

The loop



**The loop is the practice.
Everything else is what we apply it to.**

strength · mobility · handstands · movement · games · puzzles

Five questions

to guide your movement practice

when it's easy

What else can I feel?

when it's hard

What is actually limiting me?

Strength, range, coordination, understanding, fear, fatigue.

when it's confusing

Slow down. Make it smaller.

Find one thing you can feel.

when it goes wrong

What did I just learn?

when you can do it

What can I do with it now?

Your level is wherever useful practice is happening today.
It moves.

totummovement.com/practice