



## CLOSING A ROUND #9 VAULT LID

To close a #9 lid you probably use your foot to kick it closed. That would be the easiest way to do it, now just make it a little safer. Don't kick on the lid with your feet together. That can throw you off balance and could result in an injury. Instead, use your usual wide stance, knees bent just a little and try bridging both of your hands to your thighs as you kick. This way you are using your entire body in a balanced way and you are able to find your center easier. When you find your center, you are controlling the task instead of the task controlling you!