

Beautiful Day

A calisthenics composition for
Junior Girls and Junior Boys

Composed by Sis. Christina Wurst – Sokolice Tabor

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Music: “Beautiful Day” by U2 (Quincey & Sonance Remix)– 4/4 tempo

Theme: This calisthenics composition represents a day in the life of a Sokol Junior. From waking up and getting ready for the day, to attending school, extra-curricular activities, sports and Sokol, to hanging out with family and friends, and finally putting their heads down after a jam packed day.

Coaching Tips: For teaching purposes, it is best to count in sections of 1-16 and use the code words as verbal commands for sections clues and repetitive parts.

Use of Jr. Cal Video: The “Beautiful Day” Jr. Cal Video was taken at Sokol Tabor’s 150th Exhibition. There is a small speech at the beginning from 0:00 – 0:29. The cal starts at the 0:30 mark.

The video should be used as a general guide for formations, transitions, calisthenics and aerobic moves. It should be used in conjunction with the text for learning and teaching purposes.

There are minor mistakes throughout, most notably at the 5:41-5:45 mark: one of the front Jr. Girls missed a four (4) count jog in place and begins doing a jumping jack. This sets off a chain for the first two blocks of Jr. Girls but they do get back on track. Coaches will want to watch the column of boys and the block of women in blue in the back for this section.

Fundamental Position: Blocks of four gymnasts in two rows and columns of two, any combination

3 4

1 2

TRIBUNE

Starting Position: Closeheel stand, closearm on markers at back of field.
Front row will advance 10 markers from back of field to end at “home marker.”

- XVII 1-4 (Gymnasts 1 and 3) 45 deg. turn R and 4 jogging steps forward to next marker (Fig. 2)
 (Gymnasts 2 and 4) 45 deg. turn L and 4 jogging steps forward to next marker (Fig. 2)
- 3 4
 1 2
 (Fig. 2)
- XVIII – XIX 1-8 (Gymnasts 1 and 3) 45 deg. turn L and 8 jogging steps forward two markers
 (Gymnasts 2 and 4) 45 deg. turn R and 8 jogging steps forward two markers
- XX 1-4 Repeat measure XII (2 jumping jacks)
- XXI 1-4 4 jogging steps forward one marker (arrive at home marker)
- XXII 1-4 Repeat measure XII (2 jumping jacks)
- XXIII 1-4 Repeat measure XVI (4 jogging steps with 360 deg. turn to L in place)
- XXIV 1-4 Repeat measure XII (2 jumping jacks)

Part A - 16 measures (Code Word: “Stationary Arms”)

- I 1 Frontarm, palms down
 2 Hold
 3 Uparm, palms front
 4 Hold
- II 1 Sidearm, palms up
 2 Flex sidearm, fingertips touch shoulders
 3 Sidearm, palms up
 4 Uparm, palms in
- III 1 with 90 deg. trunk twist L, sidearm palms down
 2 Hold
 3-4 With dip half squat, return trunk to front and arc L downward to frontarm, palms down
- IV 1 Bend sidearm, hands in front of shoulders
 2 Sidearm, palms down
 3 Closearm
 4 Hold
- V 1 (Gymnasts 1 and 3) L forelunge outward, uparm, hands in fists, slight frontbow
 (Gymnasts 2 and 4) Hold
 2 Hold
 3 (Gymnasts 1 and 3) Hold
 (Gymnasts 2 and 4) L forelunge outward, uparm, hands in fists, slight frontbow
 4 Hold

- VI 1 (Gymnasts 1 and 3) Upright and close L to closeheel stand, closearm thru frontarm
(Gymnasts 2 and 4) Hold
2 Hold
3 (Gymnasts 1 and 3) Hold
(Gymnasts 2 and 4) Upright and close L to closeheel stand, closearm thru frontarm
4 Hold
- VII-VIII Repeat measures V-VI, but to opposite side
- IX 1 Frontarm, palms down
2 Hold
3 Uparm, palms front
4 Hold
- X 1 Sidearm, palms up
2 Flex sidearm, fingertips touch shoulders
3 Sidearm, palms up
4 Uparm, palms in
- XI 1 With 90 deg. trunk twist R, sidearm palms down
2 Hold
3-4 With dip half squat, return trunk to front and arc R downward to frontarm, palms down
- XII 1 Bend sidearm, hands in front of shoulders
2 Sidearm, palms down
3 Closearm
4 Hold
- XIII – XIV Repeat Measures V – VIII

Part B - 16 measures (Code Word: “Partner”)

- I 1-2 (Gymnasts 1 and 3) 90 deg. turn L, Close R to L
(Gymnasts 2 and 4) 90 deg. turn R, Close L to R
3-4 2 steps forward starting L, R uparm thru frontarm on first step L, palm front
- II 1-4 Touch R hands with partner and 4 steps in 360 deg. circle with partner
- III 1-4 (Gymnasts 1 and 2) 4 marching steps to marker 1 facing tribune, closeheel stand, closearm (larger of two people in front on marker, smaller person behind) (Fig. 3)
(Gymnasts 3 and 4) 4 marching steps to marker 4 facing tribune, closeheel stand, closearm (larger of two people in front on marker, smaller person behind) (Fig. 3)
- 3/4
1/2
(Fig. 3 – Code Word: “Checkerboard”)
- IV 1-4 ALL: L arm circle rearward, R arm circle forward through uparm to closearm

- V – VII 1-12 Build pyramid – Front gymnast support kneeling, back gymnast climbs on lower back of front gymnast (with either foot first for the climb) and rise to stand, uparm outward, palm front
- VIII 1 Front gymnast – drop to bent arm support lying
Back gymnast – drop to stand astride over front gymnast, uparm outward
2-4 Hold



(V-VII)



(VIII)

- IX 1-4 Front gymnast – Push to support lying (1), L foot close (2), R foot close (3) and closeheel stand, closearm (4)
Back gymnast – Two small steps backward, closearm thru frontarm outward (1-2) to closeheel stand, closearm (3-4)

- X (Gymnasts 1 and 3)
1 L sidestep
2 Draw R to closeheel stand
3 L sidestep
4 Draw R to closeheel stand

- (Gymnasts 2 and 4)
1 R sidestep
2 Draw L to closeheel stand
3 R sidestep
4 Draw L to closeheel stand

- XI 1-4 4 marching steps to form a circle in middle of 4 markers facing center, join hands, back is to home marker (Fig. 4)

3 4
1 2

(Fig. 4 – Code Word: “Blossom”)

- XII 1-4 Lean upper body away from center of circle (feet stay in place)

- XIII– XIV 1-8 Continue lean upper body away from center of circle (feet stay in place)



(XI)



(XII-XIV)

- XV 1-4 Upright (2 counts) and closearm (2 counts)
- XVI 1-4 4 marching steps to home marker starting L, facing rear, support squatting on last count

Part C – 16 measures (Code Word: “3 & 4 Rise”)

- I 1-4 (Gymnasts 1 and 2) Hold
(Gymnasts 3 and 4) Slowly rise to closeheel stand
- II 1-4 (Gymnasts 1 and 2) Hold
(Gymnasts 3 and 4) arc inward R over L through uparm to sidearm downslant, palms rear
- III 1-4 (Gymnasts 1 and 2) Slowly rise to closeheel stand
(Gymnasts 3 and 4) Hold
- IV 1-4 (Gymnasts 1 and 2) arc inward R over L through uparm to uparm outward, palms front
(Gymnasts 3 and 4) Hold
- V 1 (Gymnasts 1 and 2) Sidearm downslant through frontarm outward
(Gymnasts 3 and 4) Uparm outward, through frontarm outward
2 Hold
3 (Gymnasts 1 and 2) Uparm outward, through frontarm outward
(Gymnasts 3 and 4) Sidearm downslant, through frontarm outward
4 Hold
- VI 1 (Gymnasts 1 and 2) Sidearm downslant, through frontarm outward
(Gymnasts 3 and 4) Uparm outward, through frontarm outward
2 Hold
3 Frontarm outward, palm down
4 Hold
- VII 1-4 (Gymnasts 1 and 3) 4 marching steps in place with 180 deg. turn to R, slowly closearm
(Gymnasts 2 and 4) 4 marching steps in place with 180 deg. turn to L, slowly closearm
- VIII 1-4 Arm circle inward R over L to closearm

		(Code Word: “Forward and Back”)
IX	1-4	(Gymnasts 1 and 3) 4 marching steps forward, slowly uparm through frontarm (Gymnasts 2 and 4) 4 marching steps rearward, slowly uparm through frontarm
X	1-2	(Gymnasts 1 and 3) moderate L sidebow (Gymnasts 2 and 4) moderate R sidebow
	3-4	Upright
XI	1-4	(Gymnasts 1 and 3) 4 marching steps rearward, slowly closearm (Gymnasts 2 and 4) 4 marching steps forward, slowly closearm
XII	1	Sidearm downslant, palms to rear
	2	Arc inward to bend closearm inward L over R, two wrist cross and
	3	Arc downward to sidearm downslant, palms to rear
	4	Closearm
XIII	1-4	(Gymnasts 1 and 3) 4 marching steps rearward, slowly uparm through frontarm (Gymnasts 2 and 4) 4 marching steps forward, slowly uparm through frontarm
XIV	1-2	(Gymnasts 1 and 3) moderate R sidebow (Gymnasts 2 and 4) moderate L sidebow
	3-4	Upright
XV	1-4	(Gymnasts 1 and 3) 4 marching steps forward, slowly closearm (Gymnasts 2 and 4) 4 marching steps rearward, slowly closearm
XVI	1	Sidearm downslant, palms to rear
	2	Arc inward to bend closearm inward, two wrist cross and
	3	Arc downward to sidearm downslant, palms to rear
	4	Closearm

Part D – 16 measures (Code Word: “Star”)

I	1	Jump astride, bend closearm hands in fists (arms in jog position)
	2	Jump to closeheel stand
	3	L forestep and
	4	180 deg. turn to R and
II	1	L forestep and
	2	180 deg. turn to R
	3	Draw L to closeheel stand halfsquat
	4	Rise to closeheel stand, sidearm
III	1	Gymnast #1 – L uparm, fist inward (All others hold)
	2	Gymnast #2 – L uparm, fist inward (All others hold)
	3	Gymnast #3 – L uparm, fist inward (All others hold)
	4	Gymnast #4 – L uparm, fist inward (All others hold)

- | | | |
|----------|------|--|
| IV | 1 | Bend L closearm, fist in front of shoulder |
| | 2 | L uparm |
| | 3 | Circle L downward through sidearm and |
| | 4 | Closearm |
| | | |
| V – VIII | | Repeat m. I – IV, but opposite |
| | | |
| | | (Code Word: “Sidestep Left”) |
| IX | 1 | L sidestep, L sidearm palm down |
| | 2 | Draw R to closeheel stand, L uparm palm in |
| | 3 | L sidestep, L sidearm palm down |
| | 4 | Draw R to closeheel stand, closearm |
| | | |
| X | 1 | Jump astride with 90 deg. turn to L, sidearm palms down |
| | 2 | Jump to closeheel stand, uparm palms in |
| | 3 | Jump astride, sidearm palms down |
| | 4 | Jump to closeheel stand, closearm |
| | | |
| XI | 1 | With 90 deg. turn R, R sidestep, R sidearm palm down |
| | 2 | Draw L to closeheel stand, R uparm palm in |
| | 3 | R sidestep, R sidearm palm down |
| | 4 | Draw L to closeheel stand, closearm |
| | | |
| XII | 1 | Jump astride with 90 deg. turn to L, sidearm palms down |
| | 2 | Jump to closeheel stand with 90 deg. turn to L, uparm |
| | 3 | Jump astride with 90 deg. turn to L, sidearm palms down |
| | 4 | Jump to closeheel stand with 90 deg. turn to L, closearm |
| | | |
| XIII-XVI | 1-16 | Repeat m. IX-XII, but opposite |

Part E – 16 measures (Code Word: “Marching”)

- | | | |
|---------------------|-----|--|
| I | 1-4 | 4 marching steps in place, starting L |
| II | 1-4 | (Gymnast 1) 180 deg. turn to L and 4 marching steps forward to R of gymnast 3
(Gymnast 2) 180 deg. turn to L and 4 marching steps forward to L of gymnast 4
(Gymnasts 3 and 4) 180 turn to L and 4 marching steps in place |
| 3 1 2 4
(fig. 5) | | |
| III-IV | 1-8 | (Gymnasts 1 and 3) 8 marching steps forward with full (360 deg.) circle to L (#3 is pivot)
(Gymnasts 2 and 4) 8 marching steps forward with full (360 deg.) circle to R (#4 is pivot) |

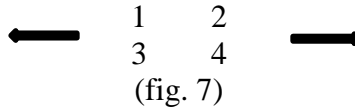
- V 1-4 (Gymnasts 1 and 3) 4 marching steps rearward with quarter (90 deg.) circle to R (#1 is pivot)
 (Gymnasts 2 and 4) 4 marching steps rearward with quarter (90 deg. circle to L (#2 is pivot)

1 2

3 4

(fig. 6 finish back to back)

- VI 1-4 4 marching steps forward



- VII 1-4 (Gymnasts 1 and 2) 4 marching steps rearward, quarter (90 deg.) circle to L (#1 is pivot)
 (Gymnasts 3 and 4) 4 marching steps rearward, quarter (90 deg.) circle to R (#2 is pivot)

1 3 4 2

(fig. 8)

- VIII 1 (Gymnasts 1 and 2) L sidestep
 (Gymnasts 3 and 4) R sidestep
 2 (Gymnasts 1 and 2) Draw R to closeheel stand
 (Gymnasts 3 and 4) Draw L to closeheel stand
 3 (Gymnasts 1 and 2) L sidestep
 (Gymnasts 3 and 4) R sidestep
 4 (Gymnasts 1 and 2) Jump drawing R to closeheel stand
 (Gymnasts 3 and 4) Jump drawing L to closeheel stand

1 3 4 2

(fig. 9)

- IX-XVI 1-32 Build optional 4 person pyramid; return to home markers facing tribune, closeheel stand, closearm

Part F – 32 measures (Code Word: “Aerobic”)

- I 1 Frontarm outward, palms up
 2 Hold
 3 Closearm
 4 Hold
- II 1-4 4 Jumps in place, uparm thru sidearm clap hands overhead on each count
- III 1 Jump to L forelunge, bend closearm hands in fists (arms in jog position)
 2 Jump to R forelunge
 3 Jump to L forelunge
 4 Jump to R forelunge
- IV 1-4 Close feet and 4 Jumps in place, uparm inward clap hands on each count

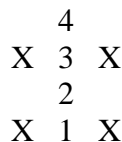
		(Code Word: “Jump Astride”)
V	1	Jump astride, bend closearm hands in fists
	2	Jump to closeheel stand
	3	Jump astride
	4	Jump to closeheel stand
VI	1	Jump astride
	2	Jump to L forestride across
	3	With 180 deg. turn to R, Jump astride
	4	Jump to closeheel stand
VII-VIII	1-8	Repeat m. V-VI
		(Code Word: “1 & 4 Change”)
IX	1-4	(Gymnast 1) 135 deg. turn to L and 4 jogging steps forward starting L to marker 4 (Gymnasts 2 and 3) 4 jogging steps in place, starting L (Gymnast 4) 45 deg. turn to R and 4 jogging steps forward starting L to marker 1 (Note: Gymnasts 1 and 4 switch markers passing L shoulders. Do not turn to front. Gymnasts remain facing corner.)
X	1-4	(Gymnasts 1 and 4)
	1	Support squatting closefeet
	2	Hold
	3	Thrust legs rearward to support lying
	4	Hold
		(Gymnasts 2 and 3) 4 jogging steps in place (L, R, L, R)
XI	1-4	(Gymnasts 1 and 4) Hold (Gymnast 2) 135 deg. turn to R and 4 jogging steps forward starting L to marker 3 (Gymnast 3) 45 deg. turn to L and 4 jogging steps forward starting L to marker 2 (Note: Gymnasts 2 and 3 switch places passing L shoulders. Do not turn front. Gymnasts remain facing corner.)
XII	1-4	(Gymnasts 1 and 4) Hold
		(Gymnasts 2 and 3)
	1	Support squatting closefeet
	2	Hold
	3	Thrust legs rearward to support lying
	4	Hold
XIII	1	Bentarm support lying
	2	Hold
	3	Support lying
	4	Hold

XIV	1	Bentarm support lying, R rearleg
	2	Hold
	3	Support Lying
	4	Hold
XV	1	Jump to support squatting closefeet
	2	Hold
	3	Thrust legs rearward to support lying
	4	Hold
XVI	1	Jump to support squatting closefeet
	2	Hold
	3	Rise to closeheel stand, closearm
	4	Hold
XVII	1	Frontarm outward, palms up
	2	Hold
	3	Closearm
	4	Hold
XVIII	1-4	(Gymnasts 1 and 4) 180 deg. turn to L and 4 jogging steps back to home marker (passing L shoulders) (Gymnasts 2 and 3) 4 Jumps in place, uparm thru sidearm clap overhead on each count
XIX	1	Frontarm outward, palms up
	2	Hold
	3	Closearm
	4	Hold
XX	1-4	(Gymnasts 1 and 4) 4 Jumps in place, uparm thru sidearm clap overhead on each count (Gymnasts 2 and 3) 180 deg. turn to L and 4 jogging steps back to home marker (passing L shoulders)
XXI-XXIV	1-16	While facing tribute on count 1, Repeat Part F, m. V-VIII (Code Word: "Astride Jump") (Code Word: "The Clair")
XXV	1	L forelunge outward, uparm hands in fists palms down, slight frontbow
	2	Hold
	3	Draw L to closeheel stand, closearm bent
	4	Closearm
XXVI	1	Arc forearms to L to closearm bent
	2	Arc forearms to L to closearm, halfsqat
	3	Arc forearms to L to closearm bent, rise to closeheel stand
	4	Arc forearms to L to closearm
XXVII	1-2	L sidelunge, L sidearm bent, hand in front of face (index and middle fingers in peace sign), palm front
	3-4	Counterlunge, R sidearm bent, hand in front of face (index and middle fingers in peace sign), palm front, L closearm

- XXVIII 1-2 Counterlunge, L sidearm bent, hand in front of face (index and middle fingers in peace sign), palm front, R closearm
3-4 Draw L to closeheel stand, closearm
- XXIX 1 R forelunge, uparm hands in fists palms down, slight frontbow
2 Hold
3 Draw R to closeheel stand, closearm bent
4 Closearm
- XXX 1 Arc forearms to L to closearm bent
2 Arc forearms to L to closearm, half squat
3 Arc forearms to L to closearm bent, rise to closeheel stand
4 Arc forearms to L to closearm
- XXXI 1-2 R sidelunge, R sidearm bent, hand in front of face (index and middle fingers in peace sign), palm front
3-4 Counterlunge, L sidearm bent, hand in front of face (index and middle fingers in peace sign), palm front, R closearm
- XXXII 1-2 Counterlunge, R sidearm bent, hand in front of face (index and middle fingers in peace sign), palm front, L closearm
3-4 Draw R to closeheel stand, closearm

Part G – 16 measures (Code Word: “Single Line”)

- I 1-4 (Gymnasts 1 and 3) 90 deg. turn to L and 4 jogging steps to half marker, on last count, 90 deg. R turn to face front
(Gymnasts 2 and 4) 90 deg. turn to R and 4 jogging steps to half marker, on last count, 90 deg. L turn to face front



(Fig. 10 - form single file in order, 1 & 3 in line with markers)

- II 1 Jump astride, uparm thru sidearm
2 Jump to closeheel stand, closearm thru sidearm
3 Jump astride, uparm thru sidearm
4 Jump to closeheel stand, closearm thru sidearm
(Above measure is 2 jumping jacks)
- III 1-4 4 jogging steps in place with 360 deg. turn to L, closearm bent, hands in fists, palms in (arms are in a jog position)
- IV 1 Jump astride, uparm inward
2 Jump to closeheel stand, closearm
3 Jump astride, uparm inward
4 Jump to closeheel stand, closearm

- V (Gymnasts 1 and 3)
- 1 R sidelunge, sidearm, hands in fists palms down
 - 2 Hold
 - 3 R uparm
 - 4 Hold
- (Gymnasts 2 and 4)
- 1 L sidelunge, sidearm, hands in fists palms down
 - 2 Hold
 - 3 L uparm
 - 4 Hold
- VI (Gymnasts 1 and 3)
- 1 R bend closearm
 - 2 Thrust R to uparm
 - 3-4 R circle outward through closearm; draw L to closeheel stand, closearm
- (Gymnasts 2 and 4)
- 1 L bend closearm
 - 2 Thrust L to uparm
 - 3-4 L circle outward through closearm; draw R to closeheel stand, closearm
- VII-VIII 1-8 Repeat m. V-VI, but opposite
- IX (Code Word: "Tic Toc Arms")
- 1 L sidearm downslant
 - 2 L sidearm, palm down
 - 3 L uparm outward, palm down
 - 4 Bend L uparm outward, hand in front of shoulder
- X
- 1 R sidearm downslant
 - 2 R sidearm, palm down
 - 3 R uparm outward, palm down
 - 4 Bend R uparm outward, hand in front of shoulder
- XI
- 1 Extend to uparm outward, palms down
 - 2 Bend uparm outward, hands in front of shoulders
 - 3 Extend to uparm outward, palms down
 - 4 Closearm thru sidearm
- XII (Gymnasts 1 and 3)
- 1 90 deg. turn to R to stand L reartouch
 - 2 Draw L to closeheel stand
 - 3 L rearstep
 - 4 Draw R to closeheel stand, grasp hands with gymnasts 2 and 4

- (Gymnasts 2 and 4)
- 1 90 deg. turn to L to stand R reartouch
- 2 Draw R to closeheel stand
- 3 L rearstep
- 4 Draw R to closeheel stand, grasp hands with gymnasts 1 and 3

- XIII 1-4 All Frontbow, high R rearleg (scale)
- XIV 1-4 Upright to closeheel stand
- XV 1-2 2 jogging steps forward starting L
3-4 2 jogging steps rearward
- XVI 1-2 2 jogging steps forward
3-4 Release hands and 2 jogging steps forward to home marker, face tribune

Part H – 16 measures (Code Word: “Running”)

- I 1-4 4 jogging steps in place staring left (arms in jog position)
- II 1-4 (Gymnasts 1 and 2) 4 jogging steps in place with 90 deg. turn to L
(Gymnasts 3 and 4) 4 jogging steps in place with 90 deg. turn to R
- III 1-4 4 jogging steps forward
- IV 1-4 4 jogging steps rearward
- V 1-4 (Gymnasts 1 and 2) 4 jogging steps in place with 180 deg. turn to R
(Gymnasts 3 and 4) 4 jogging steps in place with 180 deg. turn to L
- VI 1-4 4 jogging steps forward
- VII 1-4 4 jogging steps rearward
- VIII 1-4 (Gymnasts 1 and 2) 4 jogging steps in place with 270 deg. turn to R
(Gymnasts 3 and 4) 4 jogging steps in place with 270 deg. turn to L
- IX-XVI Repeat Part D – m. IX-XVI (Code Word: “Sidestep Left”)

Part I – 16 measures

- I-VIII Repeat Part F – m. XXV-XXXII (Code Word: “The Clair”)
- (Code Word: “Single Line in Place”)
- IX 1-4 4 jogging steps in place

- X
 1 Jump astride, uparm inward through sidearm
 2 Jump to closeheel stand, closearm
 3 Jump astride, uparm inward through sidearm
 4 Jump to closeheel stand, closearm
- XI 1-4 4 jogging steps in place with 360 deg. turn to L
- XII
 1 Jump astride, uparm inward through sidearm
 2 Jump to closeheel stand, closearm
 3 Jump astride, uparm inward through sidearm
 4 Jump to closeheel stand, closearm
- XIII-XVI Repeat Part G – m. V-VIII - Gymnasts 2 and 4 (All gymnasts lunge to L first, then to R)

Part J – 20 measures

- I-VIII Repeat Part C – m. IX-XVI (Code Word: “Forward and Back”)
- XI 1-4 4 marching steps to diagonal single file facing 45 deg. R between markers 1 and 4
- X-XV 1-24 Build and hold pyramid



- XVI 1-4 Disassemble pyramid and closeheel stand closearm facing 45 deg. diagonal R
- XVII-XIX 1-12 Repeat Part G – m. IX-XI (Code Word: “Tic Toc Arms”)
- XX 1-4 4 marching steps to home marker

Part K – 16 measures

- I-VIII Repeat Part H, m. I-VIII (Code Word: “Running”)
- IX-XVI Repeat Part F, m. XXV-XXXII (Code Word: “The Clair”)

Part L – 24 measures

- I-XXXII Repeat Part F, m. I-XXIV (Code Word: “Aerobic”)

Finale – 20 measures

By columns of two – every other two columns goes to front or back of field.

- | | | |
|----------|------|--|
| I-IV | 1-16 | 16 jogging steps starting L - one column of 2's will jog forward, next column 2's will 180 deg. turn to L and jog toward rear of field
(By last count, some gymnasts form an inner circle, others form an outer circle) |
| V-VI | 1-8 | (Outer circle gymnasts) L sidearm downslant, R uparm outward, 90 deg. turn to L and 8 jogging steps in circle around center gymnasts
(Inner circle gymnasts) R sidearm downslant, L uparm outward, 90 deg. turn to R and 8 jogging steps in place with 360 deg. turn to R |
| VII-VIII | 1-8 | (Outside gymnasts) 180 deg. turn to L and 8 jogging steps in circle around center gymnast to starting position
(Center gymnasts) 180 deg. turn to R and 8 jogging steps in place with 360 deg. turn to L |
| IX-XII | 1-16 | 16 jogging steps starting L to center of field/floor (gymnast numbers do not matter)
(Inner and outer circle gymnasts to be determined depending on number of gymnasts, outer circle should have more gymnasts) |
| XIII-XVI | 1-16 | Repeat m. V-VIII |
| XVII | 1-4 | slowly kneel R rearstride and reararm |
| XVIII | 1-4 | Slowly uparm through frontarm |
| XIX-XX | 1-8 | Slowly L sideleg and R side lying, R uparm, L closearm bent, palm on floor |

THE END!!!

(Sokol Terminology thanks to Bro. Bryan Pracko – Sokol USA Lodge 306)

