

Menu List

Main Menu Disc 1

1. Day 1

Page 1

- Chapter 1 - Introduction/Theory
- Chapter 2 - Tools & Techniques
- Chapter 3 - Friendly Game
- Chapter 4 - Porcupine - The Nose
- Chapter 5 - Porcupine - The Chest
- Chapter 6 - Porcupine - The Hindquarters

Page 2

- Chapter 1 - Porcupine - The Front End
- Chapter 2 - Driving - The Hindquarters
- Chapter 3 - Conclusion - Day 1

2. Day 2

- Chapter 1 - Simulations/Fluidity
- Chapter 2 - Friendly Game
- Chapter 3 - Porcupine Game Review
- Chapter 4 - Lateral Flexion

Main Menu Disc 2

Day 2

Page 1

- Chapter 1 - Disengage The Hindquarters
- Chapter 2 - Porcupine - Front End
- Chapter 3 - Personal Space
- Chapter 4 - Driving Game Review
- Chapter 5 - Demo w/Annie
- Chapter 6 - Driving - Backwards

Page 2

- Chapter 1 - Driving - Front End
- Chapter 2 - Driving - Zone 3
- Chapter 3 - YoYo Game
- Chapter 4 - Circle Game
- Chapter 5 - Conclusion - Day 2

Main Menu Disc 3

Day 3

Page 1

- Chapter 1 - Discussion
- Chapter 2 - Fluidity
- Chapter 3 - Simulations
- Chapter 4 - Tools & Techniques
- Chapter 5 - Exercises For Respect
- Chapter 6 - Circle Game

Page 2

- Chapter 1 - Sideways Game
- Chapter 2 - Squeeze Game
- Chapter 3 - 7 Games w/Purpose
- Chapter 4 - Conclusion - Day 3