



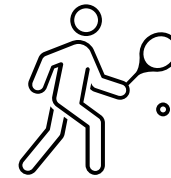
Connect

*Respect 'personal space'
Maintain 'Unity' without touch
Maintain 'Unity' with touch (= easier)
Use '4oz touch' for secure connection
(like 'good' handshake)
Really 'feel' their 'centre line'
(as if hand on chest)*



Listen [and Follow]

*Give way / don't resist
(like scales receiving weight)
Rotate if they push off centre
(like 'ball in water')
Choose to rotate at pivot line
Choose to rotate before pivot line
(and notice possible consequences)*



Respond

*Take your turn
Create 'win-win' (not 'win-lose') game
(like a rally in a tennis match)
'Play' with one hand = 'sawing'
'Play' with two hands = 'classic'
(with or without 'press' depending on
who is listening and who isn't!)*

Be calm

*Let go any fear
connection.
Unity is safe!*



Don't panic

*Let go the urge to
resist / push back.
Pivot line is safe!*



Be calm

*Let go the desire to
'win' / beat them.
Just stay safe!*

