

LiquidMotion Training Manual

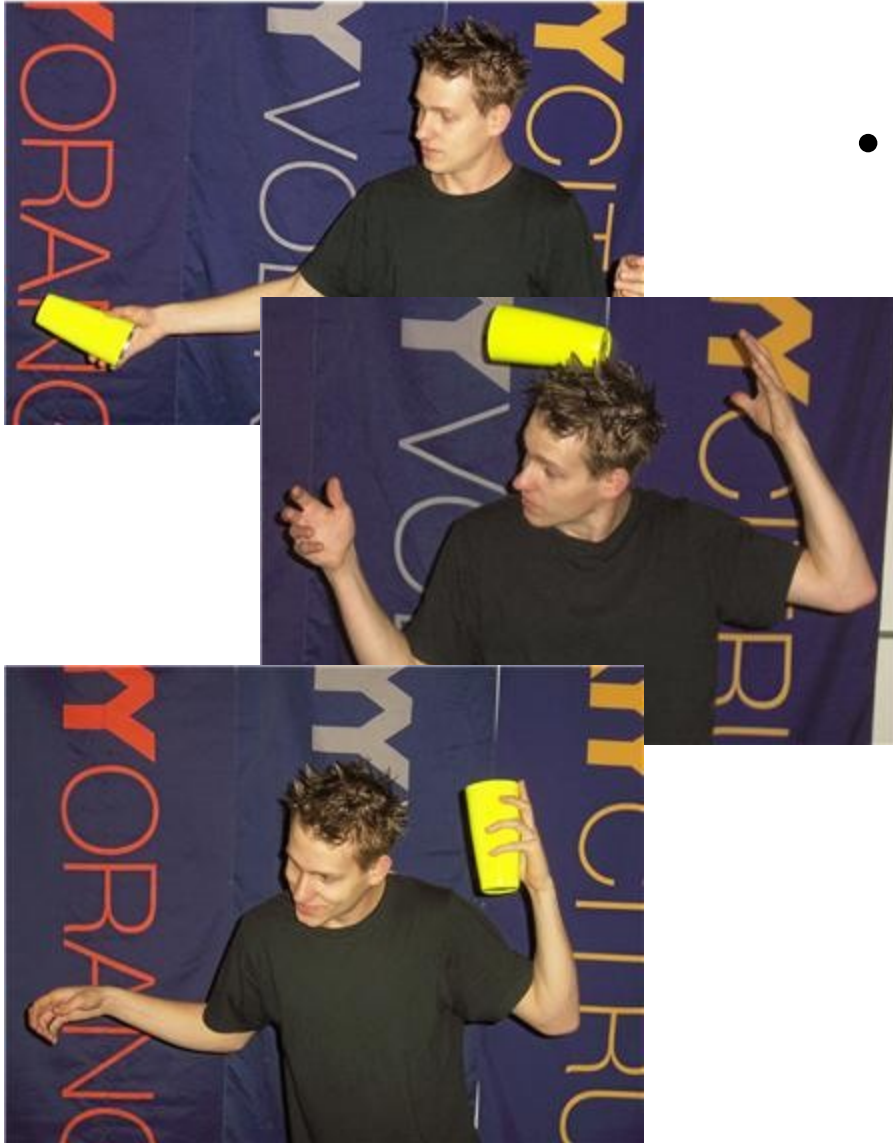
A Brief Overview of Basic Flair
Moves

Multi-Pour



- Learn to pour multiple shots or drinks at the same time. This is an extreme crowd pleaser.

Shadow Pass



- An object thrown behind your head to a blind catch. Very smooth transition.

Tin catch behind back



- An easy start to any sort of sequence. Can be done with almost any object.

Tin catch behind head



- A smooth way to start a sequence. One and a half rotations to a catch behind the head.

Inverted Swipe Through



- Centripetal force keeps all the liquor inside the bottle when throwing this move. Great transition move to get into other sequences.

Arm Roll To Pour



- Quick easy pour to get peoples attention. Crowds love arm rolls.

Garnish Capture



- This no risk move is quick and easy. All that is needed is a tin and a garnish.



Helicopter Throw

- Great transition move when starting to put sequences together.



Swipe Through To Pour



- Quick little pour to get your crowd involved with what you are doing.