



# RANDOM WORK ROADMAP

FOR 4-WAY FS

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**Light and Electric: small and flat, skating on air, high anticipation, surgical bursts of energy**

Beginner Highest Priority	Efficiency	Communication	4-way Tech	Beginner Highest Priority
		Cross referencing	Levels: Small level differences when presenting sidebodies and cats Cats: presenting (narrow leg stance) and taking (furthest grip easy to reach) Size: no one is reaching for grips	
		Keys come from the right place Pick up grips together		
	Awareness of center of formation Awareness of point/tail axis	Navigation: Grip Lines: visual references relative to each other (not the tunnel) Navigation: Quadrants: Everyone knows where to go in their quadrant Navigation: Preserve center through transitions Navigation: Preserve point/tail axis through transitions		
Expert Lowest Priority	Anticipation	Pick up grips outside in Awareness of last grips + centers match last grips No time spent sitting in grips	Size: center dance: round, 2-person-center and 1-person-center formations Size: accelerate side of body facing the center to start moves Size: accelerate parts of body on the outside towards the center to complete moves Size: formations are small enough to be efficient but not too small as to choke off the air between people	Expert Lowest Priority
		Keys are synchronized with momentum reversals	Preloading large chest moves Momentum: collect multiple points without stopping	
	Physical effort	Momentum + push/pull: help each other start, stop or reverse big moves		

## Keys

Keys have to come from people who can see and feel completion:

		Top/Start	Bottom/Finish
A	IC	1 IC	IC
B	IC	2 P	OC
C	IC	3 IC	OC
D	OC	4 OC	OC
E	IC	5 OC & IC	OC & IC
F	IC	6 OC & IC	OC & IC
G	IC	7 P & T	P & T
H	IC	8 IC	IC
J	IC	9 Infacer P/OC	Infacer P/OC
K	IC	10 IC	T
L	IC	11 OC & IC	OC & IC
M	IC	12 IC	IC
N	IC	13 IC	IC
O	IC	14 P & T	OC & IC
P	IC	15 IC	IC
Q	IC	16 IC	IC
		17 IC	T
		18 P & T	P & T
		19 IC	IC
		20 P	OC
		21 OC & IC	IC
		22 P	OC

## Center Dance

Manage traffic by knowing who needs to occupy or vacate the center:

		Top/Start	Bottom/Finish
A	1-person OC thigh	1 Round	Round
B	Round	2 1-person OC chest	1-person OC chest
C	1-person IC elbow	3 1-person IC chest	Round
D	Round	4 1-person OC thigh	1-person OC thigh
E	Round	5 Round	Round
F	2-person OC+IC	6 Round	Round
G	2-person OC+IC	7 Round, or	Round, or
H	2-person OC+IC	2-person OC+IC	2-person OC+IC
J	Round	8 1-person IC head	1-person IC head
K	1-person OC off thigh, or	9 Round	Round
	2-person OC+T	10 Round	2-person P+T
L	2-person OC+IC, or	11 Round	Round
	1-person IC elbow	12 2-person OC+IC	2-person OC+IC
M	Round	13 2-person OC+IC	2-person OC+IC
N	2-person OC+IC	14 Round	Round
O	Round	15 Round, or	Round, or
P	2-person OC+IC	2-person IC+P	2-person IC+P
Q	2-person OC+IC	16 2-person OC+IC	Round
		17 1-person OC chest	Round
		18 2-person OC+IC	2-person OC+IC
		19 2-person OC+IC	1-person OC hips
		20 2-person OC+IC	2-person OC+IC
		21 2-person OC+IC	2-person OC+IC
		22 1-person OC hips	1-person OC hips

## Engineering

Once efficiency and anticipation is at a high level, consider:

- Minimize changes in long axis
- Minimize shifts from left to right handed formations and right to left handed formations
- Minimize reversals of momentum
- Consider how choice of puzzles affects communication for centers, between point/tail, between pieces