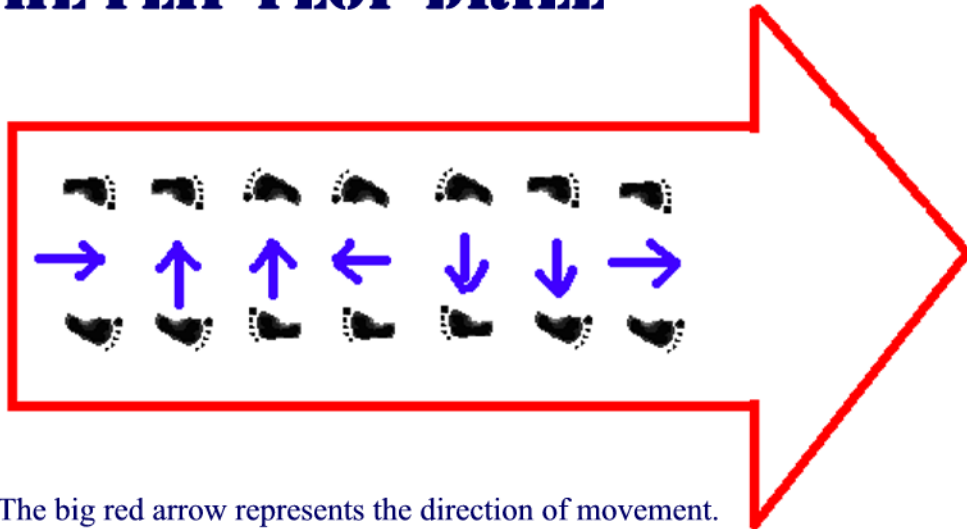


## THE FLIP-FLOP DRILL



The big red arrow represents the direction of movement.  
 The smaller arrows represent the direction your upper body is facing.  
 The feet represent which direction your feet are facing.  
 Each pair of feet represents 8 counts/steps.

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## THE BOX DRILL

The feet below represent which way your feet are facing as well as 2 steps.  
 The arrows between the feet represent your direction of motion.  
 The big arrows represent the direction you upper body should be facing  
 Remember to go to the left first and then the right and then forward 8 again.

