



## ***Technical Notification 47***

**Dated: May 28, 2009**

### **TR 39.03 - Intermediate Pairs Test - Lifts**

The following clarification is regarding the required lifts to be chosen for the intermediate pairs test:

- a. Two different lifts to be chosen from the following:
  - \* Group 1 lifts
  - \* the waist loop lift
  - \* the forward press, two-handed star or platter lift (only one of these may be done)