

Rebel's path to mastery

1. Are you aware of an area, where you find your self in rebellion against a person, system, organization, behavior, etc. Describe and explain the situation.
2. Find a hand movement that goes along with that "thing/person" you are rebelling against.
3. Ask your partner to play the movement like you did and then "fight" it, rebel against it, change it till its like you want it. Your partner should give you enough resistance so you can shape the new form against it, but not enough so you exhaust yourself in fighting
4. When you have found the new movement, translate it now backwards into how you would do it. or saying it differently, what is the meaning for you of this new movement
5. What would you have to do in this coming time to gain mastery in this area