

Metadata: https://www.youtube.com/watch?v=hbih_-3GrVo

Flying Squirrel Guard, one of the funnest games in the whole Instruct Show. Mostly it's just for fun, but it is kind of like a jumping guard or something like that. They can learn to have some fun while they're doing the arm bars and everything else. We add this one in, they always beg me to do this one, check it out. She grabs the thumbs, does a jumping guard, lays the head back, feet go through the middle, go ahead, go ahead, and lands on her feet. Right at the end, I can kind of turn my arms here, and it'll help rotate her shoulder. Shouldn't be tight or anything, but just to help her go with the flow. She jumps, wraps, head goes low, feet through the middle, just don't let go with your hands, and she lands a Flying Squirrel Guard. Autumn, let me see yours. She has a little bit more of a high guard she has to get since she's so long, but she's going to jump, wrap, head, knees, Flying Squirrel Guard 101, one of their favorites. Go to Beadaholique.com for all of your beading supply needs!