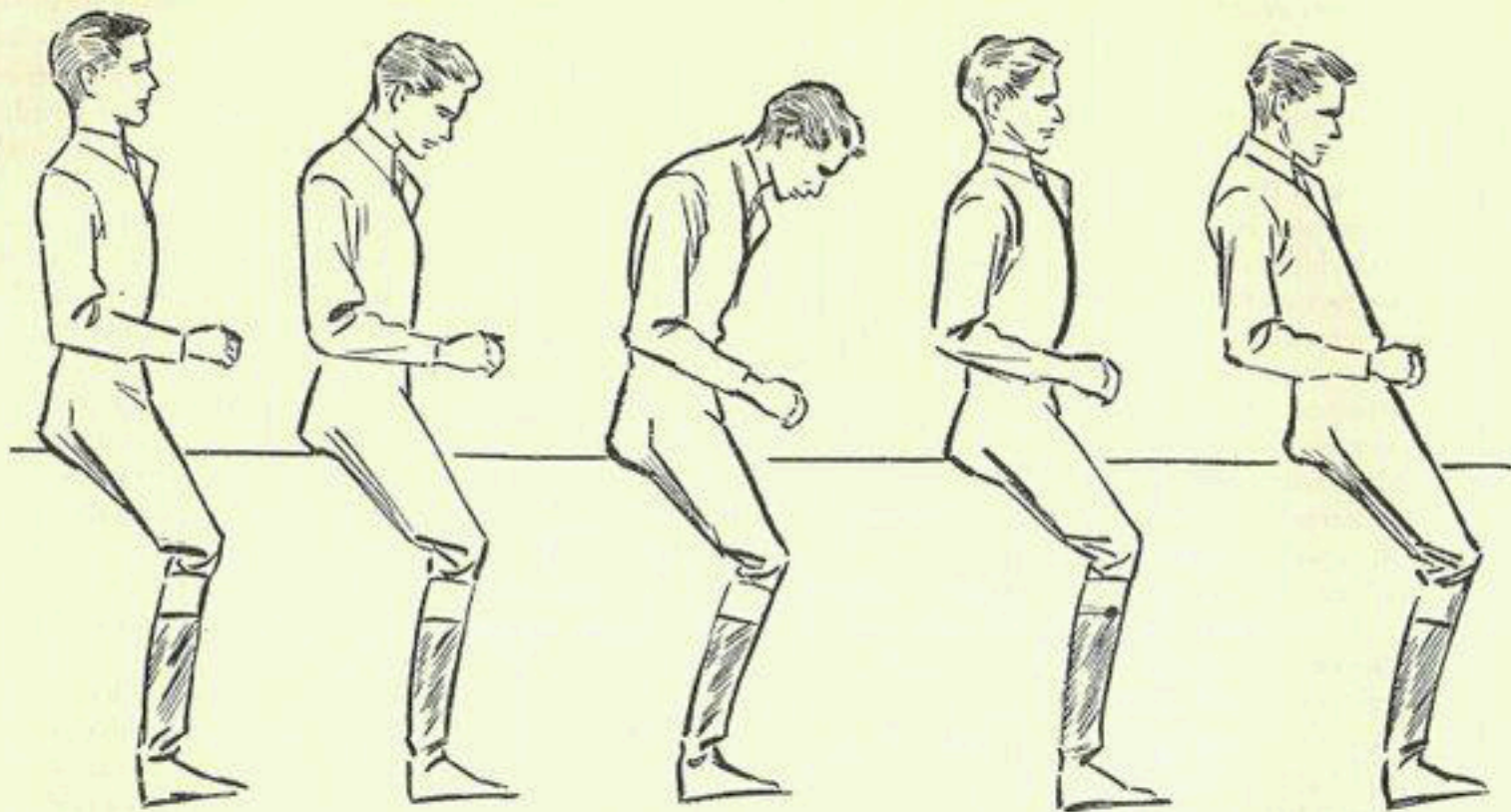


COMMON DISTORTIONS OF A GOOD POSITION



1. Upper body in correct position.

2. What happens to the upper body when the eyes drop.

3. Careless position, a rouch-back.

4. Too stiff and tense.

5. Buttocks tucked under, knees come up, security is lessened.