Technical Sequences: Copy-Paste Training

> **Technical Sequences** is a form of [tricking] training that allows practitioners to efficiently fine tune existing skills, integrate new skills, and prepare for new skills. Fit from day 1 athletes through the highest levels.

Origins in gymnastics

[Technical Sequences in power tumbling](#)

Key Benefits

> 1. Repetition
>   i. tricks
>   ii. transitions
> 2. Integrate
>   i. once you learn a new skill, you can integrate
> 3. Rhythm, Momentum flow
>   i. build
>   ii. conserve
>   iii. capitalize
> 4. Contextualize
>   i. data points for actual combos
> 5. Tuning
>   i. like instrument tuning
>   ii. making one trick more like another

Examples

> |2|: palmKick masterScoot :|| gainer

Beginner version

> 1. |3|: tdHook cart:||
> 2. |3|: tornadoRound tdhook :||
> 3. |3|: scoot cart :||
> 4. |3|: pop360spin :||
> 5. |2|: spinStep cartwheel :|| spinStep butterflyKick

6. |3|: cart jump :||
7. |5|: machine :||

Intermediate version

1. |3|: cart360round hook :||
2. |2|: tornadoRound :|| tornadoSwipe
3. |5|: pop360shuriken :||
4. |3|: palmKick masterScoot * :|| [1,2]gainer | [3]gainer+
5. |2|: spinStep aerial :|| spinStep butterflyTwist
6. |2|: cart jump :|| cartFront/Full
7. |4|: machine machine X :|| [1,3]spyder | [2,4]raiz

Advanced version

1. |2|: cart360round :|| cart360hyperhook+
2. |2|: scoot360round hook :|| scoot360+
3. |3|: pop360shuriken :|| pop360+
4. hook |2|: tdSwipe :|| gainer+
5. spinStep |2|:butterflyKick:|| butterflyTwist+
6. |2|: cartFullHyper :|| cartFull+
7. |4|: raiz :|| raiz+