



Hip lift

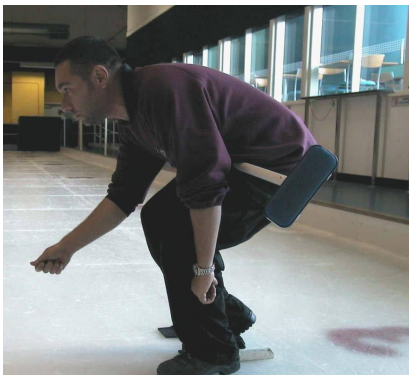


Many curlers find it difficult to judge when they have lifted their hips into the correct position (without the coach beside them telling them!)

A simple formula...

The curler sets up into the hack.

Place the brush across the lap.



Without holding the brush, The curler raises hips, into the hip lift position.

If the curler raises the hip too high the brush will fall.

The first few time the curler should be encouraged to raise their hips so as the brush will fall and continue until they find a height that the brush stays in position.

N.B. Curler Does **Not** Complete Slide Delivery!