

01 CO: **hyvä:**
goo:d
 02 (1.3) € (1.5)
 03 s1&s2: ⚡PERFORM THE PRACTICE MOTION---
 04 CO: **joo nyt oli** (fig1) **hyvä tuo kyykkääys.**
Yeah that was a good squat now.
 05 s1&s2: ----->€

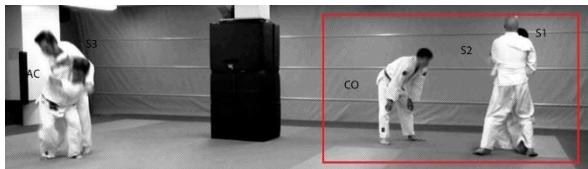
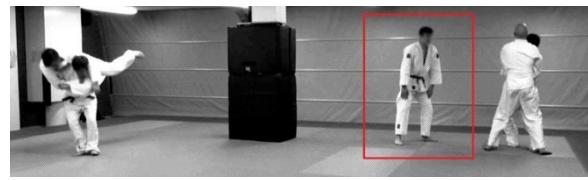
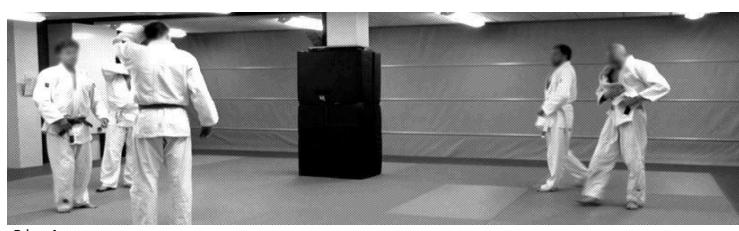


fig1

06 CO: **pikkuse kyykkyä (.) korjasit.**
you adjusted your squat a bit.
 07 (0.6) € (1.5) * (0.3) € (0.3) * (1.5)
 08 s1&s2: ⚡PERFORM THE PRACTICE MOTIONS-->€
 09 co: *RISES FROM A CROUCHIN POSE- (fig2)-->*WALKS TO THE CENTER-



10 CO: **HYVÄ. (fig3)**
GOOD.
 11 CO: **KATOTAAPAS TOTA (1.5) semmosia pikku kikkoja nytte vähäs***.
LET'S LOOK (1.5) at some of these little tricks now.
 12 CO: ----->*
 ((S1 AND S2 TURN TOWARDS THE CENTER OF THE TATAMI BY THE WORD "NYTTE" ON LINE 10. THE SECOND STUDENT PAIR IS ORIENTED TO THE CENTER BY THE WORD "SEMMSOIA"))
 13 CO: (fig4) **elikkä.**
so.



14 CO: **ku *heitettää.**
when throwing.
 15 co: *TEACHER APPROACHES AC AND THEY FORM AN UKE-TORI PAIR-->
 16 CO: **mite me saahaa voimaa siihe heitto.**
how can we get more strength to the throw.