



# 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	Cross referencing	4-way Tech	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		
	Expert Lowest Priority	Anticipation		Pick up grips outside in Awareness of last grips + centers match last grips No time spent sitting in grips	
			Keys are synchronized with momentum reversals		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
					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:

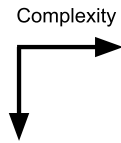
		Top/Start	Bottom/Finish
A	1-person OC thigh	1 Round	Round
B	Round	2 1-person OC chest	1-person OC chest
C	1-person IC elbow	3 1-person IC chest	Round
D	Round	4 1-person OC thigh	1-person OC thigh
E	Round	5 Round	Round
F	2-person OC+IC	6 Round	Round
G	2-person OC+IC	7 Round, or	Round, or
H	2-person OC+IC	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

## Sample All-random Jumps



Complexity

### Round and 2-person centers

EBQFP  
MNFEP  
QBPJM  
HJFDQ  
EDPMF  
NDBFJ  
MHDPN

### OC in and out of center (A, K)

DHPKQ  
MPQHA  
POFAH  
HEQJK

### IC in and out of center (C, L)

OEMCP  
JLDFC  
QBCNM  
BEHLM  
JDOBL  
BNLEF

### Centers taking turns in 1-person center

APCME  
FHACO  
ALFME  
PLAFJ  
NHOAC  
BKLFH  
OCKEN  
EALPB

### Point in and out of D

KPHDM  
JMDOA  
ODJHQ

### Tail hopping quadrant edges

FBHCQ  
FQCON  
KCQPF

### Centers dance in and out of G

HMGEO  
OHGJQ

### Center 2-way traffic

PMGLO  
GCDEJ

### OC in center for 2 formations

QNBKA  
AKDQE

### IC in center for 2 formations

CMKDL  
DLCJF  
KFMLC  
PBCLA

### OC outfacing to G

HNQGB  
NGDBC  
NGLEP

### OC expanding from center to outfacing

LEANP  
CHKNJ

plus controlling hips

LNAJK

plus legs narrow for K

BJHKK  
JNKCE

or managing traffic with point

GQAJB  
FANGO

### Center 2-way rotation dance

LGPND  
GFPBO (P-style F)  
LHGKM  
KGABJ

### Combinations

EADKJ  
COMGE  
DAOEG  
DJOFG  
MQKCG  
AGOMQ  
GOQKL  
ONGKB