

Unpredictable Command Training

Two Sample Scripts

45-second: Walk UCT face forward mix

Walk forward with head turned R, walk backwards on tiptoes, reach R arm out to R, walk normally sideways to the left, look forward, put your R hand behind your back, walk forward to the R diagonal on the outside edges of our feet, reach both hands left, walk backwards with toes pointed in, look up...

60-second: Walk UCT turn mix

Turn your head to the right and sidestep left 2 steps. Look down toward your left armpit and side step right 3 steps. Look straight ahead and walk backward 5 steps. Turn 90 degrees to the right and walk backward. Turn 180 degrees to the right and then walk sideways to the right. Side step to the left and turn your head to the left. Keep side stepping to the left and look to the right. Side step to the right, turn your head and look forward.