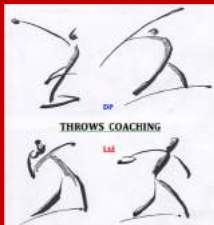


HAMMER INITIATION : LEARN THE PASO DOBLE...and DANCE WITH YOUR HAMMER PARTNER



...EYES TO EYES !!!





HAMMER INITIATION : LEARN THE PASO DOBLE...and DANCE IT WITH YOUR HAMMER PARTNER



The Paso Doble is a South American dance , related to the Tango . One of the steps is to cross one leg in front of the partner when still facing him or her and maintain eye to eye contact

This is exactly what happens in the hammer throw when , looking for overtaking the implement , the thrower crosses the right leg under the hammer and keep facing and looking at it ..eye to eye !





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EXERCISES

THE BASIC STEP

Walk along a line on the ground and alternatively cross the line with the right and the left leg , landing the feet at 90* each site of the line.





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VARIATION with a "partner stick"



One should not leave eye contact with the partner stick and keep the chest facing it . The stick should not move away from the forward motion line.



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VARIATION with one extended arm

Focus on the right hand when the right leg is crossing under

Notion of "overtaking" a non moving object

VARIATION with a bar at 11 O'clock and throw



Document Didier POPIE & Tevina N'GALU
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