

FRONT KICK UP

		Under rear block		
Notches		0	1	2
Over front block	0	9	8.25	7.5
	1	8.25	7.5	6.75
	2	7.5	6.75	6
	3	6.75	6	5.25
	4	6	5.25	4.5

REAR ANTI-SQUAT

		Under rear block						
Notches		0	1	2	3	4	5	6
under front block	0	1.5	0.75	0	-0.75	-1.5	-2.25	-3
	1	2.25	1.5	0.75	0	-0.75	-1.5	-2.25
	2	3	2.25	1.5	0.75	0	-0.75	-1.5
	3	3.75	3	2.25	1.5	0.75	0	-0.75
	4	4.5	3.75	3	2.25	1.5	0.75	0

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