# L3 Ribbon D5 Echappe toss

## Difficulty judge

### Start (0.2)

* Step backward on toe horizontal snakes

### Element (0.5)

* *Toss and catch with legs together*
* *Note free arm as soon as ribbon leave the throwing hand*

### Finish (0.2)

* Open arms and chest. Leg straight and toe pointed on the ribbon hand side

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Step out to catch the ribbon
* Stop and ribbon dead after the catch
* Free arm

## Training Progression

* Can practice with chop stick if ribbon not available