

BEGINNING A SESSION



FRONT HOLD



TRANSITION FROM FRONT HOLD TO ELBOW HOLD





ELBOW HOLD



ELBOW HOLD

Moving arm



ELBOW HOLD

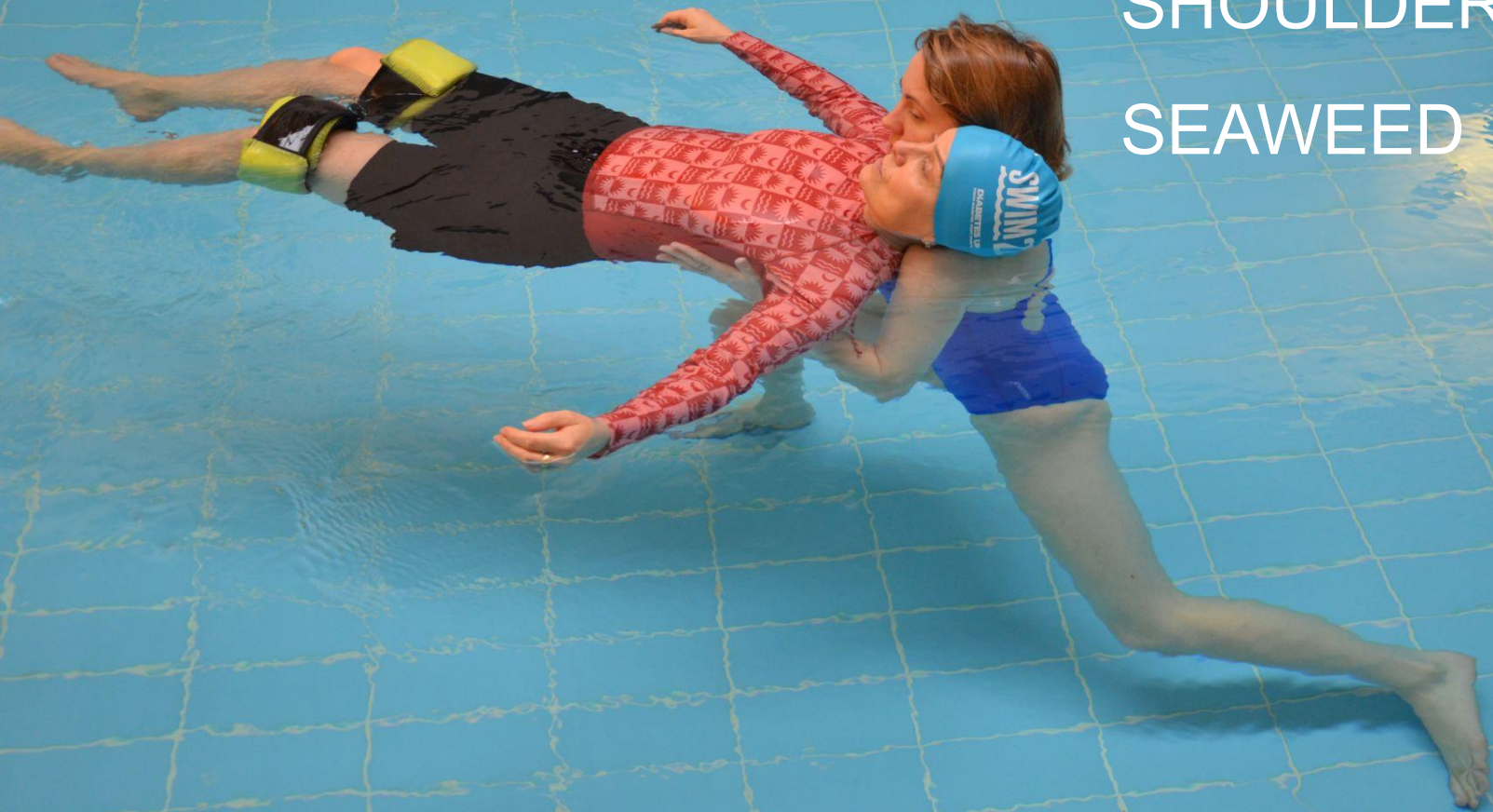
Accordion



TRANSITION ELBOW TO SHOULDER HOLD

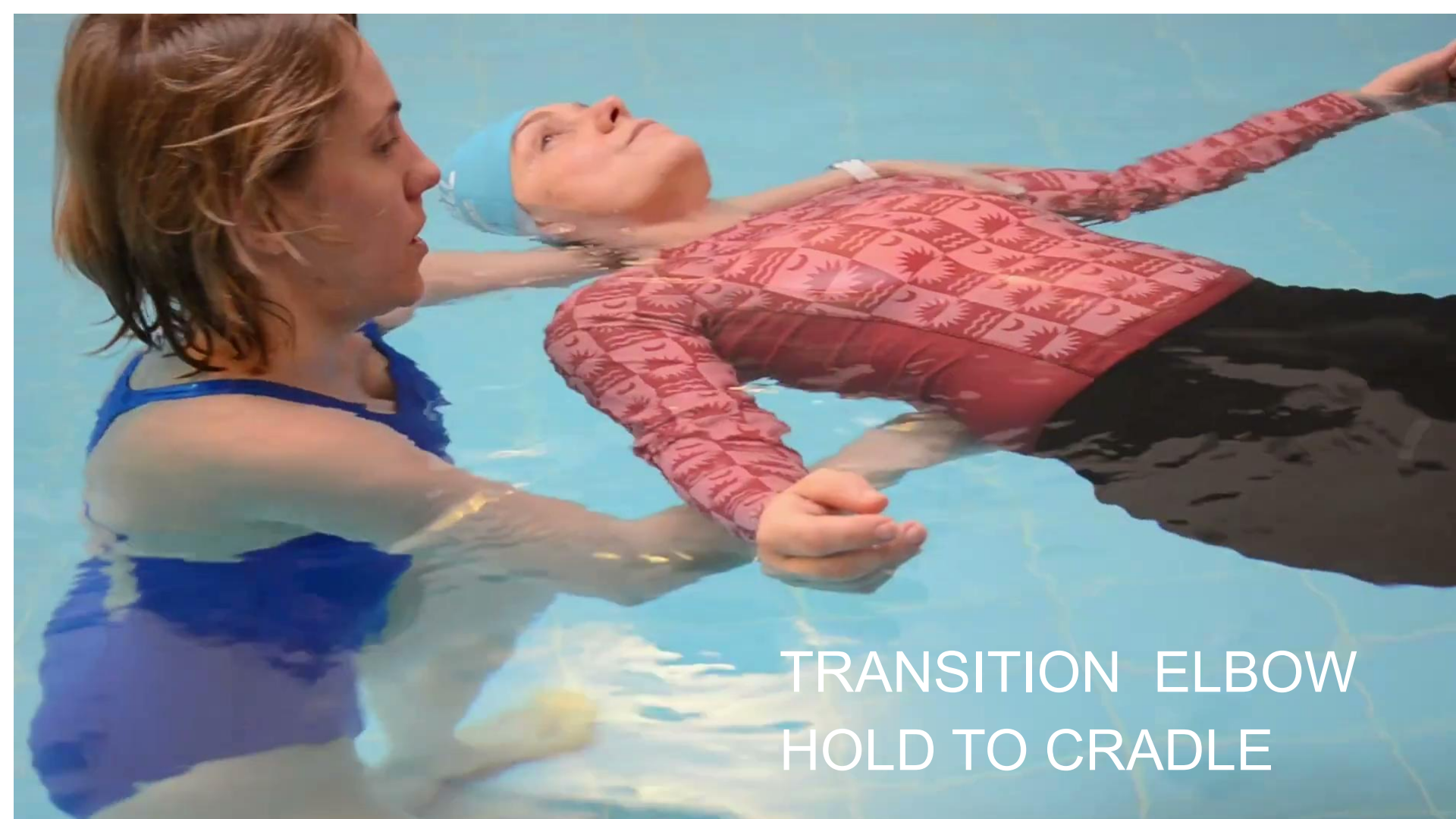


SHOULDER HOLD SEAWEED



SHOULDER HOLD SEAWEED





TRANSITION ELBOW
HOLD TO CRADLE



CRADLE HOLD

SIDE CRADLE HOLD



END
SESSION

