

## Equipment Basics: Flag

(all exercises are done on right and left sides)



### *Spins*

- Start at shoulder arms
- Broken down for positions, timing, checkpoints
- Uses a solid stop, left hand in middle of flag, right hand on tab
- 8 count transition from right to left hand (Up on 1, hold 2-4, *subtle* switch to left shoulder 5-8)
- Exercises
  - Strength: 100-200 counts each, right side first, feet stationary in solid second position
  - Working Upper/Lower Body:
    - Feet stationary in solid second position
    - Marking Time
    - Ballet foot position changes every 8 or 10 counts
    - Tendu, plié, relevé exercise

### *Peggy Spins*

- Start at shoulder arms
- Sequence:
  - Count 1: Drop spin (flag down)
  - Count 2: Grab w/ right hand under w/ money hand (flag up)
  - Count 3: Grab w/ left hand over w/ thumb down (flag up)
  - Count 4: Grab w/ right hand under w/ money hand (flag down)
  - Count 5: Grab w/ left hand on top, thumb down, same as count 1 but not using a drop spin to initiate (flag down)
- Uses a solid stop, left hand in middle of flag, right hand on tab
- 8 count transition from right to left hand (Up on 1, hold 2-4, *subtle* switch to left shoulder 5-8)
- Continue pattern, pole should be straight @ center of body on each count. Think of the pattern of whether the pole or flag is on top: pole-flag-flag-pole.
- Exercises
  - Strength:
    - 100-200 counts each, right side first, feet stationary in solid second position.
    - Peggy Spin Toss: Spin 1-4, on count 4 angle the flag, grab into center of fabric, toss 5-8. Right hand makes an "L" at shoulder w/ finger tips pointing up (release point). Left hand goes to side freehand position. Catch is solid catch (same as end of spins)
  - Working Upper/Lower Body:
    - Marking Time
    - Ballet foot position changes every 8 or 10 counts

### ***Flag Carving Exercise (multiple hand on pole placements)***

- Start at shoulder arms
- 16 counts, 4 counts each hit angles
- 16 counts fluid
- 8 counts, 2 counts each hit angles
- 8 counts fluid
- 4 sets fluid 4 count carve (angle on each count)
- 8 count transition to different hand on pole placement, 2 counts each at angle:
  - First Set- Right Hand on tab, Left hand on tip
  - Second Set- Right Hand on cheater, Left hand on tip
  - Third Set- Right Hand on tab, Left hand on cheater (motorcycle)
  - Fourth Set- Right Hand on tab, Left hand on tip (motorcycle)

### ***“Butch Spin Exercise” (Flourishes and hand flips)***

(2-3 sets, both sides, 8 count transition to switch hands)

- 8 spins, on count 8 grab w/ right hand in money
- 16 counts-Flip over to flourish (facing side 2, right foot in tendu)
- 16 counts- side flourish (turn body to back sideline, feet in second)
- 16 count flourish TOWARD YOU (facing side 1, left foot in tendu)
- 16 count palm flips, 2 cts. each, full extension (facing front, feet in 2nd)
- Ct. 5-8 spin, come to solid stop or grab w/ money on ct. 8 to continue)

### ***Pull Hits***

- Start with flag down, top hand on cheater
- 16 counts broken down- Pull hit 1-2, hold 3-4, etc.
- 16 counts continuous
- Repeat for 2 or more sets
- 8 count transition to do other side



## ***Stop Hits***

- Start with at shoulder arms; do sequence for 5 positions
- Sequence:
  - Drop spin 1-2, grab w/ money hand on ct. 2, 1/3 of distance between tab and cheater.
  - Release 3-4, catch on 5 at specific position. Left hand should be 1/3 of distance away from cheater toward tab. Right hand should be about a hands width into fabric.
  - Hold 6-8
  - Switch 1, bring back to shoulder arms 2-4
- Positions
  - 45° angle in front of body w/ pole up
  - Straight up and down, pole up
  - Shoulder hip angle, pole up to left side
  - Flat, pole to left side
  - 45° Angle down, flag up
- Expand with lower body positions on count 5 of catches, body shapes reflect pole angle.

## **6-6-8**

Combination exercise: Drop Spins for 6 counts, Dandelion Spin for 6 counts, 8 counts of hand flips. Do one or more sets each side.

### Dandelion Spin

- Count 1: Drop spin
- Count 2-3: Backhand small toss into left hand, grab at a 45° angle, into pole
- Count 4: Grab w/ right hand at tape
- Count 5-6: Small flip (use left thumb) grab straight up w/ right hand.

### Hand Flips

- Flip the pole w/ one hand (rolls in hand, no "air" )
- Flag down on odd counts, up on even counts
- Hand should be across from chin

\* When doing 6-6-8 exercise, after the last set, end w/ a drop spin and solid stop.



## Equipment Basics: Weapon

### *Spins*

- Broken down for positions, timing, checkpoints
- After spins, flip to a solid stop at opposite flat position.
- Rifle-8 count transition from right to left hand (Hit flat on 1, hold 2-4, push in front on 5, grab opposite hand on 6, *subtle* switch to of left hand to top, push on 8)
- Sabre- turn sabre inside grab w/ other hand to begin spinning on other side.
- Exercises
  - Strength: 100-200 counts each, right side first, feet stationary in solid second position
  - Working Upper/Lower Body:
    - Feet stationary in solid second position
    - Marking Time
    - Ballet foot position changes every 8 or 10 counts
    - Tendu, pli , relev  exercise

### *Flourish Exercise*

- 8 spins (on ct. 8, sabers grab at hilt)
- 16 count side flourish (foot in tendu)
- 16 count side flourish (turn, face back w/ feet in second)
- Transition: Ct. 1-4 bring back to front, 5-8 spin
- Do at low angle, straight out, then up angle (sabres stay straight out)
- 8 count transition then do other side

### *Singles Exercise*

At least 4-6 sets each (one side only)

#### Part 1- "Pops"

- Like "butterfly" tosses without hands in air
- Grab count 1, flip around 2, catch 3, hold 4

#### Part 2- Prep #1

- Half flip to left port prep on 1, Hold 2-4
- Bring flat 5-8 (slow float down)
- Toss single 1-2, Hold 5-8

#### Part 3- Prep #2

- Full flip to left port prep on 1-2, Hold 3-4
- Bring flat 5-8 (slow float down)
- Toss single 1-2, Hold 5-8



### ***Spins/Stops Exercise***

- Start with at right flat; do sequence for 5 positions
- Sequence:
  - Spin 1-4, catch at position on count 5. Left hand is covering butt, right hand is at the swivel.
  - Hold 6-7, pop “up” on 8 to do begin spins on one.
- Positions
  - 45° angle across body w/ butt up
  - Straight up and down, butt up
  - Shoulder hip angle, butt up to left side
  - Flat, butt to left side (be sure bolt and edge is flat, not strap)
  - Prep angle
- Expand with lower body positions on count 5 of catches, body shapes reflect rifle angle.
- Same on left side except first two positions catch w/ right hand at swivel, left hand at neck, positions 3 and 4 catch with left hand at butt, position 5 catch w/ right hand at neck.
- Focus on strong stops, shoulder-hip angles, etc.

### ***Tracks (Rifles Only)***

- Start at Right Flat
- Grab count 1, straight up and down w/ left hand next to the bolt
- Twirl behind 2-3, flat on 4
- Repeat w/ first grab in right hand on neck.
- Continue exercise, hand to hand changing positions:
  - Angle up
  - Straight out
  - Angle down

### ***Wrist Exercise (Sabres Only)***

#### Part 1

- Spin 1-7, flip up to hilt on 8
- Inside wrist rotations 16 counts
- 8 count switch, repeat other side
- Down and up wrist exercise on side of body

#### Part 2

- Start at side of body, hold at hilt
- Flourish down to angle 1-4 (up on 1)
- Flourish back up to behind arm 5-8 (up on 5)

