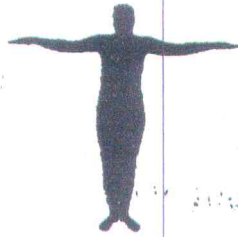


POSITIONS



REACH

arms out in front
shoulder width apart



YARD

arms in line
with shoulders



FLIGHT

arms in line
with top of ears



UPWARDSTRETCH

arms straight up
into ears



DRAG

arms diagonally down
from sides palms up



TOPSTAND

middle fingers
touching on top of head



NECKREST

middle fingers
touching behind neck



HEAVE

elbows bent
beside shoulders
clenched fists



OPEN HEAVE

elbows bent beside
shoulders fingers on
shoulders



OBLIQUE

arms diag up palms up



CROSSBEND

elbows bent fingers
on chest



5TH POSITION

bent elbows arms
above head