

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:

Dm me

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 | ³gainer+
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+