# L3 clubs arabesque balance

## Difficulty judge

### Start (0.2)

* Windmill of arms while tiptoeing backwards
* Maintain side plane of arm circles

### Element (0.5)

* *Must hold balance on releve and shape for 2 seconds*
* *Back leg must be 45 degrees or higher*
* *The horizontal circle must be done during the balance on toe, not before and not after*

### Finish (0.2)

* Finish balance with legs together

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Imprecise vertical arm circles
* Imprecise line of travel or wobbles
* Look for full extension of arm during arm circles
* Plane of horizontal circle of club during balance
* Wobble during balance
* Step out on finish

## Training Progression

Prerequisites:

* Make sure the shoulders are properly warmed up and stretched
* Wrist flexibility drills
* Hip flexor stretch and butt muscles
* Do stability drills close to wall.

The skill:

* Practice horizontal circles by itself without the balance on toe, then on flat, and then on toe assisted
* Small step travel on toe forward and backward with arms on waist
* Same as above but with arm motion. Eyes look at arms as arms go up
* Practice arm circle without travel but stay balanced on toe