

Jr Sweet Spot for Round-Off drills



Kick hard and look under second arm to keep shoulders open.



Aim hands for broken lines.



Open (flexed) and elevated shoulders will help get good repulsion off hands.



PURPOSE: to practice good round-off technique

Use the Jr. Sweet Spot for round-off drills on the floor to work repulsion off hands.

Broken white lines on the Cover of the Jr. Sweet Spot guide hand placement for the round-off.