



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			
Expert Lowest Priority	Anticipation	Pick up grips outside in Awareness of last grips + centers match last grips No time spent sitting in grips	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 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 OC	IC
		21 OC & IC	IC
		22 P	OC

Center Dance

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

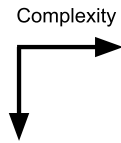
		Top/Start	Bottom/Finish
A	1-person OC thigh	1 Round	Round
B	Round	2 1-person OC chest	1-person OC chest
C	1-person IC elbow	3 1-person IC chest	Round
D	Round	4 1-person OC thigh	1-person OC thigh
E	Round	5 Round	Round
F	2-person OC+IC	6 Round	Round
G	2-person OC+IC	7 Round, or	Round, or
H	2-person OC+IC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



Round and 2-person centers

EBQFP
MNFEP
QBPJM
HJFDQ
EDPMF
NDBFJ
MHDPN

OC in and out of center (A, K)

DHPKQ
MPQHA
POFAH
HEQJK

Centers taking turns in 1-person center

APCME
FHACO
ALFME
PLAFJ
NHOAC
BKLFH
OCKEN
EALPB

Point in and out of D

KPHDM
JMDOA
ODJHQ

IC in and out of center (C, L)

OEMCP
JLDFC
QBCNM
BEHLM
JDOBL
BNLEF

Tail hopping quadrant edges

FBHCQ
FQCON
KCQPF

Centers dance in and out of G

HMGEO
OHGJQ

OC outfacing to G

HNQGB
NGDBC
NGLEP

Center 2-way rotation dance

LGPND
GFPBO (P-style F)
LHGKM
KGABJ

Combinations

EADKJ
COMGE
DAOEG
DJOFG
MQKCG
AGOMQ
GOQKL
ONGKB

Center 2-way traffic

PMGLO
GCDEJ

OC expanding from center to outfacing

LEANP
CHKNJ

plus controlling hips

OC in center for 2 formations

QNBKA
AKDQE

LNAJK

plus legs narrow for K

IC in center for 2 formations

CMKDL
DLCJF
KFMLC
PBCLA

BJHKK
JNKCE

or managing traffic with point

GQAJB
FANGO