# L3 clubs small vertical circle with running steps

## Difficulty judge

### Start (0.2)

* Small pull back of the arm to initiate the small vertical circles

### Element (0.5)

* *The landing of the running steps should be on the ball of the foot and the kick should be relatively high*
* *Vertical circles need to be on the right plane*
* *Arms have to continuously move up during the running steps*

### Finish (0.2)

* Arms should be high vertical and parallel on finish.
* Legs together and slide the clubs down, holding the body.

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Watch for pointed toes during the running steps

## Training Progression

* Incorporate running steps into warm ups
* Warm up wrist properly, practice the small circles on different planes until it is natural
* You cannot do slow vertical circles, emphasize on the use of wrist and arm momentum (drawback to swing forward and up) to initiate and maintain momentum once the motion is initiated.
* Practice initiate club motion into tap of forearm. Practice initiating the club from forearm down and then up again (forearm, down, forearm). Once successful, do it continuously.