

20101001 (Friday)

Session A

- #1 Solo 360 drill
- #2 J J M hop
- #3 J M Q P L
- #4 7 H 6
- #5 D 9 N O
- #6 A-Q

Session B

- #1 M 13 (x3)
- #2 H 10 (x2)
- #3 2 B 4

Session C

- #1 E 13 (x2)
- #2 P 10
- #3 5 5 (x3)

Session D

- #1 5 5 (x2)
- #2 B 16 (x2)
- #3 L 3 (x2)

Session E

- #1 17 17 (x2)
- #2 F 12 (x2)
- #3 A O 18 D

Session F

- #1 O 6 F L
- #2 15 Q P A
- #3 22 N G
- #4 Q-A
- #5 A-Q