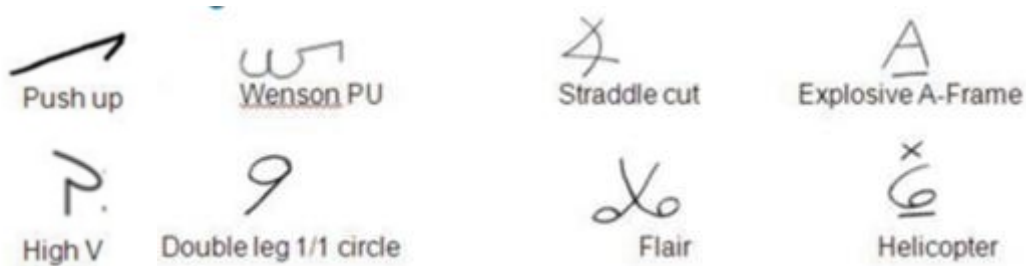


## SHORT HAND for INTERMEDIATE JUDGES

### GROUP A – Dynamic Strength



### GROUP B – Static Strength



### GROUP C - Jumps and Leaps



### GROUP D – Balance and Flexibility

