

## 5<sup>th</sup> Rehearsal/ 1<sup>st</sup> zoom rehearsal

+Check in

Fixed spot resistance (today's research)

- Everyone chose a wall
- So, most of the pressure on this fixed point was vertical (except one case, grabbing the corner)

So, after a while, we changed the instruction to a horizontal plane, which seemed to work much better.

- ➔ Consequently, MAYA/around yourself happened.
- The axis of rotation

*The way the instructions must be presented is a gradual one. Some instructions don't make sense or wouldn't be the same if the previous ones didn't exist.*

- To feel the resistance, I had to do a fixed point
- Primary and secondary resistance surfaces (the one we concentrate on vs the one that helps stability, like the floor)
- The grip