

## ARM POSITIONS



### **Ready Position**

Hands behind back, feet shoulder width apart.



### **Lunge**

Just look at the legs and body position. Left leg is bent at a 90 degree angle. The right leg is completely straight. Body and right knee are facing forward.



### **High V**

Arms are at a 45 degree angle to the body. Pinky fingers are to the back.



### **Low V**

Same as a High V, but arms are down.



### **T**

Arms are at a 90 degree angle to the body. Pinky fingers are to the back.



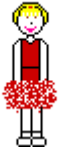
### **Broken T**

Same as a T, but arms are bent. Do not bring it forward. Pinky fingers are to the front.



### **Touch Down**

Arms are straight up, in-line with the body. Bring arms to ears, not ears to arms. Pinky fingers are to the front.



### **Low Touch Down**

Arms are straight down, in-line with the body. Arms should be tight to the body and slightly forward. Pinky fingers are to the back.



### **Elbows on the Table**

Arms are bent, hugging the body. Pinky fingers are to the front.



### **Right L**

Right arm is in a T and left arm is in a Touch Down. Left L would be the opposite of this.



### **Right Punch**

Right arm is in a Touch Down and left arm is on hips. Left Punch would be the opposite of this.



### **Left Diagonal**

Left arm is in a High V and right arm is in a Low V. Right Diagonal would be the opposite of this.



### **Left K**

Left arm is in a High V and right arm is in a Low V across the body. Right K would be the opposite of this.

## **MOTIONS**

### **Remember:**

- 1) All moves should be performed sharp. Imagine hitting a brick wall that is behind you.
- 2) Wrists should not be cocked, but in a straight line with your arms. Thumbs should be on the outside of your fists, with your pinky fingers in back. Show your swirlies!
- 3) Although you want to hit a brick wall, your arms should not be way behind you. You should be able to just barely see them out of the corner of your eyes when looking straight ahead.
- 4) Shoulders should be relaxed for every motion, not up at your ears.
- 5) Shortest distance- rather than swinging your arms around, up into your High V, bring your arms straight forward in front of yourself and hit. This is true for any motion.
- 6) Practice in front of a mirror. You may feel like you're doing the moves correctly, but you may not be.