



HIP ISOLATIONS





Now it's time to think about Hip Isolation Positions in terms of 8 points or Directions. These new positions are probably easiest to execute in terms of movements that you already know, so let's begin with examining the horizontal space with the Hip Diamond variation from Volume I. With the smooth version of the Up Hip Diamond, you were actually passing through the intermediary positions of RF, LF, RB, and LB already. Try the percussive version of the Hip Diamond, stopping in 8 Isolation Positions. Adding the intermediary stopping points, make this shape into an Octagon. Notice that the intermediary positions use a combination of glute contraction and contraction of the Core Band.

Up Hip Octagon, Percussive Version, CW

Step 1: Left Up

Step 2: Left + Forward Up

Step 3: Forward Up

Step 4: Right +

Forward Up

Step 5: Right Up

Step 6: Right +

Back Up

Step 7: Back Up

Step 8: Left +

Back Up

Now try the CCW

Percussive version.

Review the Smooth

version and notice

that the Smooth

Hip Diamond and

Octagon are the

same.

