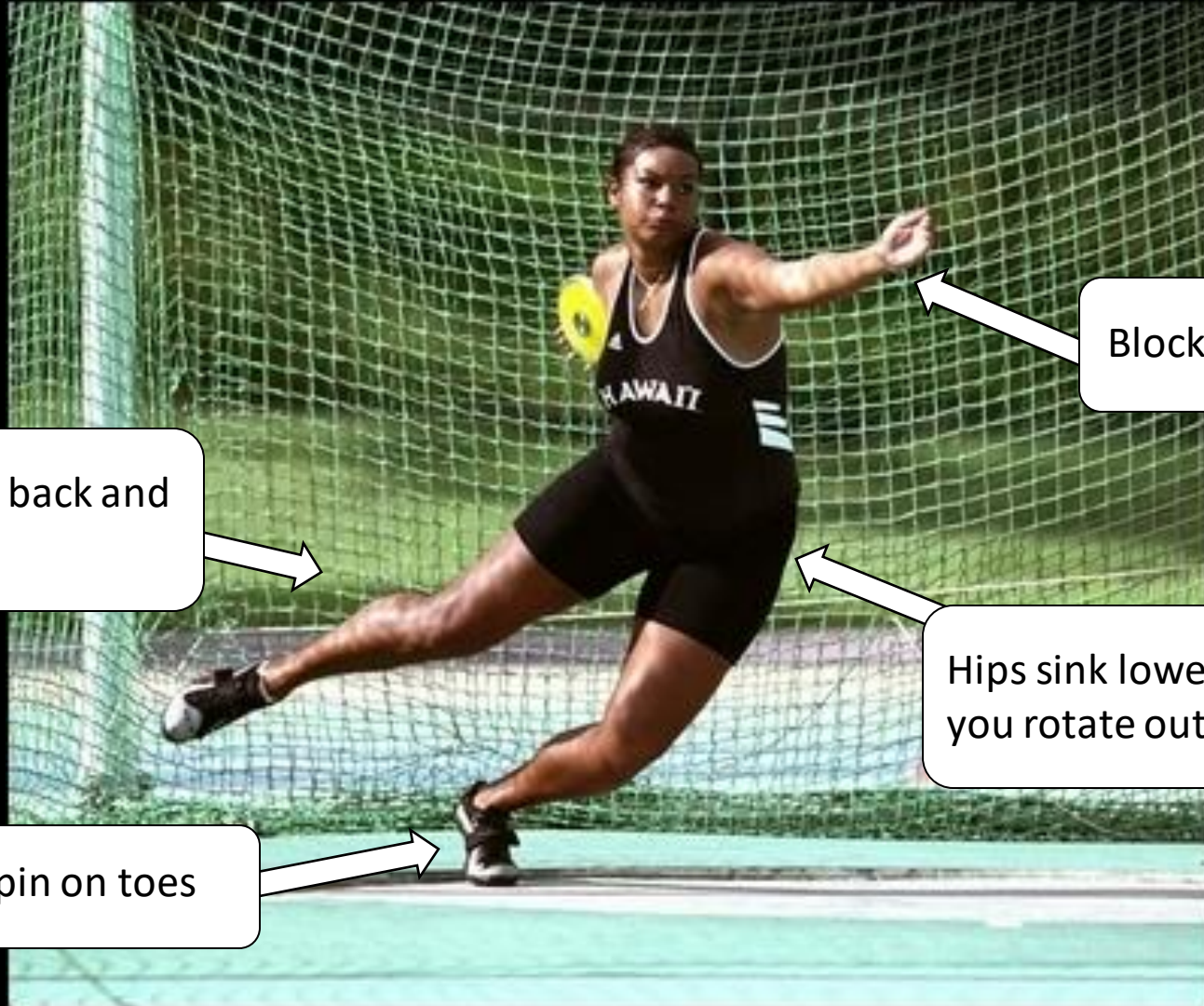


Leg sweeps wide out the back of the circle

Spin on toes

Hips sink lower to ground as you rotate out the back

Block arm high and relaxed



Leg sweeps out the back and low to the ground



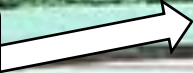
Block arm high and relaxed



Hips sink lower to ground as you rotate out the back



Spin on toes



Disc high and far back as front foot touches the ground

Looking back to stay closed

Block arm high, relaxed, and pointing to back of the circle



Disc high and far back as front foot touches the ground

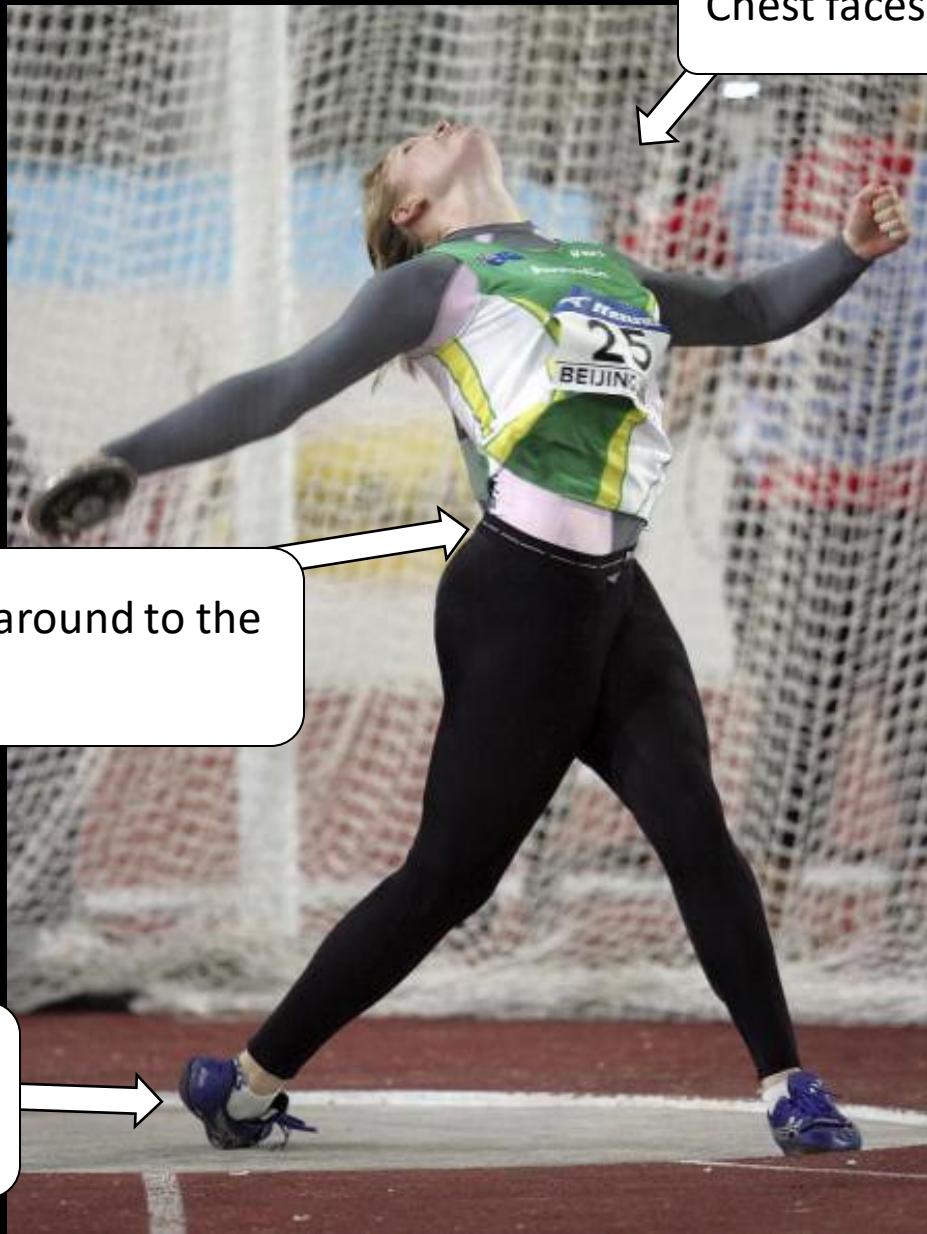


Stay on toes

Disc high and far back as front foot touches the ground

As you start to rotate around, block arm stays high and long





Chest faces up at release

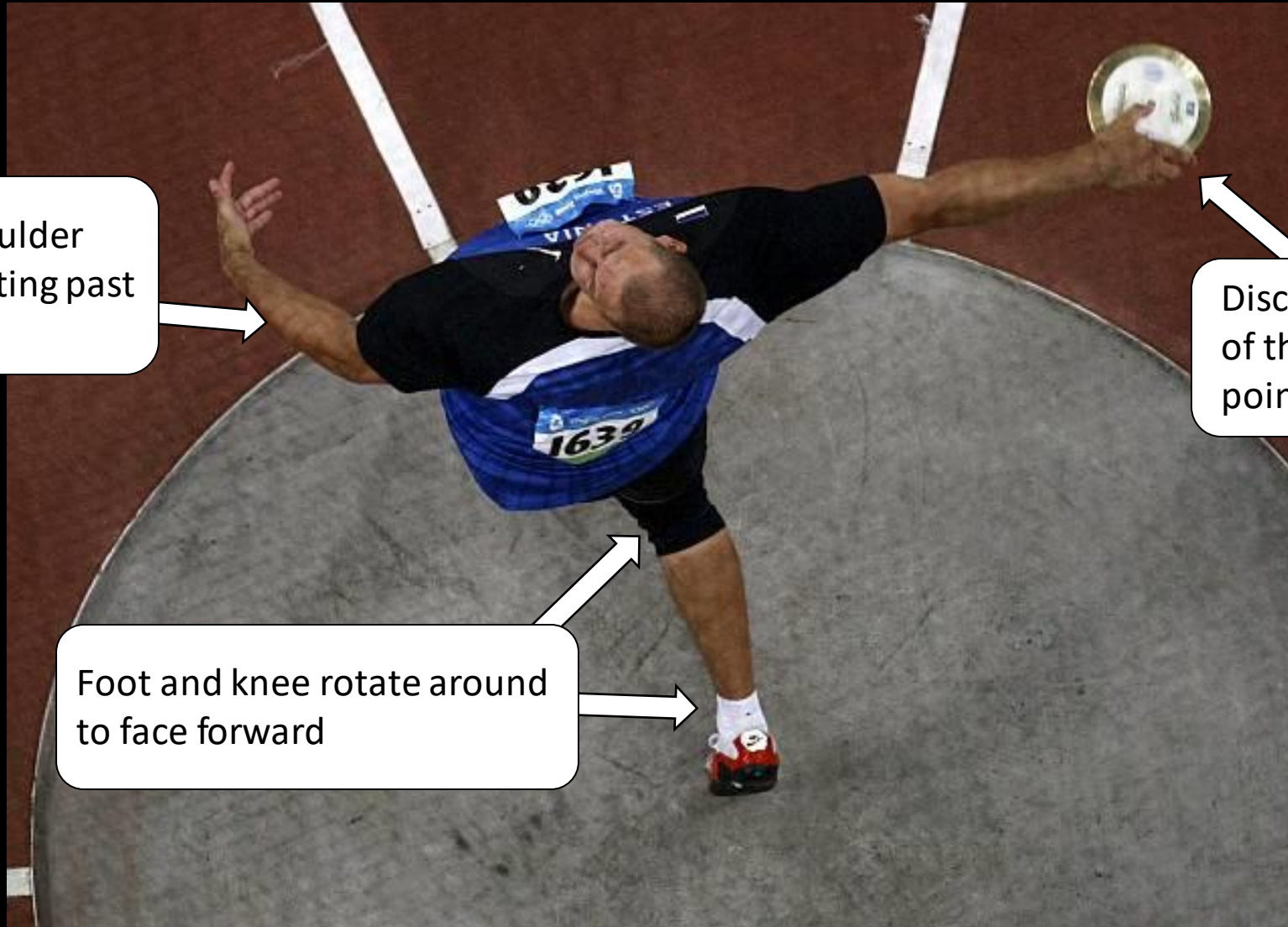
Push that hip around to the front

Kick that heel out to drive hip around to front

Block arm stops shoulder and chest from rotating past the sector line

Disc spins out of the front of the hand and off the pointer finger

Foot and knee rotate around to face forward



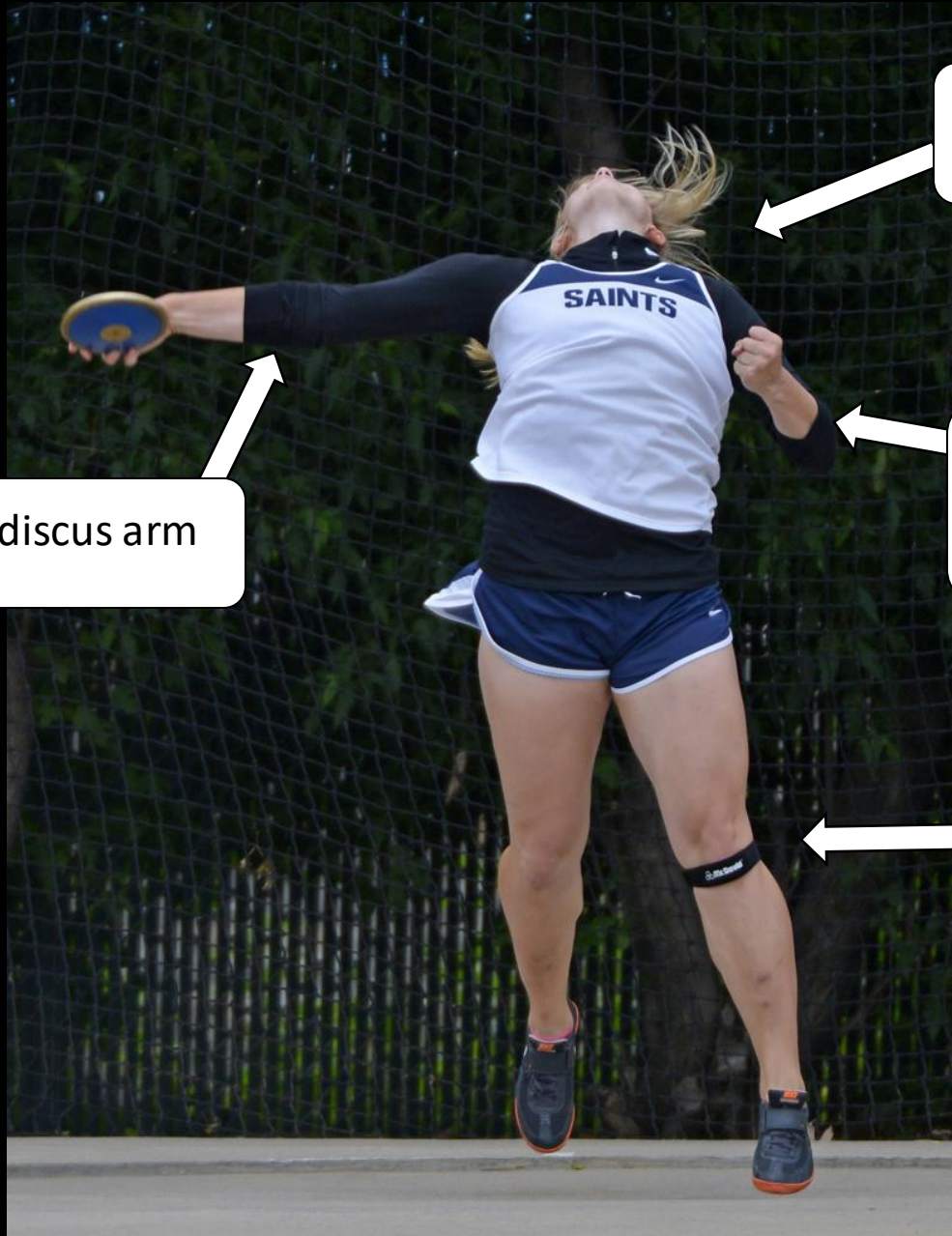


Block arm stops shoulder and chest from rotating past the sector line

Foot and knee rotate around to face forward

Disc spins out of the front of the hand and off the pointer finger



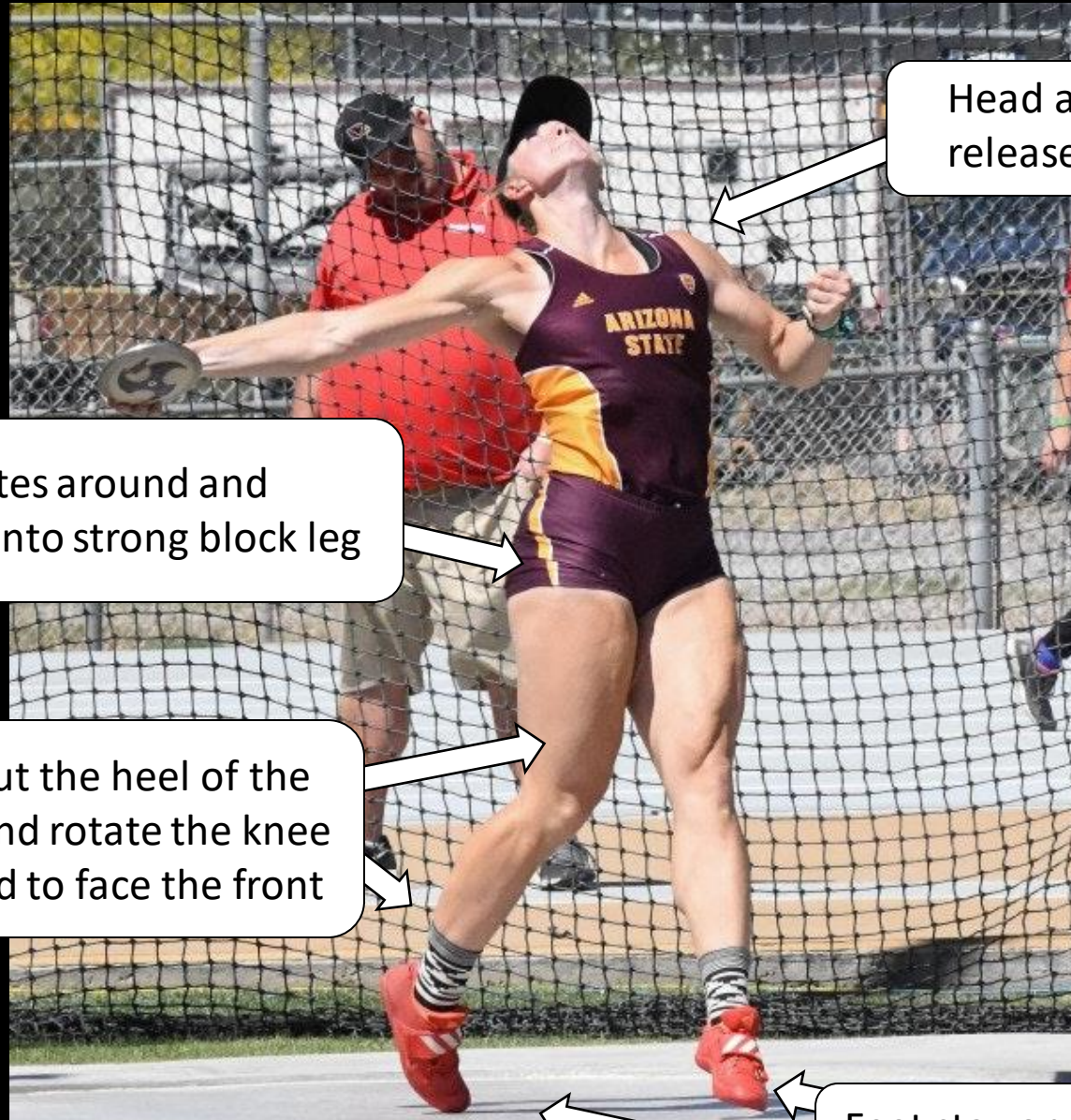


Long discus arm

Head and chest up at release

Strong block arm to stop upper body rotation

Strong block leg block stops the lower body in place



Head and chest up at release

Leg rotates around and crashes into strong block leg

Kick out the heel of the foot and rotate the knee around to face the front

Feet stay on ground until release