

**GCSTO Free Core Drill Challenge Set Results
Kicking Right/Left & Arizona Delay Nov. 2009**

<u>Level</u>	<u>Black Belt</u>	<u>Brown Belt</u>	<u>White Belt</u>
<u>Level 1</u>	<p align="center"><u>Kick Right/ Left Drill</u></p> <p>Josh Weidemann</p> <p align="center"><u>Arizona Delay Drill</u></p> <p>Josh Weidemann</p>	<p align="center"><u>Kick Right/ Left Drill</u></p> <p>Jalyn Meadows Lilly Lindemann Jack Lindemann Johnny Belli Alyssa Kim Rachel Raque</p> <p align="center"><u>Arizona Delay Drill</u></p> <p>Johnny Belli Rachel Raque Lilly Lindemann Jack Lindemann Eric Vanzastrow Alyssa Kim</p>	<p align="center"><u>Kick Right/ Left Drill</u></p> <p>Eric Vanzastrow Colin Saccocio Nate Graver Gabbi Bowers Taylor Warren Morgan Wallace Linsay Wallace</p> <p align="center"><u>Arizona Delay Drill</u></p> <p>Colin Saccocio Gabbi Bowers Taylor Warren Morgan Wallace Linsay Wallace Jalyn Meadows</p>
<u>Level 2</u>	<p align="center"><u>Kick Right/ Left Drill</u></p> <p>Christian Reamer Dylan Warren Stephany Aeling Lydia Cornelius Jessica Vonzastrow Alex Saccocio Jane Li Liza Day T'Jai Martin</p> <p align="center"><u>Arizona Delay Drill</u></p> <p>Christian Reamer Stephany Aeling Patrick McCafferty Jessica Vonzastrow Rhea Gupta Jane Li T'Jai Martin</p>	<p align="center"><u>Kick Right/ Left Drill</u></p> <p>Patrick McCafferty Sophroni Popovski Sam Weidemann Rhea Gupta Grace Yakam Audrey Grimmell Grace Havens Alaina Gwin Boris Popovski Christian Popovski Kacy Kerlin Drew Graver</p> <p align="center"><u>Arizona Delay Drill</u></p> <p>Dylan Warren Lydia Cornelius Sophroni Popovski Sam Weidemann Grace Yakam Audrey Grimmell Grace Havens Liza Day Alaina Gwin Alex Saccocio Boris Popovski Christian Popovski Kacy Kerlin Drew Graver</p>	<p align="center"><u>Kick Right/ Left Drill</u></p> <p align="center"><u>Arizona Delay Drill</u></p>

<u>Level</u>	<u>Black Belt</u>	<u>Brown Belt</u>	<u>White Belt</u>
<u>Level 3</u>	<p><u>Kick Right/ Left Drill</u></p> <p>Anya Kone Emily Howell Gabby Eismann Marissa Glusich Kristyn Thomas Alyssa Edwards Morgan McCafferty Ashley Twigg Leah Svoboda Kyle Howell Olivia Neff Hannah Zeltmann</p> <p><u>Arizona Delay Drill</u></p> <p>Maura Parker Kristyn Thomas Alyssa Edwards Morgan McCafferty Anya Kone Emily Howell Gabby Eismann Marissa Glusich Ashley Twigg Leah Svoboda Kyle Howell Olivia Neff Hannah Zeltmann</p>	<p><u>Kick Right/ Left Drill</u></p> <p>Maura Parker Devon Woodell Taylor Wigglesworth Maddie Smith Devon Saccocio Major Belli Acadia Graver Lauren Bailey</p> <p><u>Arizona Delay Drill</u></p> <p>Taylor Wigglesworth Maddie Smith Devon Saccocio Major Belli Acadia Graver Lauren Bailey</p>	<p><u>Kick Right/ Left Drill</u></p> <p><u>Arizona Delay Drill</u></p>
<u>Level 4</u>	<p><u>Kick Right/ Left Drill</u></p> <p><u>Arizona Delay Drill</u></p>	<p><u>Kick Right/ Left Drill</u></p> <p><u>Arizona Delay Drill</u></p>	<p><u>Kick Right/ Left Drill</u></p> <p><u>Arizona Delay Drill</u></p>

<u>Level</u>	<u>Black Belt</u>	<u>Brown Belt</u>	<u>White Belt</u>
<u>Level 5</u>	<p><u>Kick Right/ Left Drill</u></p> <p>Gracie Finnegan Tyler Simonton Drew Yakscoe</p> <p><u>Arizona Delay Drill</u></p> <p>Patrick Donohoe Gracie Finnegan Tyler Simonton Will Rosler</p>	<p><u>Kick Right/ Left Drill</u></p> <p>Ronnie Bolden Emily Boone Andee Cottrell Cara Demyan Andrea Devakul Patrick Donohoe Patrick Kelly Maddie Martin Paige Martin Conor O'Rourke Will Rosler Suzanne Sliowski Corey Taylor Conrad Wuorinen</p> <p><u>Arizona Delay Drill</u></p> <p>Ronnie Bolden Emily Boone Andee Cottrell Cara Demyan Patrick Kelly Maddie Martin Paige Martin Conor O'Rourke Morgan Belli Devin McGee Kori Pastor Drew Yakscoe Conrad Wuorinen</p>	<p><u>Kick Right/ Left Drill</u></p> <p><u>Arizona Delay Drill</u></p>