

MOVE LIKE HADO

YOUR ROLE

Squad Captain / Athletics + Performance

Full body. Full energy. Full commitment.

HADO isn't a sport you watch from a chair. Start with the warm-up: learn it, then film yourself doing it. That's your entry. From there, it's open. Remix it, add to it, or build something original that shows a first-time viewer what it feels like to be in the arena.



1 WARM-UP

ON CAMERA

4 MECHANICS

TO BUILD FROM

NO LIMITS

ON WHERE YOU TAKE IT

01 / THE CORE ROUTINE

COPY THE WARM-UP.

This is the minimum to enter. Solo or squad.

1 Learn the Warm-up

Watch the warm-up video by scanning the QR Code on page 2 and learn it move for move.

2 Film yourself doing it.

Record the whole routine, start to finish. Every squad member who performs should be in the frame.

3 Energy and commitment

A performance, not a demonstration. Go all the way.

→ TIP

The video alone is a complete entry.
Everything in column 02 is up to you.

02 / THEN TAKE IT FURTHER

PERFORM IT

Past the core routine, it's open: remix it, extend it, build something new. Any style, as long as it reads as HADO. Some places to start:

1 An opening

10–15 seconds introducing HADO in your own words, before the routine.

2 Your own HADO moves

Pull from the four mechanics below and make them yours.

3 A beginning, middle, end

Make it intentional. Someone should be able to tell where it's going.

4 A signature closing move

Your squad's own. Performed together if there's more than one of you.

FOUR MECHANICS. MAKE TWO YOURS.



Steal the shapes from the court. Then make them yours.

ENERGY BALL

Arm extended, weight forward, explosive release.

SHIELD

Arm raised, weight back, stance held.

DODGE

Explosive lateral step, low center, quick recovery.

POSITIONING

Claim space, read your opponent, hold ground.

LET'S MOVE / CHOOSE A WARM-UP

OPTION A / SQUAD

HADO FREEZE

Move around the space however you want. Your facilitator calls a stance, you freeze in it:

ENERGY BALL — arm out, weight forward.

SHIELD — arm up, weight back. **DODGE** — one explosive step.

Calls come faster each round. Last to freeze sits out. Go until one is left.

OPTION B / CHAIN

SIGNATURE MOVE CHAIN

One person starts with a single one-second move inspired by anything in HADO.

The next person copies it and adds one. The next copies both and adds another.

When it gets too long to remember, start fresh. Longest chain wins.

BEFORE YOU SUBMIT

IS YOUR ROUTINE READY?

- ☐ Our video shows us performing a full warm-up routine, start to finish.
- ☐ We performed it with full energy: a performance, not a demonstration.
- ☐ If we took it further, our Routine Design Sheet explains our inspiration, structure and intended impact.

YOUR ARTIFACTS & NEXT STEPS

Routine Design Sheet + Performance Video

Scan the QR code to visit the HADO USA Contest Tracks website for additional resources and to learn more about next steps for submitting your artifacts.

HADO USA will provide next steps for bringing the full HADO USA Technology Sports Launch Challenge to your organization.



SCAN TO VISIT