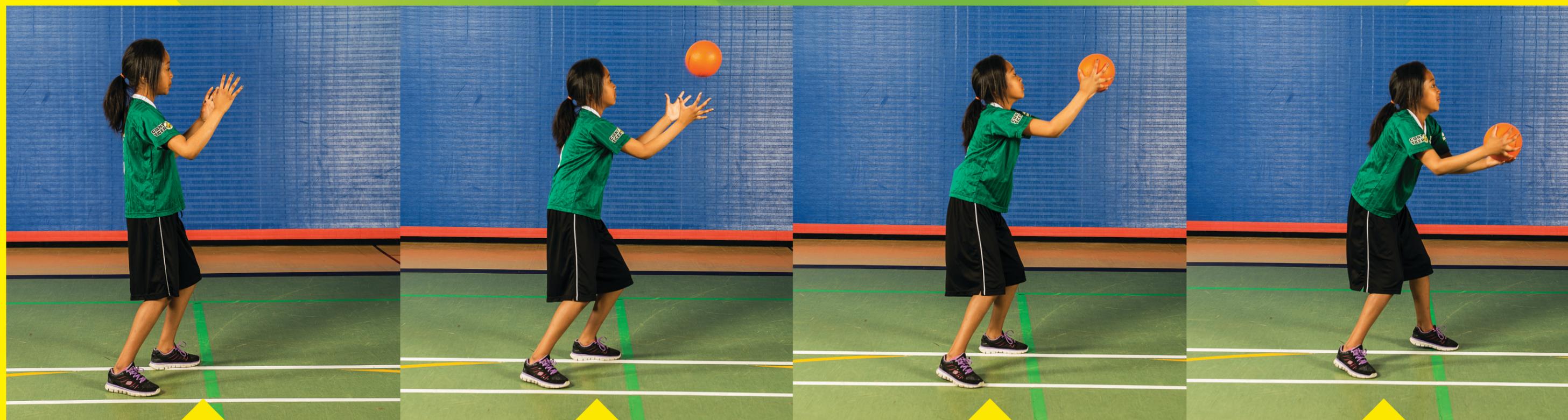




Scan QR Code to view video demonstration

Catching



READY POSITION

- Eyes on target, staggered stance, body aligned with incoming object, arms ready in front of body

ACTION

- Hands move to meet object

ACTION

- Catches object with hands

ACTION

- Relaxes and absorbs the force of the object