

FLAG-BASIC WARM-UPS

o. Movement warm-ups

1. Half- time and full-time: Drop Spins

10 then 20 then 30 on each hand through 100.

1. A. Add lower body movement basics.

2. Half- time and full-time: Double Time Spins

1.A. Add lower body movement basics.

Combine 1 and 2, with marching, after they have been mastered.

3. Angle Exercises: Staccato/ Four counts, two counts and legato / one counts

3. A. Add lower body movement basics.

4. Parallel Angle Exercises: Four counts and two counts

4. A. Add lower body movement basics.

Combine 3 and 4: Add marching across the floors

5. Quarter, half, whole

6. Full arm extensions

7. Push-ups and crunches

8. All tosses: 3 counts, parallel, bop, whip etc.

8. A. Without and then with the equipment.

8.B. Add a variety of catch positions.

9. The show work...

WEAPON-BASIC WARM-UPS

1. Right and left hand drop spins

10 then 20 then 30 through 100 on each hand.

2. Flip backs in 4 and 2

1 and 2 A. Add lower body movement basics.

3. Flourishes, right and left hand extensions.

4. Double basics.

4.A. Without and then with the equipment.