

20100628 (Monday)

Session A

- #1 F drill
- #2 M-over/under-M
- #3 Donut-sideslide-Donut
- #4 P O Q B L (x2)
- #5 7 A 9
- #6 C 14 H D

Session B

- #1 E 4 (x2)
- #2 2 6 (x2)
- #3 M 11 (x2)
- #4 15-drill, J-15
- #5 J-15

Session C

- #1 E 4
- #2 J 15
- #3 11 M
- #4 F-18 (x2)
- #5 P-19 (x2)
- #6 P O Q B L

Session D

- #1 6 P J (x2)
- #2 F 18
- #3 P 19
- #4 D 20 (x2)
- #5 A-Q