Imitation Programme

BC AGM 2017

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| C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-08ab.bmp | Side to side : Both feet are parallel.Straight feet and knee Stay always under 90 degrees  |  | C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-32.bmp | Squat 1 leg xover alternate:Always on 1 legDown on right + x overSwitch to left at the bottomUp on leftAlternate: Down Left/Up Right |
| C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-09ab.bmp | Push left leg:StabilizationKnees together (R higher)Falling on side & PushReception & Repeat |  | C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-11ab.bmp | Side to Side : Full recoveryNo Slide boardAlways on 1 legKnees togetherFalling on the sideReception & recovery with free leg |
| C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-09ab.bmp | Push right leg:StabilizationKnees together (L higher)Falling on side & PushReception & Repeat  |  | C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-37.bmp | Low walk:Basic SS positionFront leg at 80.Back leg, knee is close to ground‘’Walking’’ at the same tempo |
| C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_dum-19.bmp | German Walk :Both hand behind the headUpper body straightFront leg always at 90.Straight feet & kneeNo extra weight |  | C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-09ab.bmp | Side to Side  Jump :Always on 1 legKnees togetherFalling on the side + push/jumpReception on 1 leg |
| C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_dum-25.bmp | Squat 1 leg (half L/half R)Upper body straightStraight feet & kneeHips parallel No extra weight |  | C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_free-21.bmp | Basic position baby steps :Upper body slightly incline 45No upper body movementStraight feet & kneeNo extra weightLift up 1 feet at the time, alternate |
| C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_dum-14.bmp | Up downUpper body slightly incline 45No upper body movementStraight feet & kneeNo extra weight |  | C:\Users\eric.bedard\AppData\Local\Microsoft\Windows\INetCache\Content.Word\leg_rol-01.bmp | Side to Side Jump + x over:Always on 1 legKnees togetherFalling on the side + push/jumpReception on 1 leg & Xover with free leg |

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