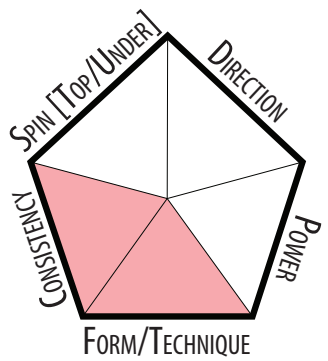
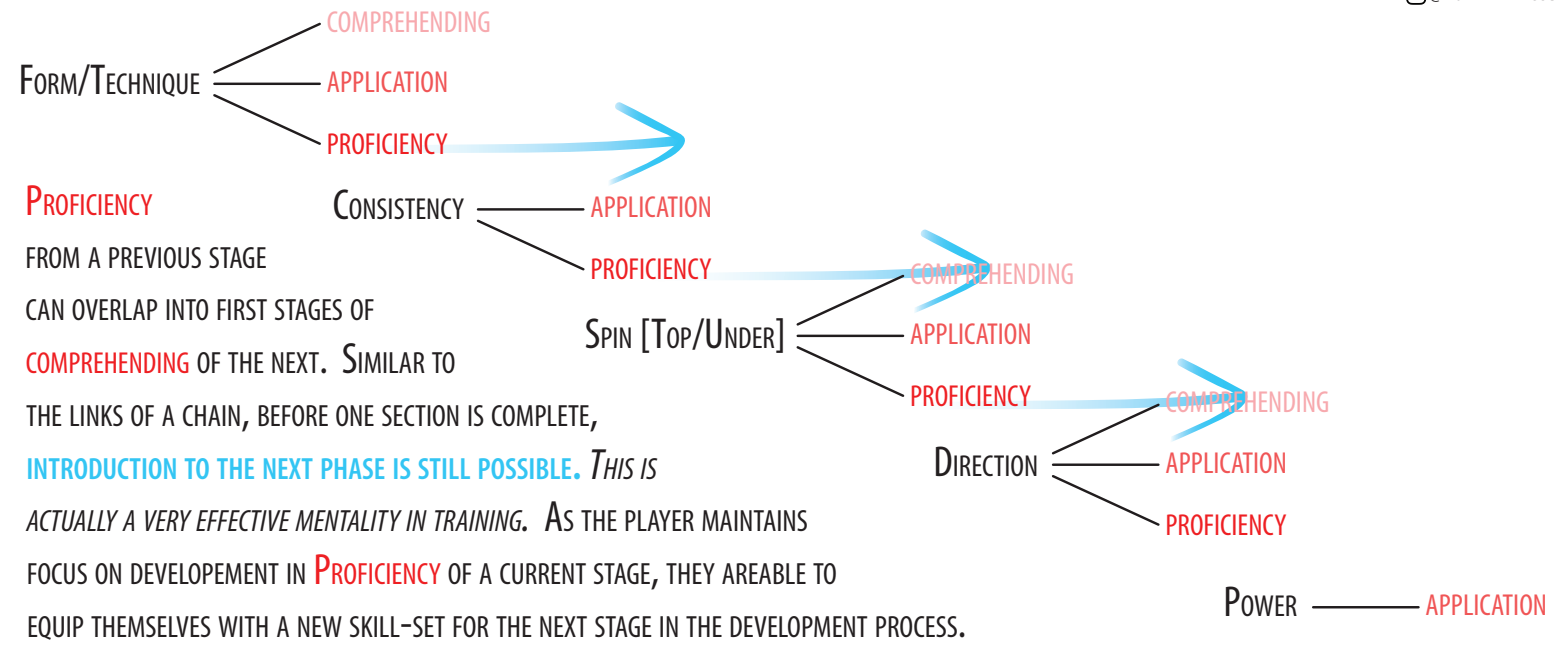


# TRAINING METHODOLOGY

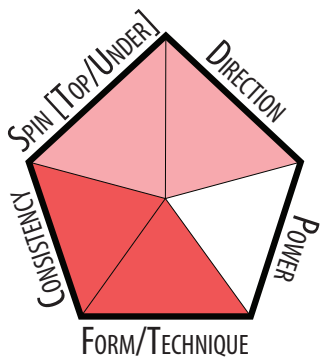
5 STAGES OF DEVELOPMENT - COMPREHENDING - APPLICATION - PROFICIENCY

## DEVELOPMENT STAGES IN ORDER OF DEVELOPMENT

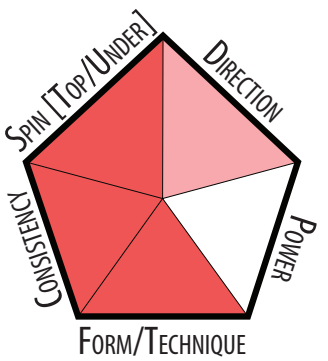
- FORM/TECHNIQUE
- CONSISTENCY
- SPIN [TOP/UNDER]
- DIRECTION
- POWER



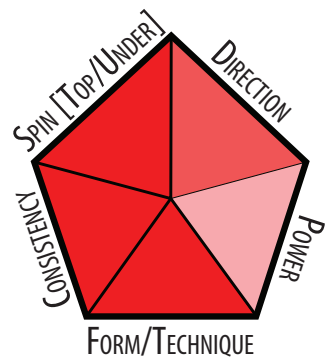
RECREATION



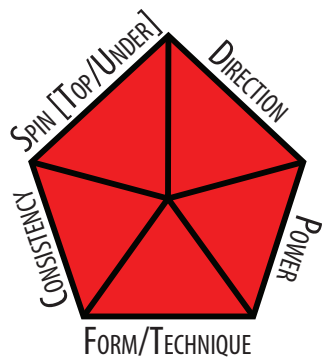
BEGINNER



INTERMEDIATE



COMPETITIVE



COLLEGE