

Monkey Flow Acrobatics Creative Cartwheels

Talent Acquisition

- Enrich your motion vocabulary. Study a wide range of progressive drills and acrobatic actions. From the very fundamentals to increasingly advanced expertise and variations.

Job Exploration – Move

- Interact in an lively technique of studying. Expose your self to a range duties which origins are in capoeira, animal locomotion, up to date dance, practical & pure motion. Study to maneuver between acrobatics with extra freedom. For anyone who desires to take a brake from linear studying and to turn into a inventive mover.













Flexibility

- Any mover who discover acrobatics ought to work on flexibility. Enhance your hips and torso flexibility via dynamic and static drills so you'll not injure your self within the studying course of. Be able to take pleasure in your expertise wherever and at any time.

Basic Motion

- Heat up in additional advanced and artistic methods. Get pleasure from a collection of lessons that you are able to do anytime of the day, to tune in along with your physique utilizing actions from a wide range of arts and sports activities

Here's What You'll Get in Monkey Flow Acrobatics Creative Cartwheels

Name 	Owner	Last modified	File size
 1. Welcome to the course!	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 2. Chapter #1 - Role & Cartwheel Fundamental	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 3. Chapter #2 - Creating Flow & Learning New Movements	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 4. Chapter #3 - Towards Better Control & Different Qualities	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 5. Chapter #4 - Sequence Learning	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 6. Chapter #5 - From Scorpion into Cartwheel	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 7. Chapter #6 - Flow & Leg Switch Variations	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 8. Chapter #7 - Cartwheels and The Spine	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 9. Chapter #8 - Sequence Learning	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 10. Chapter #9 - Ground Flow	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—
 11. Chapter #10 - Skill Acquisition & Flow	Shareknowledge Digital	Dec 16, 2022 Shareknowledge ...	—