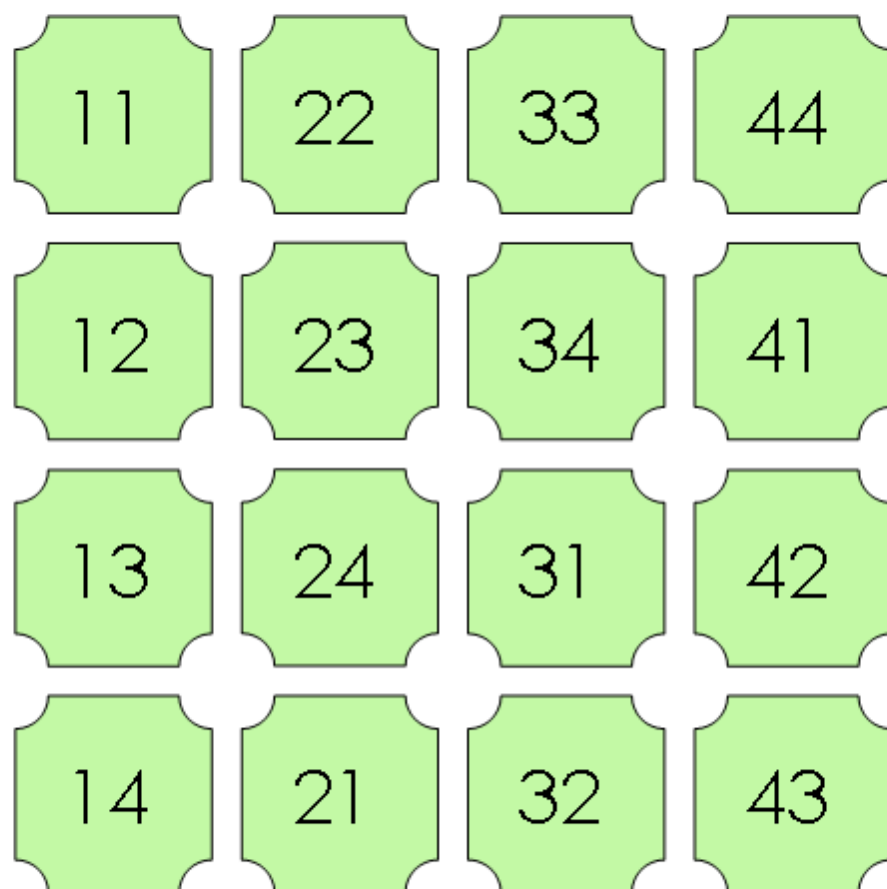


Level 2 Starting positions

Rearranged to **mess you up**

I mean, allow you to practice in short sessions

Practice one or two rows or columns per session. Don't forget to do the mirror reflection side for each box.



For each box:

Both arms forward

Both arms backward

Left forward right backward

Left backward right forward

Mirror reflection