Thumb chart for both sizes
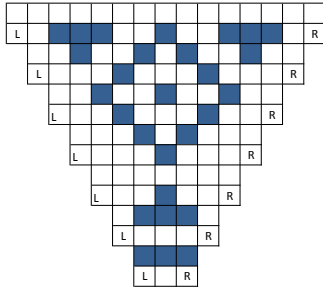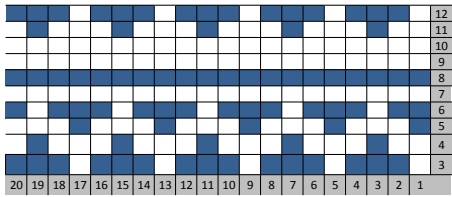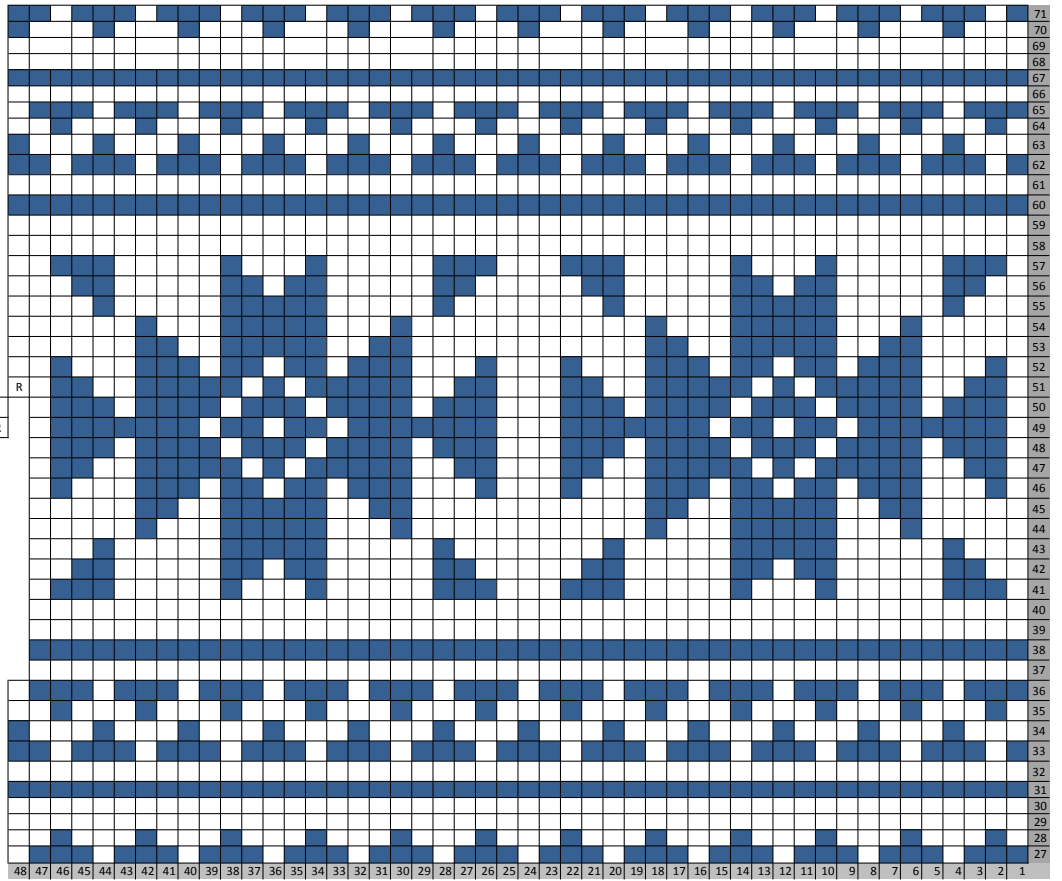

Medium hand chart

Large hand chart

Chart key

■ = MC	R =	Right leaning backwards loop increase
□ = CC	L =	Left leaning backwards loop increase