

RULES:

STRONG HAND ONLY:

2RDS TO [A]

RELOAD

1RD TO [B]

WEAK HAND ONLY:

2RDS TO [A]

RELOAD

1RD TO [B]

UNDER 60 SECONDS

[FULL DETAILS ONLINE]



5 METERS

START



TWO

THE TRIALS



SHARE YOUR JOURNEY
#thetrials
@shepdev.online

