# L2 clubs 180 passe pivot

## Difficulty judge

### Start (0.2)

### Element (0.5)

### Finish (0.2)

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Improper grip / grab
* Bent arms
* Clubs not being an extension of the arm
* Clubs and/or arms not on horizontal plane

## Training Progression

* Make sure the grip is correct, should be held on the head (the little ball) of the club and learn to swing loosely on gymnast side with straight arm but semi-loose grip
* Learn vertical circles on the side first using gravity to help
* Learn to keep arm straight – just carry the clubs with straight arm resting on forearm. Swing arm to get it to point out (therefore completing a half circle). This step is to remove the fear factor as the clubs are going away from the gymnast’s face.
* Do a half spin from pointing out to go rest on the forearm while arm is straight. The rotation force of the club generated by arm’s open swing. Once completed, learn arm inward swing.
* Complete full swing
* Try the element with one arm
* Repeat progression alternating arms
* Do both arms at the same time