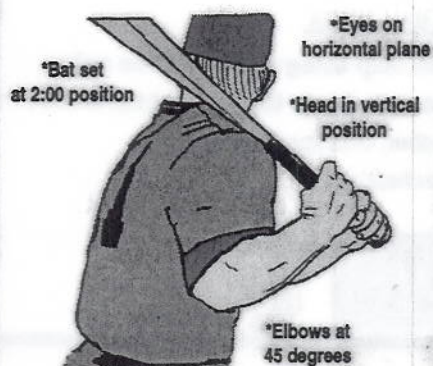


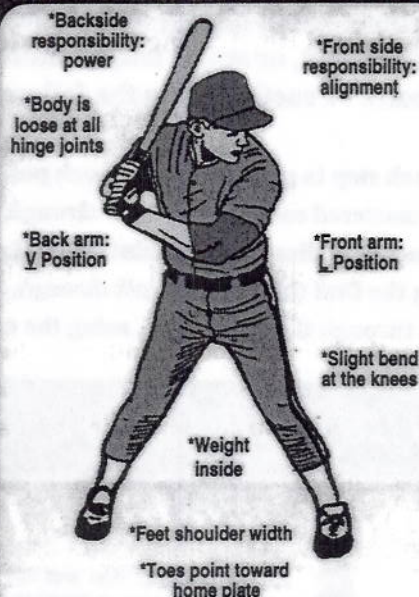
# Joe Brockhoff's SUPER 8 HITTING SYSTEM™

## Hand Position

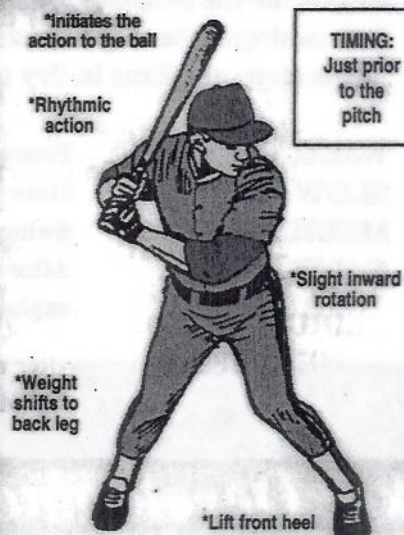
### COURAGE CONFIDENCE COMMAND



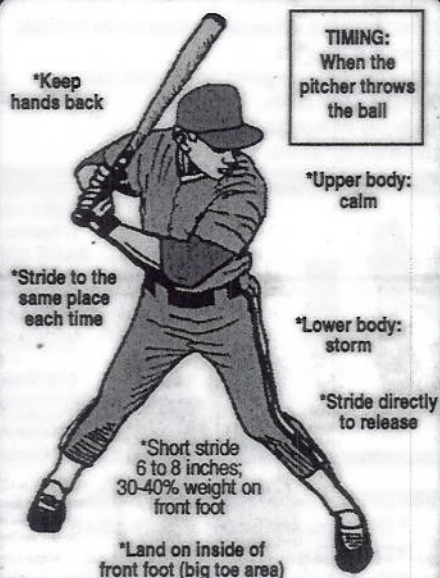
## 1 Stance



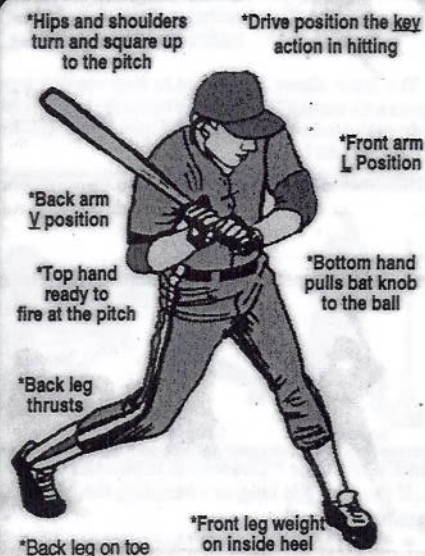
## 2 Coil (Load)



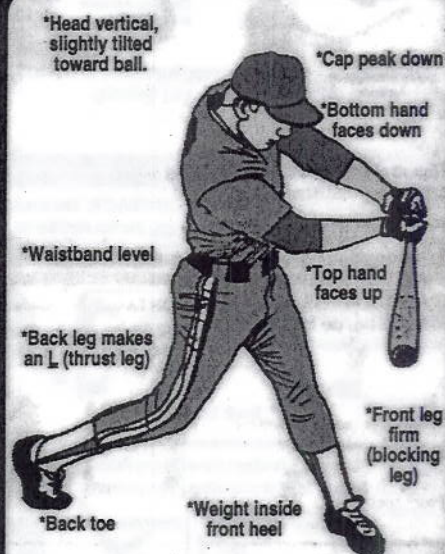
## 3 Stride A



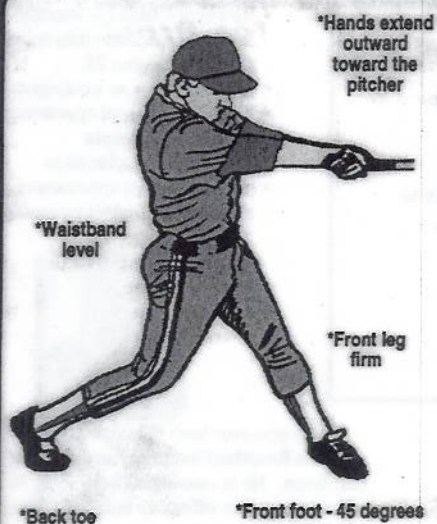
## 4 Drive B



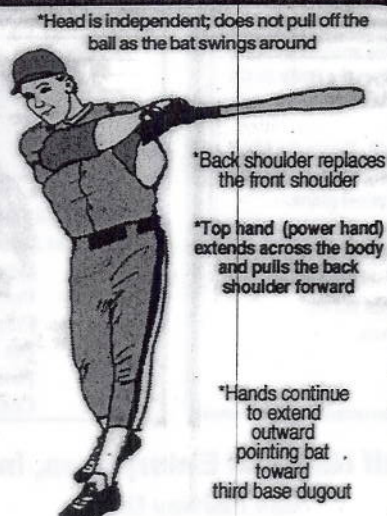
## 5 Contact C



## 6 Extend



## 7 Extend Again



## 8 Finish

