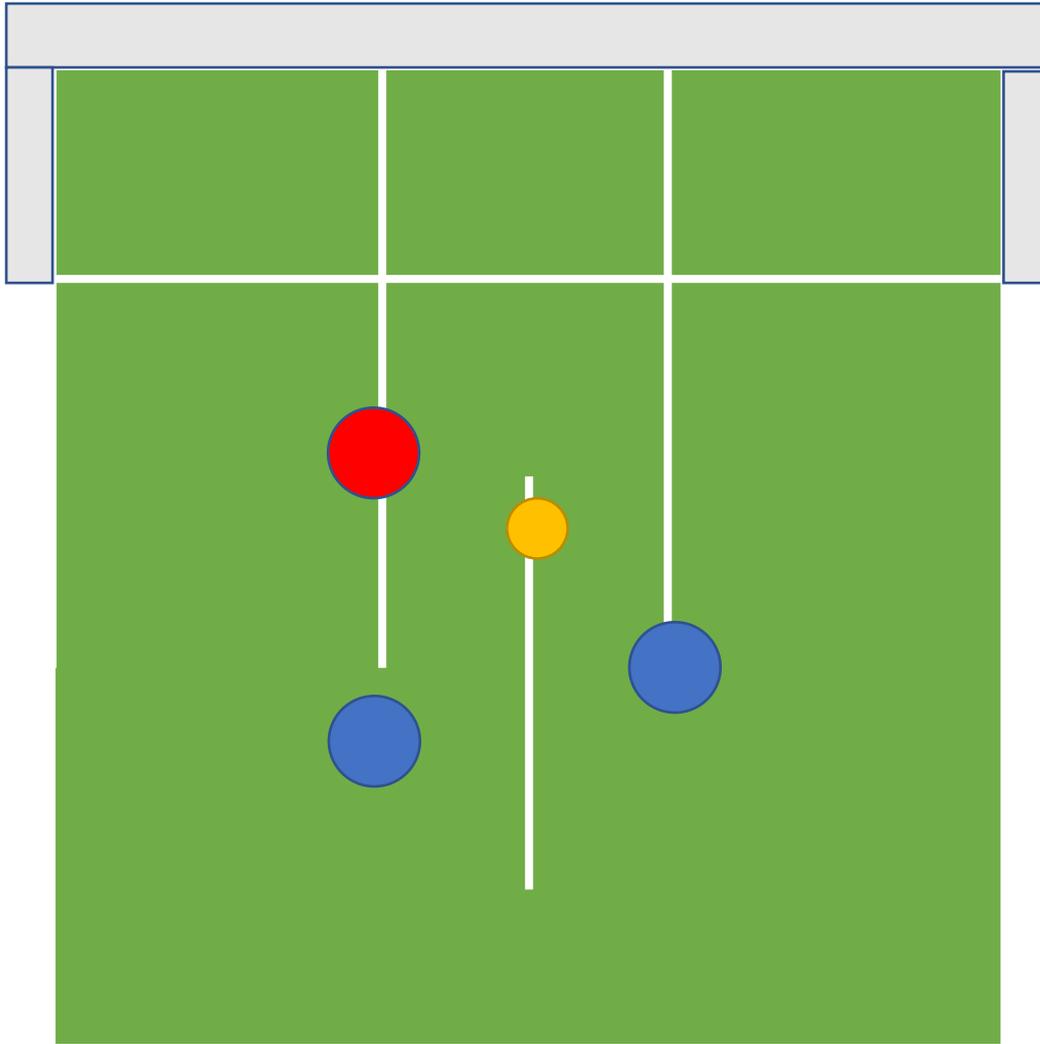


**Exercise 14 – Turning a bowl over for shot.**



**2 Bowls each hand.**

**Using controlled weight turn the left blue bowl over twice and the right blue bowl over once for shot.**

**3 points for each bowl turned over for shot**

**Max 12 Points**