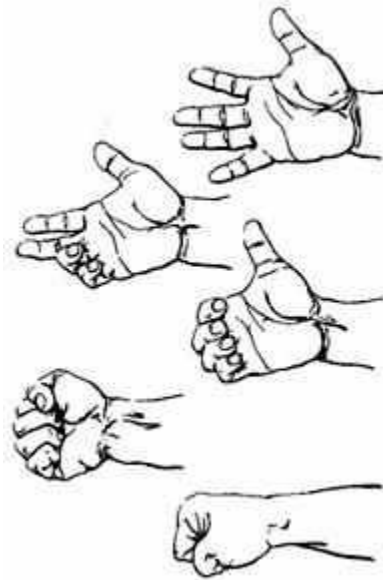


Drill Hand Outs 2015



How to do a Proper Fist (*Thumb Behind fingers*)



**Contact Points
To
Remember
When
Doing drills**