

Guard Terminology

Flag

27 points in space: space around the body that can be identified with numbers and geared towards a cleaning tool

Wrist rotations: a motion designed to loosen the wrists and control timing

Slams: identifying solid stops and starts to 45 degree angles and gaining control of bent verse extended arm

Drop spins: this is a tool that initiates a “pull motion”, then is used to work timing and isolation

Double time: this is a quickened version of drop spins with slightly different grabs positions

Butterflies: is a version of two handed wrist rotations that deals with a lower space

Carves: deals with upper and lower space moving through 45 degree angles

Throw a ways: starting in a slam position, this is designed to work timing and to make the wrists stronger and more flexible

Tosses

Toss: defined as a piece of equipment leaving the immediate contact of the body and traveling through space freely

Parallel: a toss dealing with the horizontal space

Single: a toss in the vertical space that rotates 1 time from the start position

Single and a half: a toss in the vertical space that rotates 1 1/2 times from the starting position

Double: a toss in the vertical space that rotates 2 times from the starting position

Forty-five: a toss that leaves any starting position and travels through the 45 degree plane

Rifle and Sabre

Wrist rotations: a motion designed to loosen the wrists and control timing

Spins: this is a tool that initiates a “push motion”, then is used to work timing and isolation

Tracks: this is designed to work timing and to make the wrists stronger and more flexible

Short stops: designed to isolate the strengthening of starts and stops

2 plane singles: designed to isolate starts and stops through single rotations using both plie and first positions

2 plane back hand exercise: designed to strengthen and make the wrists more flexible while staying in the 0-0 and spin dot space, utilizing the first and plie positions

Tosses

Spin toss exercise: evolves the spin exercise to a prep in a continuous toss exercise

5-7 setup: a preparation tool that utilizes the principal; time, space and energy

Double: a vertical toss rotating 2 times from the starting position

Triple: a vertical toss rotating 3 times from the starting position

Quad: a vertical toss rotating 4 times from the starting position

Five: a vertical toss rotating 5 times from the starting position

Six: a vertical toss rotating 5 times from the starting position

