

Frisbee

The frisbee represents the balance or bracing reaction when on one leg. On the one hand it has to be strong enough to not be needed constantly which is necessary to progress to the one foot jump and kick. On the other hand, most people habitually brace on one leg and should bypass the frisbee and move to the one foot jump.

Ground Leg Part of Frisbee

Open Leg Part of Frisbee

Open Leg Frisbee Sitting Position