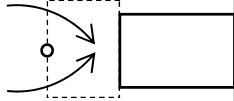


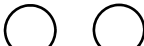
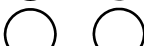


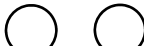
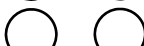
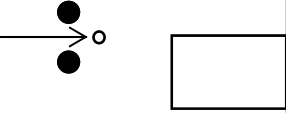



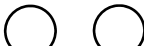



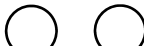
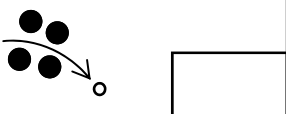

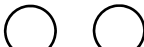
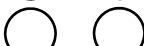
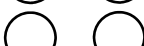


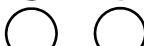
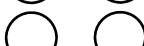
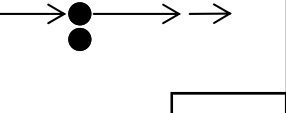
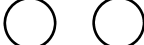


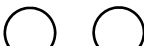


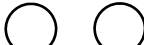
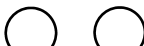
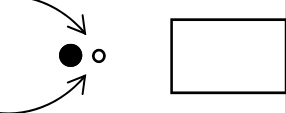



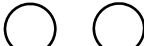




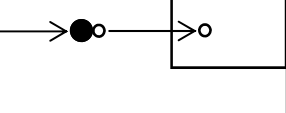
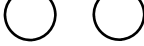
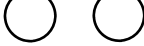






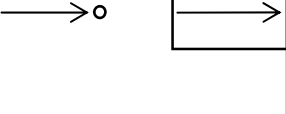
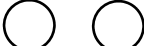





Exercise	Example Instruction	Name _____		Name _____	
		Total: _____		Total: _____	
1 	Jack 12" from spot. Bowls to be behind Jack in Radius.	    2 pts per Bowl	16	    2 pts per Bowl	16
2 	Place two Bowls in a split position. Players must split Bowls and run onto the Jack.	    2 pts per Bowl	16	    2 pts per Bowl	16
3 	Jack 12" from spot. Player must draw through Bowls onto the Jack. Shot must be with 12".	    2 pts per Bowl	16	    2 pts per Bowl	16
4 	Place two Bowls 12" from front line. Player must take outside Bowl off the mat without disturbing the inside Bowl.	    2 pts per Bowl	16	    2 pts per Bowl	16
5 	Place Jack 6" away from spot. Place shot Bowl 12" directly in front. Player must Draw the shot with either hand.	    2 pts per Bowl	16	    2 pts per Bowl	16
6 	Place Jack on the spot with one Bowl touching. Player must touch Bowl forcing Jack back into bowling area without killing the Jack. Jack must move 6".	    2 pts per Bowl	16	    2 pts per Bowl	16
7 	Place Jack on spot. Player must kill the end.	   2 pts per Bowl	4	   2 pts per Bowl	4