

STROKE ANALYSIS/FUNDAMENTALS/PRO ONE

1. Personal Video p. 6
2. The Cueing Instrument p. 6
3. Mechanics p. 7
4. Stroke Demonstration p. 14
5. Video Feedback p. 14
6. PRO ONE p. 14
7. The Stroke p. 16
8. Practice Stroking p. 21
9. Eye Patterns p. 21
10. The Pockets and Basic PRO ONE Aiming p. 22
11. Just Cue It Core Drills p. 23
12. PRO ONE Cut Shots p. 29
13. PRO ONE and Spin p. 34
14. PRO ONE (Adjustments for Thin Cuts) p. 34
15. PRO ONE Banking p. 35
16. Combinations p. 38
17. PRO ONE Caroms p. 38
18. PRO ONE Safety Play p. 39