



STAFF NUMBERING (SINGLE END)

- #1 DOWNWARD DIAGONAL R -> L
- #2 DOWNWARD DIAGONAL L -> R
- #3 HORIZONTAL R -> L
- #4 HORIZONTAL L -> R
- #5 THRUST TO MID SECTION ON L
- #6 HIGH THRUST ON L
- #7 HIGH THRUST ON R
- #8 DOWNWARD VERTICAL ON R
- #9 LOW STRIKE R -> L
- #10 LOW STRIKE L -> R
- #11 UPWARDS DIAGONAL R -> L
- #12 UPWARDS DIAGONAL L -> R
- #13 HIGH HORZ TO HEAD R -> L
- #14 HIGH HORZ TO HEAD L -> R
- #15 DOWN VERTICAL ON R
- #16 HORZ INSIDE ABANICO TO HEAD ON R
- #17A HIGH THRUST ON R WITH L HAND END, STEP ACROSS WITH L & SPIN
- #17B HIGH THRUST WITH R HAND END



STAFF NUMBERING (DOUBLE END)

- #1 DOWNWARD DIAGONAL R END
- #2 DOWNWARD DIAGONAL L END
- #3 HORZ R END
- #4 HORZ L END
- #5 THRUST TO MID ON L SIDE WITH R END
- #6 HIGH THRUST ON L SIDE WITH R END
- #7 THRUST TO MID ON R SIDE WITH L END
- #8 DOWN VERTICAL ON R WITH R END
- #9 LOW STRIKE WITH R END
- #10 LOW STRIKE WITH L END
- #11 UPWARDS DIAGONAL WITH R END
- #12 UPWARDS DIAGONAL WITH L END
- #13 HIGH HORZ WITH R END
- #14 HIGH HORZ WITH L END
- #15 DOWN VERTICAL ON R WITH R END
- #16 HORZ INSIDE ABANICO WITH R END
- #17A HIGH THRUST ON R WITH L END, STEP ACROSS & SPIN
- #17B HIGH THRUST WITH L END