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

For those that are interested:

-	Warm-up Sequences	Skeleton Sequences
1.	(f f f f f f	(f / ^ ^ ^ f /
2.	(^ f f ^ f f	(^ f / ^ ^ f /
3.	(^ f ^ f ^ f	(^ / ^ ^ ^ f /
4.	(^ f ^ ^ f ^	(^ ^ / ^ ^ f /
5.	(^ ^ f ^ ^ f	(/ ^ f / ^ f /
6.	(^ ^ ^ f ^ ^	
7.	(^ ^ ^ ^ ^ f	

Key Benefits

1. Repetition: tricks & transitions
2. Integration: muscle memory
3. Tuning: making one trick more like another
4. Contextualize: data points
5. Rhythm, Momentum flow
   - build
   - conserve
   - capitalize

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 * :|| [1,3]spyder | [2,4]raiz

Advanced version

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