

ESTABLISHING YOUR ROUTINE PHYSICAL OR TECHNICAL ASPECTS

1) BEHIND THE MAT

- * **Analyze the situation**
- * **Communicate with the captain (open mind)**
- * **Choose side**
- * **Choose your grip**

Note: Approach the mat by walking slowly in the direction of the line you have chosen...

2) ON THE MAT

- * **Foot position**
- * **Weight distribution**
- * **A comfortable grip**
- * **Body position in gravity (eyes, head, weight)**
- * **Visualize the line**
- * **Find a reference point**
- * **Breathing**
- * **Then you fall into the “STILL POINT” of silence, of tranquility where everything is stable...the agitation ceases, you are peaceful!**
- * **Delivery**

3) THE DELIVERY

- * **Forward and downward movement**
- * **Head is stable, does not vary in height**
- * **The step is comfortable and balanced**
- * **The movement is fluid, easy, harmonious, without breakage**
- * **Arm fully extended, release close to the ground, and finish with the palm facing upwards without crossing the midline.**