

THE HAND SOFTACROBATICS TRAINING PLANIFICATION

USE THIS DOCUMENT TO CREATE YOUR OWN TRAINING PROGRAM

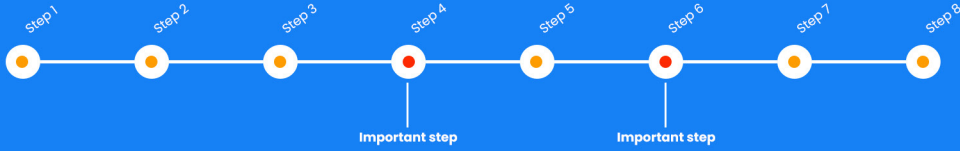
THE DIAGRAM SHOWS THE EVOLUTION OF THE PROCESS WITH KEY STAGES THAT REQUIRE MORE PRACTICE TIME THAN OTHERS IN ORDER TO BUILD A SOLID FONDATION OF YOUR MOVEMENT.

KEY

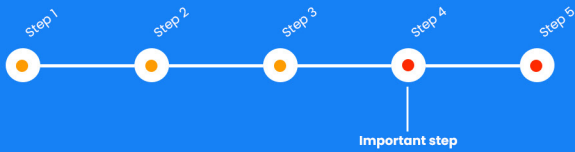
● 1 - 3 weeks of practice

● 4 - 6 weeks of practice

CARTWHEEL



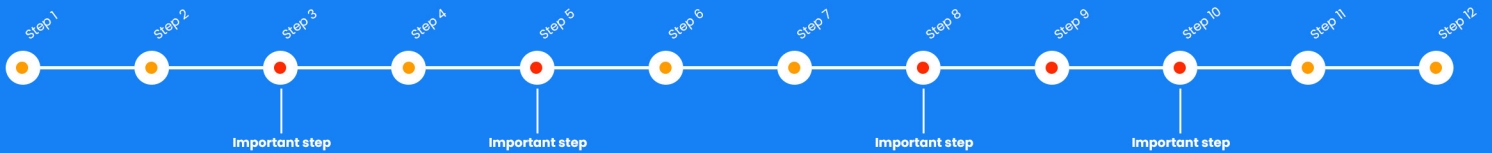
CHAPÉU DE COURO



STAR



MACACO



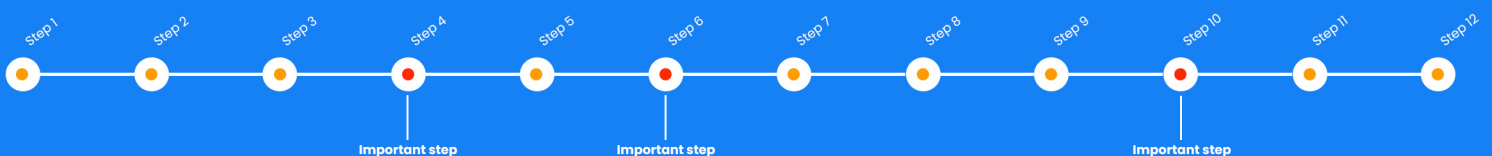
AÚ DE FRENTE



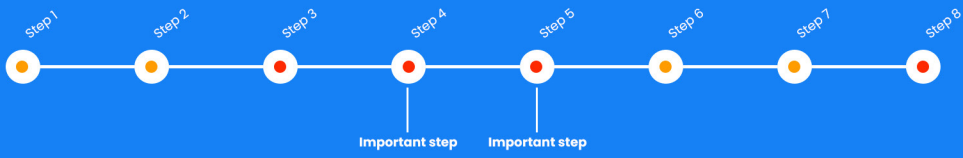
MONKEY SWING



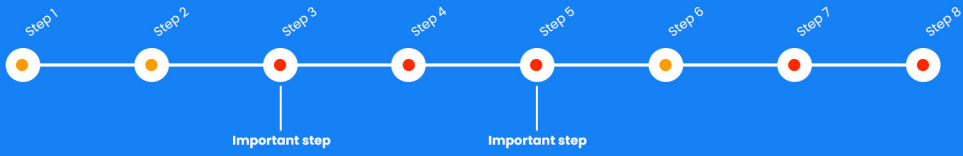
MACACO EM PE



MÉIA LUA



MONKEY TZIGA



TREZANDO

