

Self-as-Other-Trainings, Instruction: Cacao

Stand in front of the line.

Weeding

Bend upper body forward.

Stretch one arm down.

Move forearm back and forth in short movements.

[repeat continuously]

Move the other hand down.

Grasp.

[repeat continuously]

12 min.

Spraying

Stand in line.

Bend one arm.

Lift the elbow to the back.

Grasp.

Keep your arm straight.

Form your hand into a fist.

Move the arm up and down in short movements.

[repeat continuously]

While you walk straight along the line.

4 min.

Harvesting (Cutting off)

Stand straight.
Lift arms up.
Form hands into fists.
Move one hand below, in front of your chest.
Move hands parallel up and down in short movements.
Step slightly to the side.

[repeat continuously]

4 min.

Harvesting (Collecting)

Bend upper body forward.
Move hands parallel forward.
Move hands close together.
Move upper body slightly upwards and to the side.
Move hands parallel to the ground.
Bend upper body forward.
Move hands parallel forward.
Move hands close together.
Move upper body slightly upwards and to the side.
Move hands parallel to the ground.

[repeat continuously]

4 min.

Opening beans

Sit down.

Lay one hand upwards on your knee.

Form the other hand into a fist.

Move this hand jerky forward to the ground.

Move this hand upwards to your knees.

Make two stroke movements.

Turn fist upwards.

[repeat continuously]

12 min.

Spreading and Turning

Stand straight.

Spread legs slightly.

Bend upper body forward.

Bend knees.

Move your hands forward in wiping movements.

[repeat continuously]

8 min.

Duration: 44 min.

Difficulty: Advanced

Tools: Rope (3m), 2 cork bricks

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