

# SINGLE WHIP



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### Beginning stance:

You'll start out in ball position with your ball/weight on your right side.

### Movement:

- Put your right hand in the cookie jar
- Step laterally with the left foot, heel striking first
- Simultaneously move your left hand in front of your face (palm facing you) and press it to the left (palm facing out - kind of like you're halting traffic)
- Your gaze should follow your left hand as it moves.
- Pivot your left foot so it's facing forward again
- Step your right foot in to meet the ball. Your weight and your ball should now be on your left side.
- Repeat the movement, but this time moving your actions and shifting your weight and ball back to the right side.

### Notes: