

# Photo Essay

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Pd 5

Check if it's legal



Check for cuts



Grab the middle of the net (the eye)



Make a loop



Grab a quarter to handful of net



The net in your hand throw it over you elbow



Stick your leg out





Pull some of the net to the right side of your leg



The net on the left side bring it up to your left hand



The net net on the right side of your leg



Put the rest of the net in your right hand



Now throw the net but let your left hand go first then your right

