



Teaching Aid – Describing the move.  
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Other words describing the move might help you deliver it better...

## WHICH WORDS WORK FOR YOU?

**SLIDE**  
take up skin  
slack

Stretch      Pull      Breathe in      Prepare      Back      ...

**BUMP**  
pressure 90°  
to the body

Challenge      Push      Breathe out      Focus      One, two      ...

**GLIDE**  
down the  
arrow

Impulse      Ping      Move      Vibrate      Go      ...

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