# L2 clubs chaine turn

## Difficulty judge

### Start (0.2)

* Weight on back leg with front leg out and toes pointed
* Arms and chest open

### Element (0.5)

* *Steps should be even*
* *Should travel in a straight line*
* *Arms should be straight at shoulder level*

### Finish (0.2)

* Finish facing the side
* Vertical circle on plane
* Free spin versus grab and stir

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Wobbles
* Alignment of clubs to arm
* Line of travel
* Free spin
* Plane at the end
* Eyes and head position (e.g looking into the ground)

## Training Progression

* Really work of wrist flexibility through stretching as well as relaxing the fingers where it is not gripping hard. Tension of the grip cause forearm and wrist to tense up
* Common reasons for NOT travelling straight
	+ Looking into the ground
	+ Not travelling /spinning on ball of foot and therefore having legs crossed / awkward
	+ Not familiar with the back leg sweep and turn action
* Vertical spin of club
	+ Start from clubs against arm, hold the club by the head loosely and allow it to drop vertically. Do this close to a wall if necessary
	+ Teach the mechanics of the ‘lift’ of the club from pointing down to swing up. BEND the knees and assist with the swing. It is okay to assist with a bit of a gentle straight arm swing forward to help with the momentum but assist with the wrist. Once familiar, then keep arms to the side and use knees and wrist only.