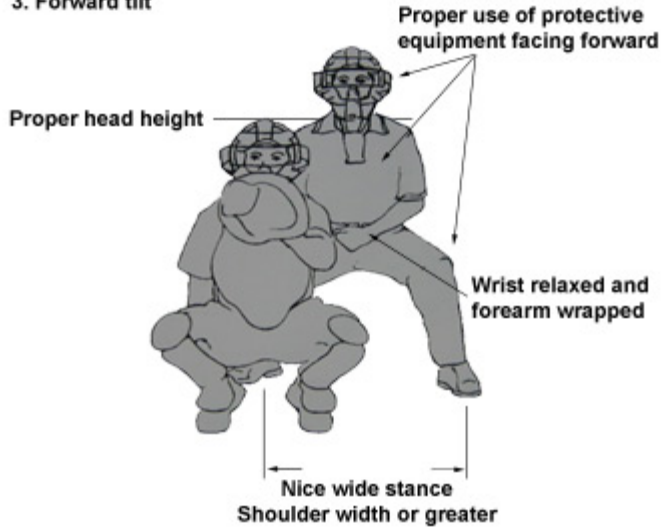


# The Slot

(front view)

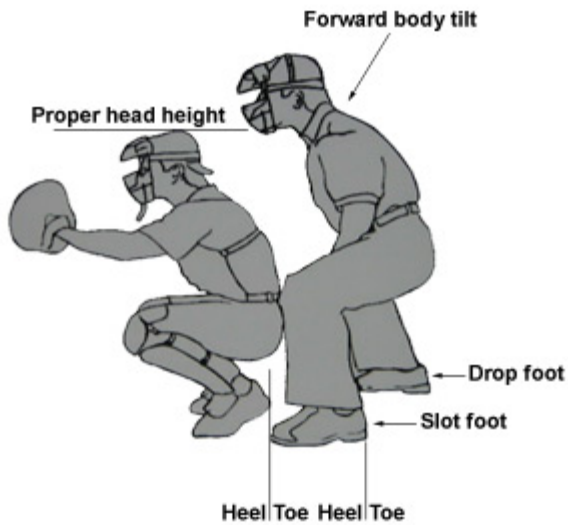
Proper HEAD POSITION is controlled by:

1. Width of stance
2. Amount of squat
3. Forward tilt



# The Slot

(side view)



# The Slot (top view)

