



# Motions Are a Cheat Code

Like having an ace up your sleeve!

# The entire body is a motion

Stay tight in your core

Leg angles

Feet placement

Body direction

Progression:  
Just like  
stunts,  
jumps,  
tumbling

Synchronization

Timing

Speed

Arm Levels

Wrists

# Timing/Sync

Give the motion a count or word

Don't move until the last nanosecond. Ninjaaaaaaa.....

Motions have two places to be (no "and" movement)

Use "half beats" and freeze

Stop right before the motion so it doesn't "fly by"

Drill, baby, drill!



# Arm Levels

Straight up

Straight out

45-degree angle

That's about it. This isn't rocket surgery.

# Fine Tune It

Bent Wrists

Funny Fists

Pointing at the wrong thing

Everything must be “uniform”

# Corrections Are a 1-Card Deal



Practice motion drills

1 motion at a time

Correct, repeat

Add a motion, repeat

Correct, repeat

