# L2 clubs alternating legs chasse

## Difficulty judge

### Start (0.2)

* Arms out as n video, chest up, with weight on rear leg, front leg straight with toes pointed

### Element (0.5)

* *Like regular chasse, legs have to be extended and clap together while in the air.*
* *There should not be any pause. The momentum should be maintained from one chasse to the other*
* *Note the arm positions and timing. It should look natural and smooth*

### Finish (0.2)

* When stopping the chasse, gymnast should be reasonably balanced and controlled without body wobbles

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Improper holding of clubs
* Arms / shoulder generating the lift

## Training Progression

* Practice regular chasse with different leading legs, make sure height and clap is correct
* Do single chasse but with a step through on the first one. (This is in preparation of the second chasse)
* Add first chasse and land stop on the same leg as previous step, then do the step through chasse
* Add arms