

UGA FLAGLINE ALUMNI

TRIPLE GLORY, GLORY, AND KRYPTON (SUPERMAN) Routines

Triple Glory – a series of 4 peels/ripples

All begin at a right slam

Peel 1 (glory 1) – rainbow to the left

Peel 2 (glory 2) – rainbow to the right

Peel 3 (glory 3) – move to right shoulder

Peel 4 (ending) – slam down to right and back up to right shoulder

Glory – same routine hasn't changed in 36 years 😊

Begin at right shoulder

1 - Present forward, hold 2

3 – Right shoulder, hold 4

5 - Left angle

6 –right shoulder

7 - Right angle

8 - Right shoulder

Repeat 2 times

Hold 8

Krypton – a series of 5 peels/ripples

Begin at a right ready/attention position

Peel 1 – up to right shoulder and then right slam

Peel 2 – stir down and then move up to right shoulder

Peel 3 – stir up and then move down to right slam

Peel 4 – move up to right shoulder

Peel 5 – right slam down and back up to right shoulder

After Krypton be Ready to go straight into Glory routine