

The 52 Moves In Order

תנועות בסיס (27) BASE MOVES

עמידות (6) STANCES

1. Closed Stance
2. Open Stance
3. "A" Stance
4. Riding (Sumo or Horse) Stance
5. Bow Stance
6. Cat (One-legged) Stance

תנועות רגליים (8) FEET

7. Rock Around the Clock
8. Duck Walk
9. Squish Walk
10. Heel Lead
11. Whole Foot
12. Ball of the Foot
13. Relevé
14. Toes In, Out, Parallel

צעדים (9) STEPS

15. Stepping Back onto the Ball of Your Foot
16. Sink and Pivot Table Wipe
17. Cross Front
18. Cross Behind
19. Traveling in Directions
20. Lateral Traveling
21. Cha-cha-cha
22. Slow Clock
23. Fast Clock

בעיטות (4) KICKS

24. Front Kick
25. Side Kick
26. Back Kick
27. Knee Sweep

CORE (7) תנועות ליבת הגוף (7) CORE

PELVIS (2) אגן (2) PELVIS

28. Pelvic Circles
29. Hip Bumps

CHEST (4) חזה (4) CHEST

33. Chest Isolations
34. Shimmy

SPINAL CORD (2) עמוד שדרה (2) SPINAL CORD

35. Undulation
36. Spinal Roll

HEAD (1) ראש (1) HEAD

37. Head and Eye Movements

Upper Extremities (18) גפיים עליונות (18) Upper Extremities

ARMS (3) זרועות (3) ARMS

30. Blocks: Upward, Outward, Inward, Downward
31. Punches: Upward, Outward, Across, Downward
32. Elbow Strikes: Down, Side, Back

HANDS (7) ידיים (7) HANDS

38. Chop Cut
39. Strikes
40. Pumps
41. Touching
42. Fist
43. Webbed Spaces
44. Palm Directions

FINGERS (8) אצבעות (8) FINGERS

45. Finger Flicks
42. Creepy Crawlers
43. Catching Flies
44. Claw Hand
45. Spear Finger
46. Finger Extensions
50. Power Finger Crossover
51. Balance Finger