

SAFE ZONE:

All contact between feet, ankles, genitals, legs, etc., must be kept inside the Safe Zone.

Safe is a relative concept. The Safe Zone shifts down.

TRIM ZONE:

Upper 12 inch, 12 inches without a knee (1 person), the lower 12 inches without a knee (2 people) are the trim zone. Anything outside the trim zone is the trim zone.

BLUES DONE: THE INCHES

Lower 12 inches without a knee (1 person) are the blues done zone of the trim zone.

EXERCISES:

- 1. Stand with feet shoulder-width apart, arms at sides, head up.
- 2. Stand with feet shoulder-width apart, arms at sides, head up.

Stand with feet shoulder-width apart, arms at sides, head up.



PRINT AND SHARE YOUR OWN HANDSPINT

