

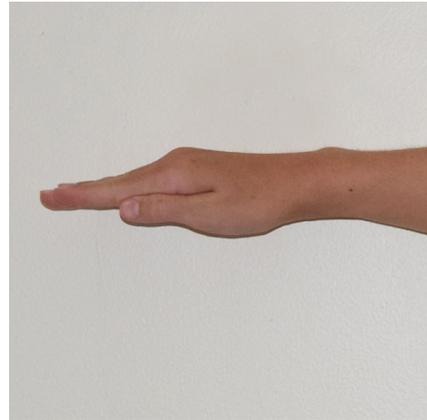
# M.1

## Fist, Blades, Clasp, High V, Low V

Novice SELECT Level 1



Fist



Blade

Discuss how to make the proper arm motion, Fist. Fingers curled in with the thumb over the top of the index finger, middle finger's first joint. The "O" needs to face the front at all times. Discuss keeping the wrist straight and not "cocked".

Discuss how to make the proper arm motion, Blade. Fingers and thumb squeeze tight together. The palm of the hand forms a "cup" shape — it is not flat. Discuss keeping the wrist straight and not "cocked" or bent.



Clasp



High V



Low V

Stand in good posture - straight line from ear to shoulder to hips to middle of knee to front of ankle with feet shoulder width apart. Arms in CLEAN UP POSITION with no space showing between body and arms. The fingers cup together like you were going to drink out of hands, pressing against the side of the thighs. Snap the arms straight up to clasp together under hit the high V. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body creating a sharp motion. Arms are slightly in front of the body.

Stand in good posture - straight line from ear to shoulder to hips with feet shoulder width apart. Arms are in CLEAN UP POSITION with no space showing between body and arms. The fingers are cupped together like you were going to drink out of hands, pressing against the side of the thighs. Snap the arms straight up, hit the high V. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body, creating a sharp motion. Arms are slightly in front of the body. Athletes should be able to see their fists out of their peripheral vision.

Stand in good posture - straight line from ear to shoulder to hips to middle of knee to front of ankle with feet shoulder width apart. Arms are in CLEAN UP POSITION with no space showing between body and arms. The fingers are cupped together like you were going to drink out of hands, pressing against the side of the thighs. Snap the arms straight out and hit the low V. Engage core by pulling belly button to back and squeezing hips, linking top of body to bottom of body, creating a sharp motion. Arms are slightly in front of the body. Athletes should be able to see their fists out of their peripheral vision.