! "#"$%&'())*)'+%*),$-'+./0&1'2!(++3'

! (++'5&/0'67 1,$,/0)''0,*$'

BD  %$:, +$!&63.(.12$+.(/!2#$!%*--8!2#$!:, '', A.(/!3&2$+.&'1!1#, <'6!7$!4+$1$(2E!

9:, &3!4&6!

912, 4!A&2)#!

91<7;$)21!2#&2!&+$!<(&7'$!2, !3&.(2&.(!2#$!2$12.(/!4+, )$6<+$!:, +!&!3.(.3<3!, :!<,@&!/&%*$7/!&+$!

# Script for the BESS Testing Protocol

**Direction to the subject**

**<u>Direction to the spotter</u>:**

**TANDEM STANCE:**

**<u>Directions to the subject</u>:**                                        **non-dominant**