



### Exercise 5 Hammer cut

1. Before the first attempt, watch the introduction video on [www.luebeck-toolbox.com](http://www.luebeck-toolbox.com)
2. Complete the exercise exactly as required. Only then can objectives be related to your training progress.
3. It is strongly recommended to read through and internalize the video „**Tipps and Tricks**“ to the below mentioned repetitions. This will also improve your learning curve.

Target time: **138 seconds**

Objective: **The target time should be achieved once. The predefined line must be visible on the cut-out form as well as on the remaining gauze pad. The lower layer of the fabric must be intact.**

Watch film

Name

#	TIME	DEVIATION (in mm)	LOWER LAYER WAS CUT
1			
2			
3			
4			
5			
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#	TIME	DEVIATION (in mm)	LOWER LAYER WAS CUT
21			
22			
23			
24			
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#	TIME	DEVIATION (in mm)	LOWER LAYER WAS CUT
41			
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43			
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#	TIME	DEVIATION (in mm)	LOWER LAYER WAS CUT
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72			
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74			
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81			
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99			
100			

(Attempts 81 to 100 are optional)