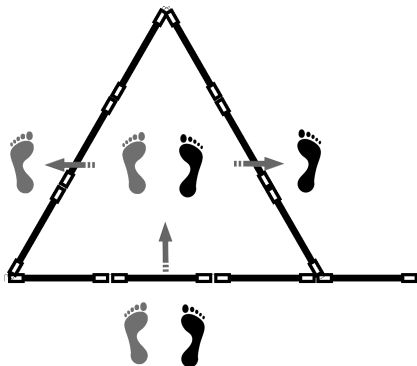


Training Card No. 3

Elastic jumping, arm and leg coordination

Level: Beginner & Advanced

Form #3, Exercise #1



Form: three segments straight

Training goals: fast jumping with different movements



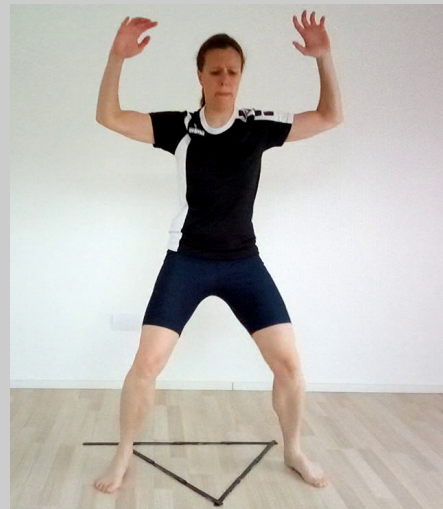
Tabata Music: 120 bpm

SoundCloud: A. Radev, Uptown Funk (Tabata Mix)

Video link:
Details



Video link:
short



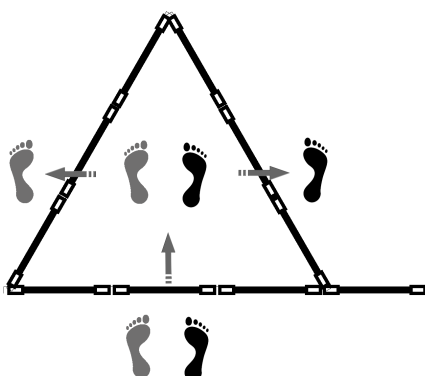
flexible/elastic **jumps**, main work from ankle, soft landing, exact moving, **arms** are **upright**, but not with much tension



Points for self check

leg work, upper body stable and straight, view straight/to the front

Form #3, Exercise #2



Form: three segments straight

Trainingsziel: fast synchronized pulsed movements of legs and arms



Tabata music 192 bpm

SoundCloud: A. Radev, House Tabata (Coach)

Video link:
Details



Video link:
short



Single steps rhythm „in/in/out/out“, with the step out of the triangle fast **arm** movement to the side, **direction** „diagonally upwards“



Points for self check

elbow remains on shoulder height, arm to the side, not to the front