

III. Maneuver the log.

A. To Brace.

1. From Right Standing.
 - (a) Left knee to deck.
 - (b) Left hand under log.
 - (c) Right foot remain flat on deck.
 - (d) Raise log 6" from deck.
2. Preliminary command.
 - (a) Brace execution.
 - (b) Logs.

B. Right Shoulder.

1. Swing log and rest on right shoulder.
 - (a) Right shoulder
 - (b) Logs.

C. Head Rest.

1. Raise log, rest on head, hands protecting.
 - (a) Head Rest.
 - (b) Logs.

D. Left Shoulder.

1. Swing log and rest on left shoulder.
 - (a) Left Shoulder.
 - (b) Logs.

E. Hip Rest.

1. Lower or raise log to wasit above hip on either right or left side.
 - (a) Hip Rest.
 - (b) Logs.

F. Cradle (executed after log is raised to hips or above)

1. Simultaneously place both arms under log, and hold log to chest.
 - (a) Cradle.
 - (b) Logs.

G. Upward Raise.

1. Extend log full length of arms above head.
 - (a) Upward Raise.
 - (b) Logs.

H. Kneeling Position.

1. Place left and then right knees on deck, knees 12 inches apart.
 - (a) Kneeling Position.
 - (b) Logs.