

MOVEMENT FLOW

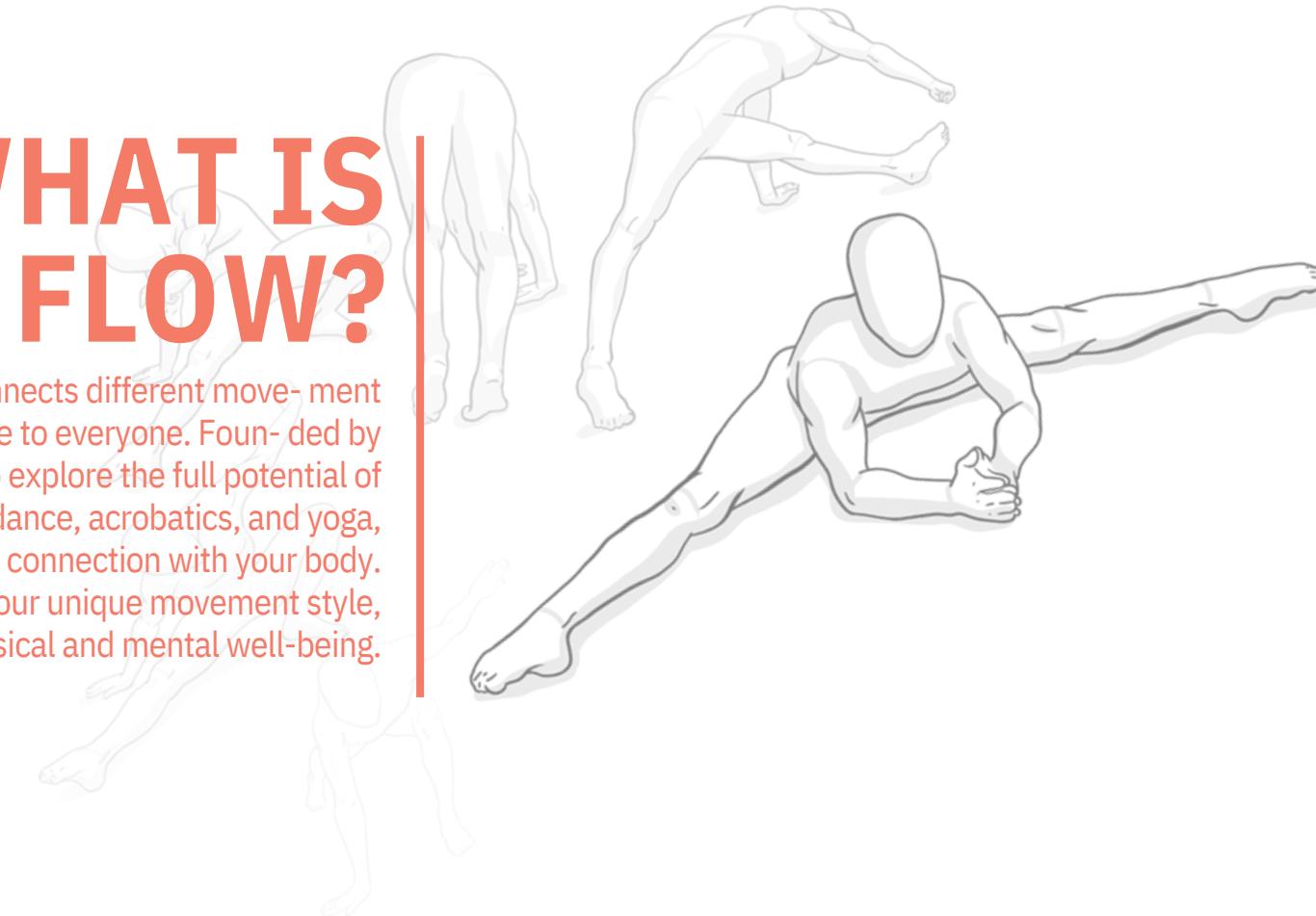


THE MANUAL BY
MAIALEN LANDA & SLAVA GOLOUBOV

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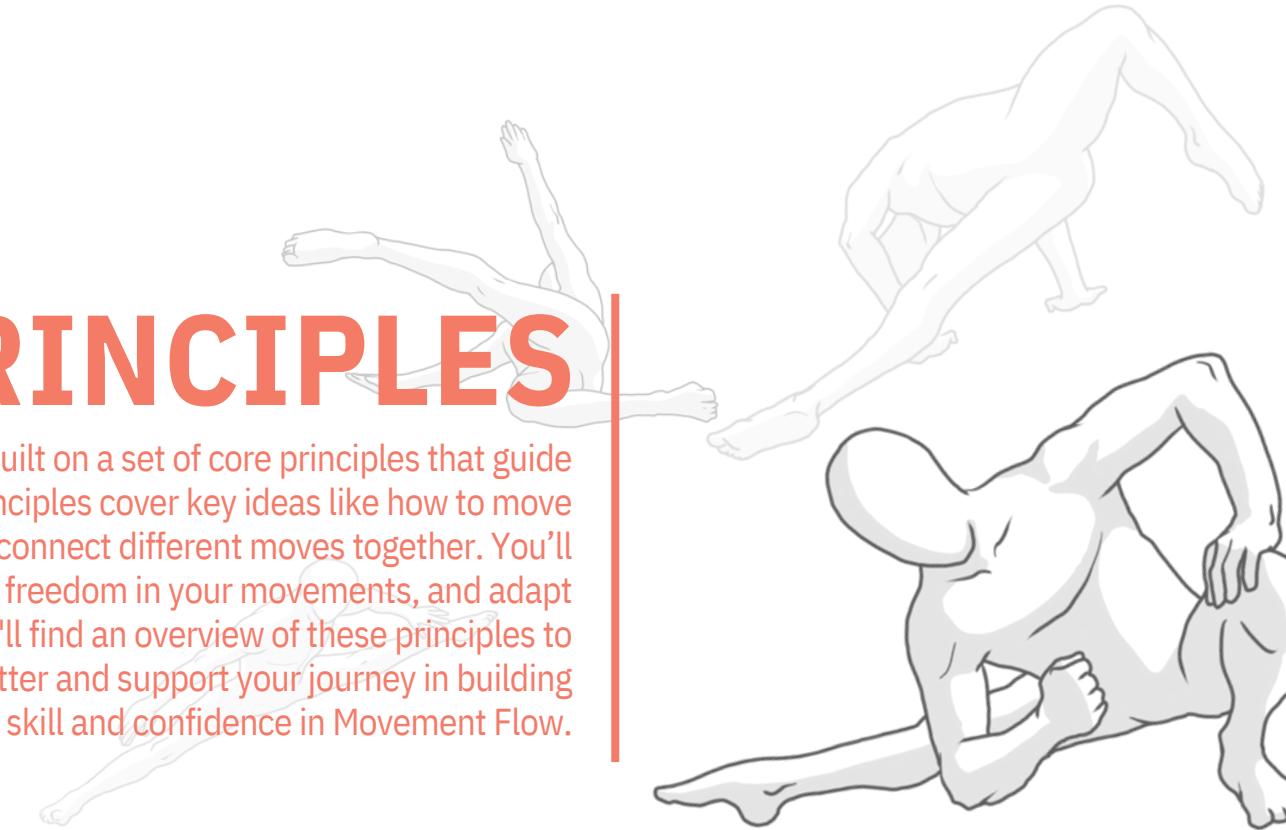
WHAT IS MOVEMENT FLOW?

Movement Flow is a dynamic practice that connects different movement disciplines into a versatile system accessible to everyone. Founded by Slava Goloubov, Movement Flow was created to explore the full potential of human movement. It draws from martial arts, dance, acrobatics, and yoga, focusing on fluidity, adaptability, and a deep connection with your body. Movement Flow encourages you to discover your unique movement style, promoting both physical and mental well-being.



THE PRINCIPLES

The Movement Flow system is built on a set of core principles that guide your movement practice. These principles cover key ideas like how to move smoothly, maintain balance, and connect different moves together. You'll learn how to control your body, find freedom in your movements, and adapt to different situations. Below, you'll find an overview of these principles to help you understand the system better and support your journey in building skill and confidence in Movement Flow.



THE FOUR CUPS

Strength Cup: Provides the muscle and stability needed for safe movements.

Flexibility Cup: Ensures joints and muscles have the range of motion for fluid movement.

Power Cup: Adds force and speed, vital for dynamic movements in Movement Flow.

Control Cup: Gives precision and intentionality to your movements.

Balancing these cups prevents injury. When all are aligned, your body becomes powerful and resilient.



Strength



Flexibility



Power



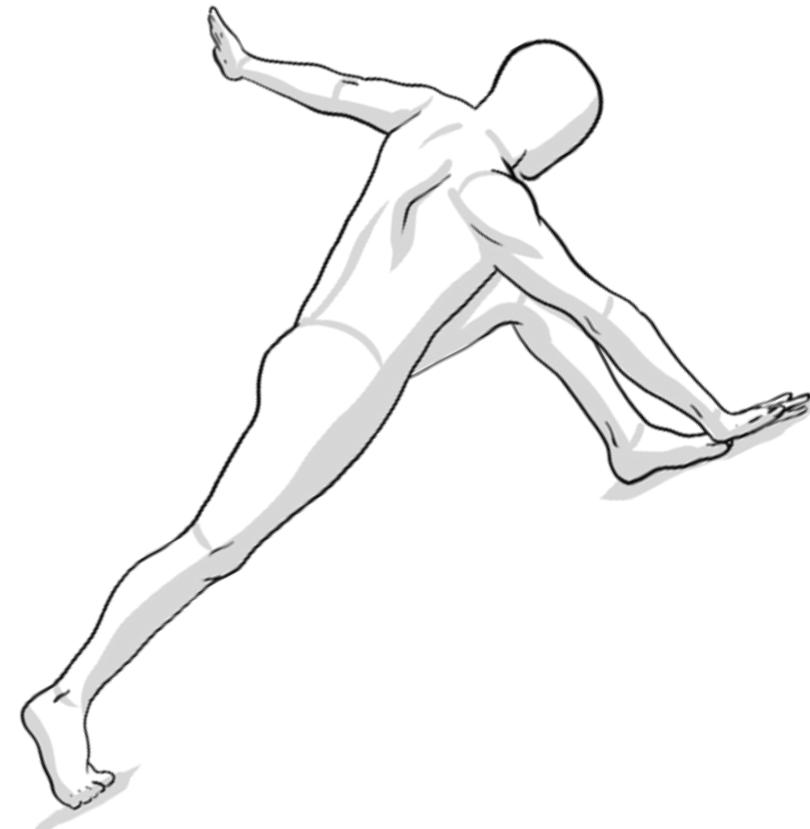
Control

THE P.I.C PROCESS

Preparation: This is the first step, where you focus on exercises that build strength and flexibility. You isolate movements to condition your body, ensuring it's ready for more complex motions.

Integration: In this phase, you learn and combine movements, including transitions, to build a solid library of skills. This allows you to seamlessly flow from one movement to the next.

Creation: The final step is creation, where you move freely and creatively, knowing your body is strong and well-prepared. With the foundation of strength, flexibility, and skill, you can confidently explore new movements.



THE THREE RANGES

Safety Range: This is where your body naturally protects itself, keeping movements safe and risk-free.

Peripheral Range: Here, you push slightly beyond your comfort zone, staying cautious while exploring new limits.

Dynamic Range: This is where Movement Flow shines. You move beyond your limits, with every part of your body working together for smooth, controlled movements.



CUTTING & SPLICING

To create a smooth and effortless flow in Movement Flow, it's important to identify transitions that need adjustment. If a movement feels awkward, it means energy is being wasted. Like editing a movie, cut out what doesn't fit and keep what feels authentic. Refine transitions by adjusting their length and flow, so everything connects naturally. With practice and careful tweaks, your flow will become more fluid, showcasing your unique style.



ABSORPTION

The principle of Absorption is key in movements like the matrix or cartwheels. Just like a car's shocks, our fingers and toes absorb impact. When your fingertips touch the floor, press firmly and roll through each joint slowly. For cartwheels, absorb impact with your toes, moving from the ball of the foot to the heel. Proper absorption keeps your practice safe and sustainable. Aim for silence in your movements—it's a sign you're absorbing impact and flowing smoothly, like a ninja!



SMALL DETAILS

Success in Movement Flow comes from focusing on the small details. Simple adjustments, like pivoting the foot in a QDR Side Flip or arching your back in a headstand, can dramatically improve your transitions. Pointing your toes and extending your leg creates lightness and control. These small changes lead to big results, both in Movement Flow and life. Remember, it's often the little things that make the biggest impact on your journey.



CHALLENGES

Movement Flow offers a safe way to explore your range of motion and control through transitions like Windmill, Plank Sliding Splits, and Open Door. Once you master the basics, you can push yourself further by reaching, extending, and engaging your body more deeply. These skills form a strong foundation that makes advanced moves easier. Challenge yourself, embrace growth, and enjoy discovering your full potential!

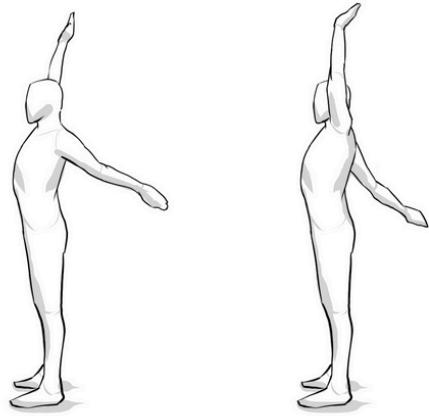


WARM UP

The warm-up section includes essential exercises to prepare the body for the demands of Movement Flow. From wrist and shoulder preparation to leg and core activation, these exercises ensure that your body is ready to move with fluidity and control. Remember, a proper warm-up not only enhances performance but also reduces the risk of injury.



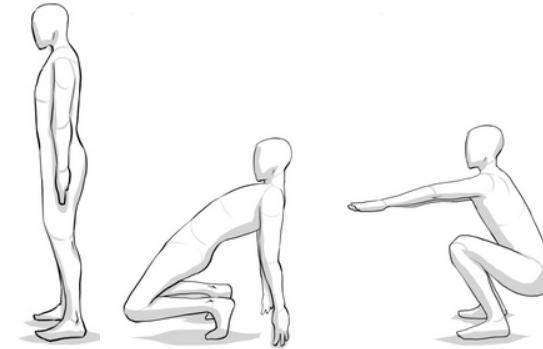
WARM UP



Arm snaps

- Stand with arms beside your body.
- As one arm goes up and behind your head, the other goes down and back behind your hips.
- Keep your torso and head facing forward
- only move at the shoulder joints.
- Create a snapping motion while keeping your ribs tucked in.

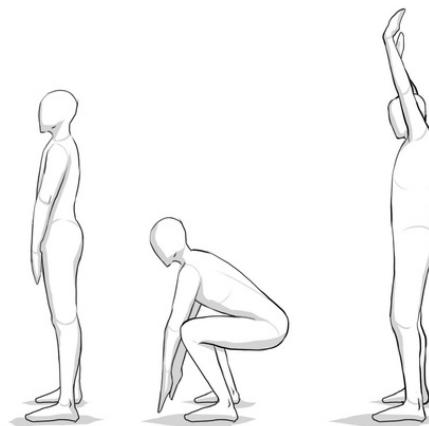
20 reps



Sissy squat

- Come up on your toes as you lead with your knees and hips forward.
- Lean your body backward.
- Squat as low as you can without losing your balance.
- Hold the position for 3 seconds.
- Push yourself back up to the starting position.
- Be mindful of your knees; go as low as you can.

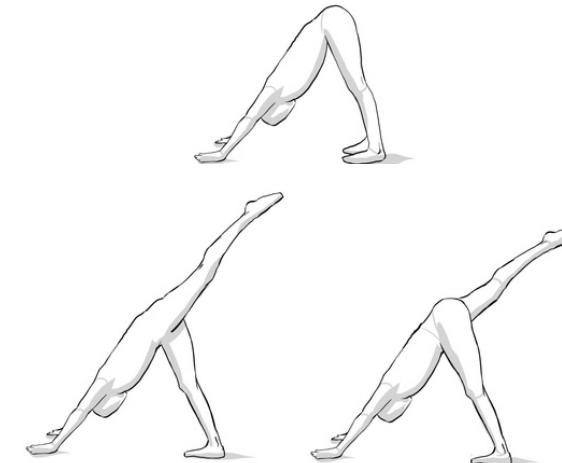
10 reps



Squat snaps

- As you descend into a squat, your arms come down with your fingers lightly touching the floor.
- As you come up, your arms snap next to the ears.
- Keep your torso and head facing forward.
- Maintain a tight and hollow body.
- Create a snapping motion while keeping your ribs tucked in at the top.

20 reps



Downdog leg lifts

- Create a triangle shape with your body.
- Keep your head low and hips high.
- Snap one leg with full extension, keeping the leg straight.
- Keep hips square.

20 reps with each leg

Puppy pose

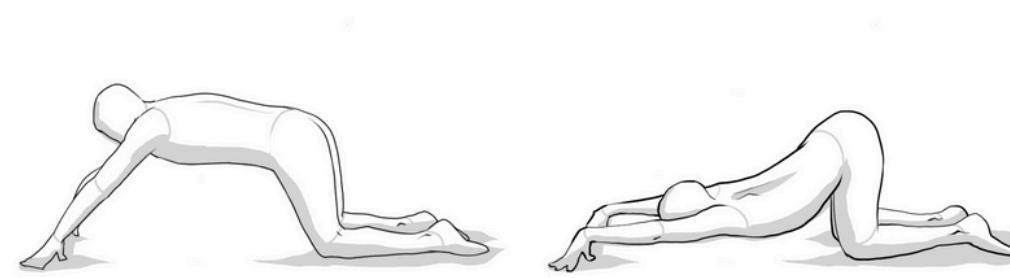
- Start on your hands and knees in tabletop.

- Slide your hands forward until your hips are stacked over your knees.

- Lower the chest and look forward.

- Make sure to take big breaths.

30 second hold

**Wheel push ups**

- Lie on your back.

- Bring feet close to butt.

- Place hands by ears with fingers pointing towards toes.

- Start moving knees forward to elevate hips.

- Use leg power to lift hips skyward, applying pressure from toes for a wheel pose with open shoulders.

- Reverse the motion by leaning forward into knees.

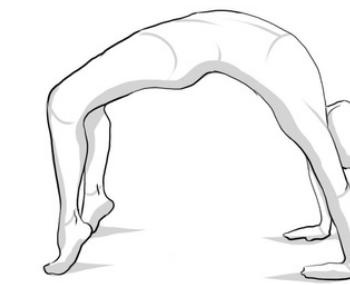
- Bend elbows and round your back.

- Move backward towards triceps.

- Bring head as far back toward wrists as possible.

- Achieve mobility and strength simultaneously. 1

10 second hold

**Wrist & Shoulder Prep**

- Sit down in a comfortable position.

- Extend your arms forward.

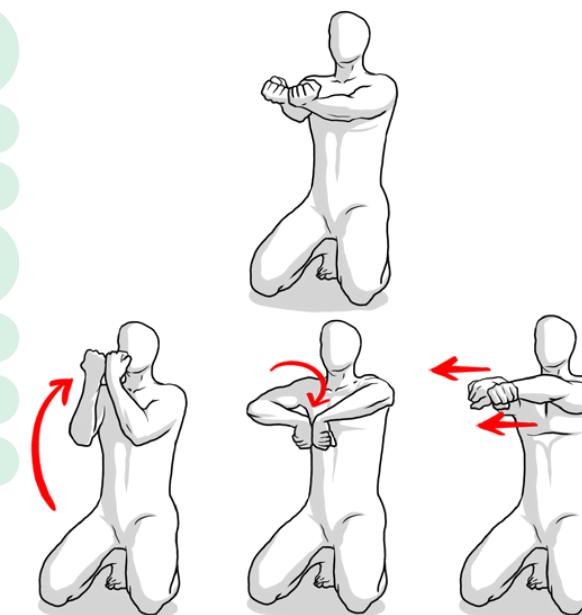
- Touch the backs of the wrists together.

- Start to create a circular motion, keeping the wrists.

- Repeat the circular motion five times.

- Switch and rotate the other way.

10 reps

**Two knee twist**

- Lie on your back with arms extended to the sides.

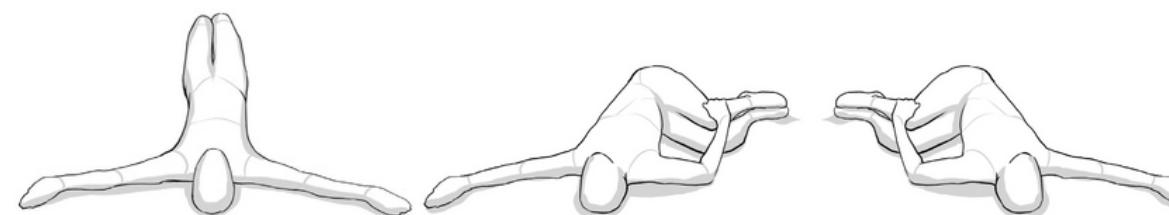
- Bend knees and place feet hip-width apart.

- Exhale, draw knees toward the chest.

- Exhale, drop knees to the right, keeping shoulders on the mat.

- Inhale and exhale, holding for 30 seconds.

30 second hold each side



**Side stretch**

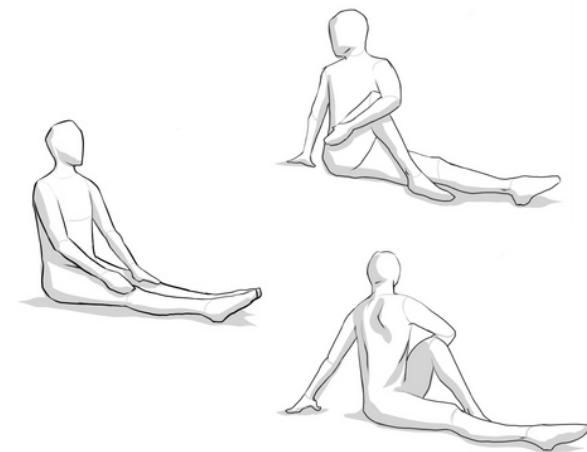
- Sit in a straddle.

- Raise your right arm overhead.

- Bend your upper body to the left in a reaching motion.

- Keep your upper body facing straight ahead.

30 second hold each side

**Seated twist**

- Sit with legs extended and back straight.

- Bend your right knee, placing the foot next to your left leg.

- Inhale deeply, extending your left arm upward.

- As you exhale, twist your torso to the right, placing your left elbow on the outside of your right knee for support.

- Keep your right hand behind you on the floor or on your lower back for balance. -Inhale, lengthen your spine, and exhale to deepen the twist gently.

- Hold the twist for 20-30 seconds, maintaining steady breathing.

30 second hold each side

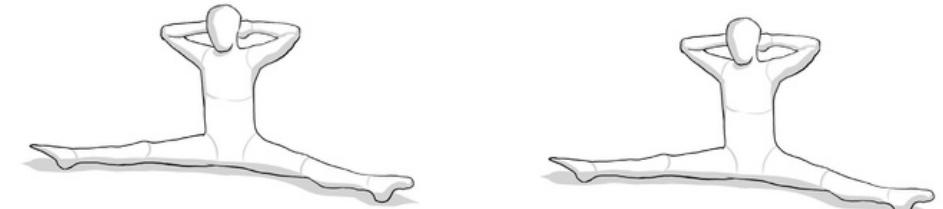
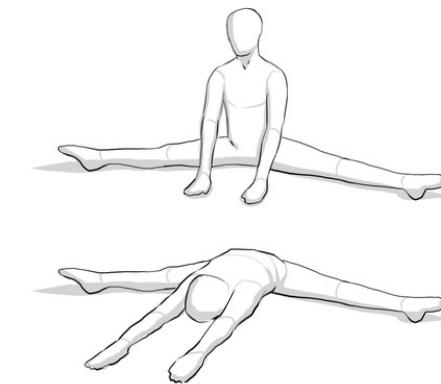
Straddle pancake

- While seated, open your legs to the sides.

- Bend at the waist and stretch forward.

- Make sure to arch your lower back as you hinge.

30 second hold

**Straddle pulse**

- Seated, spread your legs to the sides.

- Bend at the waist and stretch forward.

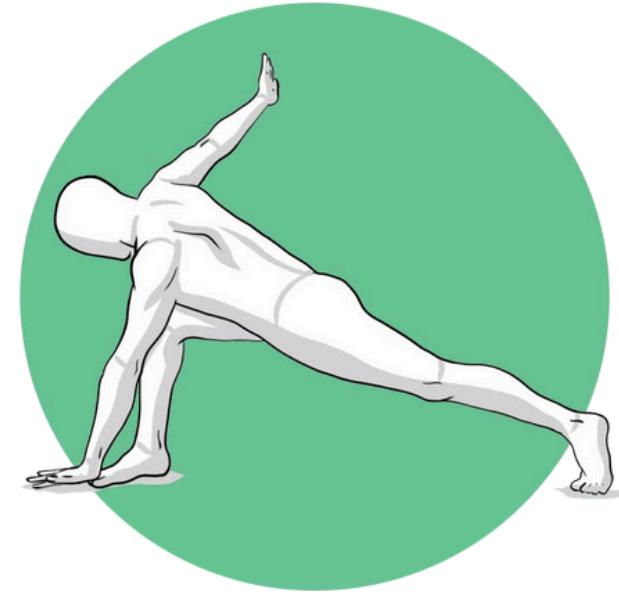
- Elbows next to ears ascend and descend.

10 reps



THE MOVES

The level 1 of the Movement Flow system has 30 different moves divided into 14 categories that are shown in the next page. Once you master the moves, you will have endless possibilities of creating unique flows or sequences.



1. SLIDE UPS

- Straddle up
- Twist up
- Shin up

2. SLIDING SPLITS

- Forward fold sliding split
- Plank sliding split
- Cartwheel sliding split
- Headstand sliding split

3. SWEEPS

- Low sweep
- Windmill
- Grinder

4. ROLLS

- Forward roll
- Bridge roll
- Pistol squat roll

5. MONKEY FLOW

- Monkey flow

6. OPEN DOOR

- Open door

7. QDR

- QDR exit
- QDR side flip

8. AROUND THE WORLD

- Push up
- Cookie jar
- Compass

9. CARTWHEELS

- Regular cartwheel
- One arm cartwheel

10. KICKS

- Spinning kick

11. HIP ROLLS

- Side hip roll
- Falling tree

12. MATRIX

- Matrix
- Canoe

13. DOUBLE PIGEON

- Double pigeon slide

14. HANDSTANDS

- Regular entry
- Straddle pop



SLIDE UPS

SLIDE UPS

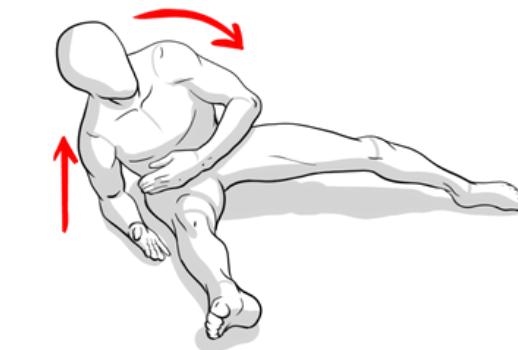
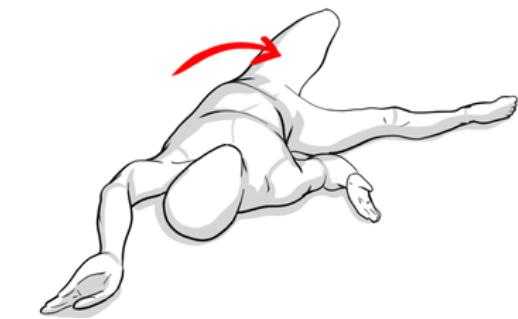
STRADDLE UP

WARM UP EXERCISES

1. Sit in a straddle position and extend one hand off to the side with the palm facing down. 2. Lean forward and around, rotate towards the arm that's off to the side, pulling your elbow towards your hip and flipping your palm up for a soft descent. You can use the other hand as a balancing point reach it forward and around as you rotate into the floor. 3. Reverse the motion to lift yourself back up.



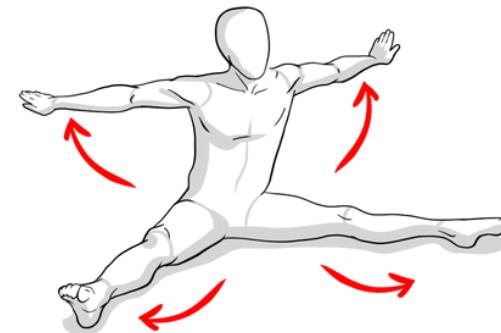
Step 0: Start in a fetal position, lying on your side with your bottom arm straight and your knees pulled into your chest.



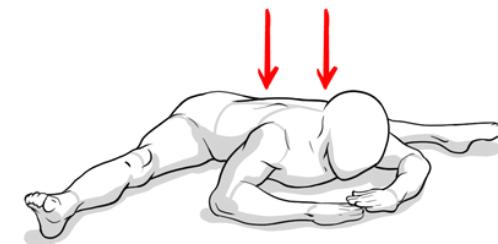
Step 1: Straighten the top leg to a 90° angle, close to the bottom arm.

Step 2: Swing the top leg around until you're lying flat on your back with your pelvis level to the floor. Keep the bent knee bent, placing the foot flat on the floor, and bring your arms over your head in a Y shape.

Step 3: Continue the rotation trajectory, bringing yourself around towards the straight leg and opening it to a 45° angle. The arm closest to that leg pulls towards the hip with your elbow tucked in the hip crease, allowing the other arm to move over your head as you do a small forward fold.



Step 4: Rotate the bent arm's palm to the ground, providing leverage to sit up while keeping the bent leg bent. Now as you're doing this motion, bring the other arm, the one that's not bent over your head and around using the reach to help you to sit up.



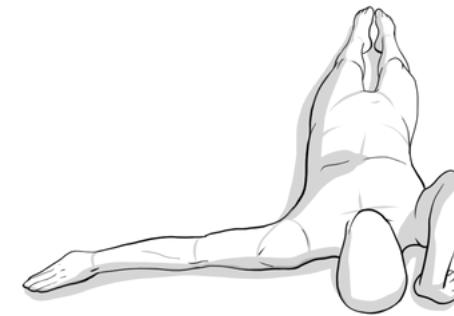
Step 5: As you reach the end, extend the bent leg and sit up straight with your legs wide, as wide as your smile. You did it!

! HELPFUL TIPS

1. Use palm rotation to soften the sharp angles of the body and move fluidly.
2. Use the straight arm to guide the rotation, providing direction and extension for easier sitting up.
3. Keep the bent knee at least 90°, preferably open a little to the side, to create a bigger and more expansive look during the movement.

SLIDE UPS

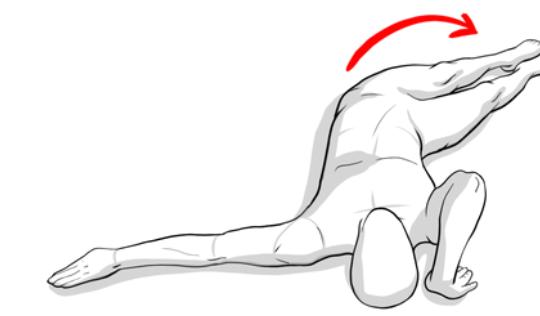
TWIST UP



Step 0: Begin by finding a comfortable lying- down position.

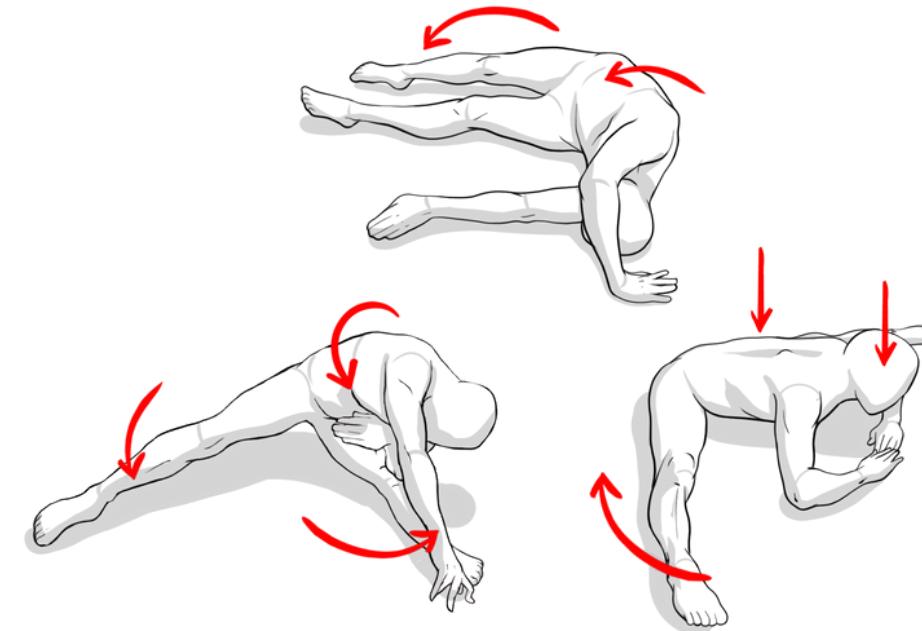
Step 1: Straighten your legs in front of you and your arms by your side Step

2: Place one hand near your ear, with your fingers pointing towards your toes.



Step 3: Stretch your other arm out to the side at a 90 degree angle with the palm facing down or up, choose your preference.

Step 4: Press firmly into the palm that's on the ground and use the pressure to rotate both legs towards the side of your straight arm. Now shortening that side of your body. Remember to keep your heels grounded.



Step 5: And during the middle of the rotation, think about bringing your head through your bent arm like your walking through an open door, and the same forward fold your chest close to your legs to make sure the rotation goes smoothly.

Step 6: Just before you get to the end open up into a straddle position and lift the hand that was initially on the ground. Here comes the best part, open your arms to the side like you're about to give your best friend a big big big HUG.



HELPFUL TIPS

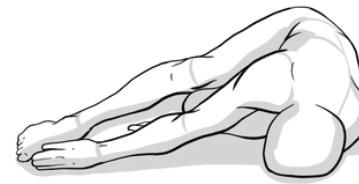
1. Maintain contact between your heels and the ground until the last moment
2. Keep your palm planted on the floor until your leg approaches, then you can lift it.
3. Throughout the rotation, focus on maintaining a forward fold position.

SLIDE UPS

SHIN UP

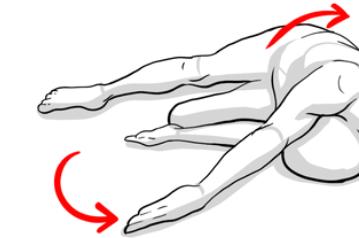
WARM UP EXERCISES

1. Sit in a straddle position and extend one hand off to the side with the palm facing down.
2. Lean forward and around, rotate towards the arm that's off to the side, pulling your elbow towards your hip and flipping your palm up for a soft descent.
3. Reverse the motion to lift yourself back up.



Step 0: Start in a fetal position, lying on your side with your bottom arm straight and your knees pulled into your chest.

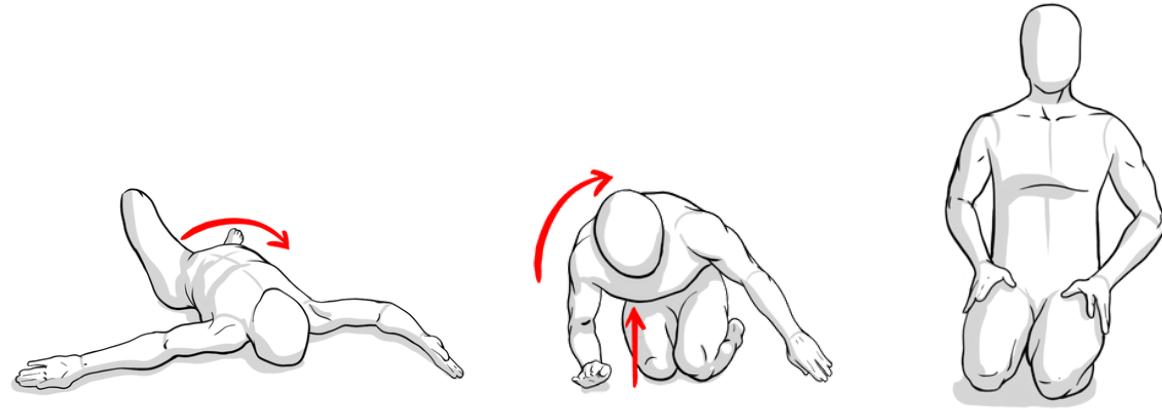
Step 1: Straighten the top leg to a 90° angle, close to the bottom arm.



Step 2: Swing the top leg around until you're lying flat on your back with your pelvis level to the floor. Keep the bent knee bent, placing the foot flat on the floor, and bring your arms over your head in a Y shape.

! HELPFUL TIPS

1. The arm that's not bending at the very end, pull it all the way around and try to touch either your hand or one of your fingers, preferably the index finger on the ground all the way around. This will give you trajectory and control.
2. The trick is to do two things simultaneously: rotate your hand to the floor and sit heavily with your pelvis. This will ensure success.



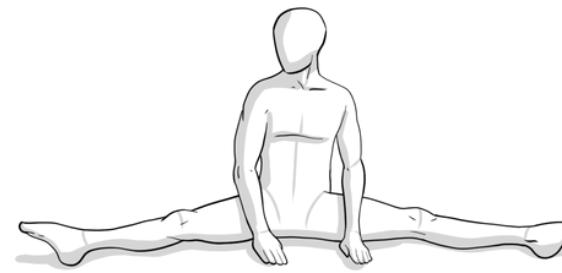
Step 3: Continue the rotation trajectory, bringing yourself around towards the straight leg and opening it to a 45° angle. The arm closest to that leg pulls towards the hip with your elbow tucked in the hip crease, allowing the other arm to move over your head. Once your elbow is almost at your hip, pull the straight leg in towards your chest.

!3. The closer you can get your elbow to your hip, the more leverage you'll have in your midline to make sure you sit up nice and easy without too much struggle. Remember to rotate your palm down to create the push you need to sit up.



SLIDING SPLITS

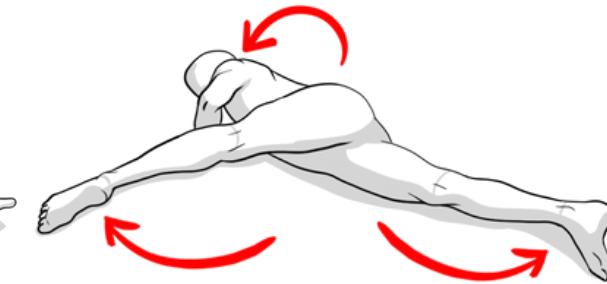
FORWARD FOLD



Step 0: Sit down with your legs wide apart.

Step 1: Bend the leg on the side you're going towards and externally rotate that hip. Simultaneously, internally rotate the straight leg on the other side.

Step 2: Place your hands behind you, shoulder-width apart.

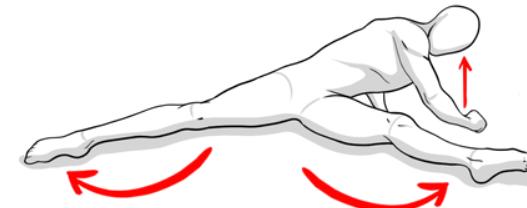


Step 3: Thread the bottom leg underneath the straight leg as you end up in a straddle position, lying down on your stomach with your arms fully bent.



Step 5: Push out of your hands and lift yourself up, straddling both legs out to the side and returning to the original starting position.

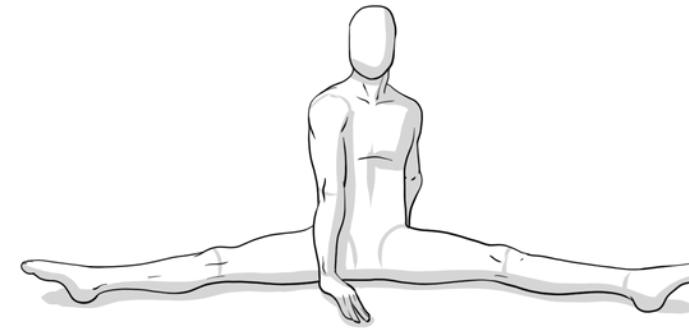
Step 4: Rotate your torso, lift your hands and take them a bit sideways, now use your palms as leverage to lift your hip towards the sky. Straighten the leg that was initially bent, and the leg that's underneath now bends.



! HELPFUL TIPS

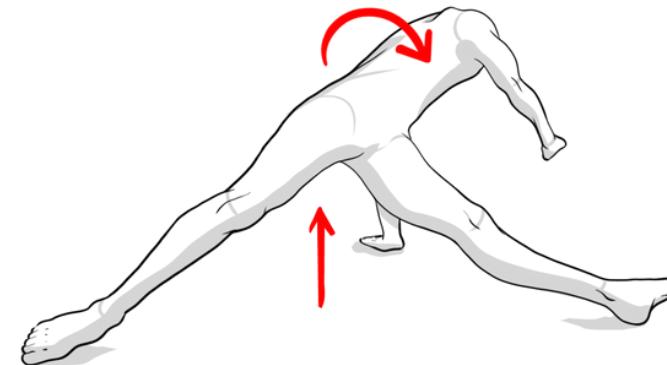
1. Remember that the side you're going towards is the side your leg will bend. There will always be a bottom leg and a top leg. The bottom leg will stay bent, and the top leg will stay straight, but in the middle, they are both straight.
2. Use your eyes to guide your movement. Where you look is where you will go. Start by doing a full rotation with your eyes, looking to the side, then forward as you lay down on your stomach, and then to the other side as you lift yourself up.
3. When pushing your hands straight, think about going around rather than straight up. This will increase your range of motion for your hamstrings and provide more opportunities to connect flows.

SLIDING SPLITS PLANK



! HELPFUL TIPS

1. Apply pressure into the ground with both your heels and your palm to create a solid base for your movement.
2. Stretch your free hand up high, extending it over your body to generate the necessary momentum.
3. Anchor one foot solidly on the floor to act as a pivot point, helping maintain balance and direction.



Step 0: Start comfortably seated, legs extended straight in front of you.

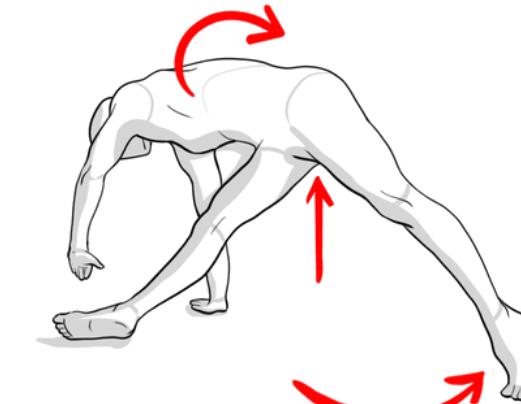
Step 1: Move into a straddle position, opening up your legs.

Step 2: Reach one hand back about a foot's distance, back and to the side.

Step 3: Give that hand a good external rotation.

Step 4: As your free hand reaches up towards the sky, lift your hips up as well.

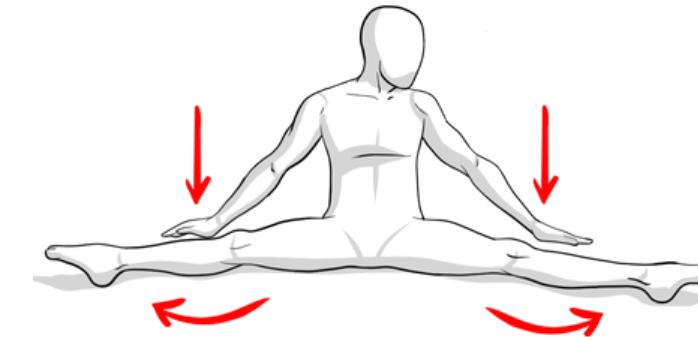
Step 5: Carry that elevated hand sideways, guiding it towards your grounded hand.



Step 6: Plant your palm on the floor.

Step 7: Swing your leg towards the foot that's solidly on the ground.

Step 8: Tuck your leg underneath your body, as if threading a needle.



Step 9: Smoothly slide back into the straddle position, pushing your hips forward.

Step 10: Release your hand as you complete the movement.

SLIDING SPLITS

CARTWHEEL

BEGINNER VARIATION

Step 0: Start in a squat position.

Step 1: Take your hands to the side and a little more forward in front of your body as you rotate.

Step 2: Swing the leg furthest away from the rotation all the way around until your feet are wider than pelvis-width apart, and your hands shoulder-width apart. End up in a forward fold, toes and fingers pointing in the same direction forward.

Step 3: The hand closest to the direction you were just going should internally rotate with fingers pointing towards the opposite hand.

Step 4: The leg that's on the opposite side of the internally rotated hand will swing all the way around, making sure you're trying to put pressure on the side of the foot, just like you practiced in the warm up.

Step 5: Just before the finish of the rotation, you're going to slide your feet forward with your pelvis off the floor. Try to lean into the hand that's on the ground and internally rotated.

Step 6: Sit down with your legs wide, one arm up to the sky, and the other hand behind you.

! HELPFUL TIPS

1. Start slowly and take your time to get used to the movements.
2. Keep the momentum of the first swinging leg rotating out and around to have enough space for the internally rotated shoulder.
3. Practice sliding your butt forward for absorption and a feeling of spaciousness.
4. If you want to make it easier, perform a cartwheel with your hands off to the side rather than in line with your feet for more leverage and to be closer to the floor.
5. Progress to a cartwheel with your hands in line with your feet for a more challenging variation.

INTERMEDIATE VARIATION

WARM UP EXERCISES

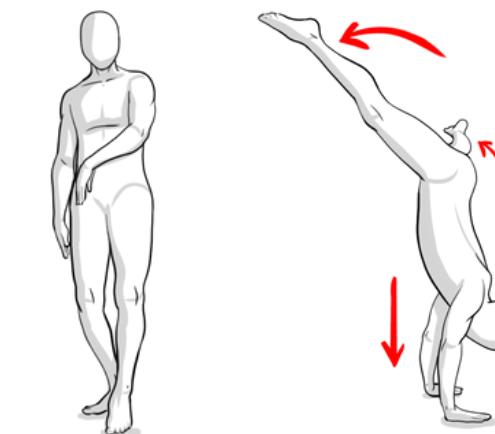
1. Sit down with both legs flat and knees bent. Take both hands behind you at a 45° angle with external rotation. Lift your butt, extend your legs forward, and slide your hips away from your hands about a foot and a half, simulating the sliding movement you'll need.

2. Now, you can repeat the same exercise with one hand, just remember to lean to the side of the hand. This will be the closest simulation to the full transition.

3. Another great drill is to sit down with your knees bent, taking the side of one foot and sliding it forward and back, like a knife cutting through bread. This is a great way to absorb the momentum and avoid crashing into the ground, so make sure to practice it safely.

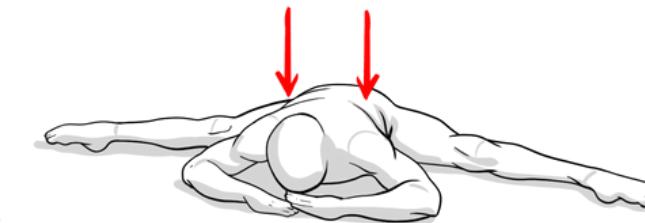
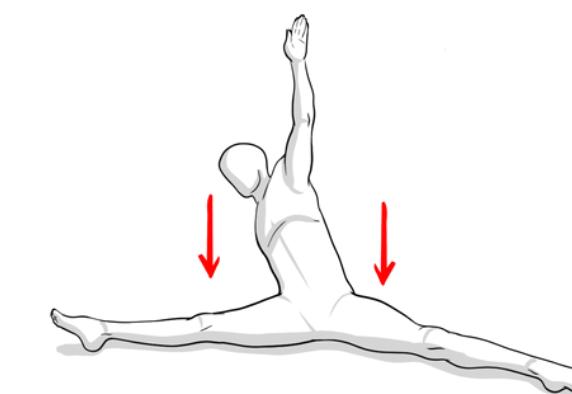
Step 0: Start standing, facing the direction you want to move.

Step 1: Place your first hand, closest to your direction, with the palm turned outward, and the second hand with the palm inward.



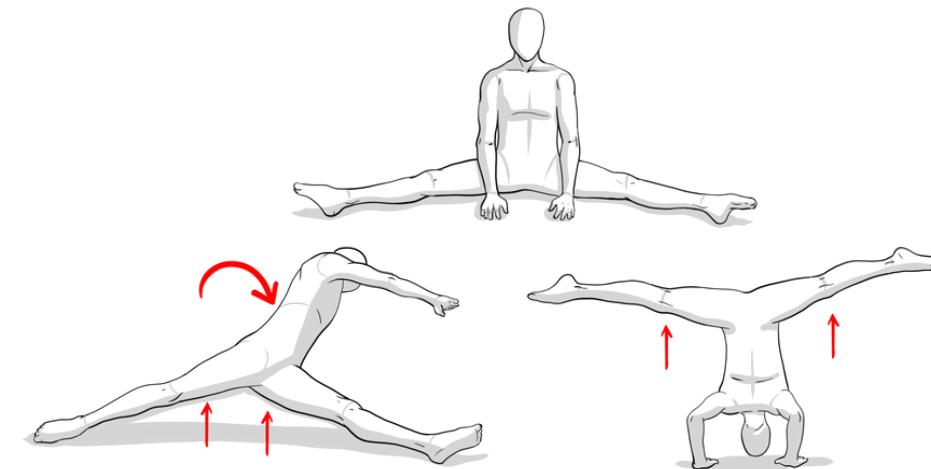
Step 2: Align your first foot with your wrists for stability.

Step 3: Use your second foot to open into a straddle for the sliding split.



1. Keep your pelvis aligned with your start for balance, and keep your head slightly forward as a counterbalance.
2. Land on the edge of your foot for a smooth slide.
3. Practice slowly, focusing on the details.
4. Try different finishes like standing or a forward fold sliding split, and practice on both sides to perfect the move.

SLIDING SPLITS HEADSTAND



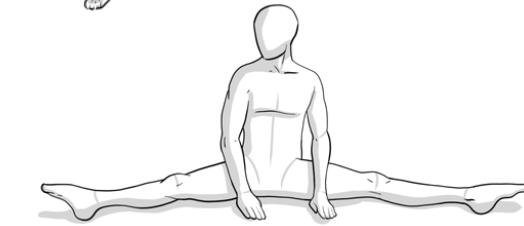
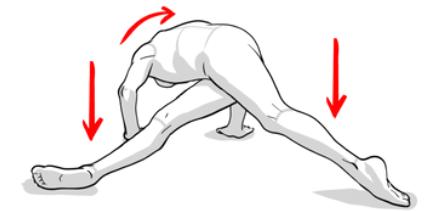
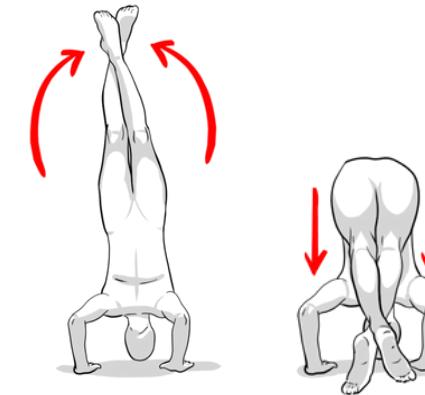
Step 0: Sit in a wide straddle position with your legs apart and hands by your sides.

Step 1: Rotate to one side and place your hands or forearms on the floor.

Step 2: Transfer your weight onto your hands or forearms and the top of your head, pulling yourself towards the middle and crossing the trailing leg on top. It's like being in a plank position with your head and hands/forearms on the floor.

Step 3: Use your core strength to pull your feet close to your head, engaging your stomach.

Step 4: Open your legs wide to maintain balance, start arching your back pulling yourself from flexion to extension which will automatically lift your legs. Straddle your legs wide apart and point your toes for more control.



Step 5: Bring your legs up towards the sky and cross your ankles.

Step 6: Descend towards the floor, bringing your pelvis back to counterbalance as you slowly lower your legs. Once your crossed ankles touch the floor, straddle your legs out wide.

! HELPFUL TIPS

1. Keep your legs as straight as possible throughout the movement to maintain control.
2. Squeeze your stomach to pull your legs and relax your stomach while squeezing your back aka arching to lift your pelvis, which will automatically lift your legs.

Step 7: Finish the straddle position and lift your chest and head, opening your arms and legs wide.

3. Focus on moving your pelvis instead of just lifting your feet to maintain control and prevent jumping or falling.
4. Remember that whatever leg starts on top in the beginning will end up on the bottom at the end.
5. If headstands are challenging, use a mat or blanket under your head and start with forearm headstands for added support. Having a spotter is also helpful.



SWEEPS

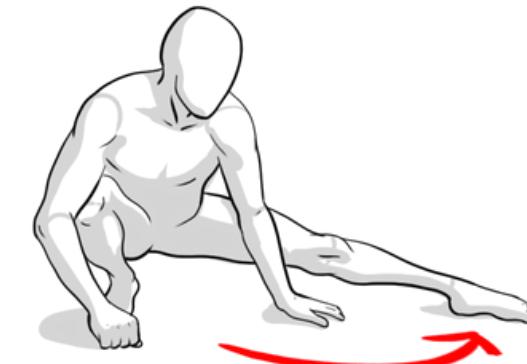
SWEEPS

LOW SWEEP

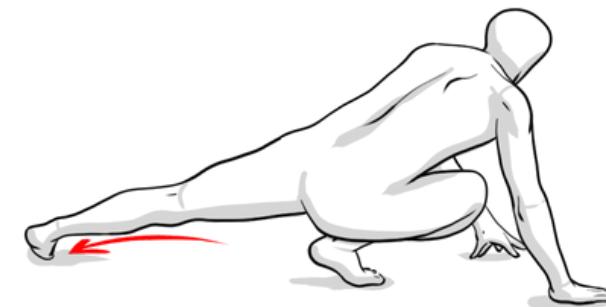


Step 0: Start in a squat position.

Step 1: Extend your leg to the side, internally rotate your foot, and place both hands on the inside of the straight leg. Internally rotate your arms as well, this action will give you the necessary leverage for the rotation



Step 2: Create a pulling motion with your hands as you swing your straight leg back behind you.



Step 3: Ride the rotation and when you're almost at the end of 360 degree spin, bend the straight leg, lift the knee up, and place the previously bent knee on the floor like your about to propose to someone. Caroline will you flow with me!

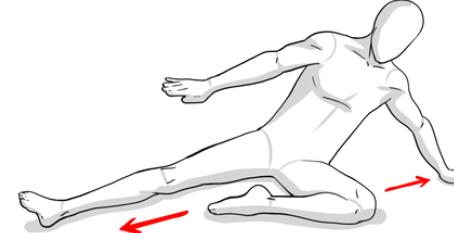


! HELPFUL TIPS

1. The arm on the same side as the straight leg will be the first to lift to 90° and pull back, providing a strong foundation during the rotation.
2. Avoid leaning too far forward during the spin. Keep your rotation centered over your body's midline.
3. Imagine balancing a pillow on your head throughout the transition for better stability.
4. Maintain strong engagement through your body, pressing down with your toes on the ball of the foot and keeping your arms straight for a solid feeling during the spin.

SWEEPS

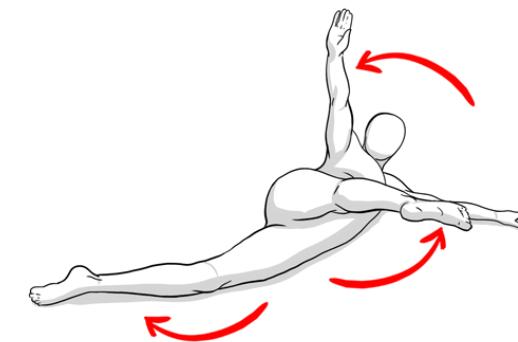
WINDMILL



Step 0: Begin by sitting down with your legs wide apart.

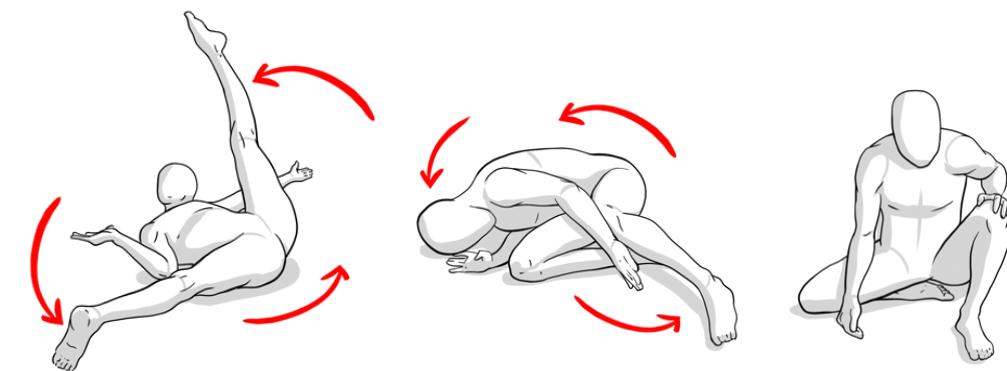
Step 1: Bend one leg and bring the foot close to your thigh.

Step 2: On the same side as the bent leg, slide your hand 45° behind you and lay down.



Step 3: Swing the straight leg towards the straight arm that you just slid.

Step 4: Swing and straighten the bent leg in the same direction, keeping your baby toe close to the ground and at the end lift your straight leg sideways and up, this is where your power will come from so ***rinse and repeat step 3 and 4 in the right order.*** You got this, go slow and give it try a few times.



Step 5: Keep your legs wide apart and lift your hips only a few inches, enough space to slide a fist underneath, go ahead try it. As you bring your legs to the other side with a small crunch sideways, mirroring the previous shape, one leg down one leg up.

Step 6: Bend your bottom knee only when your foot touches the floor, now bring your elbow to your hip with your palm facing up.

Step 7: Lower the other leg to the side gracefully like a feather.

Step 8: Perform a mini circle with the top leg towards the front as you rotate your bent forearm and palm into the ground straightening your arm, simultaneously shift your weight from your shin to the front foot to get yourself up elegantly, with passion and fire in your eyes.

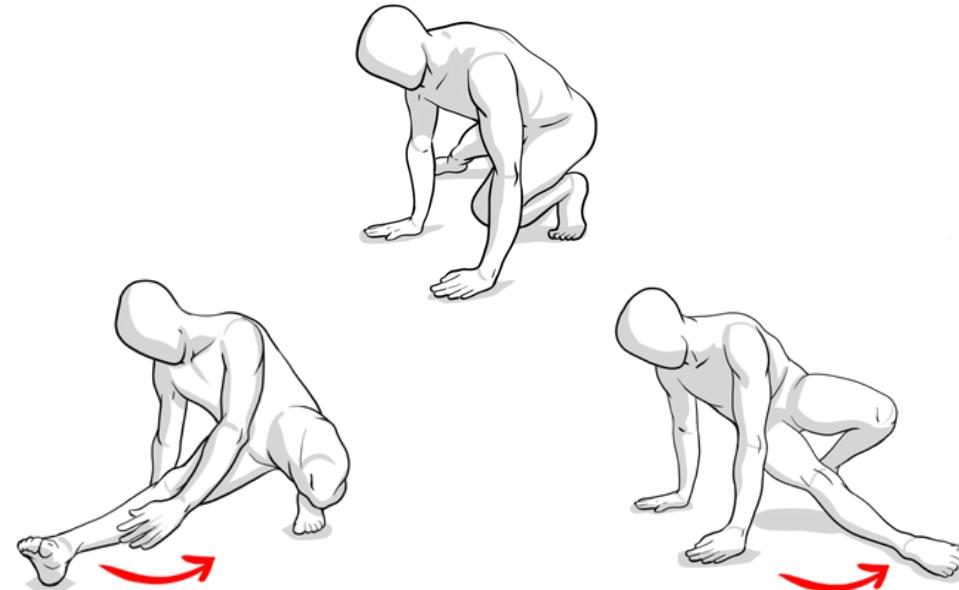


HELPFUL TIPS

1. Stretch out your legs as far away from each other as you can to maximize the range of motion.
2. Only bend the leg on the second side of the windmill when your foot touches the floor. This is crucial for avoiding injury and effectively absorbing the momentum.

3. When you reach the kneeling position, make sure that your front foot is aligned with the middle of your bottom shin for stability and proper form.
4. As you slide your initial arm off to the side at a 45° angle, begin with your palm facing down. During the rotation, flip your hand up towards the sky and bring it over your head, contacting the floor. This motion helps to generate energy and efficiency in the movement, allowing it to pick you up at the very end.

SWEEPS GRINDER

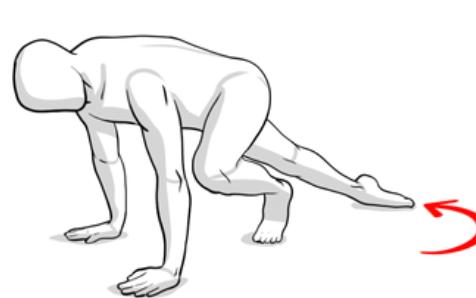


Step 0: Begin in a squat position, with your heels either on or off the floor, depending on your flexibility or bone structure.

Step 1: Extend one leg to the side and place your hands in front of you.

Step 2: Swing the straight leg towards your hands, then lift the hand as the leg approaches, shifting the weight to the other hand.

Step 3: As the leg crosses over, bring the lifted hand back down to the floor and lift the other arm up.



Step 4: Place both hands on the floor and shift your weight forward with a slight bend in the elbows, rotating the straight leg in a circle. As the leg approaches the bent knee, shift your weight to the side of the straight legged foot, creating a three-legged plank position.

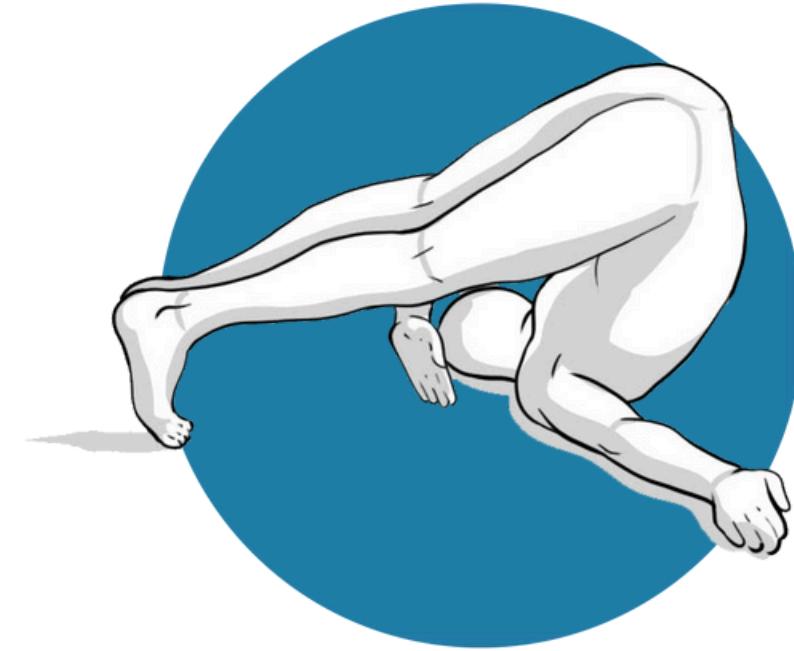


Step 5: The bent leg will do a small hop, while the pressure shifts to the toe nails of the straight leg as you continue the rotation. Think of your leg as a pencil and you are trying to sharpen it using the floor, making sure to press all sides of your foot 360 degrees.

Step 6: To finish return to the starting position described in Step 1.

! HELPFUL TIPS

1. Keep the straight leg straight and imagine there is no knee.
2. Shift your weight from side to side when the leg is crossing in front of you to maintain balance.
3. If needed, bend your arms as much as you need during the jump and lean your head down to lift your pelvis, making your legs lighter.



ROLLS

ROLLS

FORWARD ROLL

WARM UP EXERCISES

1. Begin by sitting down and gently rotate your neck in a large circular motion to warm up the cervical spine.
2. Lie on your back with your knees drawn towards your chest and your hands positioned behind your legs. Start rocking back and forth to warm up for the rolling action, also known as flexion.
3. As you roll, try to gradually extend your legs over your head.

FIRST HALF

Step 1: Transition into a downward dog position. Bend your elbows back to engage the triceps and bring your shoulders and head close to the floor. Touch your chin to your chest and bring your head back towards your feet. If this is too difficult, modify it by going down on your knees and hands, and tilt your hands forward at a 45° angle. Repeat this action five times.

Step 2: Place at least two pillows in front of you and one 3rd one for your pelvis for support. Align your fingertips with the edge of the pillows and start descending as you did in the previous step. About halfway through, bend your legs and perform a small jump to roll. Ensure you have enough support at the end of the roll to protect your pelvis from impacting the floor. The more pillows the better.



INITIAL SET UP - THE SECOND HALF

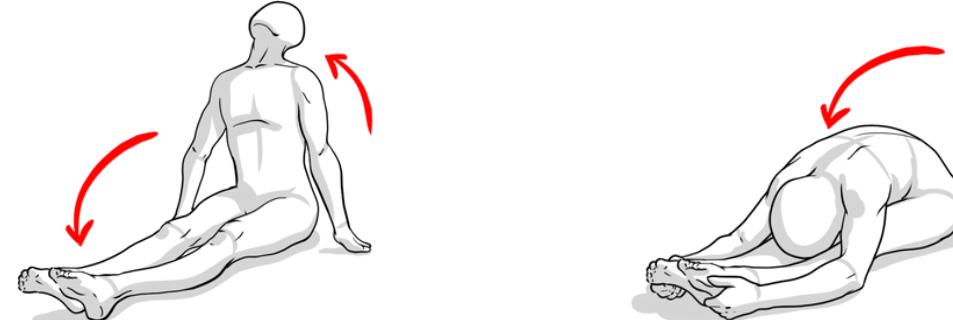
Step 0: Begin by lying down on the floor with your legs straight up and your arms to the side.

Step 1: Lift your pelvis and bring your legs into a pike position towards your face. As you release the momentum, lower your pelvis back down to the floor and roll up to a seated

position, using your hands for support from the sides. Repeat this a few times to warm up your back in flexion.

Step 2: Place your hands next to your ears, as if preparing for a wheel pose. Lift your hips and legs into a pike position, and as you

start to descend, rotate both hands inwards, moving from one side of the floor to the other. When your palms touch the ground, push your arms straight out to the side, and then immediately pull them back in, using the leverage to sit up. Finish the movement with a forward fold.



! HELPFUL TIPS

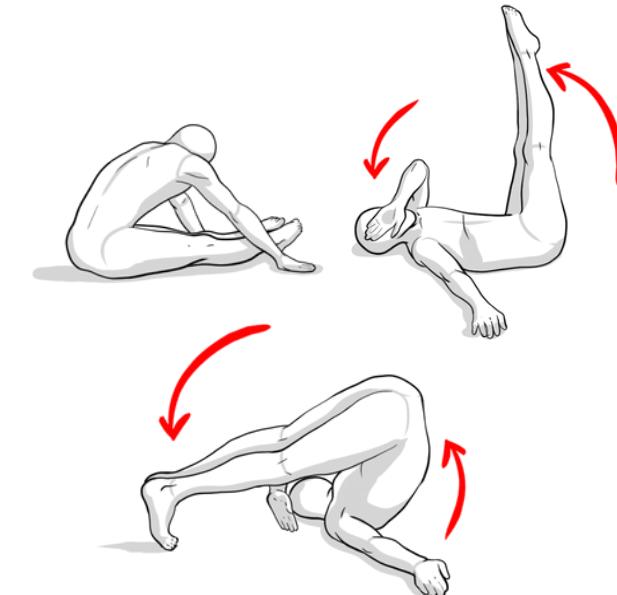
1. When rolling forward, come up on your tippy toes to gain more height.
2. Consider having a friend hold your hips for extra support during the roll.

3. During the descent, focus on an eccentric contraction by pushing the floor with your palms to maintain control.
4. Do this movement 5 or 6 times, but be mindful of your spine's sensitivity. Move on to another transition if needed, and remember that slow and steady progress is key.

BRIDGE ROLL

WARM UP EXERCISES

1. Begin by sitting down and gently rotate your neck in a large circular motion to warm up the cervical spine.
2. Lie on your back with your knees drawn towards your chest and your hands positioned behind your legs. Start rocking back and forth to warm up for the rolling action, also known as flexion.
3. As you roll, try to gradually extend your legs over your head. Don't force it, but see if you can eventually reach the toes behind you.
4. Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Place your arms by your sides, palms down. Inhale and lift your hips off the ground while keeping your feet and shoulders grounded. Hold the bridge position for a few seconds, then exhale as you lower your hips back down. ***Repeat this movement 10-15 times.***



Step 0: Sit down with your legs straight and your torso upright.

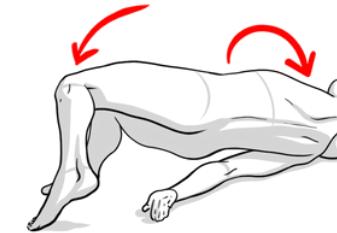
Step 1: Choose the side that you're going to roll over. Bring one arm straight to that side and the other hand over your head with the elbow at 90 degrees, imagine you're trying to show your fingernails to someone behind you.

Step 2: Roll back towards the shoulder of the straight arm, just a few times to get a feel for the momentum.

Step 3: Touch both feet over your shoulder on the straight arm side.

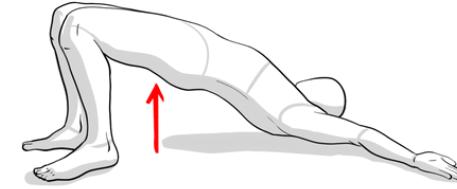
Step 4: Once you make contact, bend your legs, which will start to spin you up towards the sky with your hips. Remember to keep your hands on the floor, especially your fingernails, this will help balance and direct you.

Step 5: Finish the rotation bringing your body into a bridge position, where your hips are up, your knees are bent, and your arms are to the side at a 90 degree angle



! HELPFUL TIPS

1. Before doing this movement, do a few forward folds and tuck your chin, giving yourself a little bit of a massage for your spine.
2. Your outside leg is going to do a little semi-circle around to give you more rotational range. So, remember that whatever leg is on the outside during the roll, it's going to go into a semi-circle, softly touching the floor, while the other foot anchors this rotation
3. Lastly, the moment you start to rotate, press down through the anchoring foot so your hips can go high. This momentum can really spin you out of control, so make sure you have leverage.



ROLLS

PISTOL SQUAT ROLL

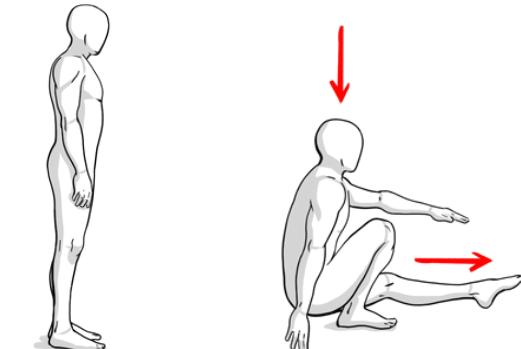
WARM UP EXERCISES

1. Begin by sitting down and gently rotate your neck in a large circular motion to warm up the cervical spine
2. Lie on your back with your knees drawn towards your chest and your hands positioned behind your legs. Start rocking back and forth to warm up for the rolling action, also known as flexion..
3. As you roll, try to gradually extend your legs over your head. Don't force it, but see if you can eventually reaching the toes behind you.

Step 0: Begin standing upright.

Step 1: Initiate the pistol squat by sitting down with one leg bent and the other leg straight. Bring the motion to a complete stop without relying on momentum.

Step 2: Straighten the arm on the side of the bent leg. Bring the other hand toward your shoulder, keeping your fingers close to your ears. These fingers will touch the ground to assist you as you rise again. Focus on moving everything towards your straight arm, including your gaze and the roll.



! HELPFUL TIPS

1. In step 3, ensure that the palm of your straight arm initially faces the ground, but flip your hand toward the sky as you roll to free your shoulder for a smoother roll.

! 2. Keep your straight leg pointed upward toward the sky until the very end. Lowering it prematurely will generate the momentum needed to step forward.

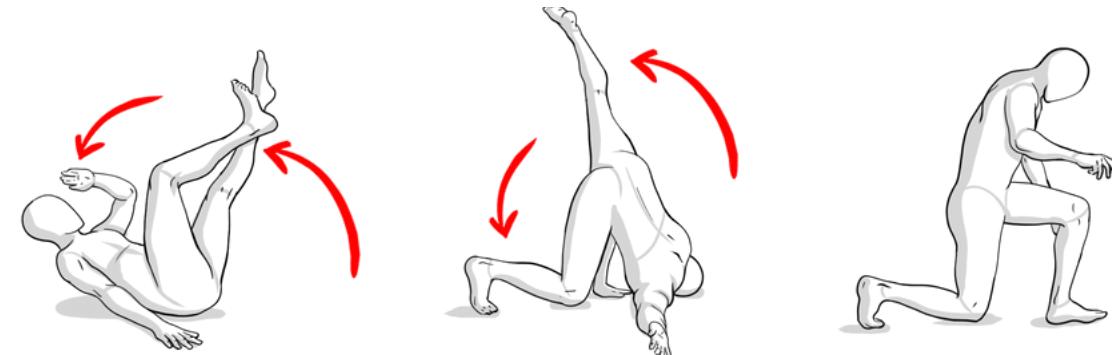
3. Take it slow and ensure that everything moves to one side to protect your neck. Avoid overexertion and warm up adequately before attempting this transition.

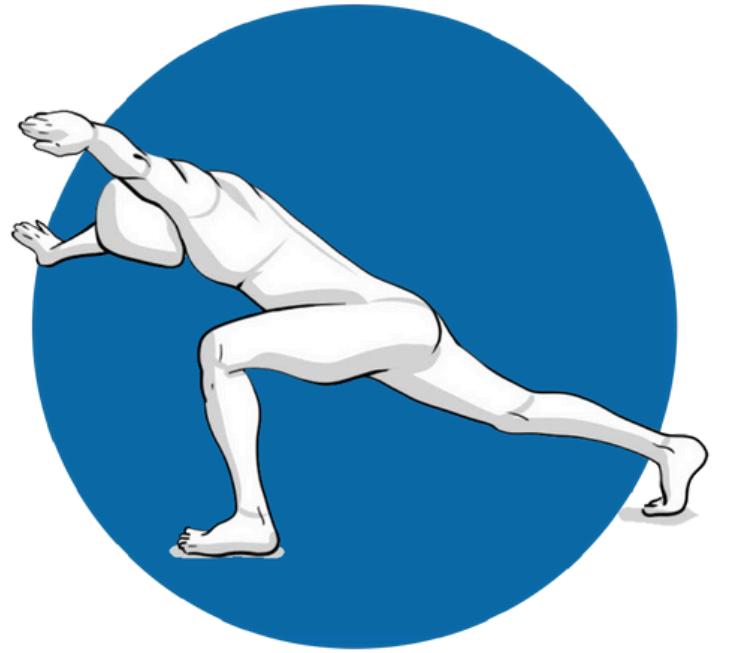
Step 3: Commence rolling backward at an angle of approximately 20 degrees to the side. The toes of the bent leg should touch the ground, while the other leg rises toward the sky. Repeat this step three times to become accustomed to the movement.

Step 4 :Allow the knee of the bent leg to make contact with the ground while the bent arms fingers presses into the floor.

Step 5: With the correct pressure points in place—your toes on the floor and the hand near your head—lift your chest up and step your straight leg forward between your hand and foot.

Step 6: Once your straight leg has stepped forward, shift your weight onto it to allow your other leg to rise, completing the transition.





MONKEY FLOW

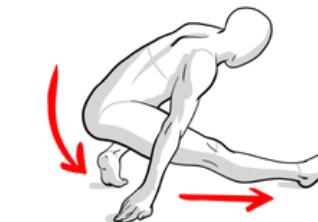
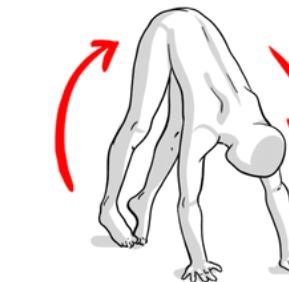
MONKEY FLOW



Step 0: Start in a squat position.

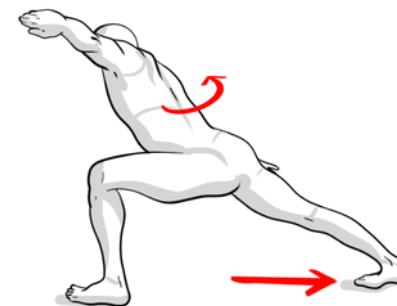
Step 1: Rotate your knees and chest towards one direction and extend the outside arm towards the floor, making contact with your palm.

Step 2: Bring the outside knee closer to the ground, allowing you to place your free second hand on the floor as well.



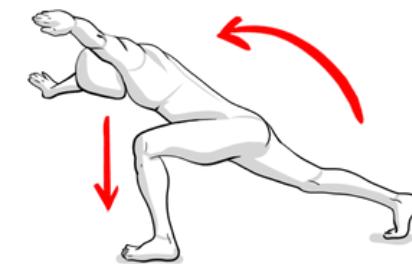
Step 3: Create a little hop as your outside leg goes between the space of your hands and foot, like threading a needle.

Step 4: Extend your outside leg through, leaning forward with your chest towards your leg, and lift your hands off the ground.



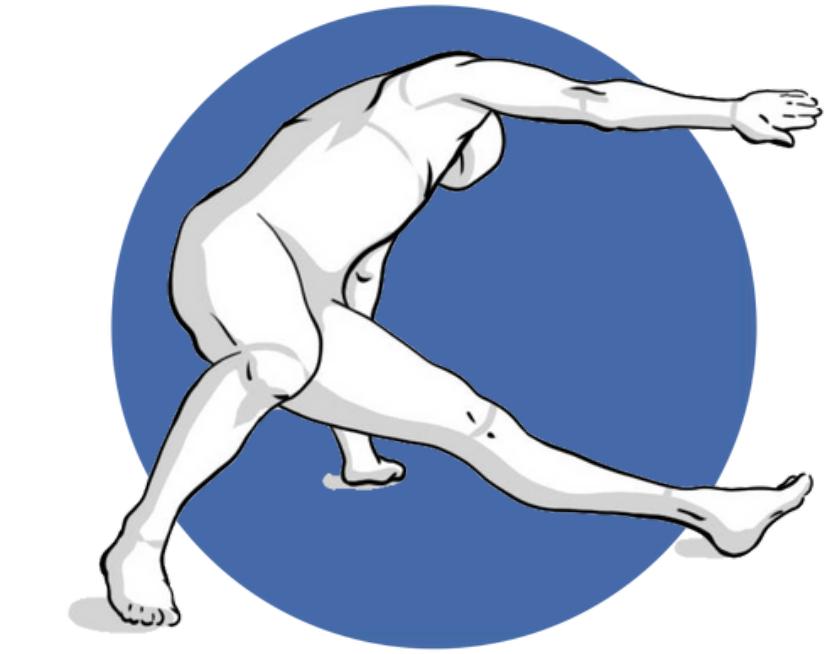
Step 5: Open your arm on the same side as your bent leg, now rotate the bent knee wide, and slide your straight leg back as far as you can. This will facilitate a smooth twist and turn

Step 6: Perform a slow and steady handstand, focusing on lifting the straight leg towards the sky and emphasizing the jump of the bottom leg. This will help your body feel safe enough to open the shoulders. Finish by either standing up. Remember, if you've never done a handstand, make sure to have a wall behind you for support just in case you give too much power and you go over.



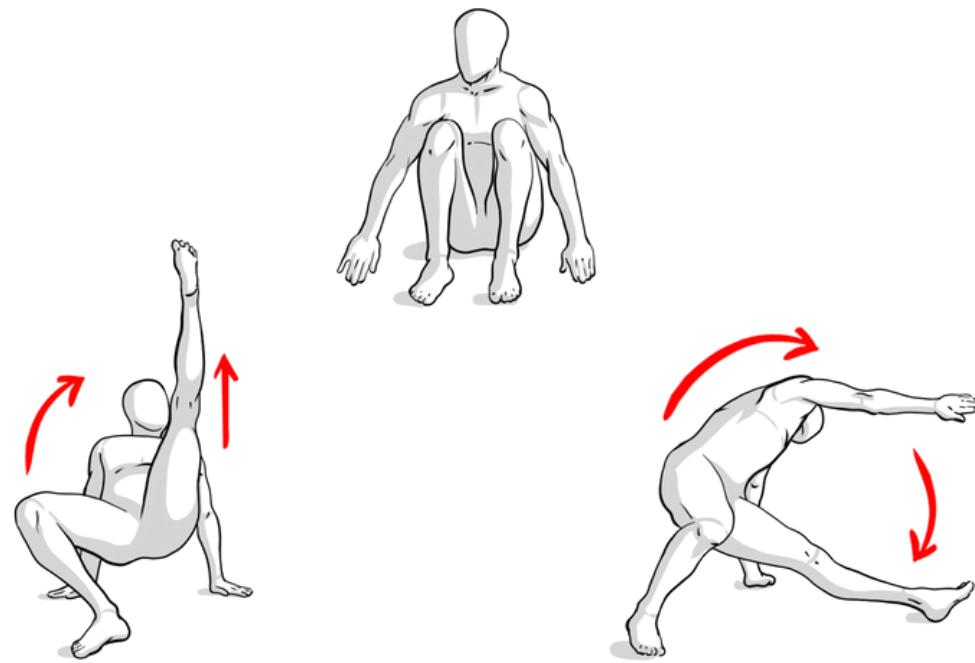
! HELPFUL TIPS

1. Keep your initial jump small rather than too big to maintain control over the momentum.
2. Open your arms like a helicopter at 90° and slide your straight leg as far back as possible to help the twist and to achieve a strong high lunge position with the front knee bent and ankle over the knee.



OPEN DOOR

OPEN DOOR



Step 0: Sit down with your feet in front of you and your knees bent, pelvis on the floor.

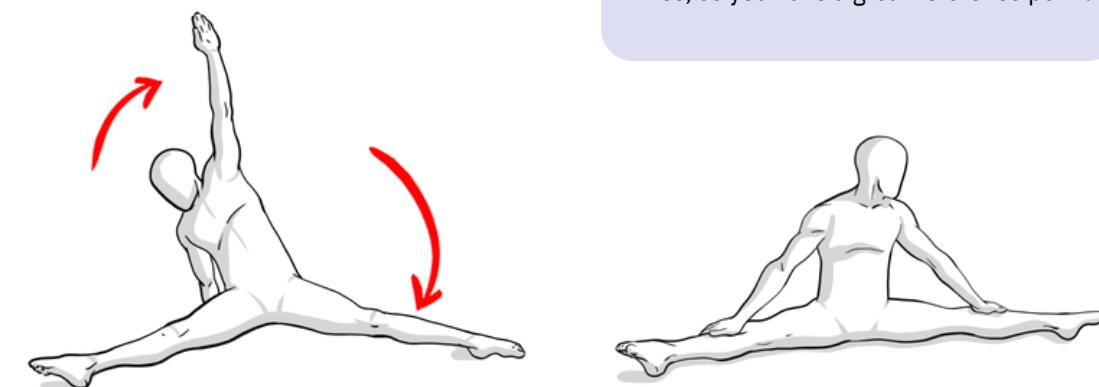
Step 1: Open your feet wider than pelvis-width apart and take your hands behind you, wider than shoulder-width apart about a half a foot behind you, with a slight external rotation in your hands.

Step 2: Swing both knees to one side, the baby toe will touch, and on the opposite side, your big toe will touch, creating an external rotation on one leg and an internal rotation on the other.

Step 3: Extend the leg that's away from the side you rotated your knees and straighten the leg to the side, gathering momentum.

Step 4: **Repeat steps 1 to 3**, but this time, your hips are up off the ground. As you complete step 3, open the leg up and sideways like a huge rainbow, wide and bright, with all the colours, preferably your straight leg ends up one line with your hip at a 90 degree angle.

Step 5: The hand opposite of the leg that's going straight will lift up towards the sky, allowing you to lift your hips even more.



Step 6: Reach the free arm around, now swing your bent leg towards the straight leg (imagine like doing a small U-turn, around and underneath). At the same time place the hand that's up in the sky towards the ground, creating a small internal rotation, and the hand on the floor will create an external rotation to make sure you have space for your shoulder as you lift that hand. Once you have crossed your legs start to slide them forward and open them like a pair of scissors, using the pressure of the floor hand to give you the leverage you need. Place your pelvis to the floor to finishing the movement. Remember to point your toes to obtain Movement Flow brownie points.

! HELPFUL TIPS

1. Focus on reaching your hand up towards the sky as much as you can. This elevation of energy will prevent you from feeling heavy.
2. When your bent leg is going around the straight leg, try to really lift your hip so you can start to activate your core and maybe even go underneath without touching the ground.
3. Repeat the Plank Sliding Splits a few times, so you have a great reference point.



QDR'S

QDR

QDR EXIT

BEGINNER VARIATION

Step 0: Start by lying down on the floor. Step

1: Bend your legs with your feet underneath you and open your arms into a T position.

Step 2: Cross one foot underneath the other, pressing firmly into the toes. Step 3: Lift your hips as high as you can, emphasizing the elevation.

Step 4: Swing your free leg towards its side, following a smooth and controlled movement.

Step 5: Once your foot has crossed the line of your arm, slide it a little further, similar to the motion in the Falling Tree.

Step 6: Rotate yourself down towards your pelvis and readjust your hands underneath your shoulders.

Step 7: Cross your ankles and lift your chest, maintaining an upright posture.

Step 8: Press to the top of the bottom foot and slide your legs through your arms as you bend your knees. Try to push your hips past your wrists, if possible.

Step 9: Before going through your arms, sit down with your legs crossed. Reposition your hands behind you and open your legs into a straddle position.



HELPFUL TIPS

1. Instead of lifting your leg when you're crossing underneath, just do a very soft slide where your foot touches the floor.
2. Remember to press firmly to elevate your pelvis (Step 3), as this will help you progress into more advanced variations.
3. As you start to flip yourself over, try to look with your head over the shoulder (Step 6) to give you a little bit more leverage out of the spine.
4. Lastly, when you're going through and if it's difficult to get your knees through your arms, think about rounding your spine or you can come up on your fingertips, which will give you more space (Step 8).

INTERMEDIATE VARIATION

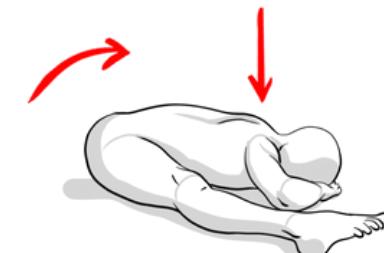
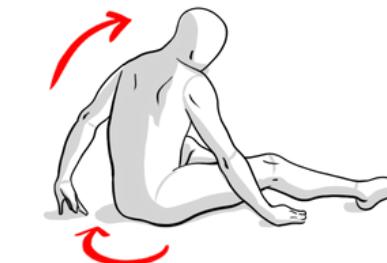
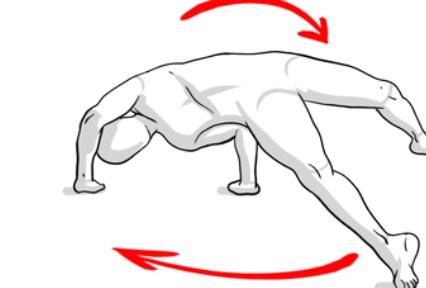
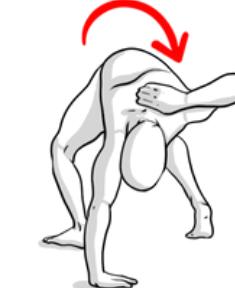
Step 0: Start in a squat and rotate one hand to the side.

Step 1: Move the opposite foot in a half-circle around you. Press down with your hands and lift your back, flipping the free hand over.

Step 2: As you lift, look outward and raise your chin to help with the motion. Place the free hand on the floor near your ribcage.

Step 3: Bend both elbows, bringing one elbow towards your hip. Cross your ankles, lift your hips as high as you can, and swing your free leg wide. Bend the other leg behind you like a scorpion tail and use this momentum to flip into a plank.

Step 4: Finally, cross your ankles, round your back, and pull your feet through your arms, finishing in a straddle. *Mastering this move is a big step in the Movement system!*



QDR QDR SIDE FLIP



*Note: Steps 0 to 3 are the same in the three variations

BEGINNER FIRST VARIATION

Step 0: Start in a squat position.

Step 1: Move into a compass position with one leg straight and the other knee bent on the ball of your foot.

Step 2: Rotate towards the straight leg and lift the bent leg up towards the sky, transitioning into a downward dog position with one leg up and the other leg straight on the floor.

Step 3: Begin to bring your arms closer as you pull the knee towards the opposite wrist. Bring your head towards the same side as your knee, placing the side of your bent leg on the floor and getting close to the ground with your head.

Step 4: Straddle your legs wide and push yourself up to finish in a seated position with your hands by your sides.

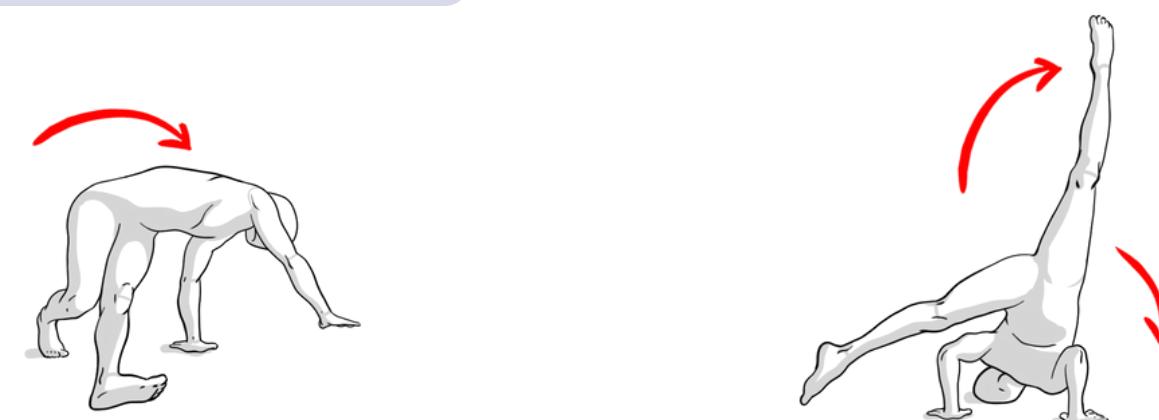
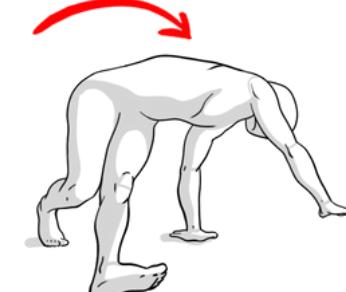
BEGINNER SECOND VARIATION

Step 4: Instead of placing the side of your knee on the floor, tuck your bent leg's toes on the floor.

INTERMEDIATE VARIATION

Step 4: Keep the leg that's up to the sky as high as you can. As it pulls up and behind you over your head, slide the bottom foot to the line of your wrists, getting both legs in a cartwheel position.

Step 5: Try to pull your legs apart as wide as possible to maintain control.



! HELPFUL TIPS

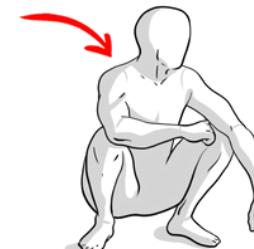
1. In step 4 in the Beginner Second Variation, the bottom bent knee's foot will slide to the side as the straight leg goes over the head. This provides more leverage.
2. In step 3, bring your head towards your wrist to stretch the side of your neck and obliques, loading energy for a stronger contraction.

!3. Ensure that the top leg is in the cartwheel plane of motion, pointing up towards the sky instead of in front of you to avoid heaviness.

!4. Apply pressure to the heel of your hand instead of flexing your wrists to prevent unnecessary pain.

Step 6: Once you've performed steps 0 to 3, tuck your toes and open your leg to the side like an open door (like you did in Step 5). This makes it easier to lift yourself up, finishing in a position where the bent leg is still bent, and the straight leg is off to the corner like a one-legged squat.

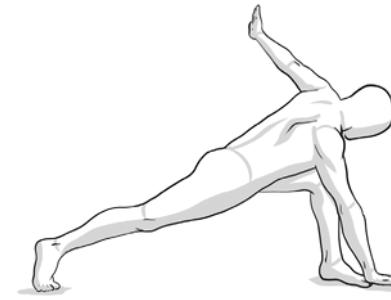
Step 7: Once the bottom foot touches the floor, keep the other leg straight and pull it up and over to the side. This is a challenging step, but keep pulling the straight leg to the side. It will make it easier to push with your arms.





AROUND THE WORLD

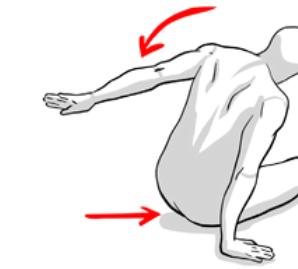
AROUND THE WORLD PUSH UP



Step 0: Begin standing tall.

Step 1: Turn your body sideways while sliding one leg back into a high lunge. Place the hand on the same straight legged side onto the floor with an external rotation, on line with your ankle and three iPhone 14 pros away, and extend the other arm towards the sky.

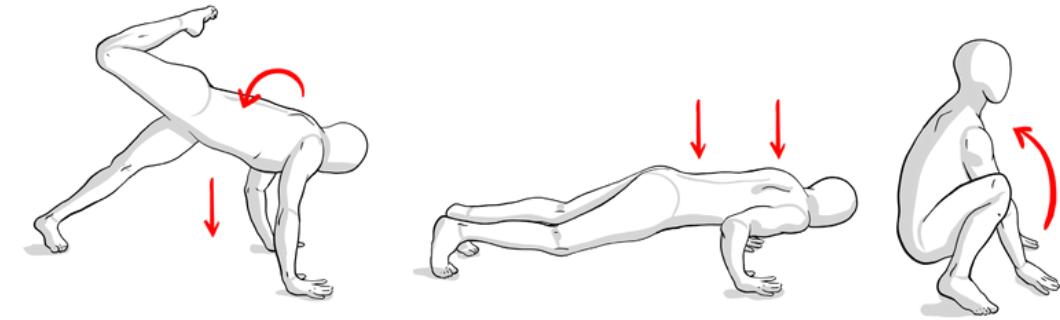
Step 2: Slide the straight leg forward, hooking your ankle against your achilles tendon, and sit down on the ground with your glutes.



Step 3: Position your free hand behind you, approximately one foot distance to the side, with an external rotation.

Step 4: On the side of your recently placed hand, open that legwide while keeping your foot sliding on the floor until you can't open any further.

Step 5: Lift your hips and raise the initial arm that was on the ground towards the sky.



Step 6: Here comes the big flip, as you start to rotate yourself, create a bit more external rotation on the bottom hand, keeping your bent leg active and trying to draw your foot towards your head. Make the movement high, using your free arm to provide an extra boost. Once it reaches up and over, plant it onto the ground to establish a firm foundation in a plank position.

Step 7: Transition into your push-up position, lowering your chest to the floor and straightening the bent leg behind you.

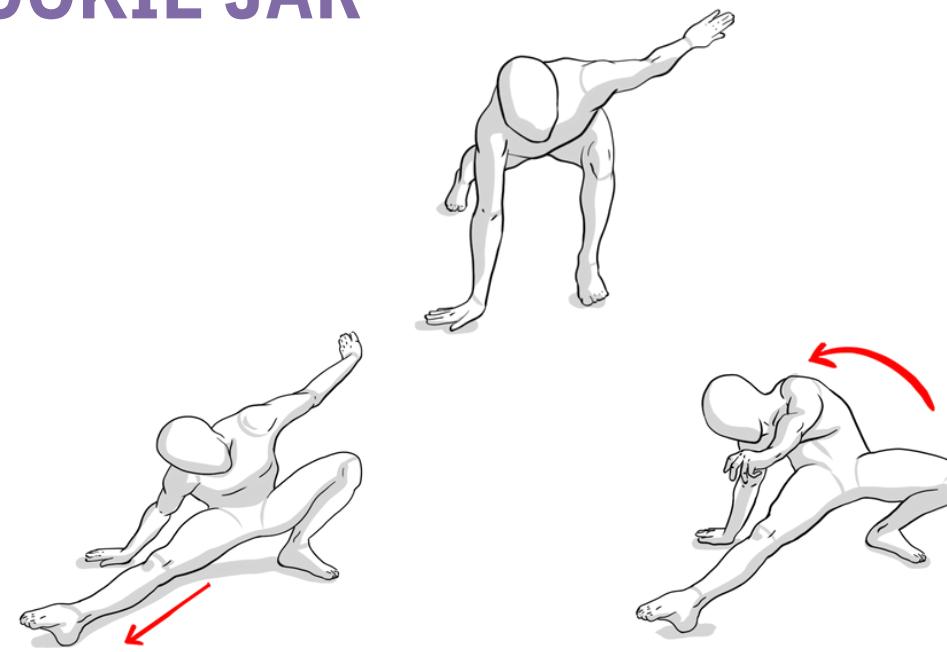
Step 8: After completing your push-up, leap forward like an amazonian frog and finish in a squat with your hands on the inside.



HELPFUL TIPS

1. Ensure you sit down firmly on the ground after Step 2 to stabilize yourself.
2. Visualize trying to touch the back of your head with your foot to help guide your movement during step 6.
3. If the push-up is challenging, you can modify by lowering your chest to place your knees to the floor.

AROUND THE WORLD COOKIE JAR



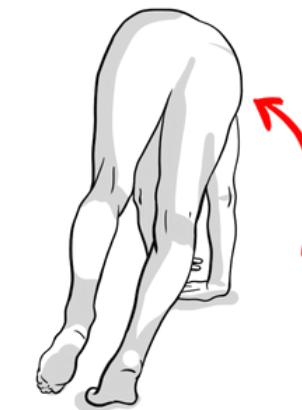
Step 0: Start by standing tall, facing directly forward.

Step 1: Transition into a high lunge, placing one hand on the ground opposite your bent, forward leg, and reaching the other hand up towards the sky.

Step 2: Swing your straight leg towards the side of your bent leg.

Step 3: Leap off the bent leg while allowing the straight leg to continue its circular journey around.

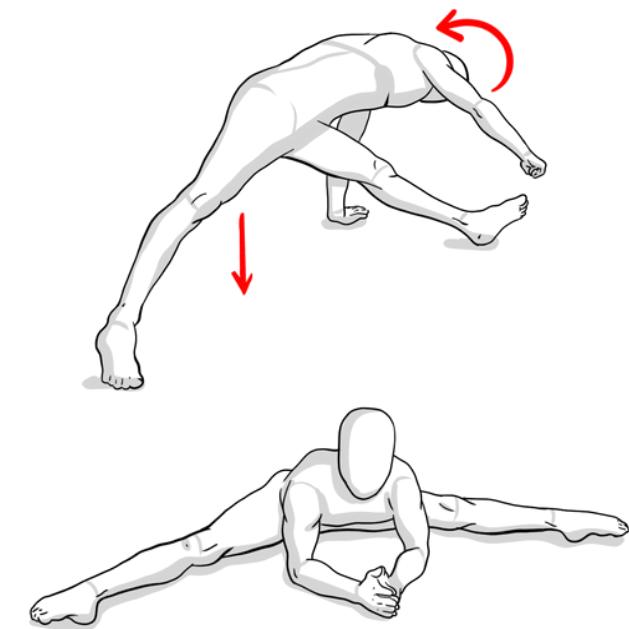
Step 4: Elevate your hips and simultaneously reach your free hand skyward.



Step 5: Swing your bent leg around, transitioning into a down dog position, and place your free hand on the floor.

Step 6: Guide the bent leg that was swinging around to pass beneath the other leg, transitioning into a straddle position.

Step 7: Slide into a wide straddle position as you push your hips forward.



! HELPFUL TIPS

1. Externally rotate your initial hand on the ground to create sufficient space for the next move.
2. Apply pressure on the outer arch of your swinging straight leg.
3. Swing the arm that was initially off the floor down, forward, and up to generate a lighter feeling.
4. As you move into the down dog position, slightly rotate the hand coming down to the floor.
5. Finally, extend your arm up and over your head at the end to complete the movement.

AROUND THE WORLD COMPASS



Step 0: Begin by squatting.

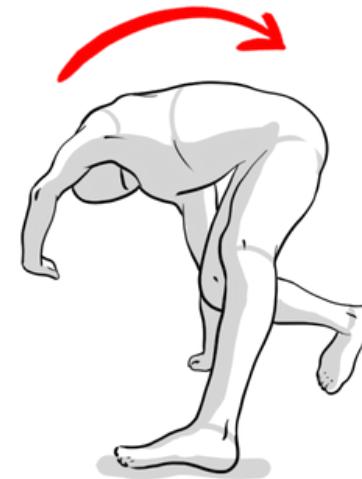
Step 1: Extend one leg forward, while balancing on the toes of your bent leg.

Step 2: Externally rotate your arm and position your hand on the same side as your straight leg, parallel to your hip, about one foot away to the side.



Step 3: Lift your free arm high and swing it towards the planted hand, as this happens keep the bend in your knee and pivot on the straight legged foot as you rotate with your hips high to the sky.

Step 4: Place your palm on the floor parallel to your other hand and lift your hips.



Step 5: Release the initial hand from step 2 and start descending while leaning forward. Go all the way down.

Step 6: Press your toes into the ground on the bent leg and keep your heel lifted, this will give you the control you need to finish this transition with grace.



! HELPFUL TIPS

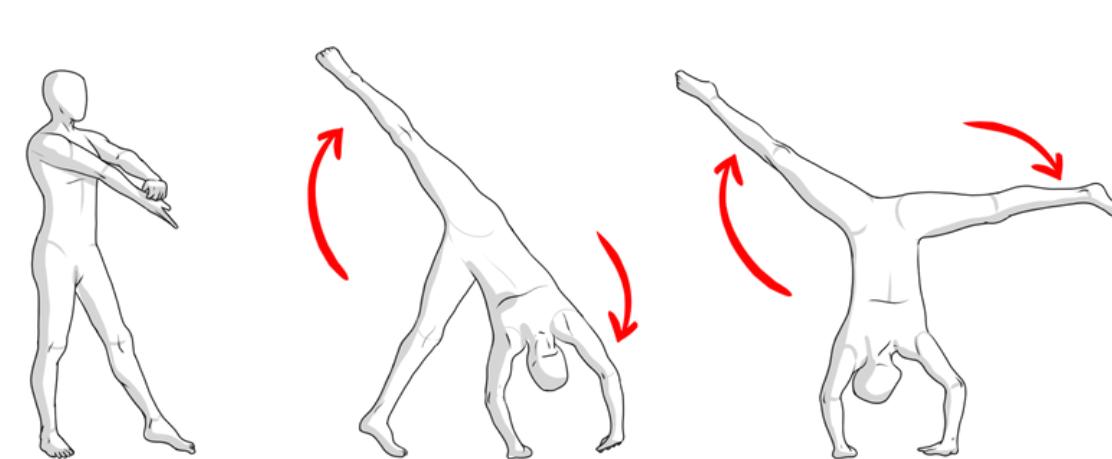
1. Make confident and large arm movements to generate momentum and control.
2. Try to complete a full circle, use an object in the middle as a visual guide, this will help you master this transition.



CARTWHEELS

CARTWHEELS

REGULAR CARTWHEEL



Step 0: Make sure you have lots of room and there is nothing in your way.

Step 1: Start in a standing position with your feet shoulder-width apart. Ensure you have enough space around you to perform the cartwheel safely.

Step 2: Choose a side to start with (for this example, we'll use the right side).

Step 3: Raise your right arm straight up toward the ceiling, keeping your left arm by your side. This is your starting position.

Step 4: Take a small step forward with your right foot while simultaneously swinging your right leg upward and off the ground. Keep your left foot on the ground and your left arm down by your side.

Step 5: As your right leg goes up, lean to your left side and place your right hand on the floor. Your right hand should be positioned slightly in front of you, and your fingers should point towards the direction you're facing.

Step 6: While your right hand is on the ground, your right leg will continue to swing over your body. As your right leg passes over your head, your body will follow the motion.



Step 7: As your right leg completes its swing, land on your left foot. Your left arm can come down to help you balance. Keep your right leg off the ground for now.

Step 8: Stand up straight with both feet on the ground to complete the cartwheel. You should now be facing the opposite direction from where you started.

Step 9: Practice this cartwheel on both sides, starting with your left arm up and using your left leg to swing over to the right side.

Step 10: Focus on maintaining balance and control throughout the cartwheel. As you become more comfortable, you can gradually increase the height and speed of your cartwheels.

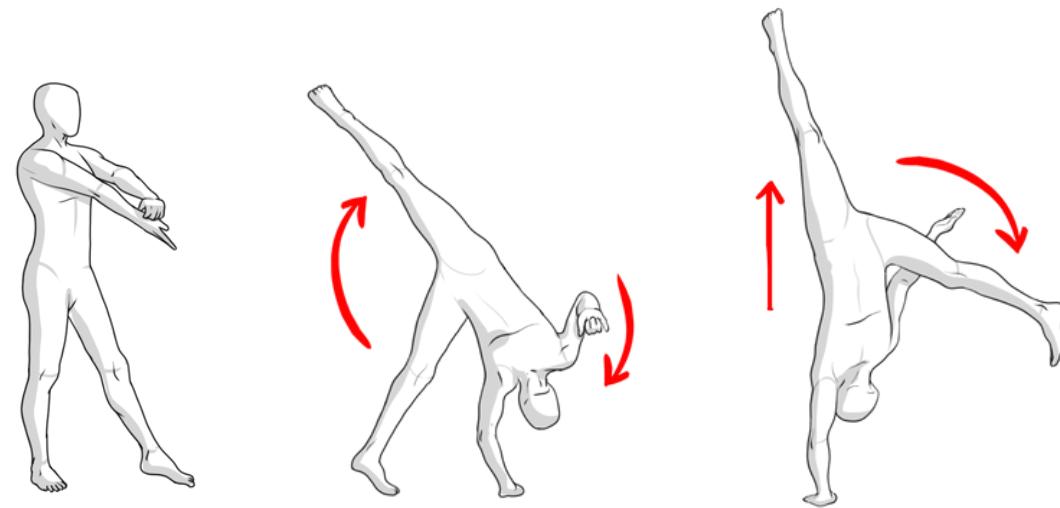


! HELPFUL TIPS

1. Take it slow and mark out every step before adding momentum. This helps your body adjust and prevents it from collapsing or trying to protect itself.
2. Utilize the energy from the beginning of the movement all the way until the end, allowing all the steps to flow together as one motion.
3. Remember to practice safely and on a soft surface like a mat or grass until you gain confidence in performing cartwheels.

CARTWHEELS

ONE ARM CARTWHEEL



Step 0: Make lots of room and make sure to take your socks off, you don't want to slip.

Step 1: Warm up thoroughly with regular two-arm cartwheels and stretching exercises to prepare your body for the movement.

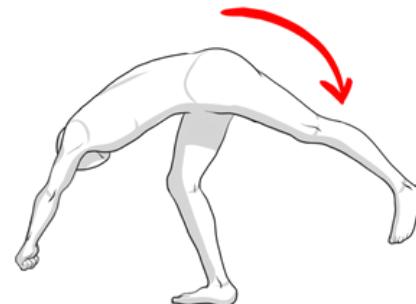
Step 2: Stand with your feet shoulder-width apart, just like in a regular cartwheel. Decide which arm you want to use for the one-arm cartwheel (for this example, we'll use the right arm).

Step 3: Start with your right arm raised straight up toward the ceiling, and your left arm down by your side. This is your starting position.

Step 4: Take a small step forward with your right foot and initiate the cartwheel just like in a regular cartwheel, with your right arm coming down toward the floor. However, as you do this, keep your left arm close to your body and don't use it for support.

Step 5: As your right hand touches the floor, you'll need to rely on it for balance. Shift your weight onto your right hand and keep your left arm close to your body throughout the cartwheel.

Step 6: As your body passes over your right hand, keep it centered and make sure your weight is evenly distributed on your right hand and right foot.



Step 7: As your legs pass over your head, keep your left arm close to your body, and your left side facing upward.

Step 8: As your legs complete their swing and are about to land, keep your left arm close to your body and prepare to land on your right foot.

Step 9: Land your one-arm cartwheel with control, focusing on balance and proper form.

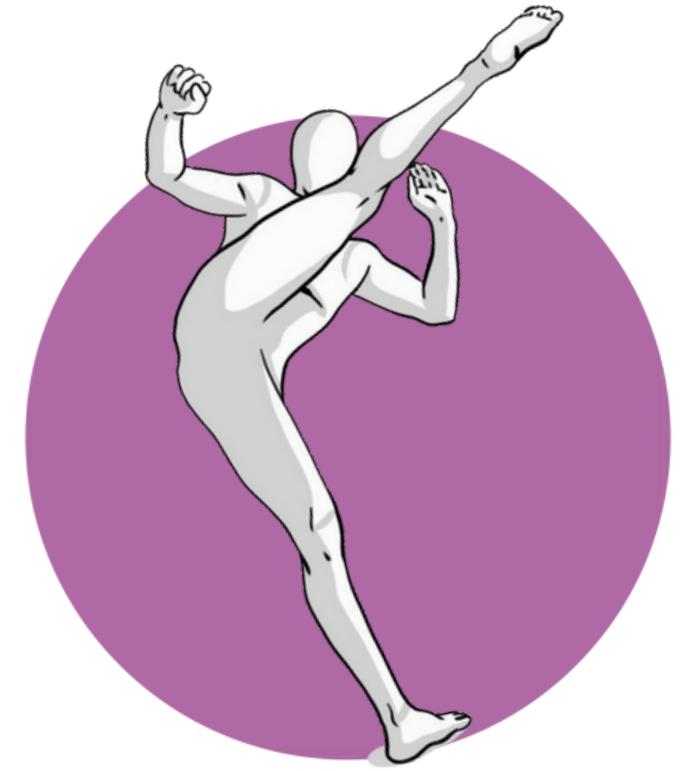


Step 10: Practice the one-arm cartwheel on both sides, starting with your left arm raised and using your left hand for support as you initiate the cartwheel.

Step 11: Gradually work on minimizing the use of your non-supporting arm until you can perform a clean one-arm cartwheel with just one hand touching the ground.

! HELPFUL TIPS

- Utilize the energy from the beginning of the movement all the way until the end, allowing all the steps to flow together as one motion.
- Remember to practice safely and on a soft surface like a mat or grass until you gain confidence in performing cartwheels.



KICKS

SPINNING KICK



Step 0: Stand up nice and straight.

Step 1: Open your feet hip-width apart and toes facing forward.

Step 2: Position one of your feet at a 45° angle, approximately one foot forward, and one foot to the side.



Step 3: Lower your chest to elevate the hip, generating power for a stronger kick.

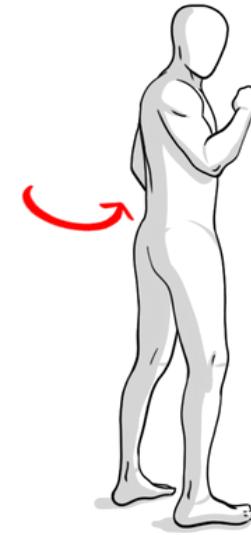
Step 4: Raise your free knee and move the foot backward to chamber your leg for the kick. (Keep your hip open and think about your kneecap facing at a 45° angle up).

Step 5: Pivot on the ball of your straight foot, rotating your heel forward to enhance the rotation.



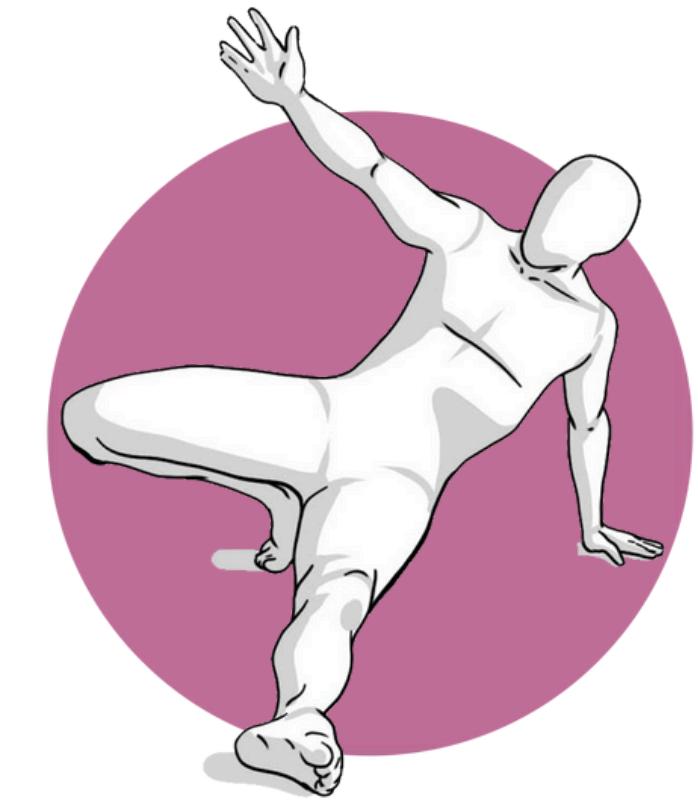
Step 6: Extend the bent leg upward towards the sky, maintaining a straight leg throughout the kick, and then smoothly bring it down, directing the energy towards the floor.

Step 7: Finishing the kick as you rotate back to the same position you started in.

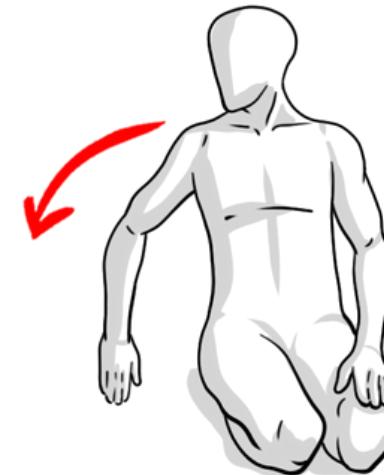


! HELPFUL TIPS

1. Keep in mind that the energy of the kick moves downward.
2. Prior to the kick, open your arms, and during the kick, draw your elbows in.
3. Stay grounded and centered on the floor, focusing on balance and controlled energy.



HIP ROLLS

HIP ROLLS**SIDE HIP ROLL**

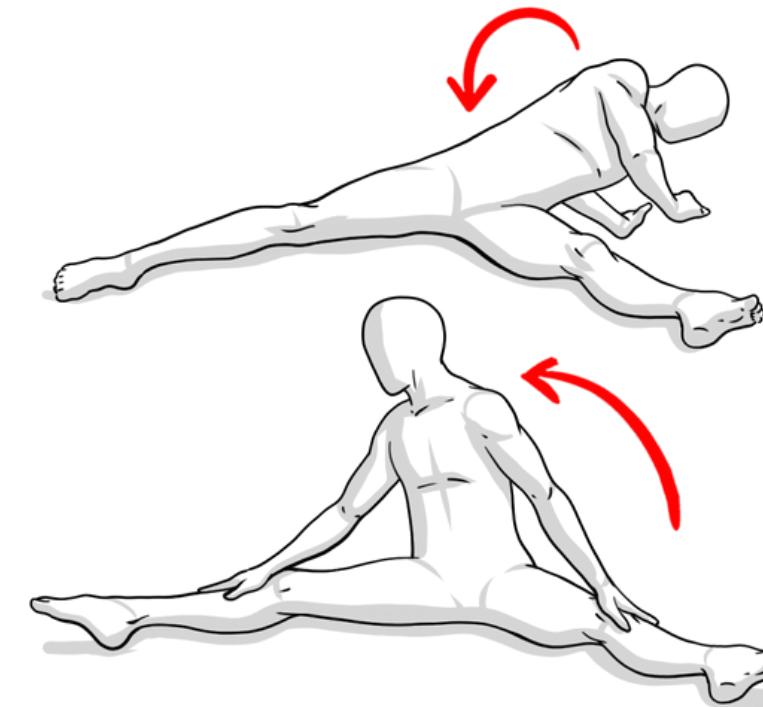
Step 0: Sit down on your shins with your hips on top of your heels.

Step 1: Decide which direction you're going to go and take that arm behind you, placing that hand one foot to the side and foot back with an external rotation.



Step 2: Start to bend the arm that you just placed to the side and reach the other hand parallel to the first hand, descending into a push-up position, but stop before your hips touch the floor stop.

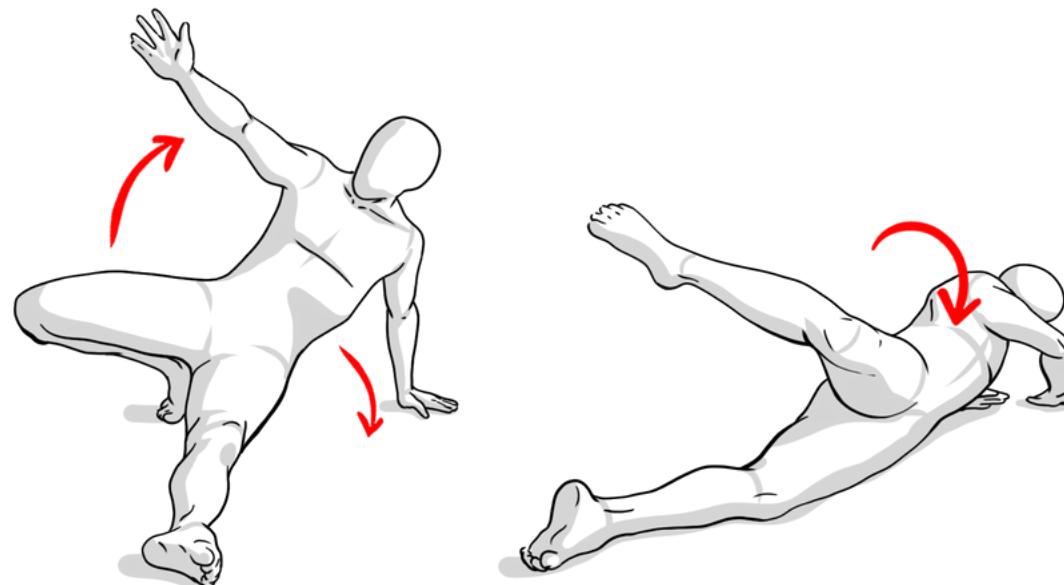
Step 3: Fully absorb the movement by bending your arms, placing your hips to the floor, then continue rolling even more until the original hip is off the ground.
Repeat this a few times to get used to the hip roll.



Step 4: While your knees are bent and tight to each other, keep your ankles glued and bring your feet sideways to complete the roll. Just before they touch the ground, straddle your legs open, push off the floor with your hands, and sit up to finish the movement.

! HELPFUL TIPS

1. If you want to add flair, you can think about forward folding as you rotate around and lift your arms to the sky as if drawing a rainbow.
2. Imagine squeezing a blanket between your knees during the roll to help create more control.
3. Try not to lift the knees off the ground in the middle of the roll.

HIP ROLLS**FALLING TREE**

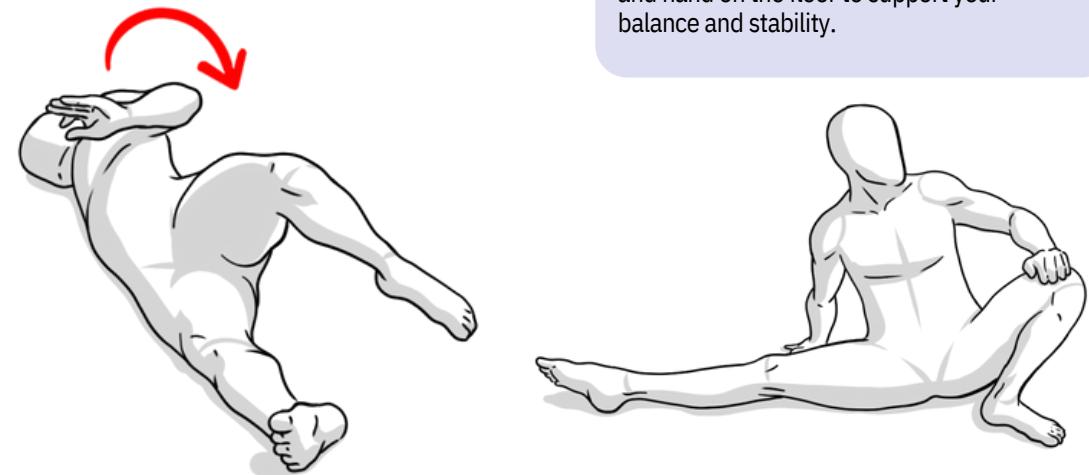
Step 0: Begin by assuming a squatting position.

Step 1: Extend one leg forward while keeping the ball of the other foot raised. Place the arm of your extended leg on the floor with your hand externally rotated one foot to the side.

Step 2: Gradually slide your extended leg forward.

Step 3: Lower your hip onto the floor in a controlled manner.

Step 4: Lower your chest onto the floor, lift your knees off the ground, and bend both legs.

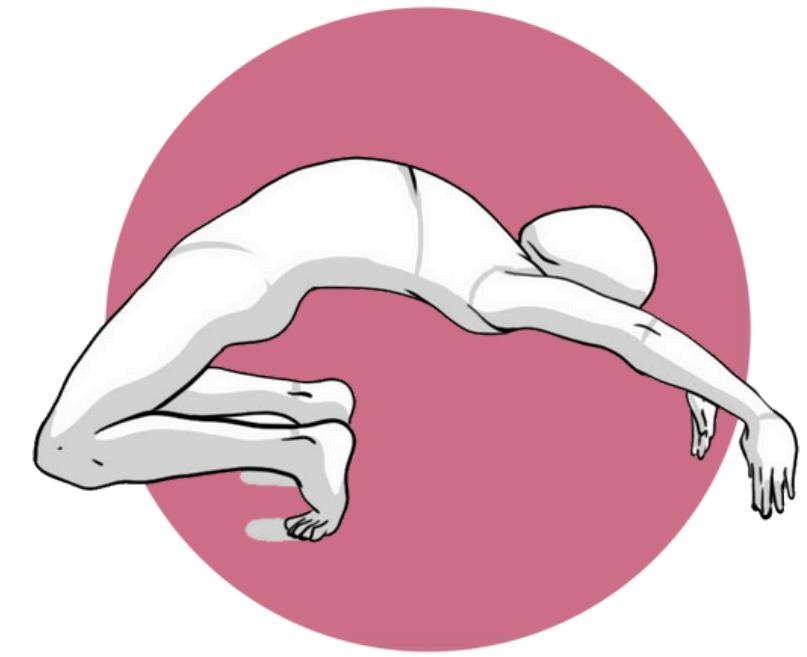


Step 5: Bend the extended, while straightening the previously bent leg.

Step 6: Push off the ground, coming into a one-legged squat position with one leg bent and the other leg straight.

!HELPFUL TIPS

1. Practice steps five and six repeatedly to develop an understanding of hip rotation and leg switching.
2. Focus on maintaining control and balance throughout the movement.
3. Pay attention to the positioning of your arm and hand on the floor to support your balance and stability.



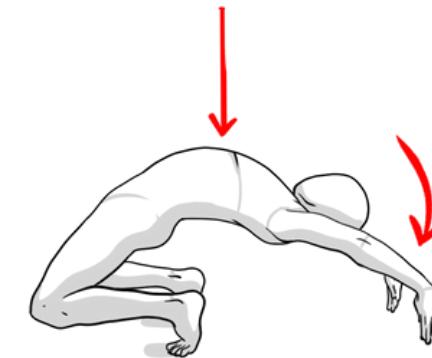
MATRIX

MATRIX



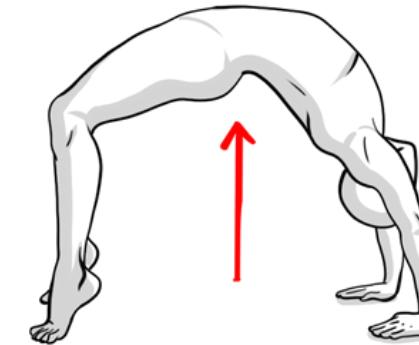
Step 0: Stand up straight with your feet hip-width apart.

Step 1: Perform a full sissy squat, trying to touch your knees and fingertips on the floor simultaneously. It's very important that you try to take your arms as far behind you as you can, to simulate the weight distribution.



Step 2: Rise up on your tippy toes, push your knees forward, engage your glutes, and descend into a sissy squat. Bring your arms forward, then to the side and finally to the back far behind you to create a counterbalance (palms up to the sky). **Repeat this three times.**

Step 3: Place your hands on your quads, rub them, and say, "I love you and I'm sorry" ;)



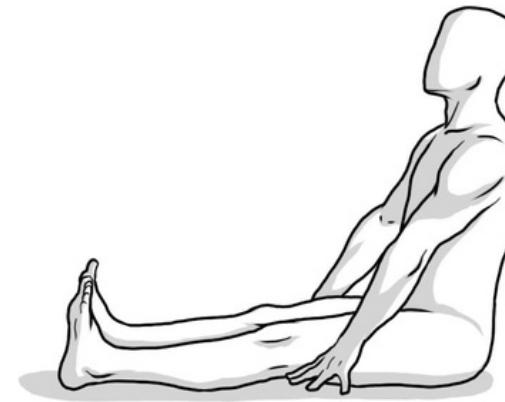
Step 4: Start your sissy squat, push your knees forward and rotating your arms. Very important only release the forward tension out of your knees once your fingertips touch the floor and not before. Shift the weight from your fingers to the heels of your hands while opening your shoulders. While this is happening, you are pressing firmly into your feet and at the very end think about not only pressing down, but pushing forward, so that way you create traction against the floor, locking you into the shape.



HELPFUL TIPS

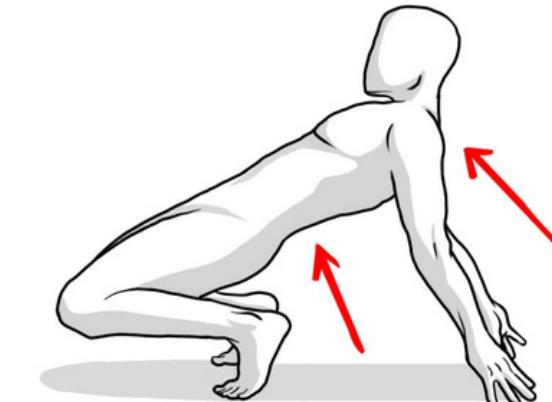
1. Straighten your arms to touch the floor sooner during your sissy squat.
2. Send your knees forward as much as possible during the Matrix to feel safe during the descent.
3. For the best result it's not enough to just straighten your arms; actively reach through your fingertips towards the floor, oh, and let your fingerprints be the first thing that touches the ground, not the heels of the hands.
4. Keep your chin tucked until your fingertips touch the floor, to prevent sudden head movements that could disrupt your balance.
5. Warm up your back by lifting your hips, opening your shoulders, and doing a few backbends like the wheel pose.

MATRIX CANOE



Step 0: Start by sitting on the ground with your legs extended and your hands resting on your legs.

Step 1: Place your hands just ahead of your hips, fingers or palms on the floor, and ensure that your fingers are facing forward. Bend your legs and pull your feet towards you and shift your weight onto your toes.



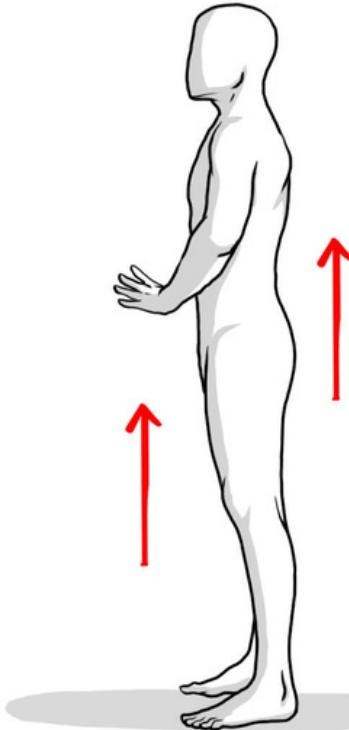
Step 2: Bring your knees forward and raise your hips off the ground, while pressing firmly into your hands/fingers.

Step 3: Continue shifting your weight forward with your knees, releasing more and more pressure from your hands/fingers.



Step 4: Lift your chest forward and up while pressing your toes firmly into the floor to generate lift.

Step 5: Lower your heels to the ground and stand up straight.



! HELPFUL TIPS

1. In steps 2 and 3, practice shifting your weight onto your toes and transitioning into a squat position before standing up straight.
2. Squeeze your glutes, this will help your hip flexors open and generate forward momentum.



DOUBLE PIDGEON

DOUBLE PIGEON

DOUBLE PIGEON SLIDE

INITIAL SET UP - SECOND HALF

Step 0: Sit down with your legs bent and feet flat on the floor.

Step 1: Position one shin at a 90° angle, with the opposite foot on top of the knee, resembling stacked books or fire logs.

Step 2: Rotate towards the foot on top and place your hands behind you. The hand closest to the rotation will be easier to place.

Step 3: Place the top foot to the floor and shift your weight onto your hands. The bottom foot will do a quarter rotation while keeping your knee anchored.

Step 4: Perform a half rotation, lifting the knee on the floor and placing the knee off the floor on the ground, turning around 180°. As this rotation is happening trace both hands on the ground gently as if you were petting a baby panda.

Step 5: Finish the movement with your chest up and proud.



! HELPFUL TIPS

1. Apply pressure on the outer edge of the straight leg for stability, during the straight leg swing
2. There are two circles with the arm that's off the ground initially: the first big swing and a mini circle with your hand on the ground during the floor rotation.
3. Take your time to understand and practice each piece of the transition, and enjoy the dynamic range of motion it offers.

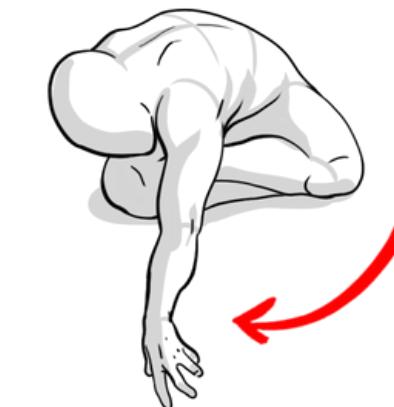
FIRST HALF

Step 0: Start standing up.

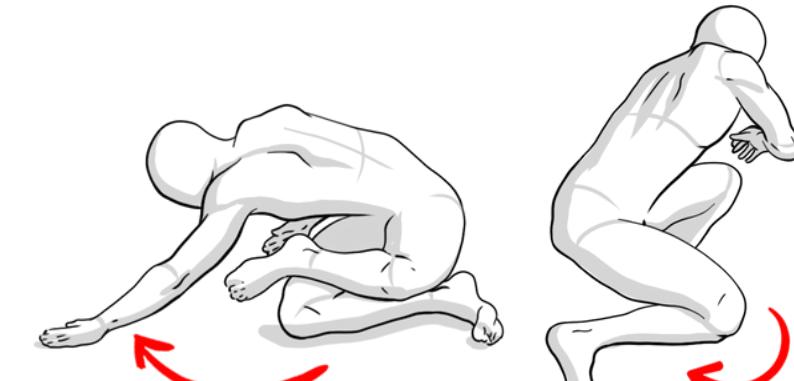
Step 1: Begin in a high lunge position with one leg behind you and the other leg bent in front. Place the hand on the floor, the same side as the straight leg with external rotation in your wrist, two feet to the side, and in line with your ankle.



Step 2: The free arm swings down, forward, and up to gain an upward lift, allowing you to be lighter on the bottom hand. As this is happening swing the straight leg around. At the very end sit down on the side of your hips.
Repeat this step three times.



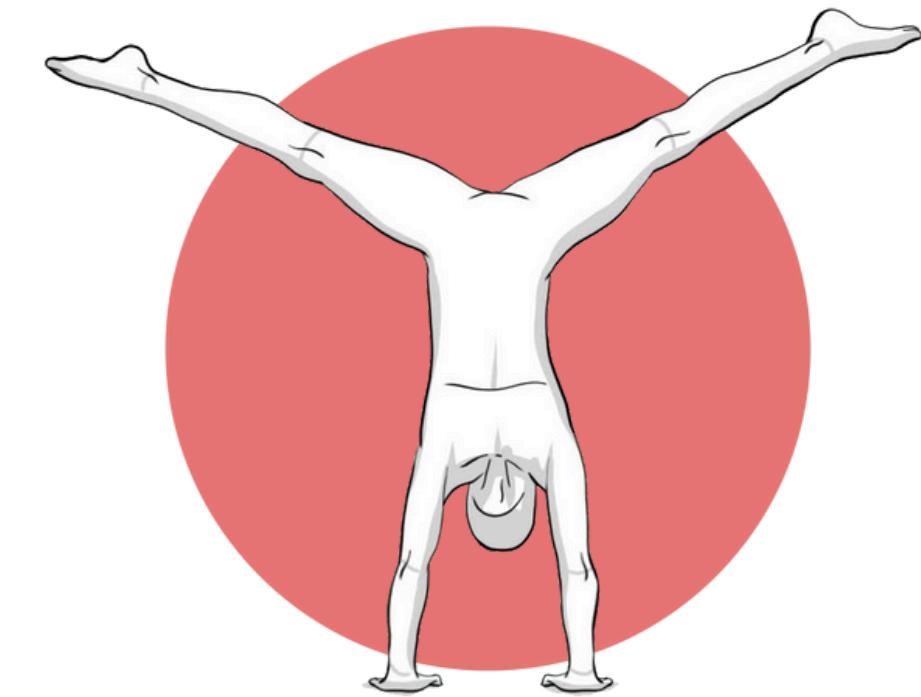
Step 3: From the seated position, lift the foot of the bent leg slightly and hook the knee of the straight leg in, returning to the original position with your legs stacked on top, resembling stacked books or fire logs like you did in Step 1.



Step 4: Perform a dynamic motion, swinging your straight leg, then pulling the knee towards the ankle, ending in a seated position with your shins stacked on top. But on this step, your hip will only touch the floor at the very end. You're creating this action all in one motion.

Now, put all the pieces together.





HANDSTANDS

HANDSTANDS

REGULAR ENTRY

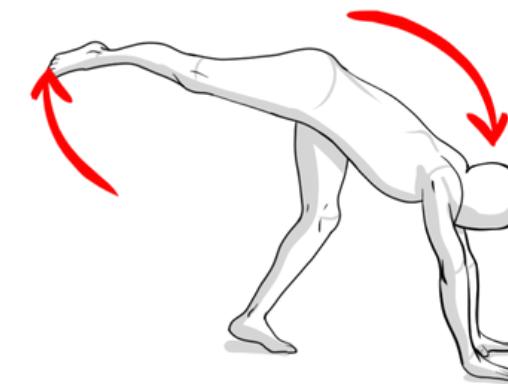


Step 0: Stand up straight with your feet pelvis-width apart.

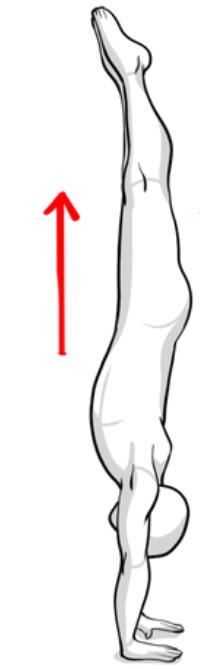
Step 1: Hinge forward at the hips and place both hands ahead of your shoulder width apart, mimicking a triangle shape in your body.

Step 2: Step one foot forward half way and bend the knee.

Step 3: Lift your straight leg up, point your toes (as a warm up drill pulse your leg down and up, sacrificing the speed for length and extension)



Step 4: Sensational feedback. Go down to all fours, flatten the bent leg foot, and extend the other leg behind you, keeping your hips square. By lifting the leg up and reaching it back and slowly pulsing you will teach your body how to use control and not chaotic speed to master your handstand. Focus on reaching the straight leg as high as you can while also reaching it as far back as possible, emphasizing control and avoiding rushing the movement. **Lift and lower 5 times (repeat on both sides).**



Step 5: Implement step 3 again and, as you extend your leg, add a slight jump with the bent leg. Incorporate the reaching action from step 4 (the key is not to swing wildly like a bull in a China shop, but rather reach and lengthen elegantly like a stallion running through the French countryside).

Step 6: Once you are airborne, open your legs wide apart into a split position to create tension and control. Allow your shoulders to relax until the very end (it's hard to open a door if it's locked). When starting out remember the wall is your best friend.



! HELPFUL TIPS

1. Point your toes to engage your quadriceps, which are the heaviest part of your legs. Engaging these muscles will provide stability and control and make you feel lighter.
2. As you start to ascend, press down onto the floor to create positive pressure, giving your body a point of stability from which to engage.
3. Try not to look forward with your chin; instead, look straight down towards your hands. This will prevent strain on your neck.
4. A good rule to remember when starting out, if the foot isn't touching the floor the leg should be straight
5. Understand that going too fast can lead to the body automatically bending the legs and locking the shoulders, resulting in a banana back or falling back to the floor. Start slow and try not to throw yourself, rather jump and reach.

HANDSTANDS

STRADDLE POP



Step 0: Sit down with one leg straight and the other bent. Hands by your side.

Step 1: Rotate your hands towards the straight leg side, where the straight legged hand is one foot away from your hip, and the other hand, on the same side as the bent knee, goes towards the sky

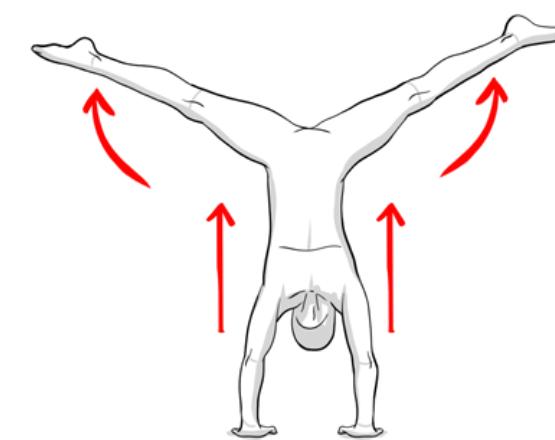
Step 2: As the hand in the sky comes down to the floor next to the first hand, press through the bent foot to lift your hips while keeping the straight leg straight and hovering, ending up in a forward fold position then reverse the action and sit down. **Repeat this three times.**

Step 3: At the very end of the lift where your hips are at the highest point, place the hovering foot on the ground next to the other leg, which is now also straight. You are now in a forward fold with your hands on the ground a little bit ahead of you. Once that happens, bend your knees and go into a squat.

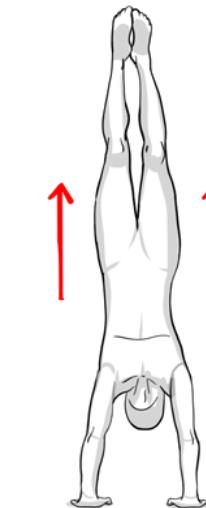


Step 4: With your knees bent, press down firmly into your hands and do a small jump, bringing your knees to your chest and allowing your pelvis to move back with a small arch while opening your shoulders. Ideally, perform this close to a wall in case you fall, or have a spotter behind you holding your hips.

Step 5: ***Repeat all the steps to gain momentum,*** with the arm coming down to the floor, hips going to the sky, bending your legs, and jumping in a cohesive flow.



Step 6: As you jump, straddle your legs wide, keeping them as far apart from each other as possible to give you tension for better control over your handstand, add a small pike and bring your hips back just a little bit to counterbalance your weight. The combination of these two actions will give you a better chance of holding your handstand.



Step 7: Start from the beginning and as you move your straight leg into the middle, keep it off the ground so the jumping only happens with your bent leg. Once it's up off the floor, it will meet the other leg in a straddle.

Step 8: Be patient with yourself because adding momentum will make it harder to balance in a handstand. Find the right balance of jump and pelvis movement to ensure your shoulders feel safe and open.



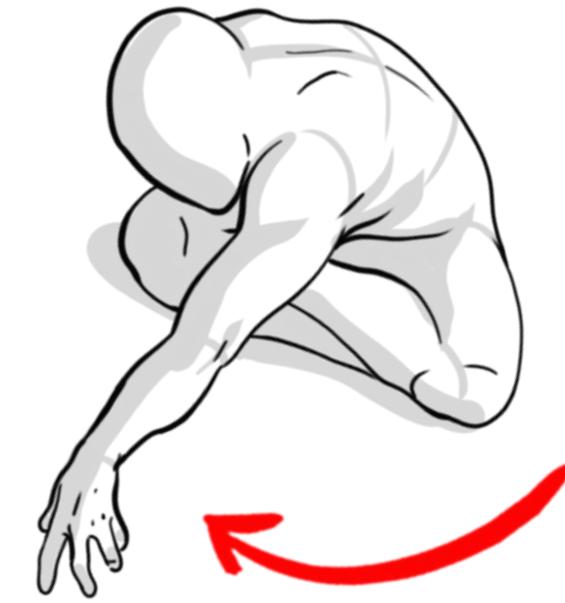
HELPFUL TIPS

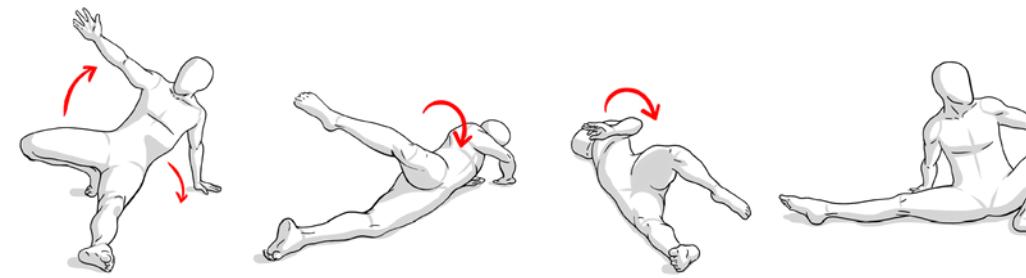
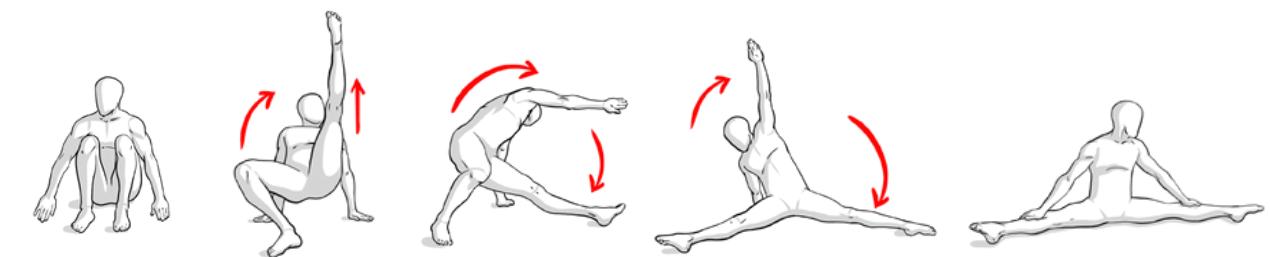
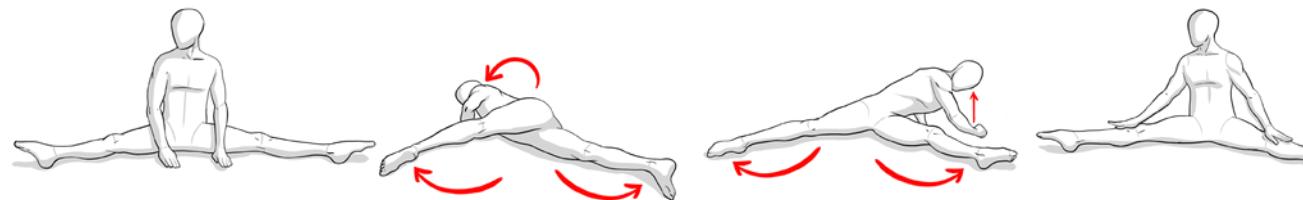
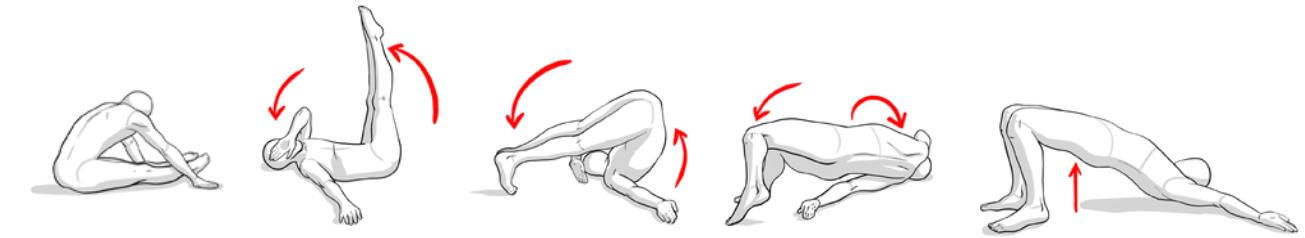
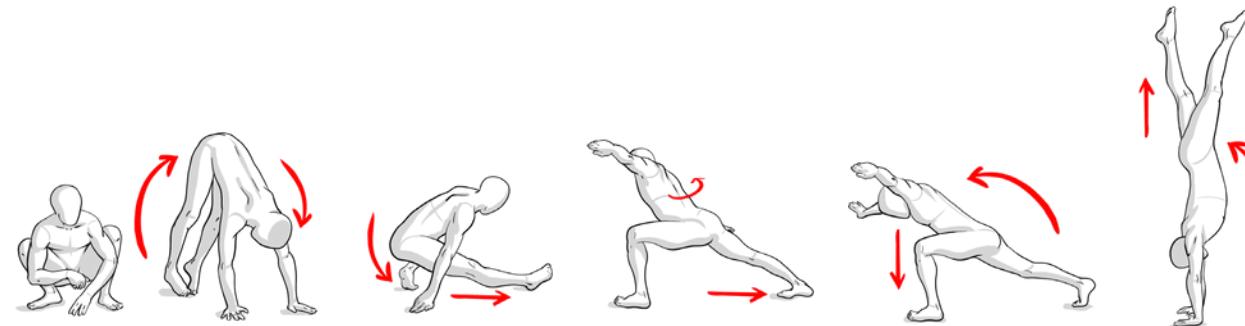
1. Once you're in the forward fold, you can also do a small cartwheel by bringing one leg off to the opposite side and swinging around. This will be much easier initially.
2. Point your toes to have more energy and engagement in your body, making you feel lighter upside down.
3. When you jump, look down at your hands rather than forward to avoid arching your back.

4. Record yourself trying this movement with a wall or a spotter. Analyze the video to see how your body is reacting with the momentum and make necessary adjustments.

LET'S CREATE A FLOW!

Movement Flow is not just about mastering individual moves; it's about seamlessly integrating them into a fluid sequence. By understanding how to transition smoothly between moves, you can create your own unique flows that embody the essence of Movement Flow. In this section, we demonstrate an official flow that highlights the versatility and creativity within the system. Practice combining moves in different ways to explore new possibilities and deepen your practice.



1.FALLING TREE**4.OPEN DOOR****2.FORWARD FOLD SLIDING SPLITS****5.BRIDGE ROLL****3.MONKEY FLOW**

The links between the moves can be done as you want, you can explore which way takes you to the next move more effortlessly. Generally we could link the moves in three different ways:

1. Directly: One move ends in the same position as the next starts, so we don't have to modify or explore anything.

2. Adding moves: If the ending of the move doesn't take you to where you want, you can add some linking

moves to end in the position that you want to start the next move.

3. Skipping moves: This is when you just use some parts of the move instead of the whole move to link it to the next one. Don't be afraid to leave some parts out! We invite you to play with this flow and explore the different options it can give you. As a challenge you can reorder the moves or even reverse the flow. Are you up for it?

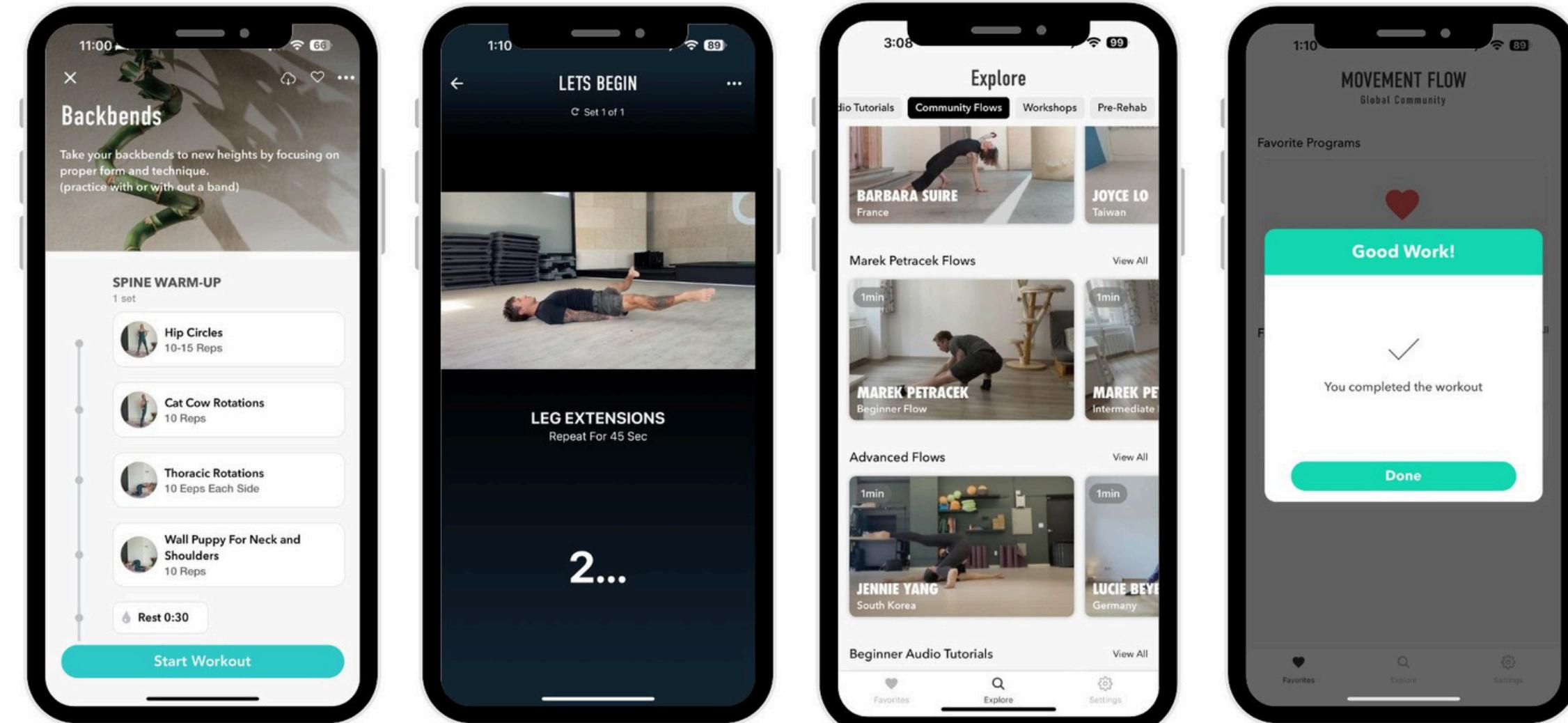
THANK YOU!

Dear Movement Flow Practitioners, we want to extend my deepest gratitude for your commitment to exploring the Movement Flow system. Your dedication to learning, growing, and sharing this practice inspires me every day. Remember, Movement Flow is a journey—one that evolves with you as you continue to move, adapt, and discover new aspects of yourself. Thank you for being a part of this incredible community. Keep moving, keep flowing, and never stop exploring.

With gratitude,
Maialen Landa & Slava Goloubov



KEEP MOVING WITH US



TRY OUR APP

With the Movement Flow app, you'll get access to simple, easy-to-follow video guides that help you every step of the way. Start your day energized with routines like the Core Workout and Warm-Up, designed to get your body moving and feeling great.

Whether you're a beginner or more advanced, our app has programs for every fitness level. Explore beginner, intermediate, and advanced routines, all at your own pace. Plus, you'll learn 30 key moves from Level 1 and 19 advanced techniques from Level 2 with the help of our expert coaches.

Download the Movement Flow app and start your journey today!



MOVEMENT FLOW COMMUNITY

