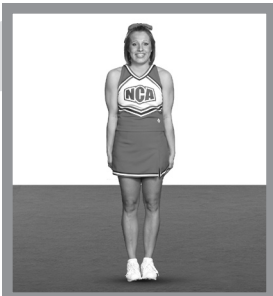
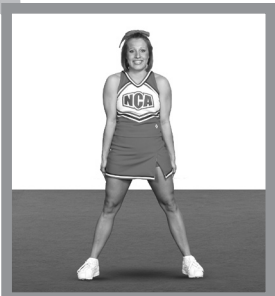


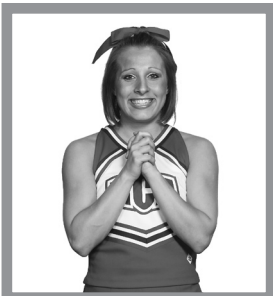
BASIC CHEER MOTIONS



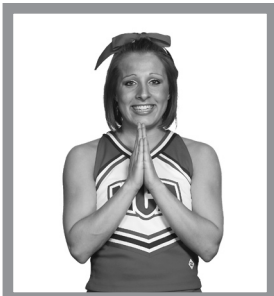
BEGINNING STANCE
 Feet together, hands down by the side in blades



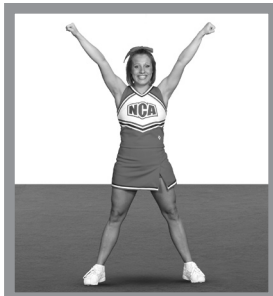
CHEER STANCE
 Feet more than shoulder width apart, hands down by the side in blades



CLASP
 Hands clasped, at the chin, elbows in



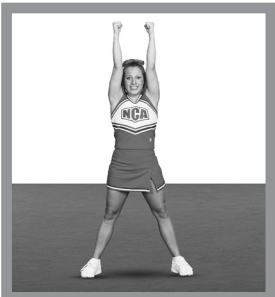
CLAP
 Hands in blades, at the chin, elbows in



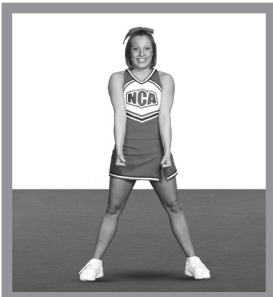
HIGH V
 Arms extended up forming a "V", relax the shoulders



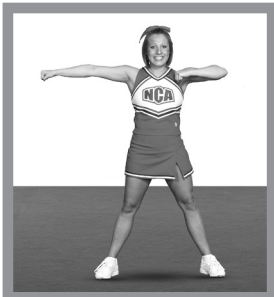
LOW V
 Arms extended down forming a "V"



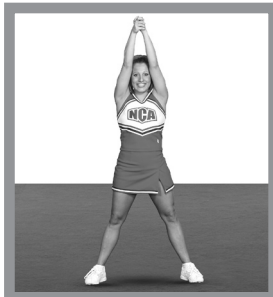
TOUCHDOWN
 Arms extended straight and parallel to each other, fist facing in



LOW TOUCHDOWN
 Arms extended straight down and parallel to each other, fist facing in



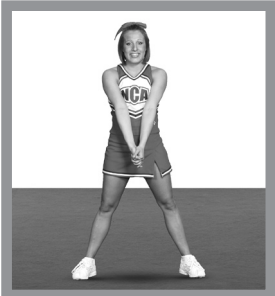
BOW AND ARROW
 One arm extended to side with other arm bent at elbow in a half "T" motion



OVERHEAD CLASP
 Arms are straight, above the head in a clasp and slightly in front of the face



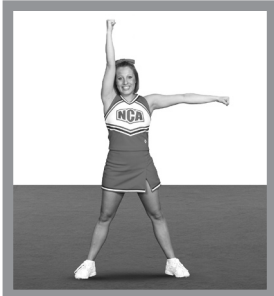
TABLETOP
 Arms bent at elbow, fists in front of shoulders



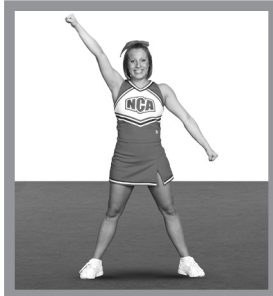
LOW CLASP
 Arms extended straight down, in a clasp and slightly in front of the body



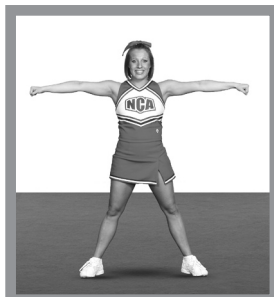
PUNCH
 One arm extended straight up, one arm on hip, in a fist



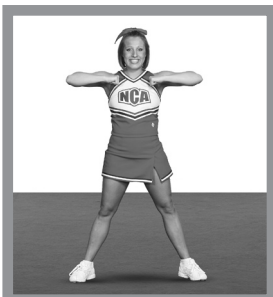
L MOTION
 One arm extended to the side with other arm extended in a punch motion, (Left L shown)



DIAGONAL
 One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)



T MOTION
 Both arms extended straight out to the side and parallel to the ground, relax the shoulders



HALF T
 Both arms parallel to the ground and bent at the elbows, fists into shoulders



SIDE LUNGE
 Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other



FRONT LUNGE
 Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other