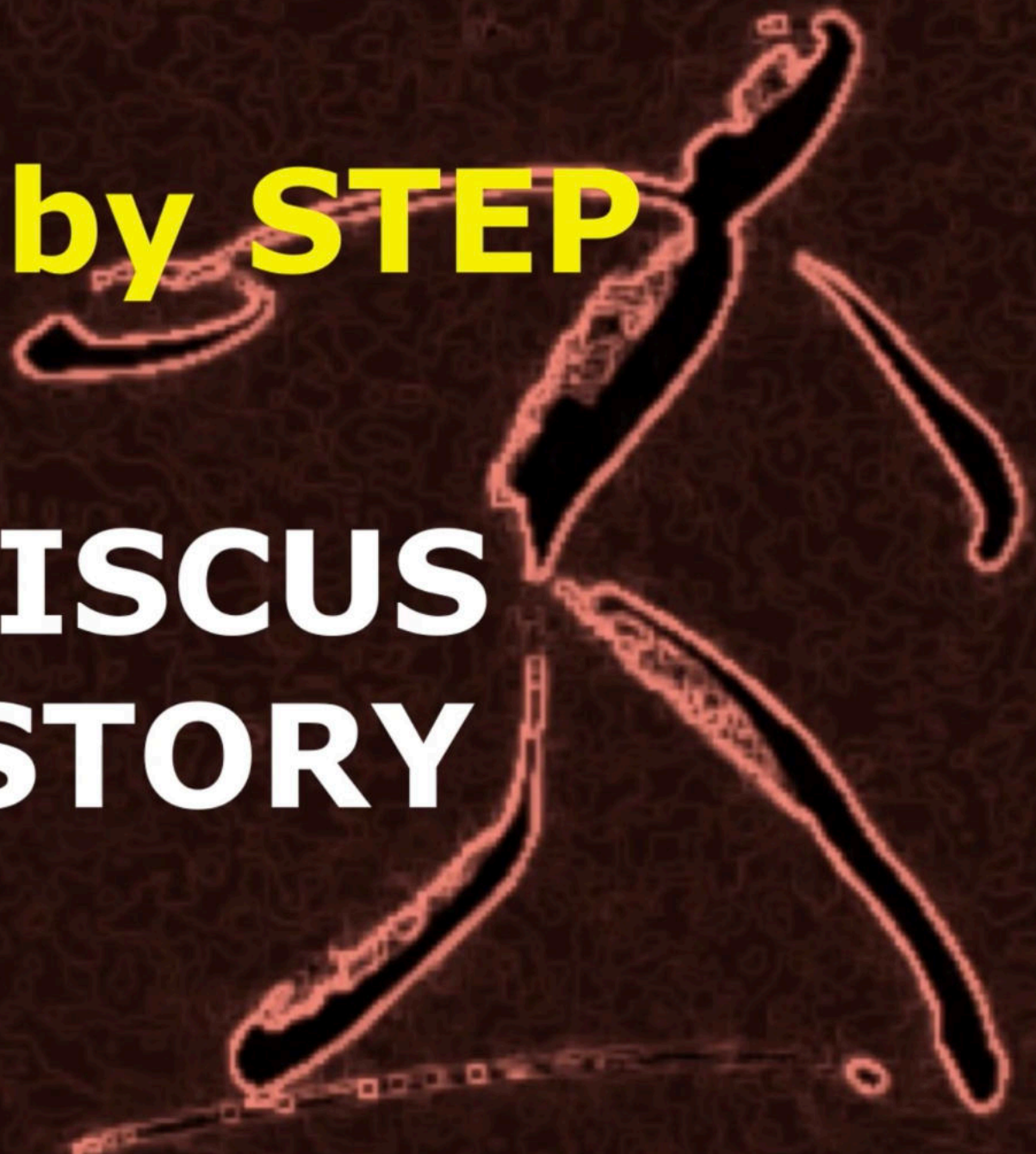


**STEP by STEP**

**DISCUS  
STORY**



# STEP by STEP

From the starting  
position  
to the release and  
recovery



**Calm ..Relax!**



**Starting  
position**



Shift weight  
onto the  
left leg



Stay tall  
and easy ...

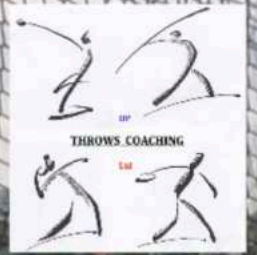


Maximal  
rotation left

Nice and wide



**Go to the right  
in one block**



long arms ...Stay tall  
feel the torsion ...  
...plenty of time

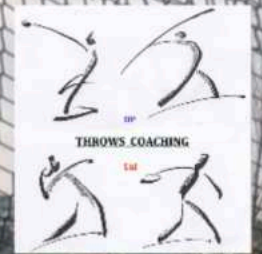


**Full truk torque 360\***



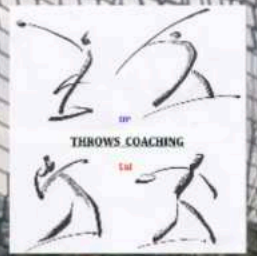


Open in one block  
like a door



**The ENTRY**

Go down  
Go wide  
Go left!

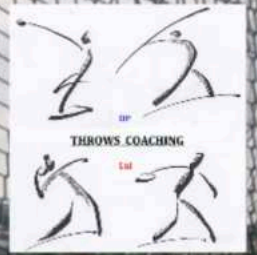


**Press on  
the left  
knee**

**Push the  
right knee  
away**



**The LEFT FOOT PIVOT**

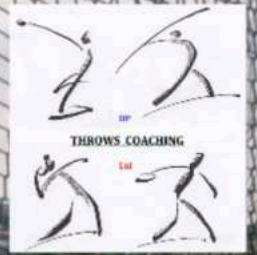


**Press on  
the left  
knee**

**Push the  
right knee  
away**



**The LEFT FOOT PIVOT**



Open wide

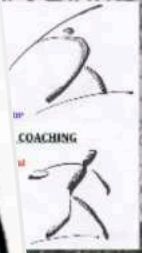


The LEFT FOOT PIVOT



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