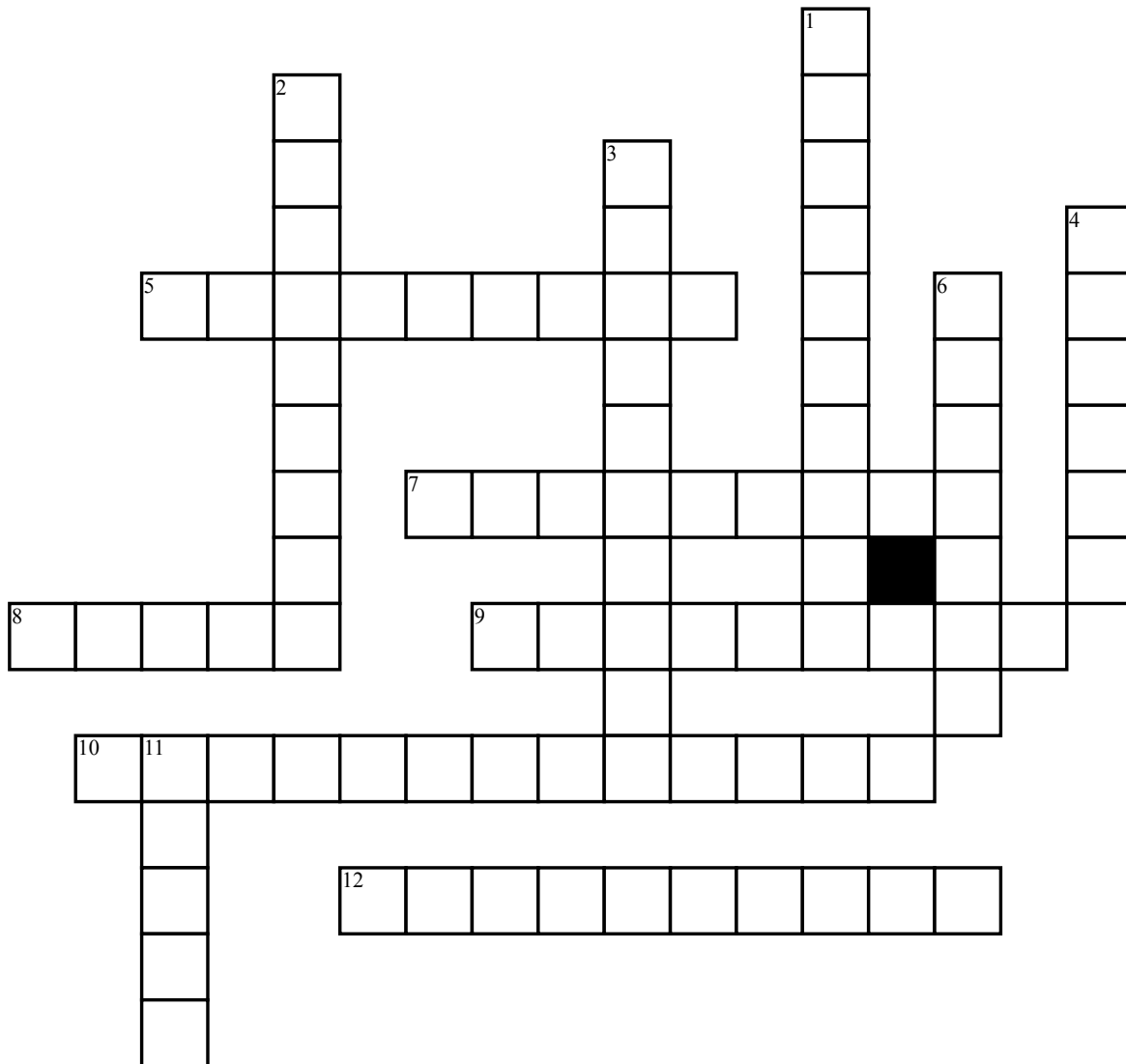


Glossary Words



Across

5. As a split but back leg is bent in attitude position at finish. Only shown forward.

7. Step forward, toe first, with slight hip movement side to side to match foot, knee straight but not stiff

8. Bend knees, lifting heels, lean back creating a straight line from knees to crown of head

9. Leg is bent, using a short, sharp action from the knee to straighten leg

10. Working through the foot from toes to heel with control. This aids with landing and developing strength through the feet for kicks

12. A turn without spotting, the extended leg is held in place at the end of the turn and may have a stretched or bent supporting leg

Down

1. A position where the neck and spine are in a neutral (straight) position and the core is engaged throughout the movement. Arms are directly under the shoulders and feet are on the balls.

2. A lunge where both knees are bent

3. A turning step with 2 quick steps on the balls of the feet close together

4. Extend working leg forward while supporting leg bends. Take the extension through the body and arms aiming to layout as horizontal as possible

6. An outward and inward circle of legs following each other

11. A large step in any direction onto a bent leg. This leg takes most of the weight while the other leg is fully stretched