

**2015 Hawaii Academy's Instructor Training  
(also open to the public)**

# **TWISTING CLINIC**

*Clinician: Max Vercauteren PhD*

**Sunday, March 29<sup>th</sup>, 7-9 pm**

**At Hawaii Academy Kalihi Gym**

**1314 Moonui Street, Honolulu, HI 96817**



This clinic introduces the fundamentals of human twisting in vertical, horizontal, and inverted positions as well as in single, double, and triple somersaults. Training progressions and forms of assistance (i.e., graduated spotting, bungee, belts, etc.) will be discussed as methods of facilitated (expedited) skill learning. No previous experience is required.

**Cost: \$20**

*Open to  
students,  
instructors,  
everyone*



Register at **HA Office**  
or  
Phone **842.5642**

**Clinic Next Offered:  
TBA**