

WORSHIP WARRIORS

10 - Basic Flag Positions & Movements

1. QUIET	keep flag completely still, post flag
2. FLOW	mem ^^ (Hebrew for flow of water), wave flags in front like a river or spin body and flags
3. VICTORY	flags straight up in a V
4. WAIT	tilt body back, flags straight out to sides w/palms up
5. BOW	bend at waist with flags to floor, or go to 1 knee
6. WARFARE	X flags up then X flags down
7. WORSHIP	flags waving softly in up position, back and forth
8. PRAISE	(halal=Hebrew) spin flags like crazy, move flags in a figure 8 pattern
9. HEAVEN TO EARTH	flag in up position bring down diagonally to floor
10. FAN THE FLAME	flag in front of body w/both hands on flag, gently fan back and forth

These are basic flag movements and left open to interpretation of the worshiper.

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