

Swedish Drill Revisited I

FLASH CARDS

by
Dawn Duran, PT, MHS
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It is recommended that this set of Swedish Drill Revisited FLASH CARDS

be printed on card stock and laminated, if possible, for durability in continued re-use.

* To print one side only, choose on your printer to print pages 1-7 only.

** To print two sided, choose on your printer to print pages 1-7. Re-insert your pages into your printer (check your printer's configurations [either face up or face down] for reverse side printing) and choose to print seven copies.

8. This will print on the reverse side.

more complete look at the routine.
*** Cut along the dashed lines to create your personal set of cards.

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Attention.

Attention!

N.B. This flash card may be interspersed through the Swedish Drill routine and is not necessary on command. However, this "Attention" flash card has been included in the routine. Look at the title to know to which movement it applies.

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Wing standing.

Half kneeling.

Tall kneeling.

**Wing standing
Hips-fired.**

**Half kneel.
Right foot forward –
place.**

Tall kneel – place.

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