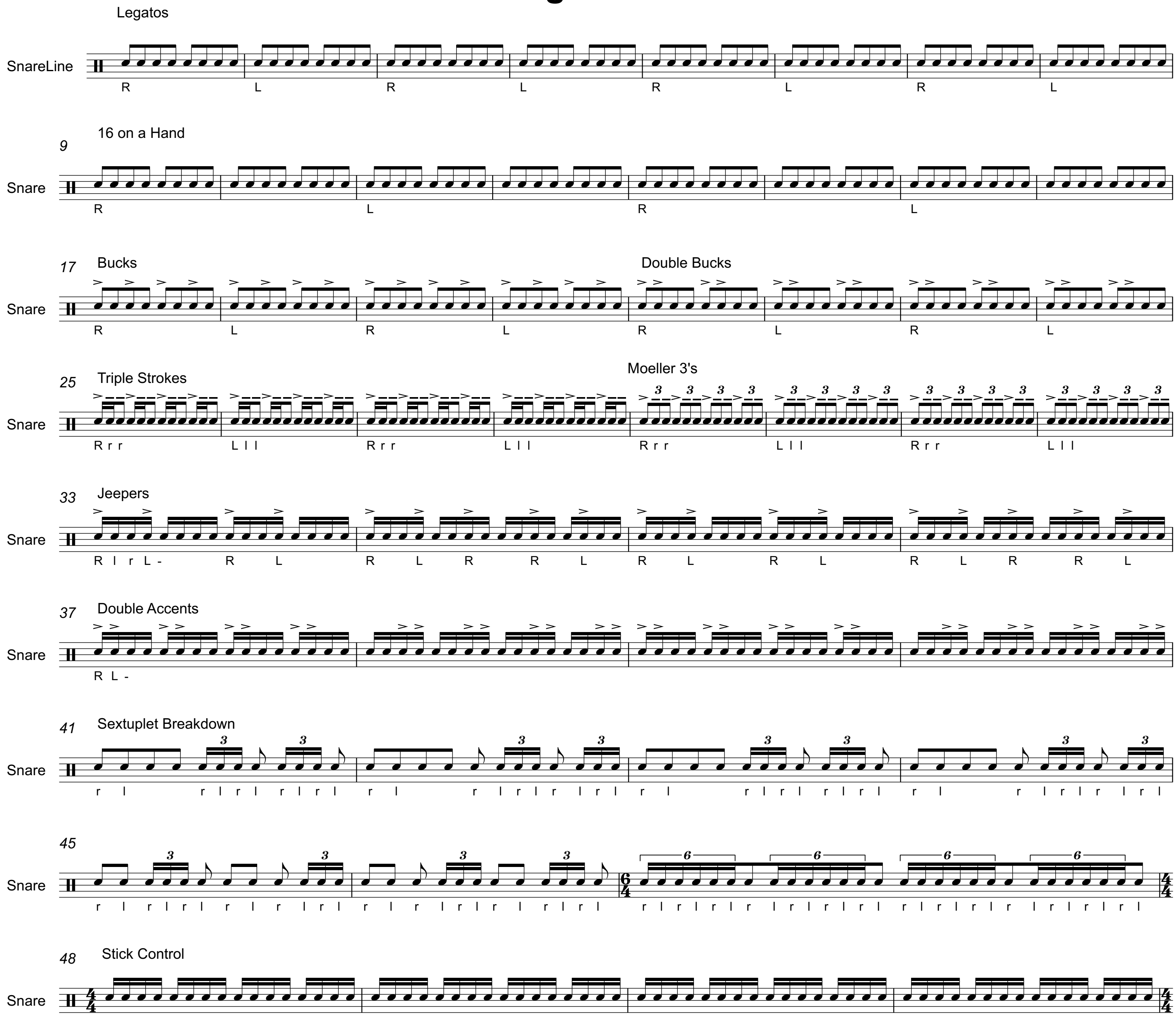
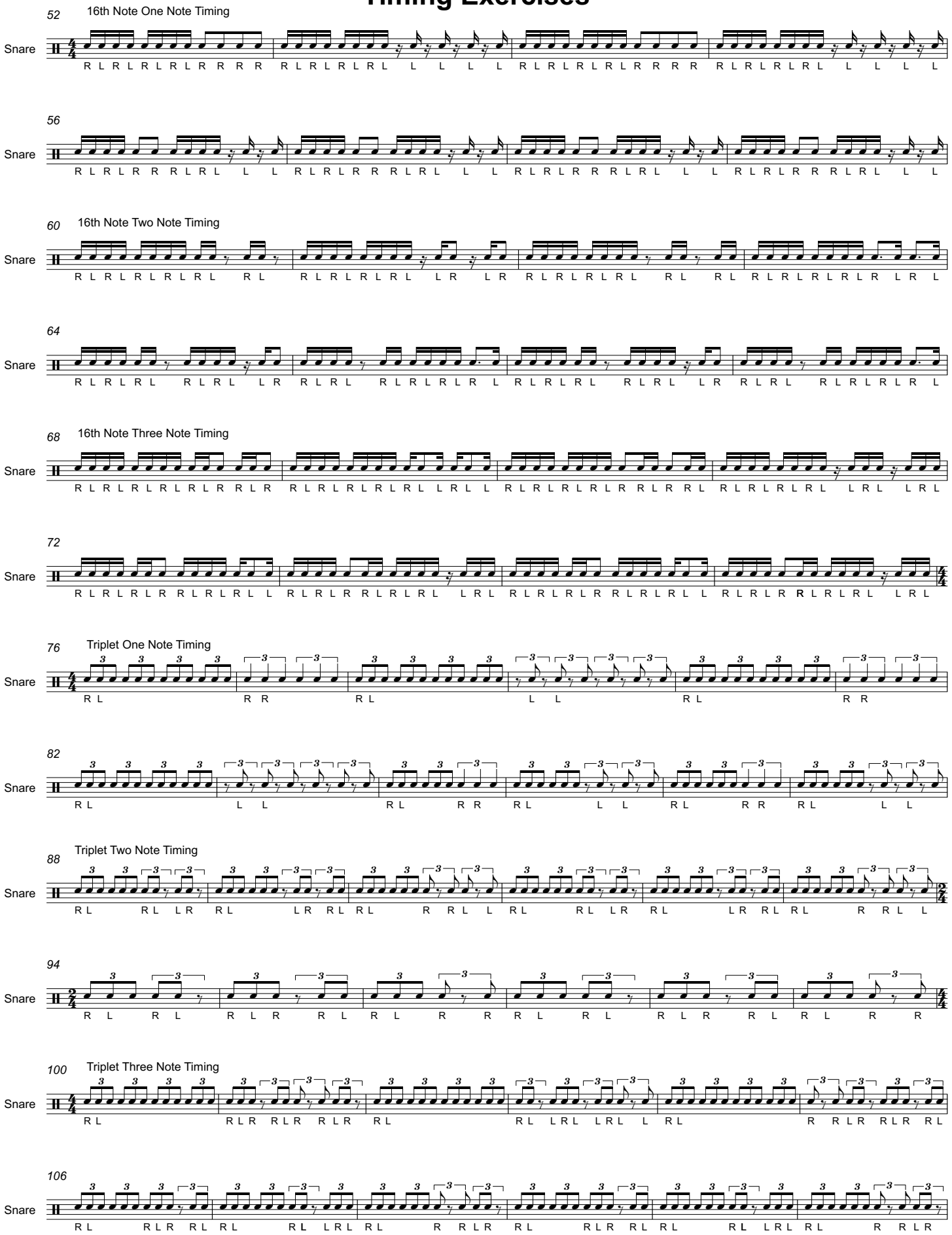
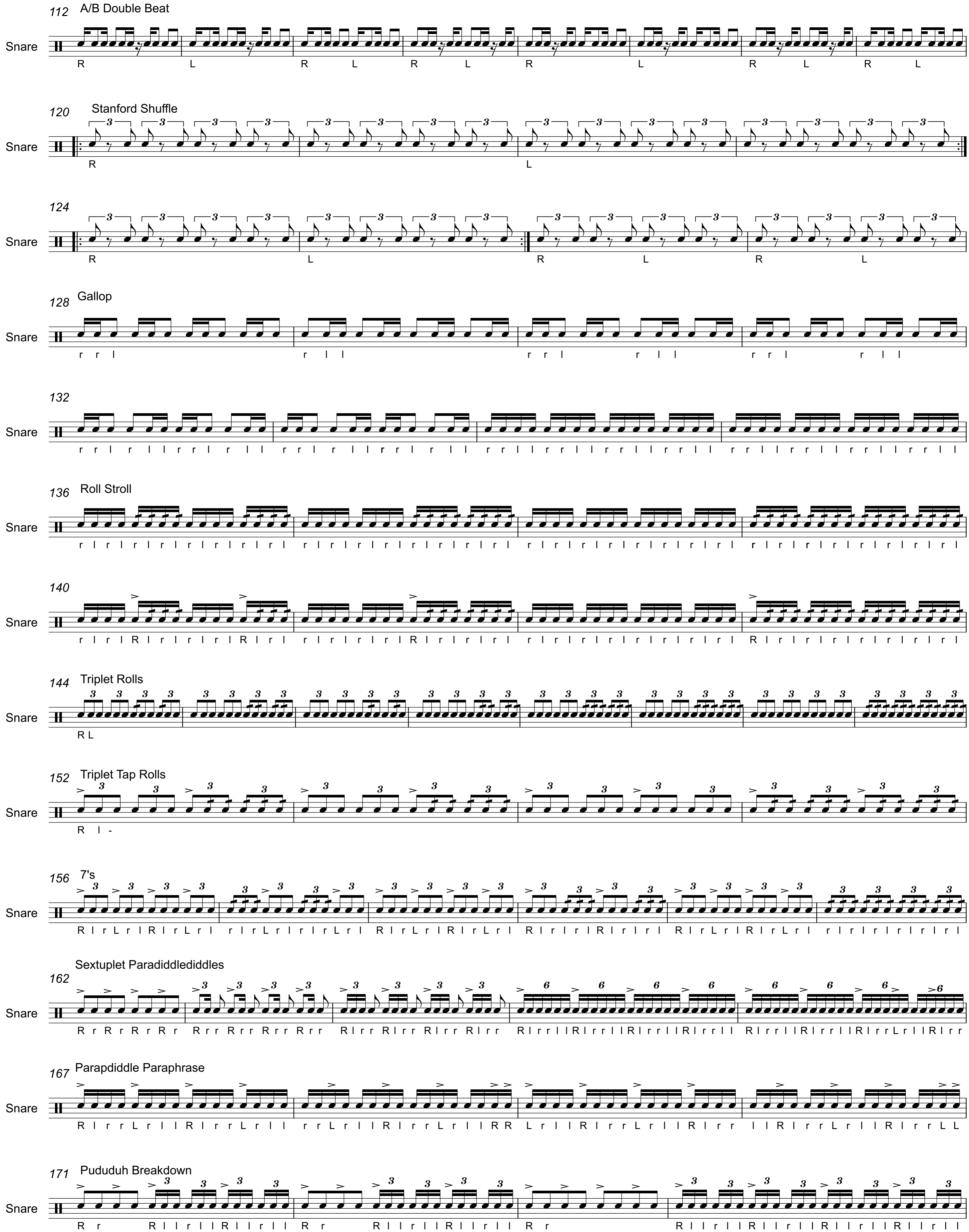
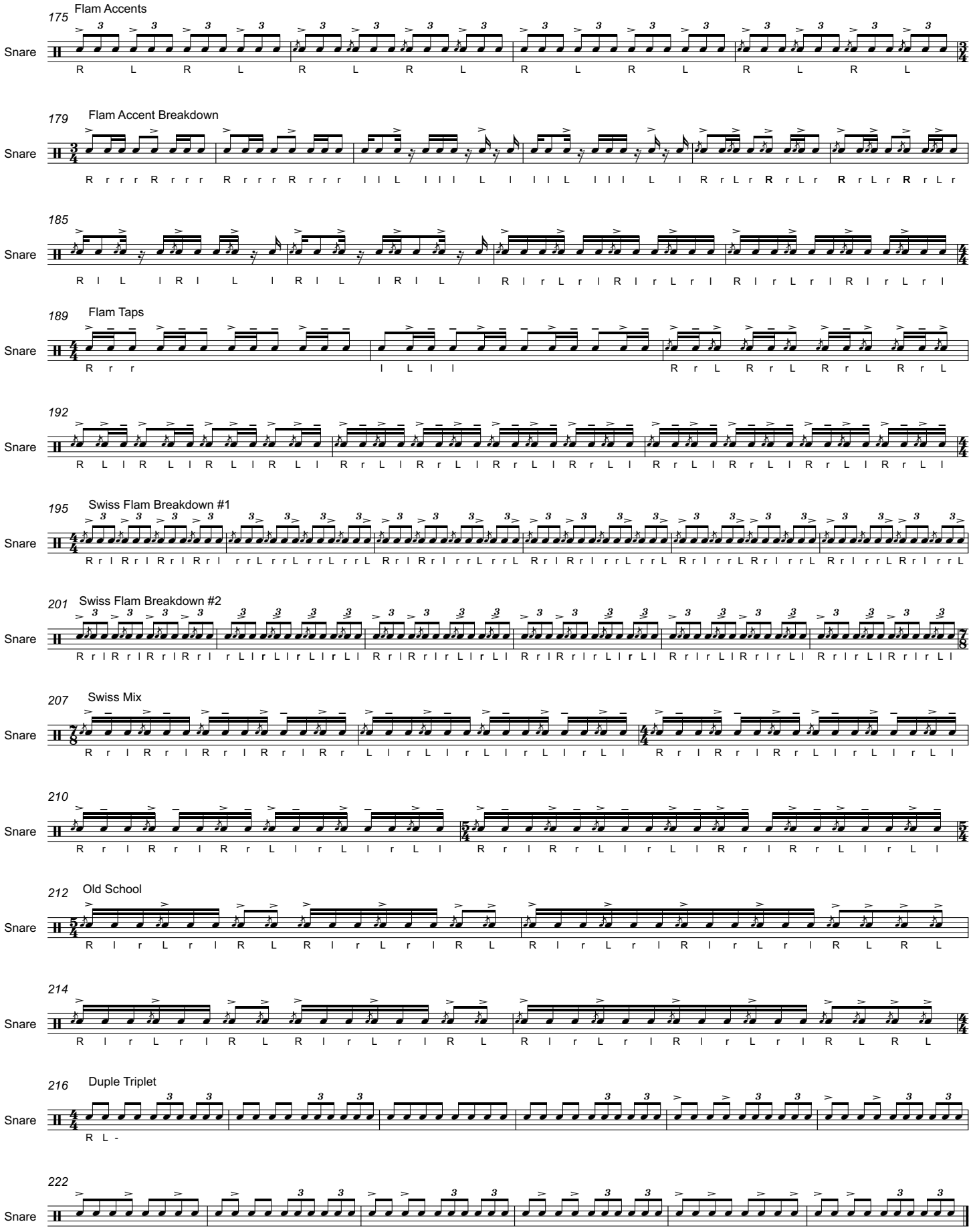
Fundamental Packet
Single Hand



Timing Exercises



Rebounding Doubles



Flams & Miscellaneous