

Skill Deconstruction for:

1. Body Positions and Alignment

2. Balance

3. What are the weight transferences in a skill?

4. Hand placement

5. Direction of movement

6. Eye placement

7. Supports

8. What are the Lead in skills

9. What is the skill after?

10. Flexibility requirements

11. Strength elements

12. Action of a movement

13. Position of a movement

14. Motions and Movements
