



Sequencing Questions

1. What should the style and flavor of your sequencing and/or routine reflect?
2. List 5 physical aspects you could put in your routine, such as cardiovascular etc.
3. How do we achieve the “flow effect?”
4. What physical benefits from a flowing routine?
5. If there was a rule to creating a flow, what would that rule be?
6. What are the 2 aspects of intensity in a routine?
7. What might be the largest factor when determining the intensity of a routine?
8. Responsibly speaking, what are the 4 stages of class?
9. What are the 6 stages of a Bryan routine?
10. What are the 4 elements of sequencing?
11. Create two different sequences; the soul of a routine or middle section between the warm-ups and cool-down, containing 12 poses each. The sequence must contain a minimum of 1 standing pose, 1 balancing pose, 1 seated pose, 1 backbend, 1 twist, and 1 reclining pose (not necessarily in that order). Each sequence must flow with smooth transitions.