

# Basic Cheer & Pom Motions



High V



Low V



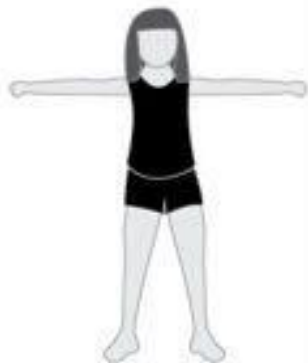
Touchdown



Daggers



Candlesticks



T



Half T



Punch



Diagonal



Bow & Arrow



Clasp



Set/Slap  
(flat hands)



Squeeze



Hips

