



## Stick Certification

1. Hand position
2. Proper Distance
3. Cutting Knuckles
4. Name of the bottom of the stick?
5. Demonstrate the bow
6. Chambers on 4 and 5 and 7
7. Pivots on 4 and 5
8. Targets on each strike
9. Doing it with the hands
10. Must be able to do matching, mirroring and complementary
11. Demonstrate crossing the centerline performing 4-7 matching, mirroring and complementary.