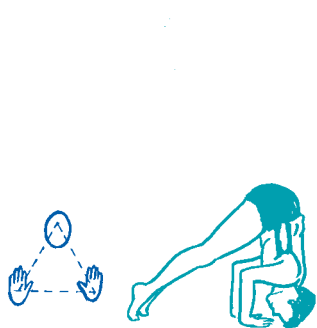


## HEADSTAND



1. In a kneeling position place hands, shoulder width apart, and forehead on floor in an equilateral triangle.

2. Hands flat on the floor, fingers facing forward, walk feet up towards hands until weight moves over head and hands.

3. Push down on hands, with feet tucked lift hips into tucked headstand.

4. Keep back straight, weight balanced between head and hands, straighten legs.

## DIFFICULTIES WITH HEADSTAND



*Overbalancing . . . caused when back of head is on floor or hands and head are too close together.*



*Headstand collapses . . . this occurs when the back is not straight or the legs are straightened too soon.*



*Failure to invert . . . results when legs are straightened before weight is balanced over base.*

## VARIATIONS FOR THE HEADSTAND

### Headstand from different starting positions:

- from standing / kneeling
- from one foot / one knee
- from straddle position.

### Headstand into different finishing positions:

- into forward roll (with progression)
- into handstand.

