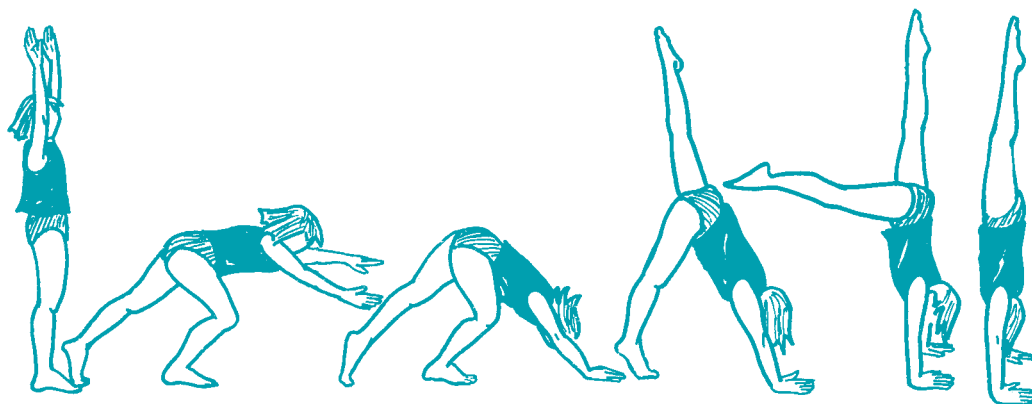


## HANDSTAND



1. Stretched standing position, arms shoulder width apart.
2. Take long lunge step forward placing hands flat on floor fingers slightly spread and facing forward.
3. Back leg swings up straight, weight moves over shoulders.
4. Arms kept straight pushing against floor.
5. Second leg swings up to join first.
6. Body remains tight and straight.

## DIFFICULTIES WITH HANDSTAND



*Handstand collapses . . . caused by bending the arms or placing the hands too far apart. Inability to balance . . . due to lack of tension in the body.*



*Inability to invert . . . head looking forward or weight not fully over hands.*



*Hyper-extension of the spine . . . due to weak abdominal muscles.*

## VARIATIONS FOR THE HANDSTAND

### Handstand into different finishing positions:

- into forward roll (with progression)
- onto one foot / two feet
- finishing in (different) starting position.

### Handstand from different starting positions:

- from one / two feet take off
- from one / two knees
- from headstand
- from one hand and one knee.

### Handstand with variations in leg shape

