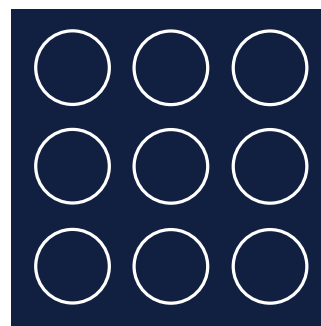


Instructional Technique

INSTRUCTIONAL TECHNIQUE:

DESIGN FEATURES:

- Nine (9) starting lines for passive drills and warm-up
- Four (4) Progressive Drilling Circle lines with starting lines
- One (1) Wrestling Area circle line



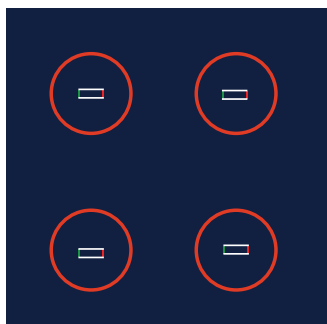
Traditional Practice Circles

TRADITIONAL PRACTICE CIRCLES:

DESIGN FEATURES:

- Nine (9) *8-ft Practice Circle Lines for passive drills and warm-up

* 10-ft Circles available on 40' x 40' or larger

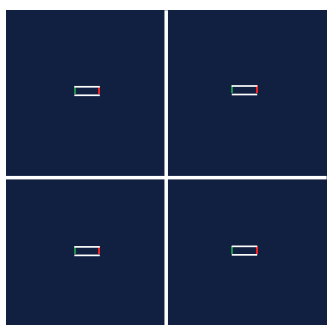


Progressive Drilling Circles

PROGRESSIVE DRILLING CIRCLES:

DESIGN FEATURES:

- Four (4) Progressive Drilling Circle lines with Red/Green starting marks

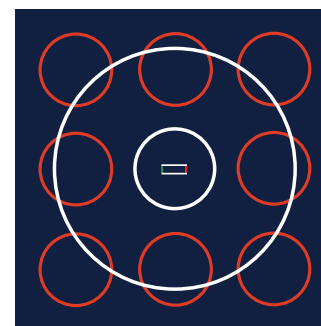


Quadrants

QUADRANTS:

DESIGN FEATURES:

- Four (4) wrestling quadrants with Red/Green starting marks



Practice Circles w/ Competition Line

PRACTICE PLUS:

DESIGN FEATURES:

- Eight (8) *8-ft Practice Circle Lines for passive drills and warm-up
- One (1) 10-ft center circle line with Red/Green starting marks
- One (1) Wrestling Area circle line

* 10-ft Circles available on 40' x 40' or larger

⚠ WARNING ⚠

Any activity involving motion, height, or physical contact creates the possibility of serious bodily injury, including permanent paralysis, or death, from falling or landing on the neck, head or other parts of the body.

- The risk can be reduced by using the mat only under the supervision of trained instructors and by complying with the Instructions for Care, Handling, and Safe Use available on our website at: www.resilite.com

Best Practices When Designing Your Mat:

1. Consider the speed and type of the drill; skill level, size and age of the users; number of participants, and available space.
2. Always make sure you have allowed enough space to properly and safely perform the chosen maneuver(s).
 - Allow an adequate buffer zone from other users and from the end of the mat.
 - Note that each maneuver or drill may require different buffer zones.
3. It may be necessary to add additional mats to the outside perimeter of this mat/mats to create a proper safety mat area.