1-2-3 POWER DRILL

Breaks down the stand throw to 3 basic movements.

- 1. Rt. heel up, left heel down, popout rt. hip.
- 2. Slight turn of rt. hip, knee & foot, also slap left arm in throw direction. Keep looking back.
- 3. Fire rt. side hip & punch rt. shoulder, belly button ends over left foot.

