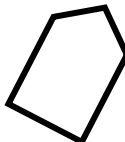
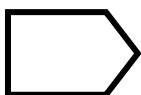
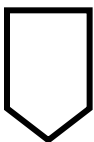
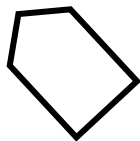
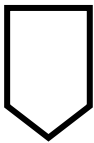
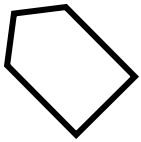
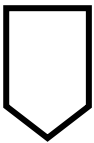
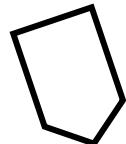
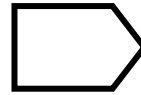
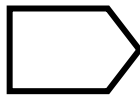
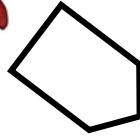
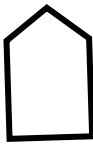
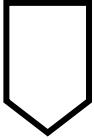
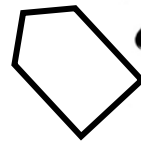
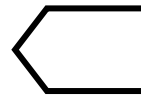
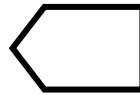
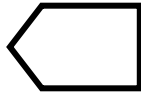
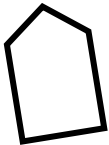
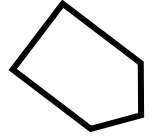
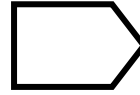
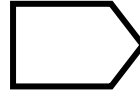
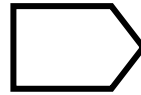
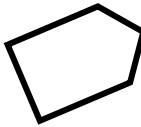
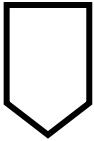
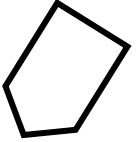
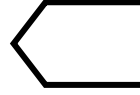
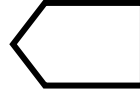
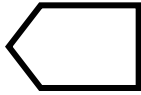
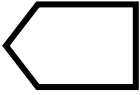
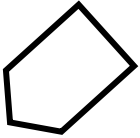
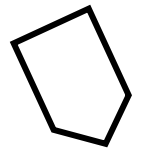
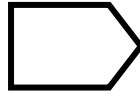
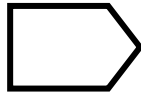
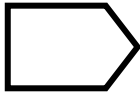
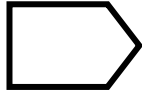


SUPERHEROES PRACTICE CHART

Get an adult to initial each arrow as you progress

START



PRACTICE TIMES

4 Times a week - Minimum!

1st year learners—10 mins per

2nd year learners—20 mins per

3rd - 5th year learners - 30 mins per