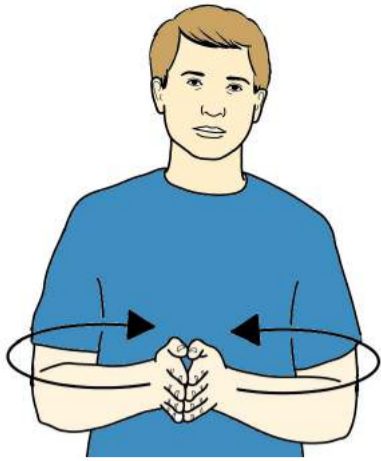


SWIMMING



Flat hands (palms together, pointing forward) circle out.

CYCLING



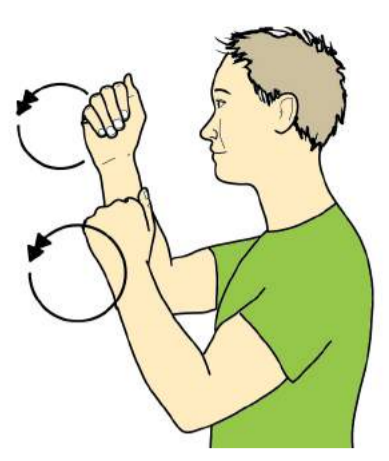
Closed hands (palms down, pointing forward) circle forwards several times; while formation travels forwards.

WEIGHTLIFTING



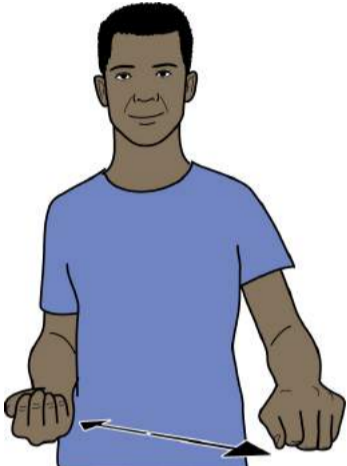
Fists (palms forward, pointing up) held at shoulder height, hands make a short sharp upward movement.

BOXING



Closed hands (palms in/down, pointing in/up) working hand slightly above; hands make small alternate forward circles.

ATHLETICS



Closed hands (palms in, pointing forward) knuckles touching; supporting hand pulls forwards turning to palm down, pointing forward as working hand pulls back, turning to palm up, pointing forward.



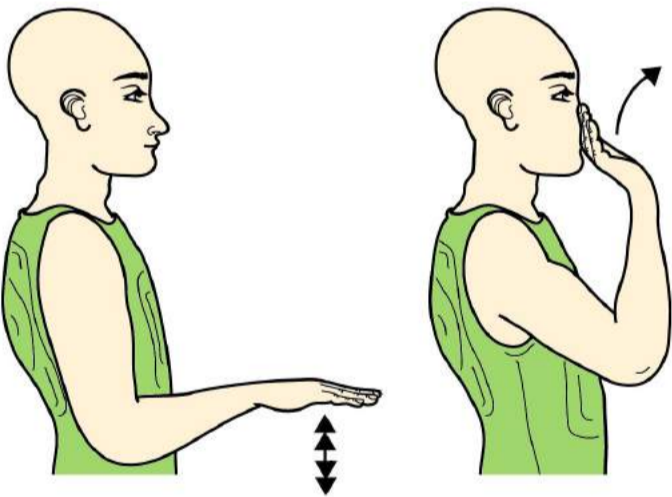
SHOOTING



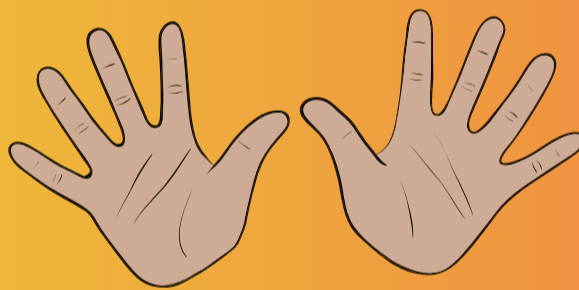
Working "R" hand (palm in, pointing forward) held beside the working eye; supporting full "C" hand (palm up, pointing in) is held forward as though supporting a rifle, working index flexes.

AT THE GAMES

BASKETBALL

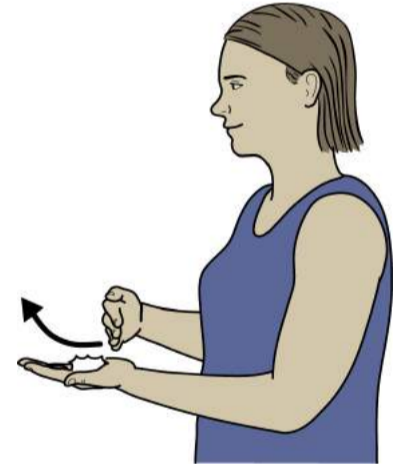


and down twice; then working cupped hand (palm forward/up, pointing back/up) makes upward/forward arc.



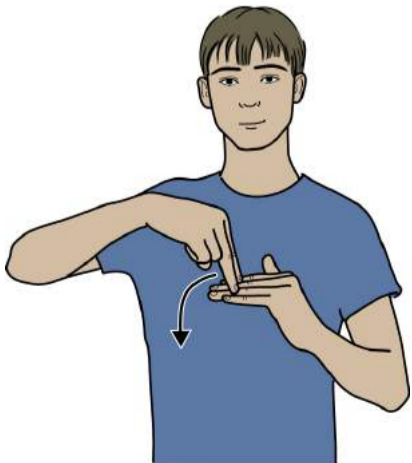
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TABLE TENNIS



Working flat hand (palm back, pointing in) brushes across supporting flat hand (palm up, pointing forward) twisting slightly at the wrist to palm back/down.
Repeat.

DIVING



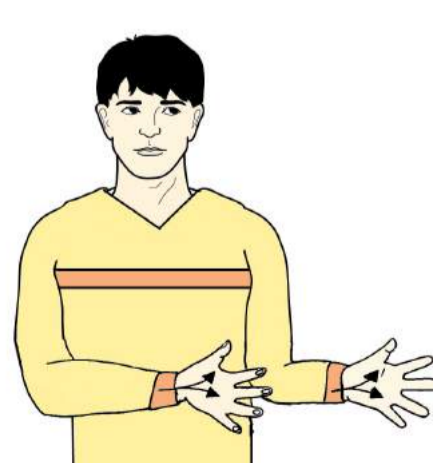
Working bent "V" hand (palm down, pointing in) held with finger tips on fingers of supporting bent hand (palm in, pointing up) working hand springs off supporting fingers changing to "V" hand (palm in, pointing up).

BADMINTON



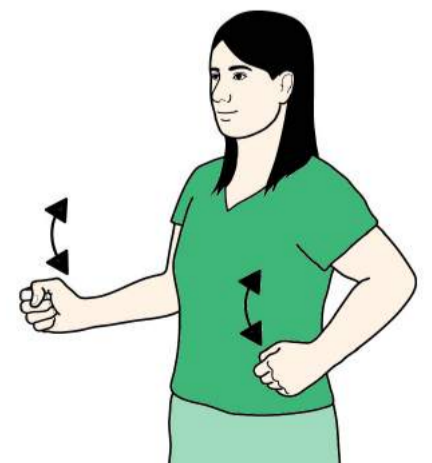
Working tucked hand (palm in, pointing up) held up in front of working shoulder, bends to point forward/up.
Repeat

RUGBY



Supporting full "C" hand (palm forward, pointing down) behind and to one side of working full "C" hand (palm back, pointing down); formation moves to supporting side, as hands bend up at wrists changing to open hands.

RUNNING



Fists (palms in, pointing forward), arms swing as though running.