

The Grisha Picado Exercise & Kai's Barred Variation

Open Position

T	0-1-3	0-1-3-5	3-1-0	3-1-0	0-1-3	0-1-3-5	3-1-0	3-1-0	0-1-3	0-1-3-5	3-1-0	3-1-0
A	2			2-0	2			2-0				
B									3			

T		0-1-3	0-1-3-5-3-1	0	3-1-0			0-1-3	0-1-3-5-3-1-0	3-1-0		
A	2-0	3-2-3	0-2		2-0	3-2-0-2-3	0-2	0-1-3			2-0	
B											3-2-0	3

T		0-1-3	0-1-3-5-3-1-0	3	1-0			0	1-3	0-1-3-5-3-1-0	3-1-0	
A	0-2-3	0-2			2-0	3-2-0	3-2-3	0-2-3	0-2			2-0
B												3-2

T			0-1-3	0-1	3-5-3-1-0	3-1-0						0-1-3-5
A	0		0-2			2-0						0-2
B		3-2-0-2-3	0-2-3				3-2-0	3-2-0			0-2-3	0-2-3

T	3-1-0	3-1-0						0-1-3-5	3-1-0	3-1-0		
A		2-0	3-2-0	3-2-0			0-2	0-1-3			2-0	
B				3-1	3	0-2-3	0-2-3				3-2-0	3-2-0

T			0-1-3	0-1	3-1-0	3-1-0						0-1
A		0-2				2-0						0-1-3
B	0-1-3	0-2-3	0-2-3				3-2-0	3-2-0	3-1	0-1-3	0-2-3	0-2-3

T	0	3-1-0						0	0-1-3	3-1-0		
A			2-0								2-0	
B			3-2-0	3-2-0			0-2-3	0-2-3			3-2-0	3-2-0

3-4-6-4-3 6-4-3 5-3 6-5-3 6-5-3 6 3-5-6 3-5-6 3-4-6 3-4-6-4 3 6-4-3 5-3 6-5-3 6-5-3 6-4-6-3

3-4-6-4-3 6 4-3 5-3 6-5-3 6-5-3 3 5-6 3-5-6 3-4-6 3-4-6-4-3 6-4-3 3-5 3-4-6 3-4-3 6-4-3

5-3 6-5-3 6-5-3 6-4-3-4-6 3-5-6 3-5-6 3-4-6 6-4-3 5-3 6-5 3 6-5-3 3-5-6 3-5-6 3 6-5-3 6-4-3-4-6 3-5-6 3-5-6-3

3-4-6-4-3 5-3 6-5-3 6-5-3 6-4 3-4-6 3-5-6 3-5-6 3-4-3 5-3 6-5-3 6-5-3 6-4-3-4-6 3-5-6 6-5-3 6-4-3-4-6 3-5-6 3-5

3 3-5 5-3 6-5-3 6-5-3 6-4-3-4 6 3-5-6 3-5-6 6-5-3 6-5-3 6-4-3-4-6 3-5-6 3-5-6 6-5-3 6

5-3 6-4-3-4-6 3-5-6 3-5-6-5-3 6 5-3 6-4-3-4-6 3-5-6 3-5-3 6-5-3

3 3-5-6 6-5-3 6-4-3-4 6 3-5-6-5-3 6-4-3-4-6 3-5-3 6-4 3-4-6 3 6-4-3-4-6-4-3-4-3