

## Star Block Set

**Theme:** The concepts focused on in this set are those of "Point of Origin." In other words, you do not have to re-chamber to execute another block. You can instantly and quickly turn one block into another. Try to imagine a star as you do this.

### **Facing 12:00: Meditating horse stance (Scholar and the Warrior)**

1. Right Upward Block
2. Right Inward Vertical Block
3. Right Outward Extended Block
4. Right Downward Block
5. Right Rear Elbow
6. Right Pushdown Block

#### ***Repeating for left side***

7. Left Upward Block
8. Left Inward Vertical Block
9. Left Outward Extended Block
10. Left Downward Block
11. Left Rear Elbow
12. Left Pushdown Block

#### ***Both sides together***

13. Double Upward Block
14. Double Inward Vertical Block
15. Double Outward Extended Block
16. Double Downward Block
17. Double Rear Elbow
18. Double Pushdown Block

#### ***Both sides together reverse***

19. Double Pushdown Block
20. Double Rear Elbow
21. Double Downward Block
22. Double Outward Extended Block
23. Double Inward Vertical Block
24. Double Upward Block (***Kids will bow out here***)

**Adults: Disregard move 24 when doing opposites. Opposites starting with right hand up then opposites in reverse.**

Courtesy Bow