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## Learning 3-Baton Essentials with Jennifer Marcus Schwartz

[1]

Being the “3-Baton Diva of the World” Jen breaks down the essentials that all coaches and athletes should know: Pendulums, Crescents, Vertical Boxes, Horizontal Showers, and Bowling Pins... all staples of the 3-Baton discipline.

Tags: [TwirlNations-On-Demand](#) [2]

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### Links

[1] <https://cbtf.ca/content/learning-3-baton-essentials-jennifer-marcus-schwartz> [2] <https://cbtf.ca/tags/twirlnations-demand>