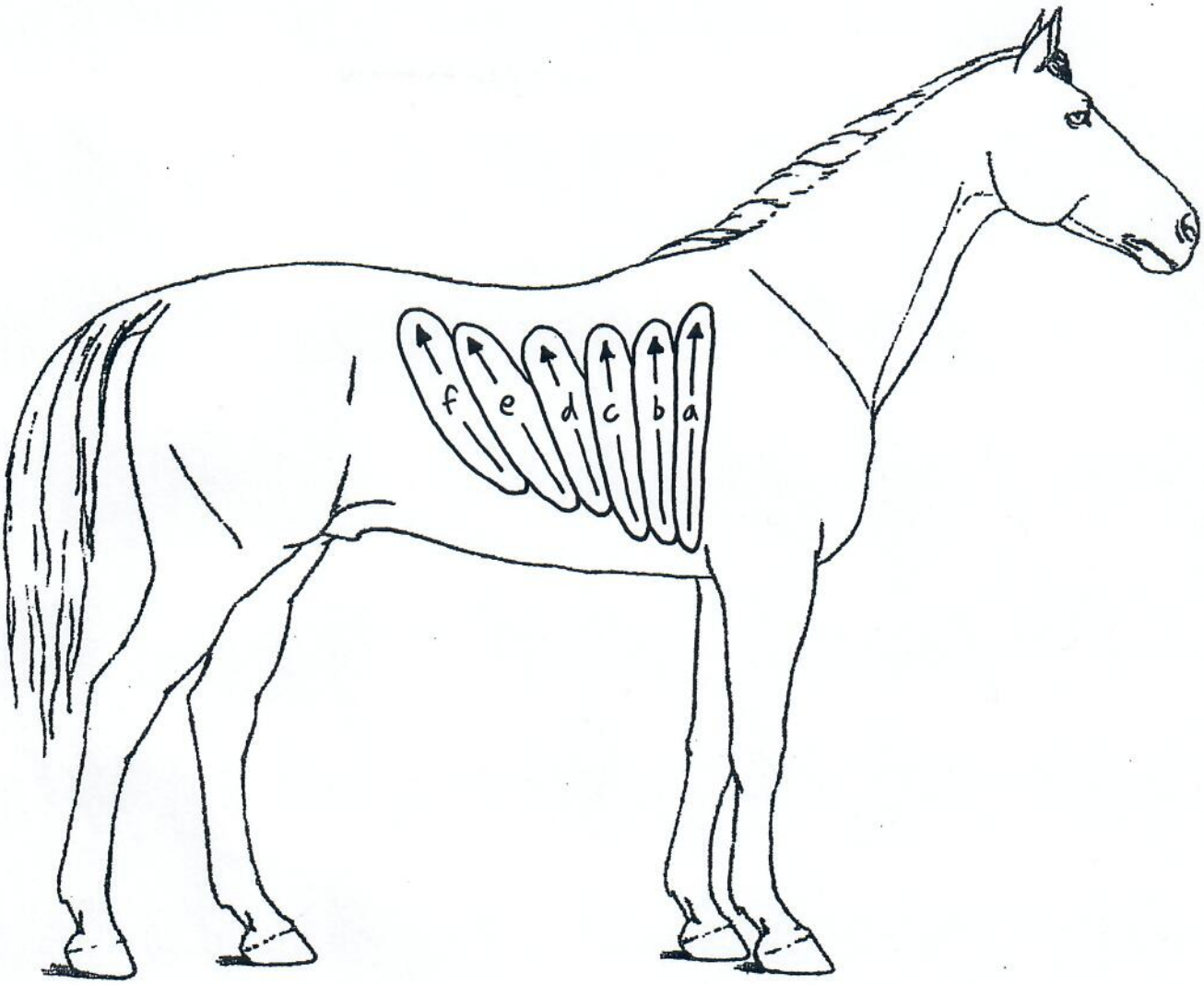

Stroke # 11 SERRATUS THORACIS

Tool: Fist or heel of the palm

Note: This stroke has a prep stroke on path (a), but going from top to bottom

Stroke area: a) Start in the girth. End at the wither pocket
b) Start in the girth. End one hand width posteriorly
c, d, e) Start each stroke one hand width behind the last
End (e) about 2" short of point of hip

Note: On stroke (a) you will hit a wad of tissue halfway
Use energy, more presence and encouragement to get through it
Brace your elbow against your hip as you begin this stroke to assist with pressure

Purpose: To free the serratus and loosen the barrel, connect the front and hind ends

Gauge tension levels