

COURSE GUIDE



Introduction to Freestyle

Freestyle Organizations Benefits of the Course Freestyle Routines



Basic Freestyle Behaviors

Freestyle Behaviors Targeting with Nose and Feet Targeting: Duration of Touch Teaching Freestyle Behaviors



Effective Training Preparation

Skill Set Overview Clean Training Recap and Tips



Choreographing Routines

The Choreography Process Selecting Music Editing Music Putting Movements to Music Putting It All Together Your Routine Plan



Foundation Behaviors

Attention Foundation Positions Progressive Training



Preparing for Performance

Assembling Your Routine Ending Pose Starting Your Routine Training to Performance Level Performance Day Tips



Positions in Motion

Performance Heeling Freestyle Heel Position Training Performance Heeling Progress Assessment



