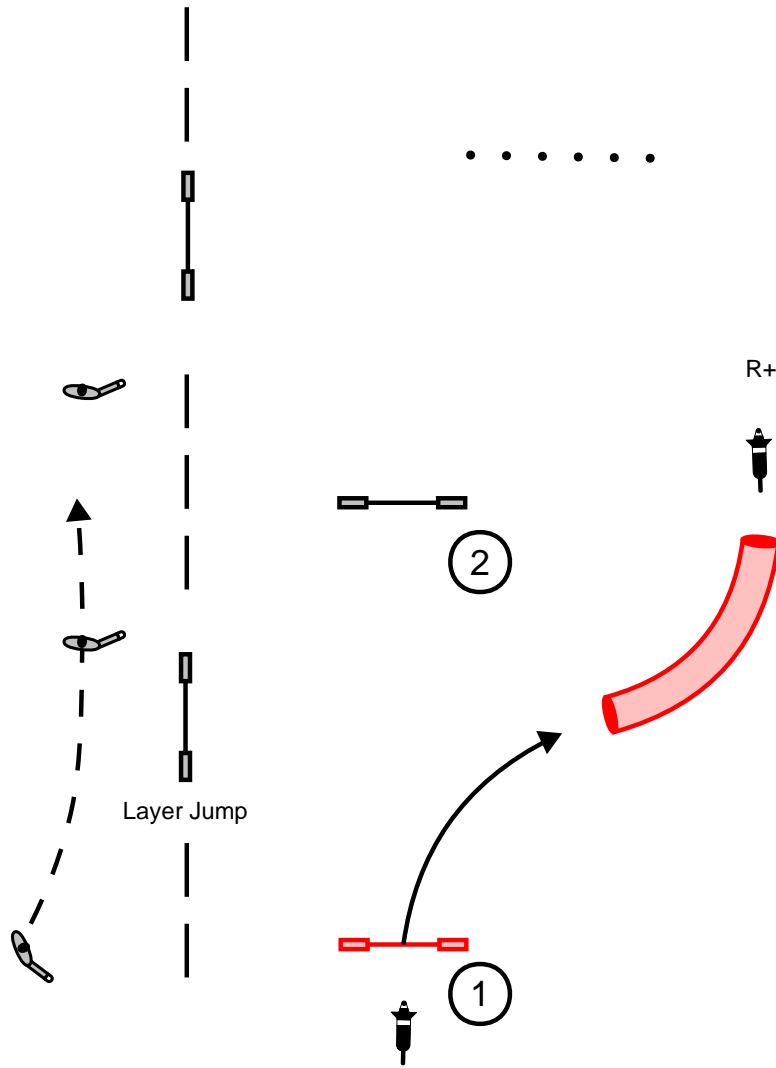


Advanced Distance Drill 5

Figure 6



Proofing can be taken one step further by cueing the tunnel instead of the other options. In this exercise I say "out-tunnel" and my shoulders are facing the tunnel entrance.