

MAY 5, 2020



#TAKEAIM TUESDAY CHALLENGE

Challenge - landing position with an infinite free leg

Actionable Goal - create a free leg that is so stretched and defined that it endless street continues in to the next transition

Actionable Step - draw a line (axis) from the hip down the center of your thigh, center of knee, center of chin, top/center of skate

Line/axis faces as one line outwards

Stretch of free leg combined with turnout (axis of leg) become stretch into transition

Challenge:

Create this stretch and transition immediately following landing with body movement

Why you should do it:

Master control of line with movement. Line = stretch

Why its good:

Control of line/body movement will help to contribute to controlled transitions