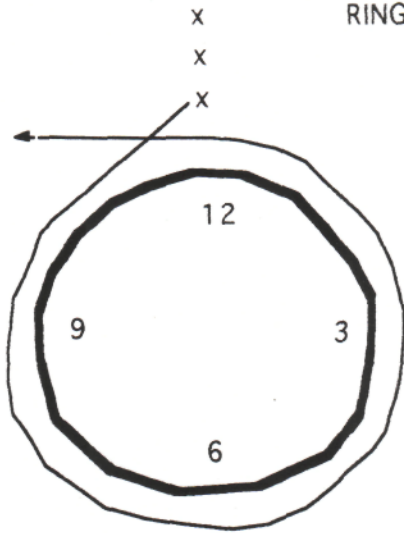
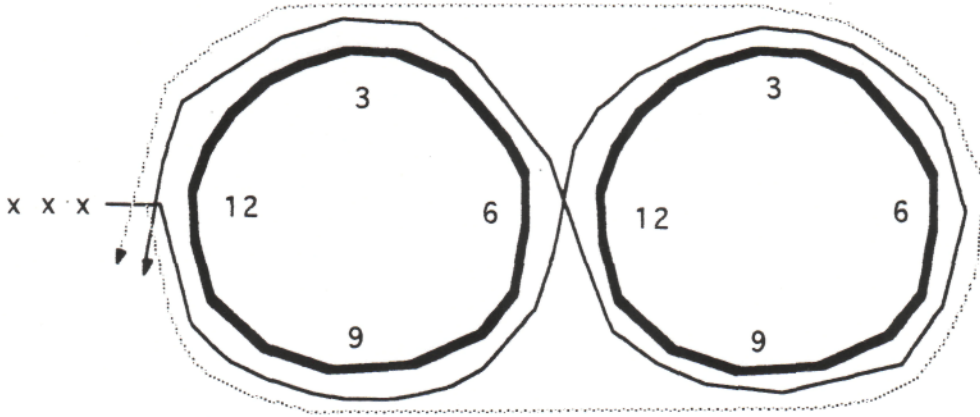


RING DRILLS



1. Sprint
2. Hands down on Clock
3. Shuffle facing in
4. Shuffle facing out



1. Spring Figure 8
2. Hands down on clock Fig. 8
3. Shuffle going right
4. Shuffle going left
5. Sprint big loop
6. Shuffle big loop facing in
7. Shuffle big loop facing out