

# SB HORA® Training

## Practice HORA® Body of Master

*It's About Stopping and Being Ready Simultaneously*

**What It Trains:** There is nothing complicated about it; it is a readiness to act instantly and quickly.

**How It Is Done:**

1. Hands on knees.
2. Maintain support between your shoulders, arms, and knees. Support must not be lost.
3. Work on the hip joint with effort. Effort must be maintained at all times.

**Link to Video:** : <https://youtu.be/7HNLEdYuRMM>

**For more information** about this or other training techniques, contact Svetlana Bakla-Nova at 704-737-5353. Or visit my website [SBHoraTraining.com](http://SBHoraTraining.com).