**Test Day Draws**

**DIRECTION\_\_\_\_\_\_\_\_\_\_**

**(Clockwise-CW or CounterClockwise-CCW)**

**DIRECTION\_\_\_\_\_\_\_\_\_\_**

**(Forwards-F or Backwards-B)**

**EDGE\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Inside-I or Outside-O)**

# Forward Exercises Backward Exercises

**RFO (CW) LBO (CW)**

**LFO (CCW) RBO (CCW)**

**RFI (CCW) LBI (CCW)**

**LFI (CW) RBI (CW)**