



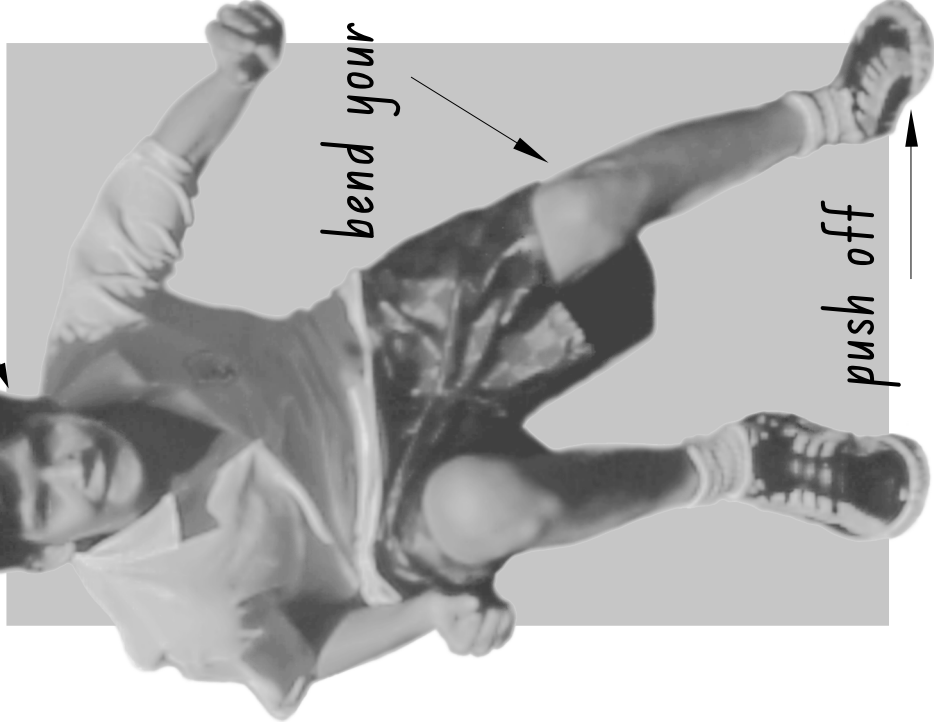
# Get active



## 12. Dodge

**For the supervisor and the student**

look straight ahead



bend your knees

push off

Show me how to ... **dodge**

1

change direction



Show me how to ... **dodge**

2