CATT Kosovo 09: BoxWhatBox Session

DAY 1 1230-1500

Introduction to BWB 5:00

Neutral Position 1 20:00
- Breath
- 7 checkpoints
- The SATS

Walking 20:00
- 3 Tasks: breath, filling space, neutral
- Task: Claps—1 clap **hop** 2 claps **sumo** 3 claps **humming**
- Task: Four Beat Walking—Beat 1: **clap** Beat 3: **stomp** Beat 4: **HUH**
  New: Beat 4: **2 claps** Beat 3: **stomp** Beat 2: **3 claps**
- Task: Six Beat Walking—increase speed/decrease speed; increase sound/decrease sound

Notes on Walking and Introduction to Rhythm and JO-HA-KYU 5:00

Energy Flings 1 & 2 10:00

<u>Demechanisation and Rhythm</u>

Hypnosis using Neutral and Jo-Ha-Kyu 15:00
See-Saws 10:00
X Dance 10:00

Notes on Maintaining Neutral and Using Jo-Ha-Kyu 5:00
Introduction to Ball 5:00

Ball T & C 5:00
Ball Basic 15:00

Wrap-up: **Neutral Alignment/Breath/SATS/JO-HA-KYU**