Gaian magic is Unique in a way so that you can develop your own style when you use it, however there are two known styles.

There is the physical attacking style, where you build up power to land hand to hand contact hits. The best examples are King Steelspike's thunder slap where he charges at the target at high speed to slap them so hard it sends them flying. And also King Shield's 1000 punches where he hits the target with 1000 punches within 15 seconds.

There is the special attacking style where you launch hits (and create spell circles) to attack from a distance. King Moonstone is notoriously known for his vine lash attacks and his mastery of all the newer and Older Gaian elements makes him a triple threat on the field.

The reason why the following examples are relevant is that the Guardians were trying to figure out which style they could use for both beast fight and general use.

Felix knowing that he can't fight was deducing that he could be a special gaian magic user, being like a non Fighting Akira (just without the enchanted fans)

Brian was also trying to figure out what his beast form would be, as Gaian magic is very much tied to someone's personality just like any other emotional based magic. He was also thinking on how to use his signature move before... this happened.

Yeah Freddie and Jermey were testing out their beast forms (as weak as they were) but ended up kind of hurting themselves, mild burns on both of them, with the ice not helping.

Brian had used his powers to heal them, as everyone was surprised by that including him but he was finally getting a grasp on magic now, but no where near the rest of his team.