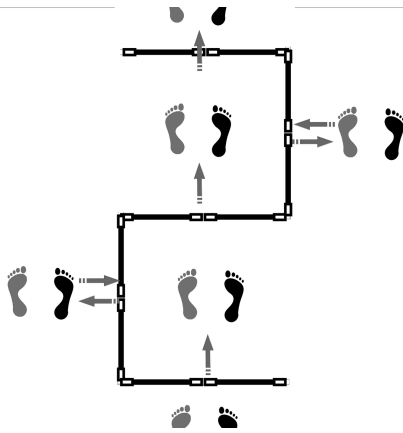


**Form #6, Exercise #1**



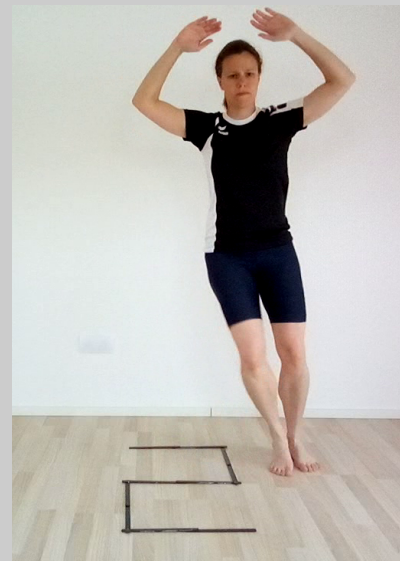
**Form:** two segments straight

**Training goals:** fast switches side and forward movement

 **Tabata Music:** 120 bpm  
 SoundCloud: Anton Radev, House Mix Tabata

Video link:   
 Details

Video link:   
 short

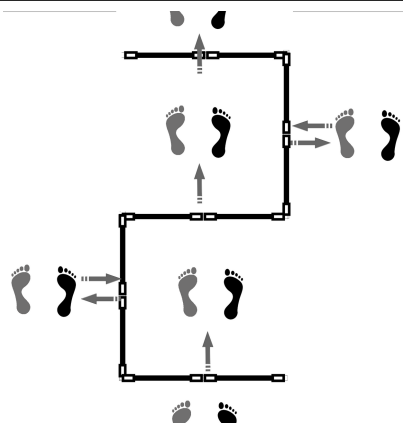


Forward and side steps through the form, increase speed **as fast as possible**



**Points for self check**  
 place legs close to each other after each step, don't look to the floor

**Form #6, Exercise #2**



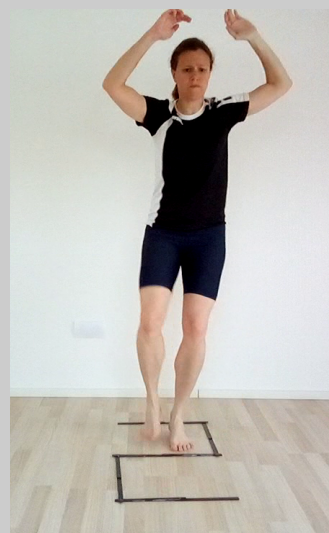
**Form:** two segments straight

**Training goals:** fast switch steps/ jumps

 **Tabata Music:** 120 bpm  
 SoundCloud: Anton Radev, House Mix Tabata

Video link:   
 Details

Video link:   
 short



Small steps and jumps, make the **jumps** with „**soft landing**“



**Points for self check**  
 make the jump with the the foot which is away of the folding rule , keep body straight