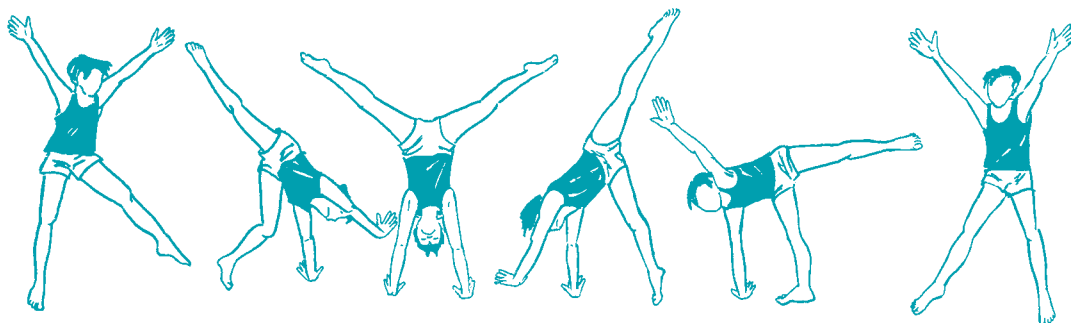
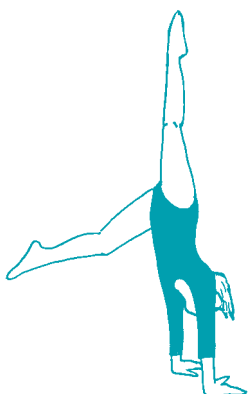


CARTWHEEL

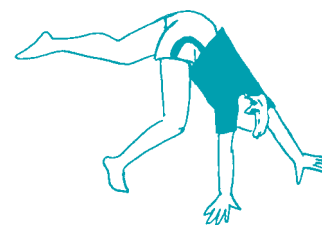


1. Start facing forward, arms stretched high, close to ears.
Strong step forwards, toe pointing in direction of the action.
2. Chest down to knee of bent leg, hands at right angles to line of action.
3. Push hard from bent leg, swing other leg up, wide straddle of legs.
4. Arms straight, head looking at floor, eyes down.
5. Hands and feet should contact the floor in a straight line.
6. As body comes upright arms should still be high, close to ears.

DIFFICULTIES WITH THE CARTWHEEL



*Unable to move sideways . . .
due to incorrect sequence of
hands and feet.*



*Inability to invert . . .
caused by poor body
position or legs not lifting*

VARIATIONS FOR THE CARTWHEEL

- Cartwheel in either direction
- Cartwheel using one hand only
- Cartwheel from half kneeling position
- Cartwheel from balancing on one knee
- Cartwheel to finish on one knee
- Cartwheel to finish one two feet simultaneously

