



# **STEEL MACE FLOW**

## **LEVEL 2 – STUDENT MANUAL**

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Student Name

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# INTRODUCTION

## WELCOME TO STEEL MACE FLOW LEVEL 2

In this course I will teach you the process of connecting emotion to movement. I've spent many years teaching the art of Steel Mace Flow. Collectively, we all want to learn proper technique, advanced moves and transitions. On another level, the mace artist wants a deeper understanding of how I've used this practice to help heal myself. Lets start by looking at something familiar, the 360. At level 1 we look at keeping the mace head in orbit, in level 2, we notice the shape that the hands make in orbit around the body. Take a minute to stand in front of a mirror and do 360s, pay attention to your hands, and what you will notice is that the hands are drawing a heart shape. The shapes have meanings, and the fact they have meaning gives them more purpose than ever before.

In short, a perfect orbit makes a complete heart. With this in mind, we can now ask the question that leads to the bigger picture. If the 360 can be a symbol of love, what are the possibilities of a flow?

## **THE STORY OF THE MASTER CLASS FLOW**

Lets level up the thought by examining the MCF. The Master Class Flow tells the story of 8 chapters of my life through Flow that were pivotal in my process of healing.

### **Chapter 1: The Switch March Flow**

The SMF represents being stuck, this is where most of my students start, stuck in transition. The switch forward represents being brave and taking a step forward. There will be times where we take a step forward only to take a big step back which is represented by the switch back. The switch squat represents getting down on yourself and ultimately rising back up. Even though this is a story of being stuck, I chose to make it beautiful.

### **Chapter 2: The Warrior Walk**

The Warrior Walk represents the fighting spirit that charges forward.

### **Chapter 3: The 3 Step Flow**

The 3 Step Flow represents moving in unique and beautiful ways. It opens our awareness to stepping in different directions

### **Chapter 4: The Diamond Flow**

The Diamond Flow represents the commitment you will need in your journey. Practice make Permanent.

### **Chapter 5: The Knight Shield Flow**

The KSF represents honoring and defending our commitments. Commitment to self, to your practice, and to your loved ones

### **Chapter 6: The Power Archer**

Represents the power of temptation and utilizing the heart to thwart the temptation.

### **Chapter 7: The Tree King Flow**

The Tree King Flow represents honoring all your commitments equally with love, practicing Balance and Harmony.

### **Chapter 8: The Rising Flow**

Represents stepping outside of the box, only to return to your foundation with this new experience, mixing the old with the new.

And so, we continue this process of introducing new moves, identifying meaning and dive deeper into the philosophy of Steel Mace Flow.

By the end of this course you will build your own Master Class Flow, your story of healing. Are you ready to take on your identity as a Mace Artist?

- Leo Savage

# MACE MOBILITY

## STANDING MOBILITY

### HIPS

Warrior Stance  
Hip tucks Front/Back  
Hip tuck Side/Side  
Hip Circles

Lateral Sits  
Landmark 2 Under/Over  
Sit away from head of mace  
Transition: Ballistic Curls

### THORACIC

Ballistic Fighter  
Rotated Landmark 2  
Prayer Switch Rotate to other side

Reverse Arrow  
Horizon Swing  
Channel Inner Sword Swing

Big Heart, Strong Back (Flexion/Extension)  
Landmark 2  
Under/Over  
Prayer Switch  
Lateral Glides Thoracic Circles

### SHOULDERS

#### CERVICAL SPINE

Neck Glides Front/back  
Neck Glides Side/ Side  
Neck Circles from Heart Center Prayer Stance

#### ELBOW ROLLS

Landmark 1  
Over/Over Grip  
Elbow Rolls

#### SIDE SWITCH FLOW

Landmark 2  
Under/Over Grip  
Side Switch  
Transition: Ballistic Curl

side switch flow (landmark 2 - landmark 1 cross body/ mace stops at shoulder/ free hand wraps around head

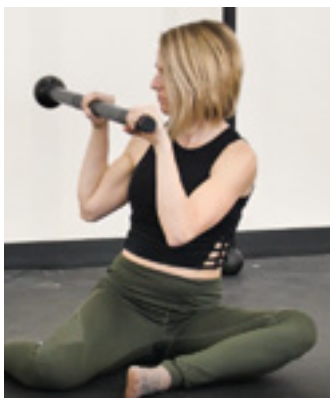
#### CROSS FIGHTER FLOW

Rotated Cross Body Bottom  
Under/Over Grip  
Transition: Switch Curl, Rotate

## GROUND MOBILITY

### SHINBOX

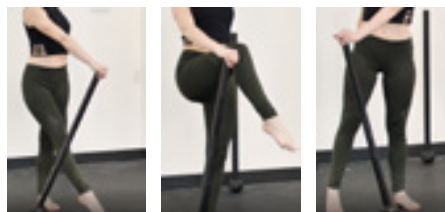
Over/Over Grip  
Landmark 3 (Lever of Disadvantage)  
Rotate Toward Mace Head



### DRAGON TAIL SHINBOX



### SUN CIRCLES



### WHAT IS A HEALING FLOW?

A Healing Flow is one that consists of Mace in Hands Mobility. Mobility is not only the language we use to cue with it also your time to check in with your body. What feels stuck, where are you breathing from? This is a time where you get to tune in and be gentle with your body and prep it for the flows to come.

### MOBILITY CREATIVE HOMEWORK

Design a flow using Mace In Hands Standing and Ground Mobility.  
5 move minimum,  
Alternating Sides,  
2 Minute Minimum  
Ground and Standing Moves  
Share your flow by using

**#lvl2hw**

# BATTLE STEPS

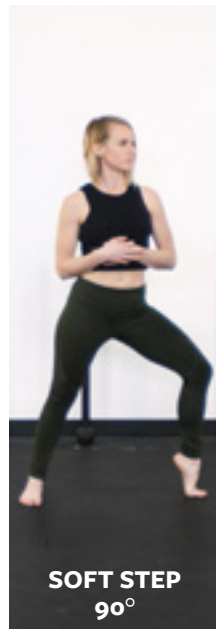
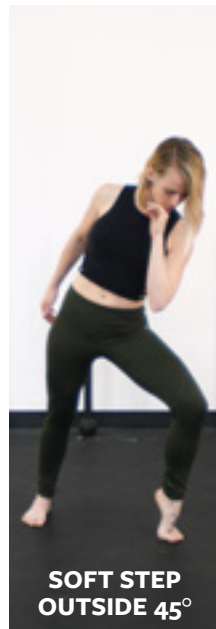
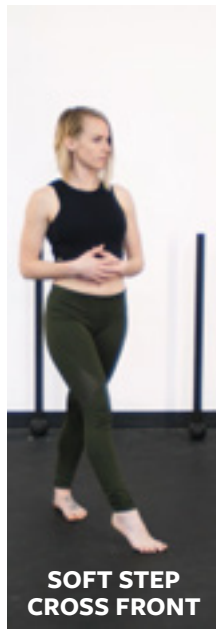
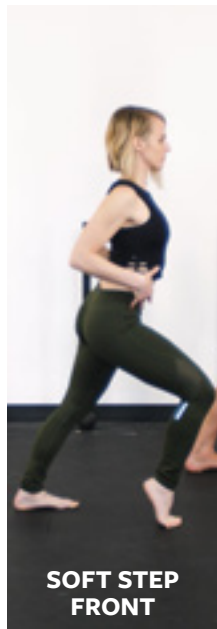
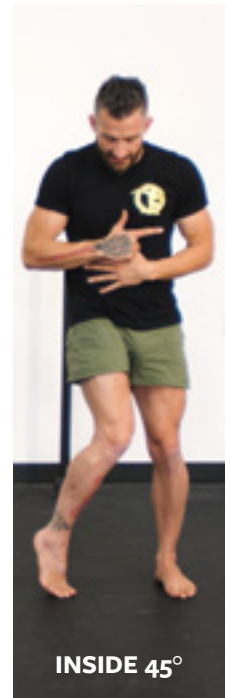
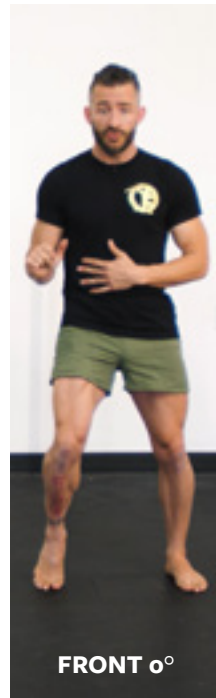
Battle steps is the system used to create beautiful movement first, with the body. The Active Tall stances are the advanced progression of the “Tall Stance” from Level 1. In this chapter you will learn how to create anti rotation within the Battle Steps. By angling our knees, gives us the ability to step in directions we might not have before while using the Flow Foundations.

## BATTLE STEPS TALL ACTIVE

Tall stance-knee drives forward, push heel into ankle/crush the floor. float while switching sides

**Homework:** 2-minute Alternating Steps for each type of Tall Active: Front/45/90/inside 45(rip floor apart)

**NOTES**



## SOFT STEPS

Soft Step-between standing structure and level 1 foundational steps somewhere in the middle. Soft steps are use to draw in energy/emotion. draw in/draw out commit to the front leg/step

**Homework:** 2 Minute Alt of each steps: Front, Cross Front Step, outside 45, 90

**NOTES**

## TALL ACTIVE W/ STEPS 1-3

Engage Tall Active  
Opposite Leg takes Step  
Retreat Back into Tall Active Stance

**Homework:** 5 Minutes Alternating Tall Active Steps 1-3

**Step 2:** Note-Tall Active 90 Lateral Lunge Pivot Heel

**Step 3:** Note- Create tension, then create the float:

When Engaging your Tall Active Stance, the toes are actively driving into the floor, this allows relief of tension and weight bearing on opposite leg and when used during a step allows for control of momentum. \*Floating-using tall active to slow down time between foundational steps. \*

### LATERAL LUNGE

Tall Active 90, 45, Back  
Angle of the Knee Determines the direction of the Step  
Maintain Tension to control the speed of the float

use of the heel turn from tall active for force production to step 2 or back pivot

**Homework:** 5 Minute Round alt R/L

### DRAGON STEP 4

Tall Active  
Front- Stepping the Blade to the Front  
Cross Front-Stepping the Blade to 90\*  
Sink Levels

Make sure knee opens to find Base

**Homework:** 2 minutes Alt F Dragon/CF Dragon

Level 2 Dragons focus on stepping to the blade of the foot however it is still acceptable to step with a "flat" foot. The Blade can be used as a kickstand. For Cross Front you will need to increase on tempo to execute properly, get low, step tall and control your descent.

Reach with toe, fully extended crossing leg  
Changing the rhythm shifts intensity of the emotion



### NOTES



## ADDING TALL ACTIVE TO FLOW FOUNDATION

### STEP 1

Go into Step then initiate Tall Active  
Initiate Tall Active on base leg, then Active Stepping leg comes forward landing in Tall Active. (Double High Heels)  
Stepping forward and letting the Heel Roll Up

### STEP 2

By pulling the Tall Active Heel High off the ground you create a greater driving force with the knee allowing for a long line of beauty stemming from the planted leg, to the spine and crown of the head.

### STEP 3

Create Float with Lead Leg, Drive Heel forward to keep it from setting into the ground, using the float opposite legs steps back

**Homework:** 5-minute flow Alt Steps

# BATTLE STEPS — MACE ANIMAL



MACE ANIMAL

It is your duty as a Mace Artist to begin integrating Level 1 Mace Moves to Battle Steps. You should be able to answer questions like What does a Ballistic Curl look like with Tall Active?

What does an Arrow feel like, or represent with a 90° Soft Step?

Take 5-10 minutes to experiment, get creative with your Battle Steps and mace, connecting the old with the new.

## BATTLE STEPS CREATIVE HOMEWORK

Design a Battle Steps Free Flow, using the Standing and Ground Steps  
 5 move minimum  
 Alternating Sides  
 2 minute minimum  
 Must be able to transition to ground and back up.

Share your flow by using [#lvl2hw](https://www.instagram.com/level2mace)

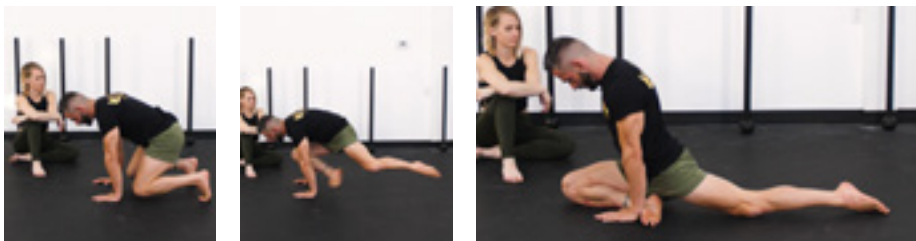
### MACE ANIMAL - STEP 1



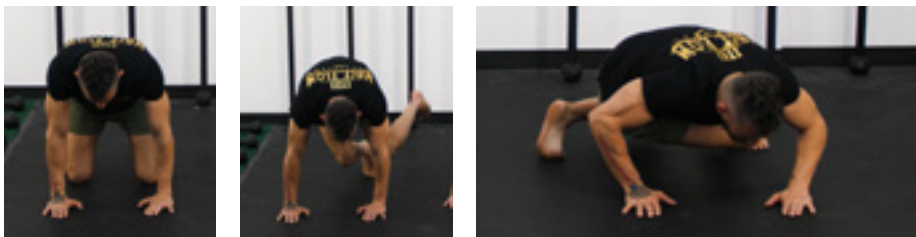
### MACE ANIMAL - STEP 2



### MACE ANIMAL - STEP 3



### MACE ANIMAL - STEP 4



NOTES



**ANIMAL 2-SIDE SIT THROUGH**

Video 7

**JUMPING TRANSITION**

Video 8

Step 1 and 2

**HW:** 4 minutes alt. Jumping Step 1-2

**STEP 3 UNICORN**

Video 9

**HW:** 2 min. alt R/L

**MACE ANIMAL 1-3**

Video 10

**HW:** 4 minute Free Flow

**CROSS UNDER SWITCH**

Video 11

**HW:** 2 min Alt R/L

**TRIPOD EXTENSION**

Video 12

Cross Under

**HW:** 2 min alt extensions cross under to extension

**SHINBOX**

Video 13

**HW:** 2 min alt R/L

**FRONT ANGLED KICK THROUGH**

Video 14

Back angled 45

**HW:** 2 min flow alt R/L F/B

**STEP 4 - DRAGON GET UP**

Video 15

**HW:** 5 min Free Flow

**NOTES**

# SWORDS & SHIELDS

This next section is a way to strengthen the mace artist and was designed to teach structure in intricate flow so that the artist may better understand the movement. Swinging the mace one handed increases momentum which in turn increases tension applied to the shoulder, elbow and wrist joints.

Homework for Swords and Shields, kneeling stance in front of mace head resting down handle coming up, lift few up a few inches and drop the mace into the floor

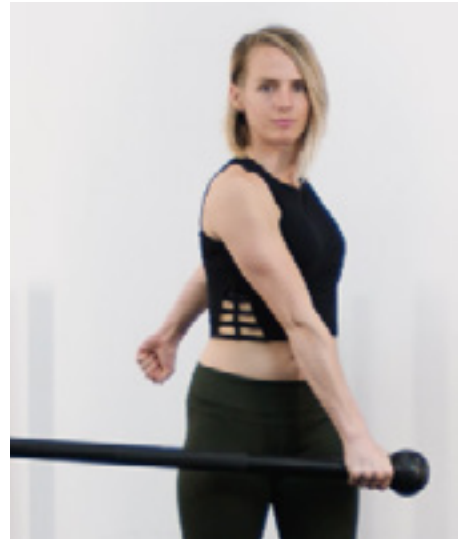
**Sidenote:** don't hurt your floor, and what you'll notice is a vibration being cast out from the mace.



**MID GUARD (SHIELD POSTURE)**  
One Handed Landmark 2 Horizontal  
**Transition:** Prayer Switch  
**Homework:** 100 alternating reps



**HIGH GUARD**  
One Handed Landmark 3 Horizontal  
**Transition:** Prayer Switch  
**Homework:** 100 alternating reps

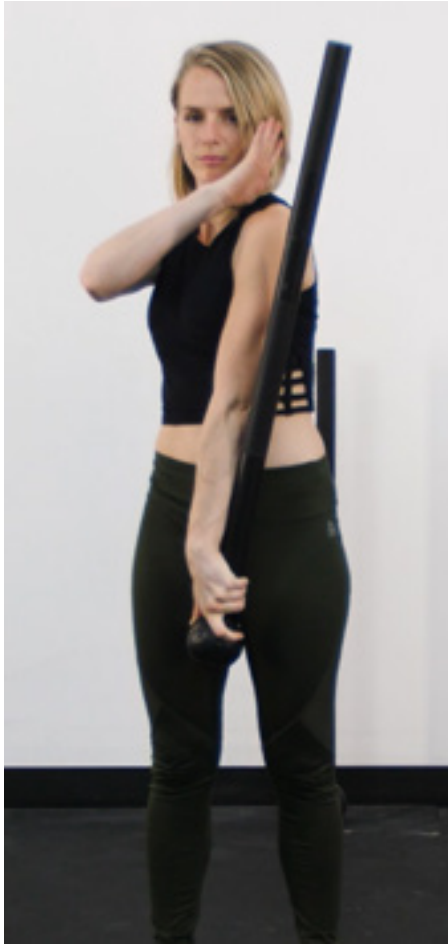


**CROSS BLOCK**  
(First Landmark to cross the body)  
One Handed Cross Landmark 1  
**Transition:** Prayer Switch  
**Homework:** 100 Alternating Reps

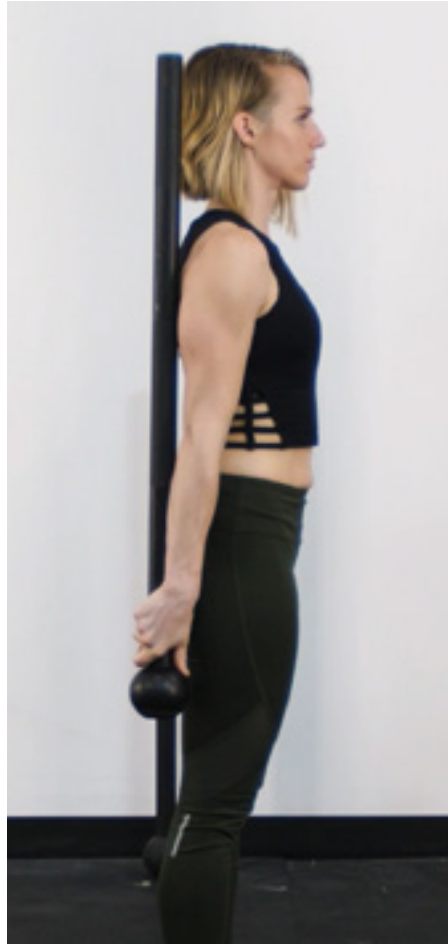
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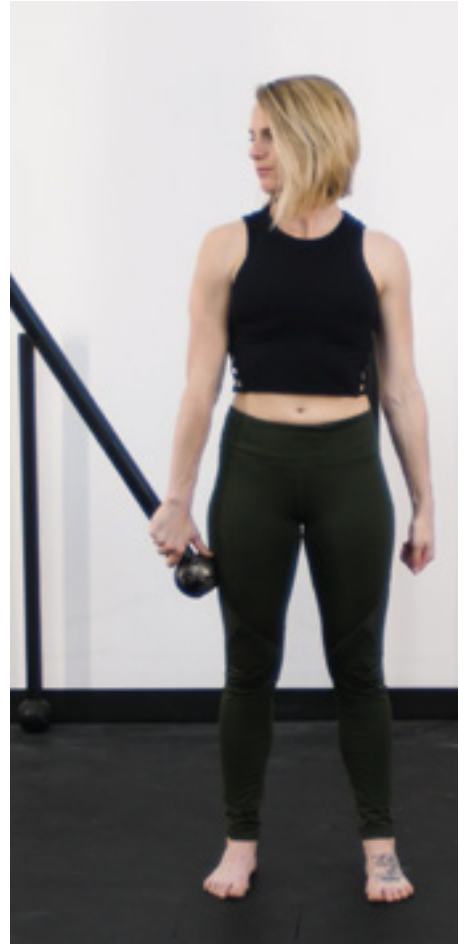
NOTES



**CROSS GUARD** (Teaches Guide)  
 One Handed Cross Body Bottom  
**Guide Hand:** opposite hand  
**Homework:** 100 Alternating Reps



**SIDE GUARD BOTTOMS UP**  
 Cross Guard Tail End up Behind Arm  
 Lead Finger pressed into the globe,  
 freeing tension  
**Transition:** Prayer Switch  
**Guide:** Instead use Small Joint  
 Manipulation (using Index finger and  
 thumb to help control the mace)  
**Homework:** 100 Alternating Reps



**SIDE GUARD BOTTOMS UP**  
**(45 DEGREES)**  
 Angle wrist out pointing mace handle at 45\*  
**Homework:** None

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**BOTTOM PUNCH**

**Starting Landmark:** High Guard  
**Transition:** Prayer Switch into Diamond Switch (momentum)  
**Homework:** 100 alternating Reps  
 Utilize your breath! Audibly exhale with and contract mid-section to increase downward force production of your punch.

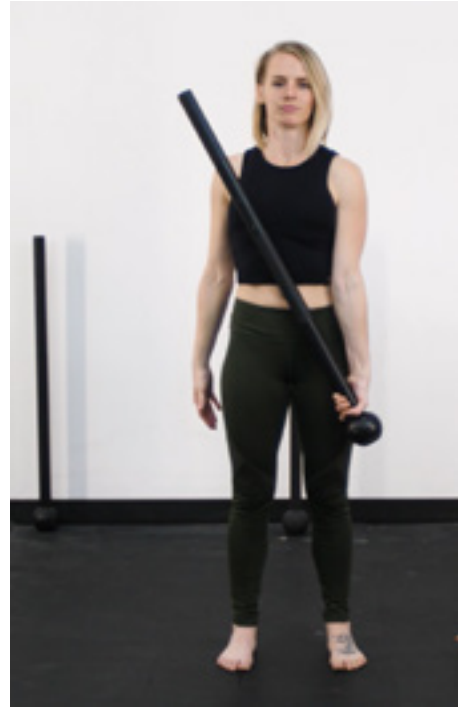
NOTES



**BOTTOM BLOCK**

Under-handed Landmark One  
**Transition:** Prayer Switch  
**Homework:** 100 Alternating Reps

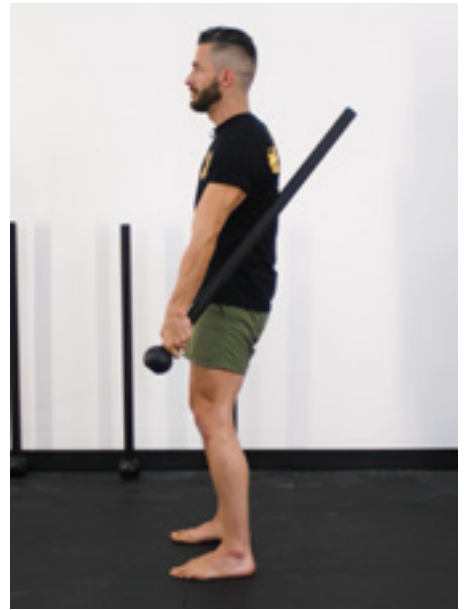
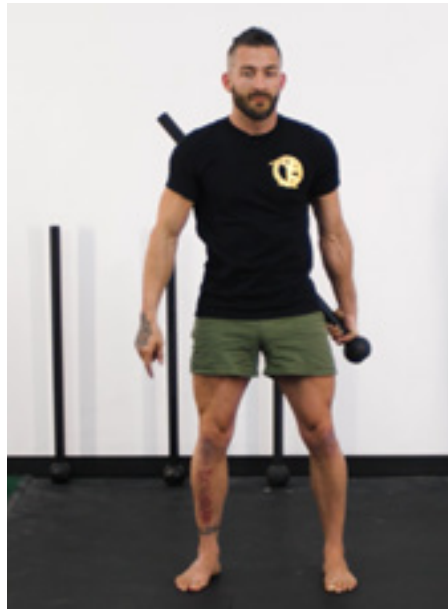
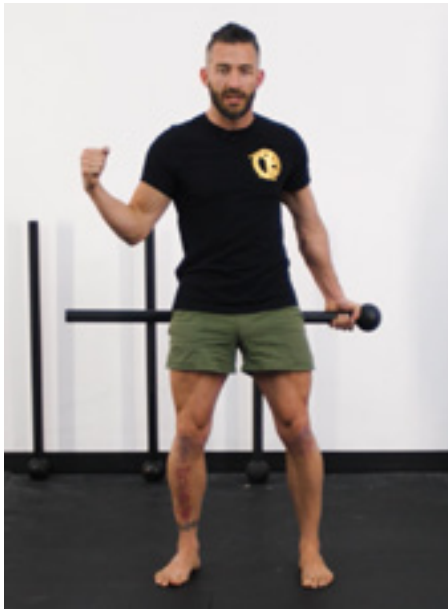
NOTES



**SINGLE HAND CROSS BODY BOTTOM**

**Transition:** Prayer Switch  
 To build wrist and finger strength, using pink and thumb, push your thumb into the mace and pulling pinky up.  
 AKA Finger Drive  
 Hold in "OK" grip take pinky and ring finger off, closing fingers at the same tie will provide extra force to pull mace back into Single CBB.  
**Homework:** 100 Alternating Reps

NOTES



### SWORDS IN ROTATION

Bottom Punch + Rotation = Back Block

Cross Blade + Rotation = Cross Body Bottom Back

Side Cross Body add Rotation

**Homework:** No Homework

#### NOTES

Take 5-10 minutes to experiment by applying landmarks from Level 1 to the S&S section.

ex: Cross Block into Arrow

Then focus solely on Level 2 Landmarks. Take notice how these landmarks can come together in a fluid manner.

Ex: Bottoms Up, Cross Body Bottom, Single Bottom Block, Mid Guard, Bottom Bunch, Cross Blade, Bottoms Up.

By doing this you will start to see the merging of your Sword Swing.

#### SWORDS AND SHIELDS CREATIVE HOMEWORK

Design a S&S Creative Flow using the landmarks above.

5 move minimum

Alternating Sides

2 minute minimum

Share your flow by using **#lvl2hw**

# KIMURA & SHAOLIN



## KIMURA GRIP

Landmark 2

**Transition:** Reverse Diamond Switch  
Kimura Over/Over Grip  
(One hand over mace, one hand over wrist)  
Focus on a smooth transition

**Homework:** 100 Alternating Reps

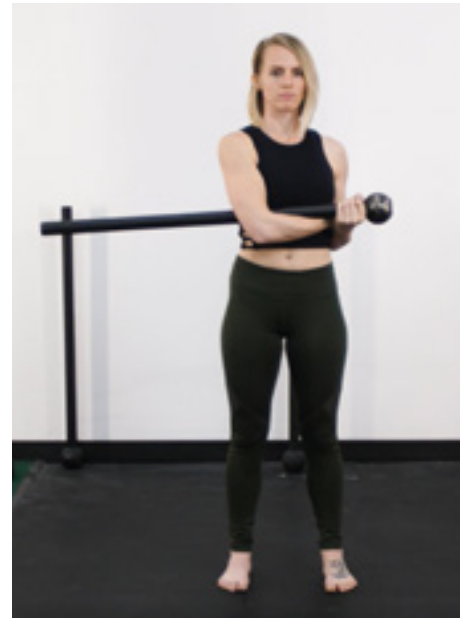


## ROTATED KIMURA GRIP

Begin in Rotated Landmark 1

**Transition:** Shaolin Over/Over  
End in Rotated Kimura Landmark 2

**Homework:** 100 Alternating Reps



## CLOSED FIST SHAOLIN

Landmark 2

Kimura Over/Over Grip  
Open to Heart Center  
(Threaded Arm Controls this movement)  
Support the weight of the mace in Heart center by adding a soft step on the weighted side

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**SHAOLIN ZERO**

Shaolin Zero is done from 45 degrees not 90  
(Less front line activations at 90)

Tall Active 45

Open Shaolin to 45\*

Release support hand

Mace is supported by inside bicep, forearm and wrist.

Elbow holds mace in the crease of the Latissimus Dorsi

Rotate Chest , “Get underneath the weight.”

(Fist)

**Homework:** 5 Minutes of Free Flow w/ Shaolin Zero

**KIMURA CREATIVE HOMEWORK**  
Experiment with how many sides and angles you can execute a Kimura from.

**NOTES**

Empty box for notes.

# MOVE ARSENAL

<b>SWORD CRADLE</b> Video 1	<b>SUN CRADLE</b> Video 5
<b>SHAOLIN</b> Video 2	<b>LOD SWINGS</b> Video 6
<b>ADVANCED SWINGS</b> Video 3	<b>SWORD SWING</b> Video 7
<b>MILLS</b> Video 4	

## MOVE ARSENAL CREATIVE HOMEWORK

### 360 CREATIVE HOME WORK

#### STEP 1

Meditate on the 360, check in and identify what you are emotionally connecting it to in that moment. Utilize your breath to center yourself, notice your feet planted into the ground and your hands wrapped around the handle of your mace.

Using your Tall Active Steps to supercharge the connection with the movement is encouraged. Journal the experience in a short paragraph. Identify the sensations that arose in your body and the emotions tied with it. Were you able to shoot that energy with your 360s?

*2-5 Minute Flow*

**JOURNAL THE EXPERIENCE**

#### STEP 2

Integrate the Sun Shaolin into your 360's. Focus on the identity being created now that you have introduced this new element into your swing. Did you notice a shift in yourself?

*2-5 Minute Flow*

**JOURNAL THE EXPERIENCE**

#### STEP 3

Integrate the Shaolin Wrist Control into your 360's. Do you notice any difference in identity or feeling when transitioning from an open hand to a close fist? Take this Flow to the next level by adding in alternating Tall Steps, then add a Traditional Step 4 (Cross Back Step) stepping towards your Shaolin. This will drive your energy even further by "leaning into the discomfort" and continuing to earn the right to flow intricately.

*2-5 Minute Flow*

**JOURNAL THE EXPERIENCE**



**SWORD CRADLE**

Represents family, child held parent holding, nurture support, balance and harmony

**SWORD CRADLE CREATIVE HOME WORK**

Practice connecting the Sword Cradle to all Sword and Shield Landmarks in a dynamic fashion, meaning fluid transitions, passing through the landmarks with the assistance of the Cradle.

**SHAOLIN SERIES**

Represents facing darkness and understanding that there are ways out of darkness that don't involve total destruction of one's self and your world.

**SUN SHAOLIN**

Represents Holding the light, Warrior of Virtue trusted, open, giving.

**BLOOD OATH**

Represents chosen family

**DROP IN SWINGS**

Represents Dedication and courage. Dedication to the process of becoming the Artist you've envisioned. Courage to take a leap and trust in yourself.

**MILLS**

The Mill represents the heart, and the sway it has over us. Your mace often crosses over your heart center and with it passes the wave of tension and energy you have created. Like a wave, that endless flow of energy can be channeled into many different expressions with a quick redirect of that motion. Explore the endless wave of motion the Mill has to offer.

**MILLS CREATIVE HOME WORK**

- Connect 360 to Mill
- Connect a Mill to a Back Rack
- Connect a Back Rack to Shaolin zero
- Connect the Mill to Shaolin Zero

**EXECUTIONER CRADLE**

Represents moving elegantly through chaos

**SUN CRADLE**

Represents beauty

**BATTLE STANCE**

Represents Masculine warrior in motion

**BATTLE STANCE CREATIVE HOME WORK**

Experiment using the Battle Stance, journal about the experience afterwards. How did it feel to tap into a masculine energy? What can you do to open yourself further to this energy and utilize in as a explosive yet constructive outlet?

**SWORD SWING**

Whatever tension you are holding on to, it's time to let that shit go. The Sword Swing represents the push, pull and release of energy. Use this move to shift and release what is stuck.

**SWORD SWING CREATIVE HOME WORK**

Use this exercise as a way to tap into any negative emotions that are stuck, rising up and taking over, or nay frustration that could be bothering you in life.

Focus on that frustration, notice what sensations are arising in your body. Where in your body is that sensation? Keep you attention on the sensation and not the words that want to come in and take your focus away from releasing this energy.

Use that swell of emotional energy and begin doing "Angry" Switch Squats. Rip the floor apart, the more the sensation arises, the more tension you will put into your mace. When the tension reaches its peak, transition your grip and begin doing Sword Swings of your choosing. Unwind all the tension you've created physically and mentally, repeat the process for three 2 minute rounds using different sword swings.

**JOURNAL THE EXPERIENCE**

Journal area for recording the experience.

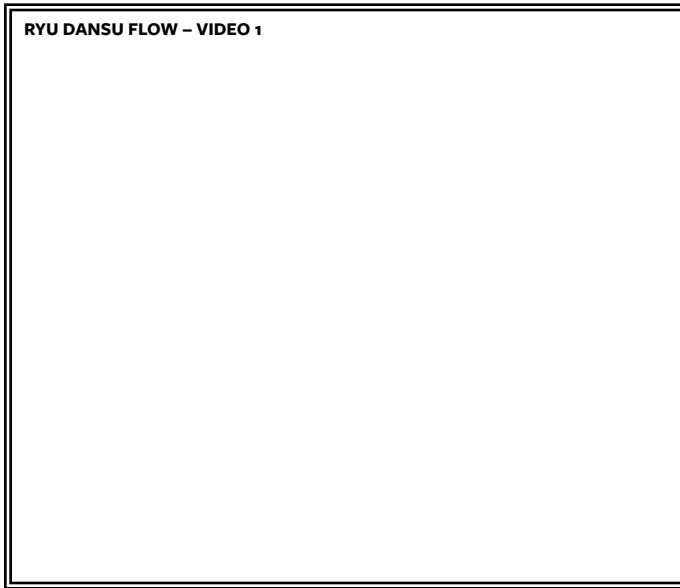
# FLOW VAULT

The Creative homework for the Flow Vault section will be a journal exercise. Take 5-10 minutes after each flow to journal a short paragraph about it. Describe the experience of the flow, ask yourself questions like:

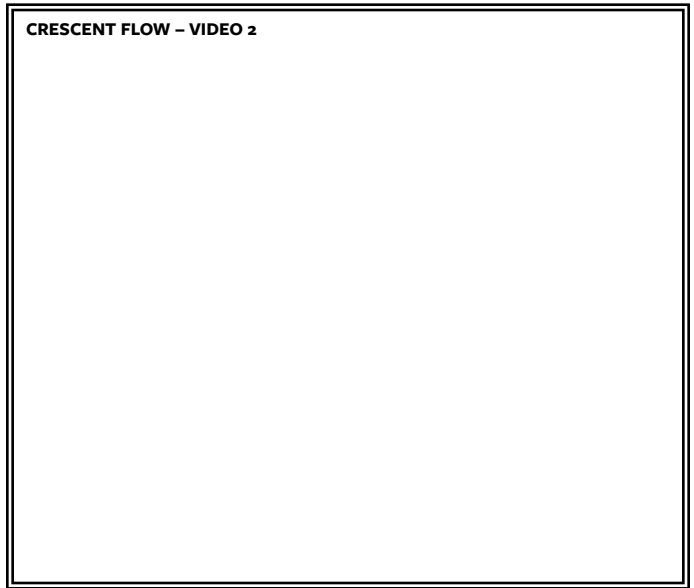
- What affects does this flow have on your body
- Do you notice fatigue?
- Do you notice increased energy?
- What is it about the flow that you like and why?
- What is it about the flow that you dislike and why?
- What emotions did you experience during the flow?
- Did any experience, memory, or sensation come up for you in this flow?

All Flow Vault journal entries must be submitted to SMF in order to receive certification.

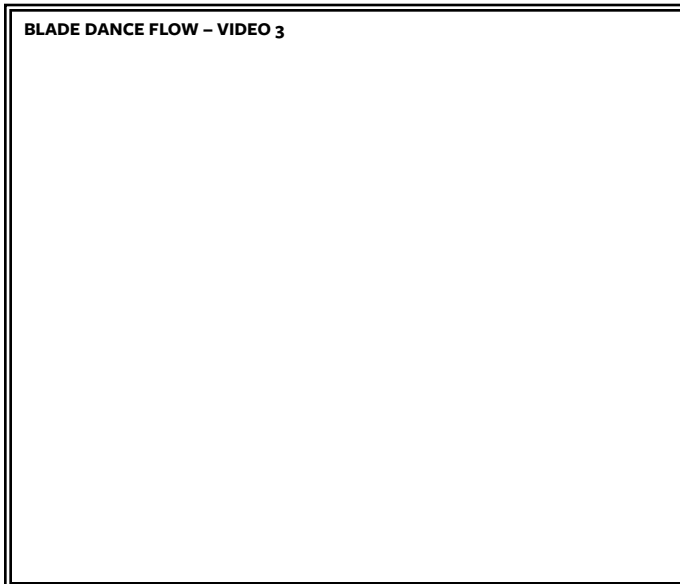
**RYU DANSU FLOW – VIDEO 1**



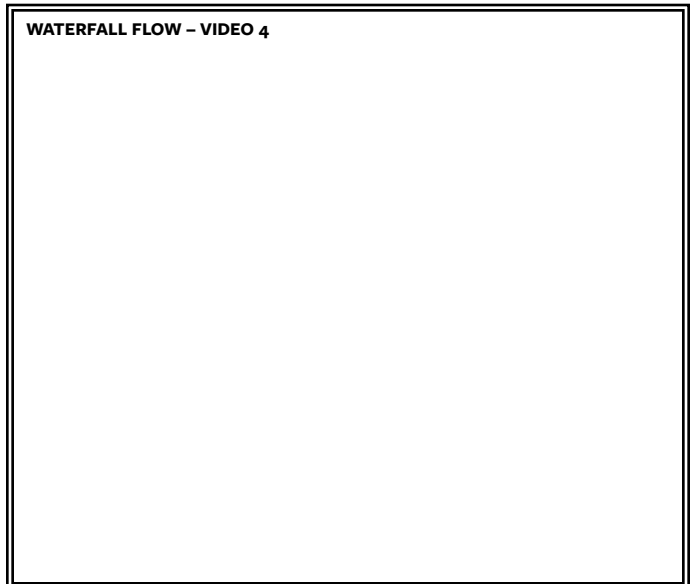
**CRESCENT FLOW – VIDEO 2**



**BLADE DANCE FLOW – VIDEO 3**



**WATERFALL FLOW – VIDEO 4**



**WATERFALL 2.0 – VIDEO 5**

**HIDDEN WATERFALL – VIDEO 6**

**REVERSE WATERFALL FLOW – VIDEO 7**

**RISING FLOW – VIDEO 8**

**PIVOT UPPERCUT – VIDEO 9**

**RONIN BLADE FLOW – VIDEO 10**

**BATTLE STANCE FLOW – VIDEO 11**

**CRADLE JOUST FLOW – VIDEO 12**

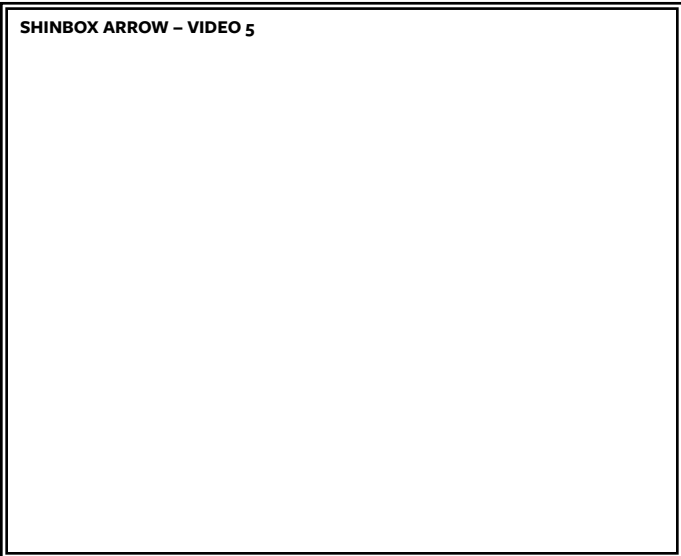
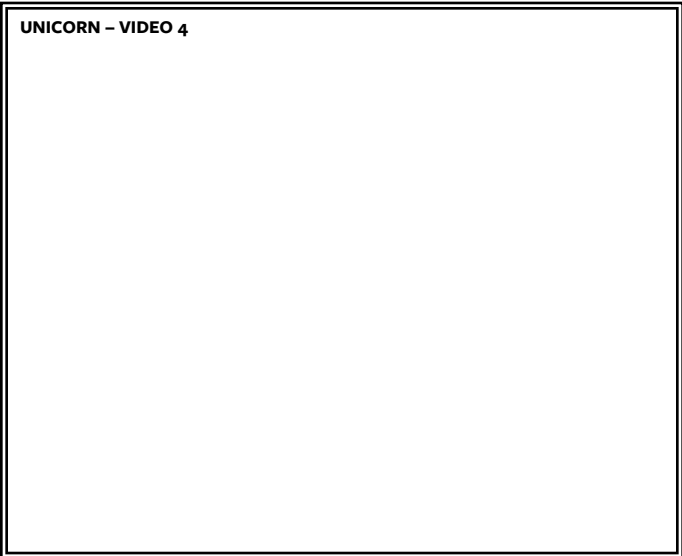
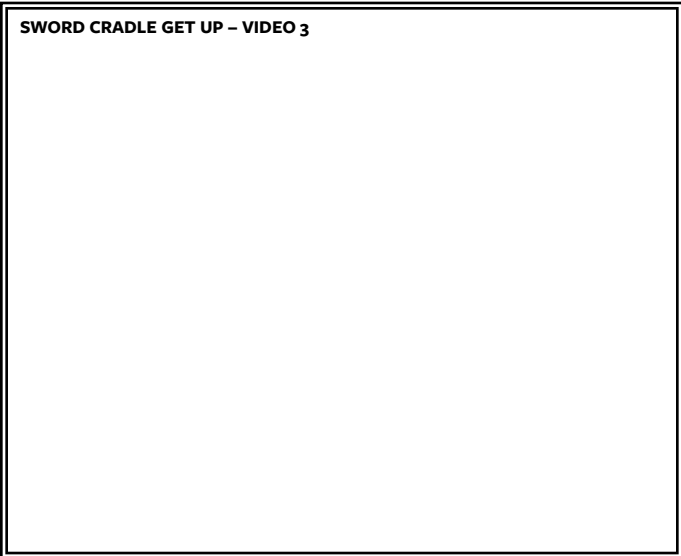
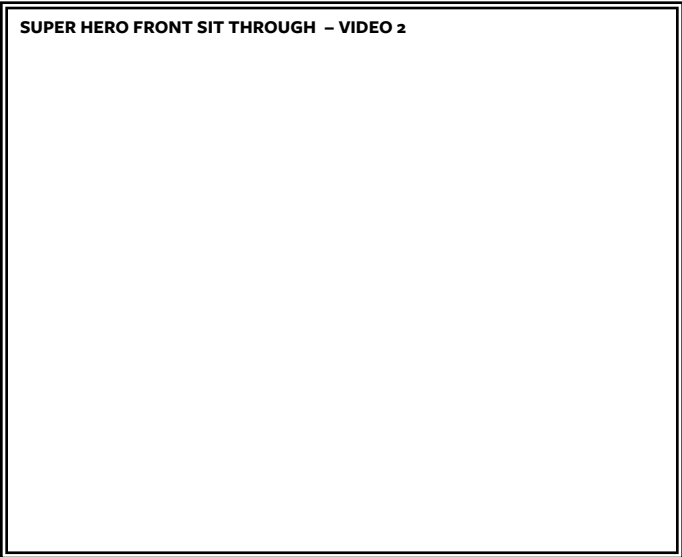
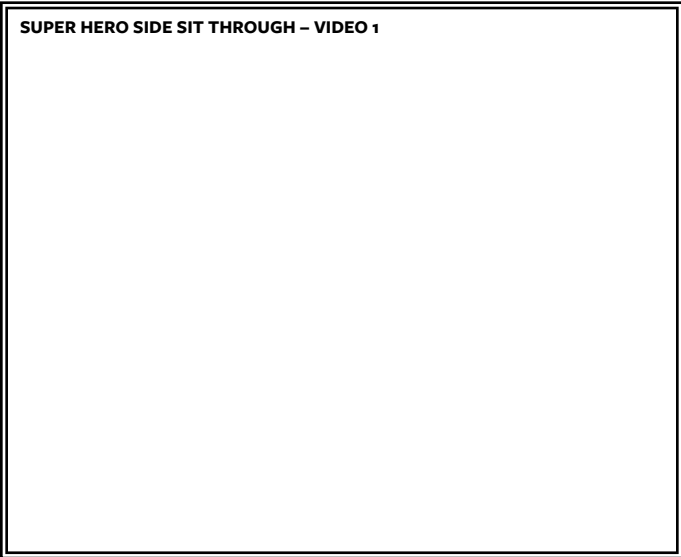
**KUNAI FLOW – VIDEO 14**

**GYPSY FLOW – VIDEO 13**

**ROWAN FLOW – VIDEO 15**

**SHAOLIN GYPSY WHIP – VIDEO 16**

# MACE ANIMAL



# MASTERCLASS

## MASTER CLASS FLOW

Once you have completed your journaling exercises for the flow vault, you are now ready to begin the final Chapter of the Level 2 series, The Master Class Flow “War Dance.” The testing process for Level 2 is pulls from one of the core concepts of this program.

### PHASE 1

#### LIVE MCF TEST OUT W/ LEO

Complete the Master Class Flow in order according to the sequence described by Leo. The Master Class Flow is a sequence over a 100+ movements designed off of the Level 2 Content . There is a 30 day grace period after the completion of the course before you can schedule the first phase of your testing. You will not be able to test before the 30 day period.

### PHASE 2

#### CREATION MODE

Its time to put all of your creation, and expression to work! Now, you get to tell your story of healing. Your assignment:

Build your own Master Class Flow, using knowledge and movements of Level 1 and 2 as well as creative expression from your own personal practice. This flow will be performed live with Leo.

2-5 minute minimum.

What will your flow say about you?

You will be required to write out and send in the programming for the flow, (description of the moves and steps used in sequence.) You will also write a short paragraph on what this flow represents, how its tied to you, and what type of emotion does it evoke?

All homework assignments, and correspondences regarding scheduling your testing must be sent to:

**[smflvl2testing@gmail.com](mailto:smflvl2testing@gmail.com)**

NOTES

# CREATIVE HOMEWORK AND MCF TESTING INSTRUCTIONS

## MACE MOBILITY

- Submit video of Healing Flow

## BATTLE STEPS

- Submit Video of Battle Steps Free Flow

## SWORDS AND SHIELDS

- Submit video of S&S Free Flow

## KIMURA

- Experiment with how many sides and angles you can execute a Kimura from.

## 360S

- 360 w/ Tall Active
- 360 w/ Sun Shaolin
- 360 w/ Shaolin Wrist Control
- Journal Experience

## WORD CRADLE

- Connect S&S Landmarks and Word Cradle with dynamic movement

## MILLS

- Connect 360 to Mill
- Connect a Mill to a Back Rack
- Connect a Back Rack to Shaolin zero
- Connect the Mill to Shaolin Zero

## BATTLE STANCE

- Experiment with Battle Stance and emotion

## WORD SWING

- Switch Squats into Word Swings
- Use different words.
- Three 2 minute rounds

## MASTER CLASS FLOW

- Live test out on War Dance
- Create your own MCF using steps and moves from Level 1 and 2
- Submit MCF programming and journal entry.

## PASSING REQUIREMENTS

- Submit video of Healing Flow
- Submit Video of Battle Steps Free Flow
- Submit video of S&S Free Flow
- Submit All journal entries from the Flow Vault section
- Live War Dance Test out
- Create your own Master Class Flow
- Submit MCF Programming and journal entry.

# A NOTE FROM GYPSY

The greatest gifts I have received have come in the form of creative outlets. Steel Mace Flow started this journey and Steel Mace Flow will be the practice that remains with me as I get older. I am never more free than when I am flowing with my mace. It is the practice that opens me up, it is the practice that shows the world who I am through beautiful movement.

## **ABRACADABRA WITH MY WORD, I CREATE**

The power of language is unparalleled. I changed my relationship with myself, and manifested the woman I always wanted to be. Journaling out your emotions, putting them on paper takes them from being something stuck in your head, to a tangible, moveable piece. Speaking the words, especially speaking them to another person, holds you accountable to shifting your energy towards the goal you are going to accomplish.

These two gifts combined created a powerful way for me to tap deeper into Flow State, connect, understand and love myself more than ever. It is here where I encourage you to continue to utilize this practice of Flow and Word Wizardry to create a deeper meaning to your flows, and release your trauma and stuck energy.

Use the information below to strengthen your flow and journaling practice.

## **EMOTERE (EMOTION) = ENERGY IN MOTION**

Understanding emotions as energy implies they're fluid, moving resources to be felt and release vs surpassed and ignored. Your ability to understand, deal with and effectively use your emotional energy is vital to your happiness.

Exploring your emotions gives you access to

- Be in any situation and have the capacity to self soothe (breath, nature, journal, bath, flow)
- Access self love
- Ability to experience and shape our lives

## **WHAT EMOTIONS ARE YOU MOST UNCOMFORTABLE FEELING?**

- Fear
- Anger
- Pain
- Joy
- Love
- Grief
- Love
- Shame
- Guilt
- Grief
- Sadness

## **CREATE WITH SMF TO MOVE STUCK ENERGY AND RELEASE IT**

Allow yourself to be fully present to the emotion you are experiencing, draw from that source and use it to flow. Feel the energy begin to shift, pulsing through you, it begins to leave your body, into your mace, into your movement and cast off into the wind.

## **CREATE WITH SMF TO GENERATE POSITIVE ENERGY AND FOCUS**

Focus on what you want to happen and picture yourself doing it. This concept can be used for envisioning a flow or move you'd like to learn/create with. You can take that concept further by focusing on a goal you have while flowing, envision yourself accomplishing that goal. Envision yourself as the person you've always wanted to be, notice what sensation arises when you meditate on that thought, take that positive charge and let it pour through you flow. Focusing on what we DO want at any level of mindset and movement, keeps you from getting stuck in a negative narrative cycle of not believing in yourself. It generates dedication, motivation and will take you much further than the latter.

## **EXPRESS GRATITUDE**

When I find myself overly critiquing myself and my practice, or when I am feeling disconnected from flow, my favorite way to re-center is to practice Popcorn Gratitude and swing 360s. Start your 360s and begin by expressing gratitude for something, your journey in mace, a move, a flow, love, chocolate, short shorts.. a Allow the Gratitude to rise and say "thank you" aloud. Feel it in your body, after the first pop of gratitude, add another, and another until your are overflowing with popcorn. Use it anytime you feel the weight of negativity and need a fresh reset.