



Ascending and Descending Low Curbs

Name: _____

D K T T D K J M M A L R H H I X L D K G S L W B T
 Y E U O I B V X Z O I H R I S L R Y T T C P S Y C
 A I E W O N T Q Q T A J V R X A J N A O I E F K G
 E B T P X S K F M O R E M T W G Y T S M F U I U W
 J V B C S O O U Q O T Q Q R L Q I Q N I F M E D Y
 S F D Z P L T O V H R T O C U O W A V G M P U M R
 S J Y V T N L Z N I E F L R N J A E A F H W T D G
 S X B M E K I U M G T Z X A J R C T W V S X W R C
 D H E M O N U T F H S I R I L M N Z V B U H T C N
 N S O C S D O K G P A Y A I H M S Z L A X D V T H
 E M K X R G E I B A C K W A R D S A P P R O A C H
 C Z Z I L O E R A I E G D T Z S R E T S A C P O P
 S G R Z W W F T A R S S W O L O O T V U D R C V V
 E M L W T T U H W T R C Z H K F L U V N A G X N E
 D I G F Q P E Y I J E J X Y K W L S R V X C O N J
 L I I U T V A Q W Z V S I R E W F M Z F F K P G J
 Z H T K P R X O H F E N P C T X O Q M Y U X D T G
 S Z U J W X W W N Y R E B E Q N R X V W P S H U D
 K P D V K Q A D V N N Q P O E N W K B E W W M T O
 S G S L J U W X H F G D W Z T D A I J V O F F Z F
 B N R M P Y Q G K L K M O V D U R G C J Z C I O A
 J O B D N E K B C H P A V R A G D V R F K J L F V
 L O V D E T P G V V M N P B F Z S J S U C T Q B Q
 M L Q V A T J T E S M X M Q L F I D X A P L W R M
 A S C E N D S V D Y N H C C B U O A Q I B K B O G

Please find the words listed in italics:

Testing	Ascend Methods	Ascend Tips	Descend Tips	Common Ascend Caster mistakes
<i>Ascends</i>	<i>Stationary</i>	<i>Reverse Caster Trail</i>	<i>Roll Forwards</i>	<i>Too Soon</i>
<i>Descends</i>	<i>Momentum</i>	<i>Force</i>	<i>Backwards Approach</i>	<i>Too Low</i>
<i>Five CM</i>		<i>Shift Weight Forward</i>	<i>Moderate Speed</i>	<i>Too High</i>
		<i>Pop Casters</i>	<i>Full Speed</i>	