



FOREHAND CIRCLE STRIKE



1. Start in ready position with elbow bent and stick pointed back.



2. Bring elbow and stick up as if preparing to strike a hammer straight down.



3. Keep the tip of stick pointed upward as you slice downward with the blade of the baton.





4. After fully extending forward, follow through downward as if cutting something in two.

Follow through with strike.



5. As hand passes next to rear leg, start to bring stick upward while bending elbow





Follow through with strike.



6. Get back into balanced ready position for another circle strike or forehand angle.

