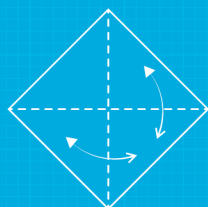


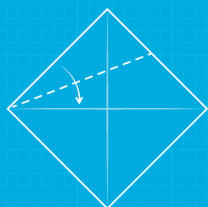


FUNCTIONAL ORIGAMI EAGLE

TECHNICAL INSTRUCTIONS



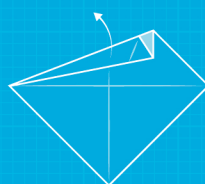
1 Begin with the colored side up. Fold and unfold along the diagonals.



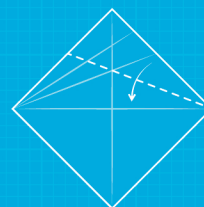
2 Fold the upper left edge down to the diagonal.



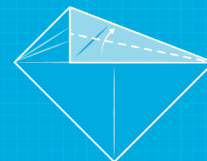
3 Fold the raw edge back up to the folded edge.



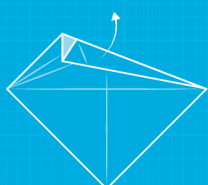
4 Unfold.



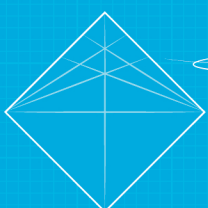
5 Fold the upper right edge down to the diagonal.



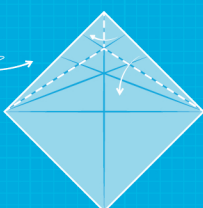
6 Fold the raw edge back up to the folded edge.



7 Unfold.



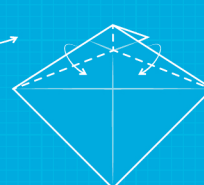
8 Turn the paper over.



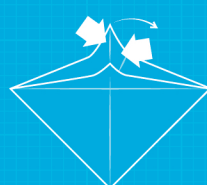
9 Fold a rabbit ear using the upper creases.



10 Turn the model over.



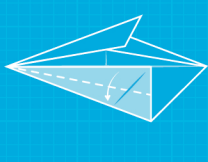
11 Fold another rabbit ear from the top of the paper, using the existing creases.



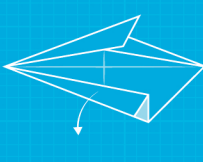
12 Swing the ear over to the right and flatten.



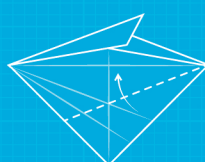
13 Fold the bottom left edge down to the diagonal.



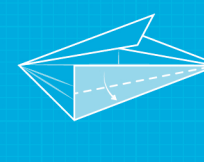
14 Fold the raw edge back up to the folded edge.



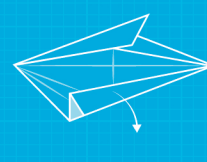
15 Unfold.



16 Fold the upper right edge down to the diagonal.



17 Fold the raw edge back up to the folded edge.



18 Unfold.



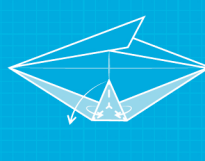
19 The creases should look like this.



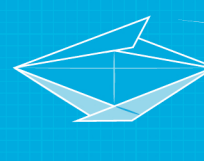
20 Fold and unfold along angle bisectors.



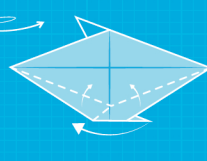
21 Fold two rabbit ears; they will be joined together in the center.



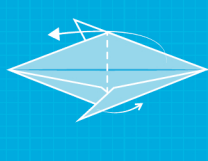
22 Fold a rabbit ear and swing it over to one side.



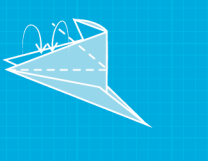
23 Turn the model over.



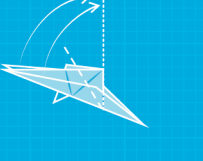
24 Fold a rabbit ear with the existing creases and swing the point over to the left.



25 Mountain-fold the right side behind.



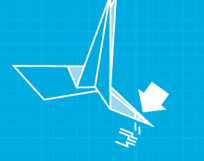
26 Crimp the top of the model downward and to the left.



27 Fold one wing upward, squash-folding the hidden edge underneath. Repeat behind.



28 Rotate the bottom point clockwise and pull as much paper as possible cut of the model. Flatten the paper near the front of the tail.



29 Crimp the top point. Two layers go one way and one goes the other. Rotate the model 1/4 turn counterclockwise.



30 Finished The Eagle! Hold at the circles and pull.

The Eagle will flap its wings!

ORIGAMI	TECHNIQUE	FUNCTIONALITY	EAGLE	JESSE CARON.COM
The art and technique of folding paper into shapes representing animals and objects.	Method of performance; The way of action by using special knowledge and skills gained from functional training.	The capability of functioning or operating; suitable for the desired goal.	A representation of an eagle used as an emblem that represents power; The large, soaring birds of prey known for their size, strength, focus and powers of flight and vision.	Specialized in improving functional speed for all ages and types of goals.
'The art and technique to form a person like a blank piece of paper into a functional shape.'	'The extent of your technique determines the quality of your sport performance and the functionality of your physical aspects'	'Functional training leads to a better functioning and well-coordinated body; Flexible, stable, strong, reactive, explosive, fast and agile like an eagle '	' Jesse Caron wears a chain with an eagle emblem formerly worn by Elrick Thuvis Pinas who lived an inspirational life from 29.06.1989 until 23.03.2008.'	