

# Field Movements

Spirals

Grabs

Drags

Shoot-the-Duck (1ft sit glide)

Spread Eagle

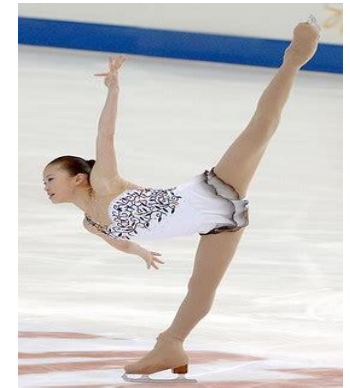
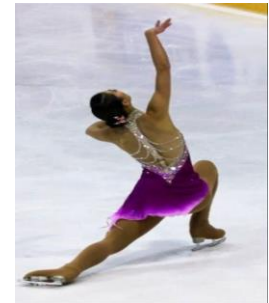
Ina Bauer

Cantilever

Leans

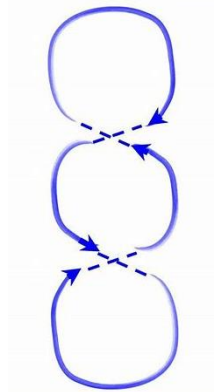
Y-Grab

Drags



Patterns to practice in:

Serpentine



Circular

