



# January Stickwork

## Cradle & Control Routine

- 1.) Wrist Snap-Right
- 2.) Wrist Snap-Left
- 3.) Wrist Snap CST
- 4.) Catch Cradle Throw (CCT)- Right
- 5.) Catch Cradle Throw (CCT)- Left
- 6.) Catch Switch Throw (CST)
- 7.) Sling Shot- Right
- 8.) Sling Shot-Left
- 9.) Sling Shot Switches
- 10.) Routine: (catch and switch between each step)
  - a. Wrist snap-right; wrist snap-left; CCT-right; CCT-left; sling shot-right; sling shot-left