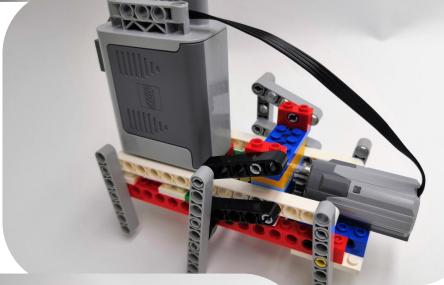
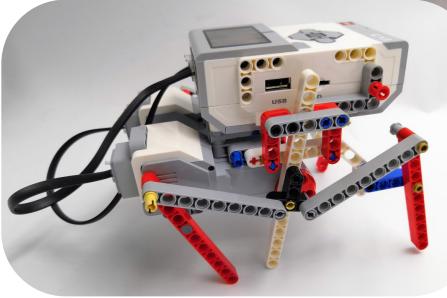
BRIEFING

Lesson objective

• Learn about dividing the movement into several parts and into an eccentric trajectory.





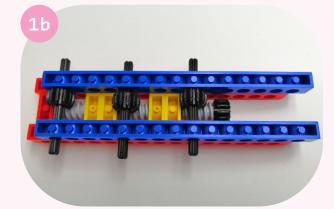




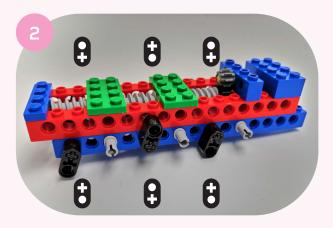








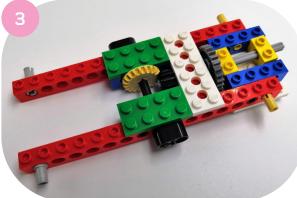


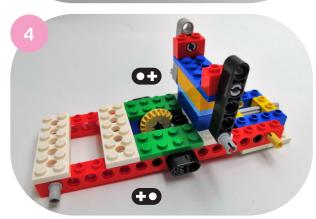




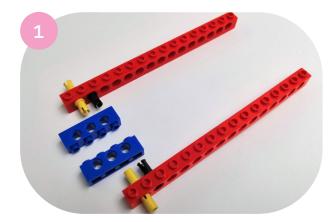
Lesson exercise 2

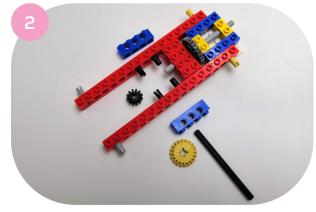




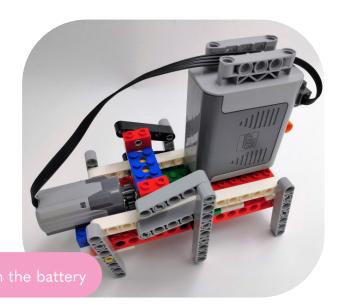












Lesson exercise 3

