
Focusing on Pairs Fundamentals

[1]

Are you new to the Freestyle Pair discipline? Daniele gives you a basic, yet comprehensive look at the components of the discipline. In addition, he shows video examples of various Pair ingredients from the entry level to upper levels of proficiency.

Tags: [TwirlNations-On-Demand](#) [2]

By Admin at Sun, 08/02/2020 - 11:33

Source URL: <https://www.cbf.ca/content/focusing-pairs-fundamentals?mini=2026-05&page=3>

Links

[1] <https://www.cbf.ca/content/focusing-pairs-fundamentals> [2] <https://www.cbf.ca/tags/twirlnations-demand>