
Techniques for Slap Catches, Fan Kicks and Back Neck Rolls

[1]

This 50-minute class-style video is full of valuable instruction for coaches and athletes alike - Maureen brings another collection of skills to the video screen. In a 'class' setting with one of her students, you will learn Slap Catches, so useful in today's contact material, Vertical back neck rolls, including the 'neck carry' variation, along with a very useful tutorial in Fan Kink, a staple in all athletes' repertoire.

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