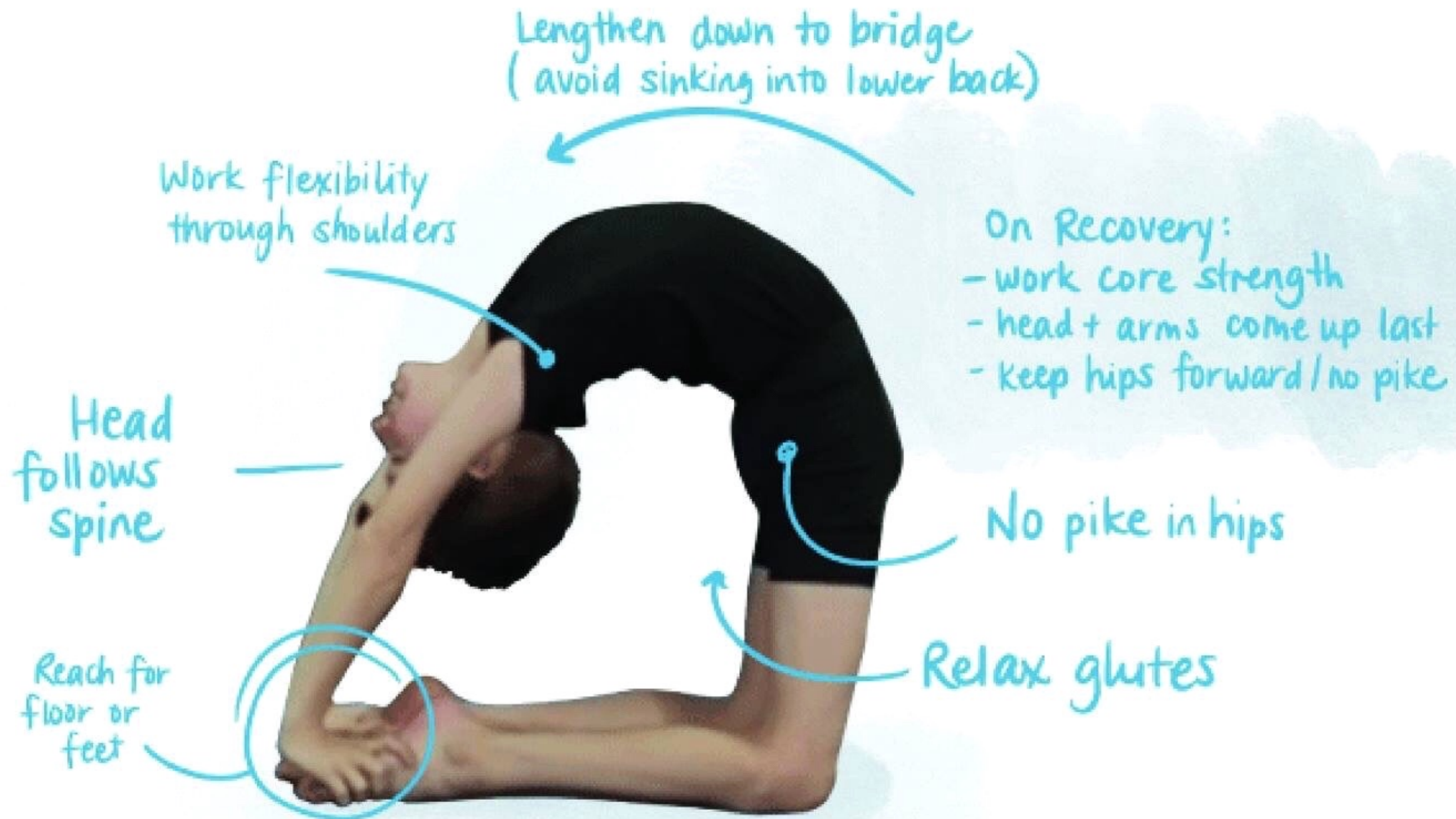
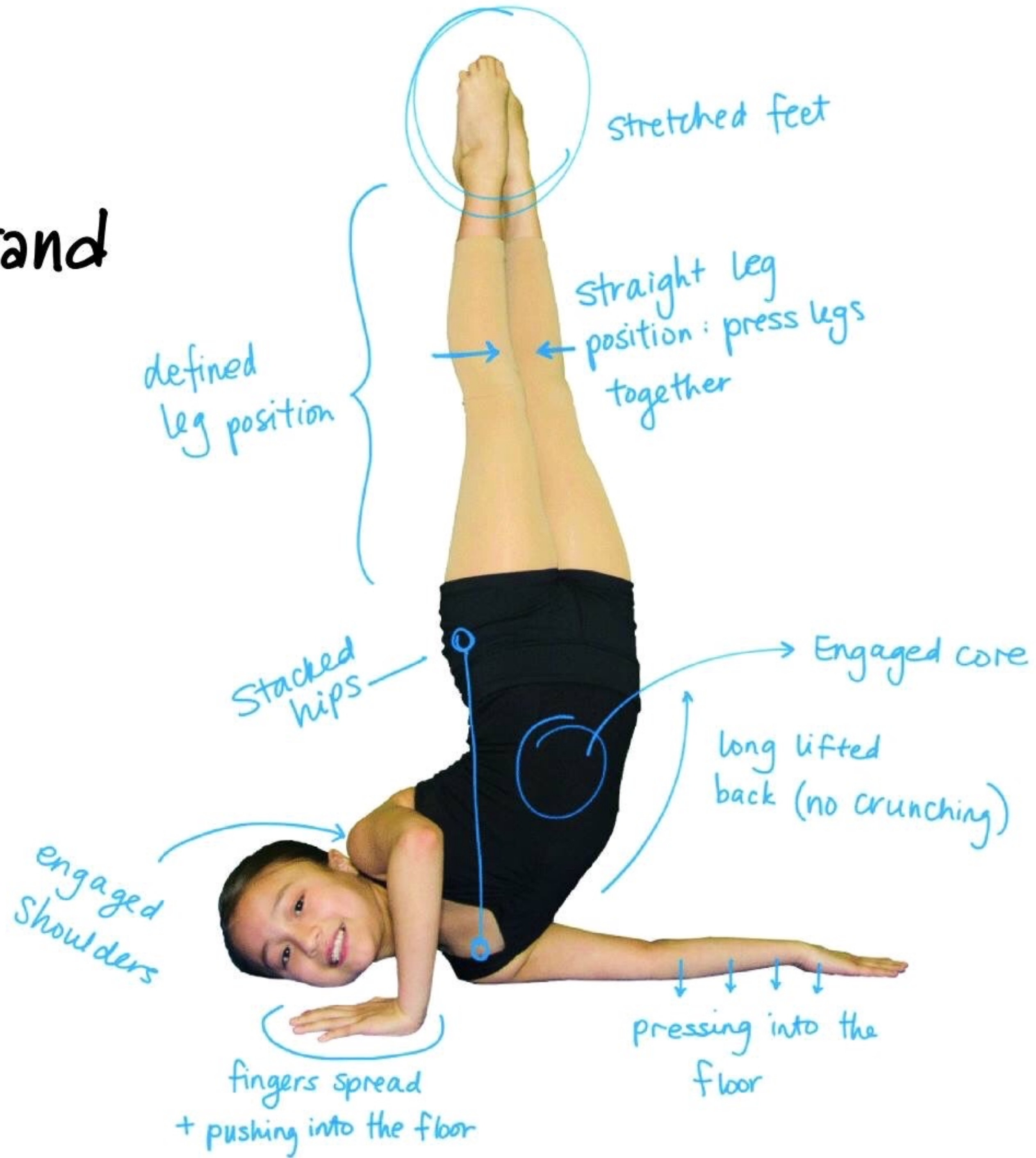


Kneeling Bridge



Shoulder Stand





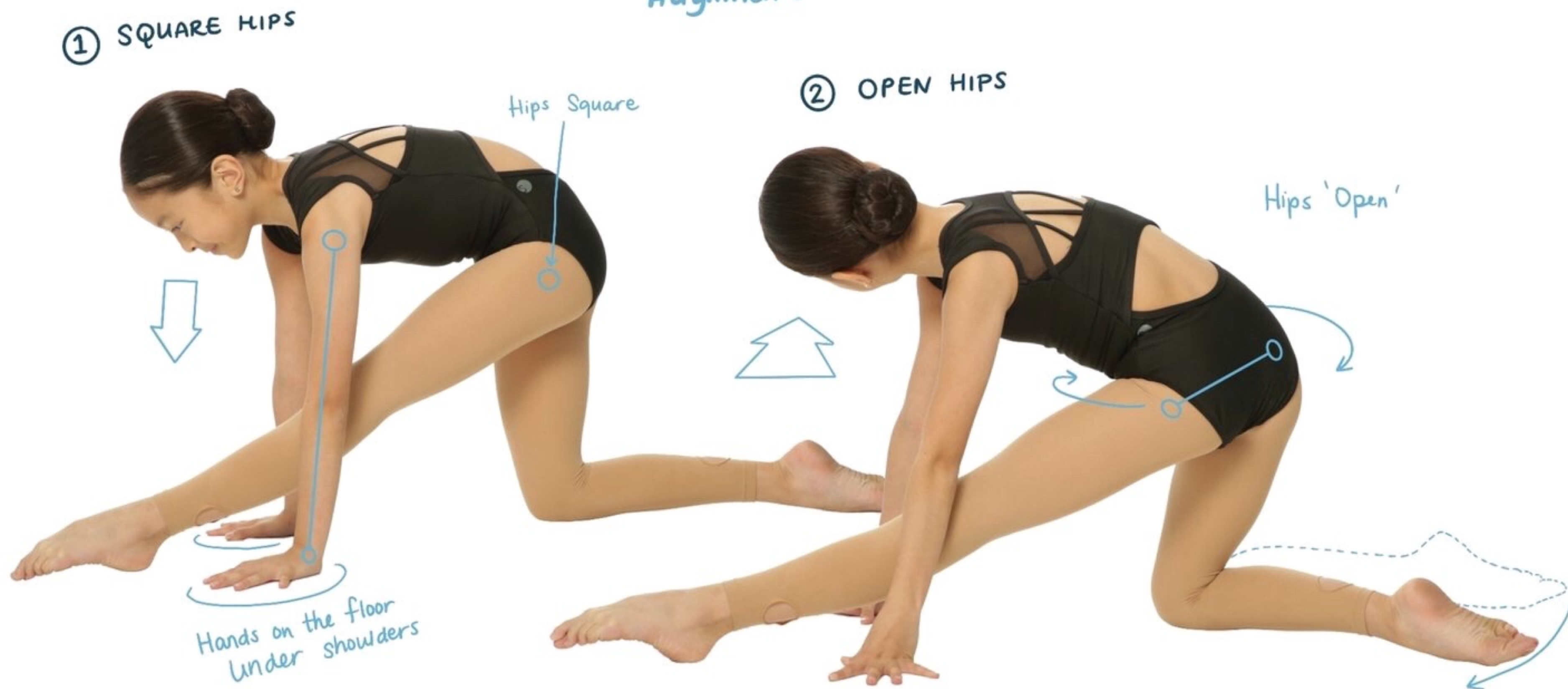
Front Walkover (Key Stages)





Square Hip Exercise

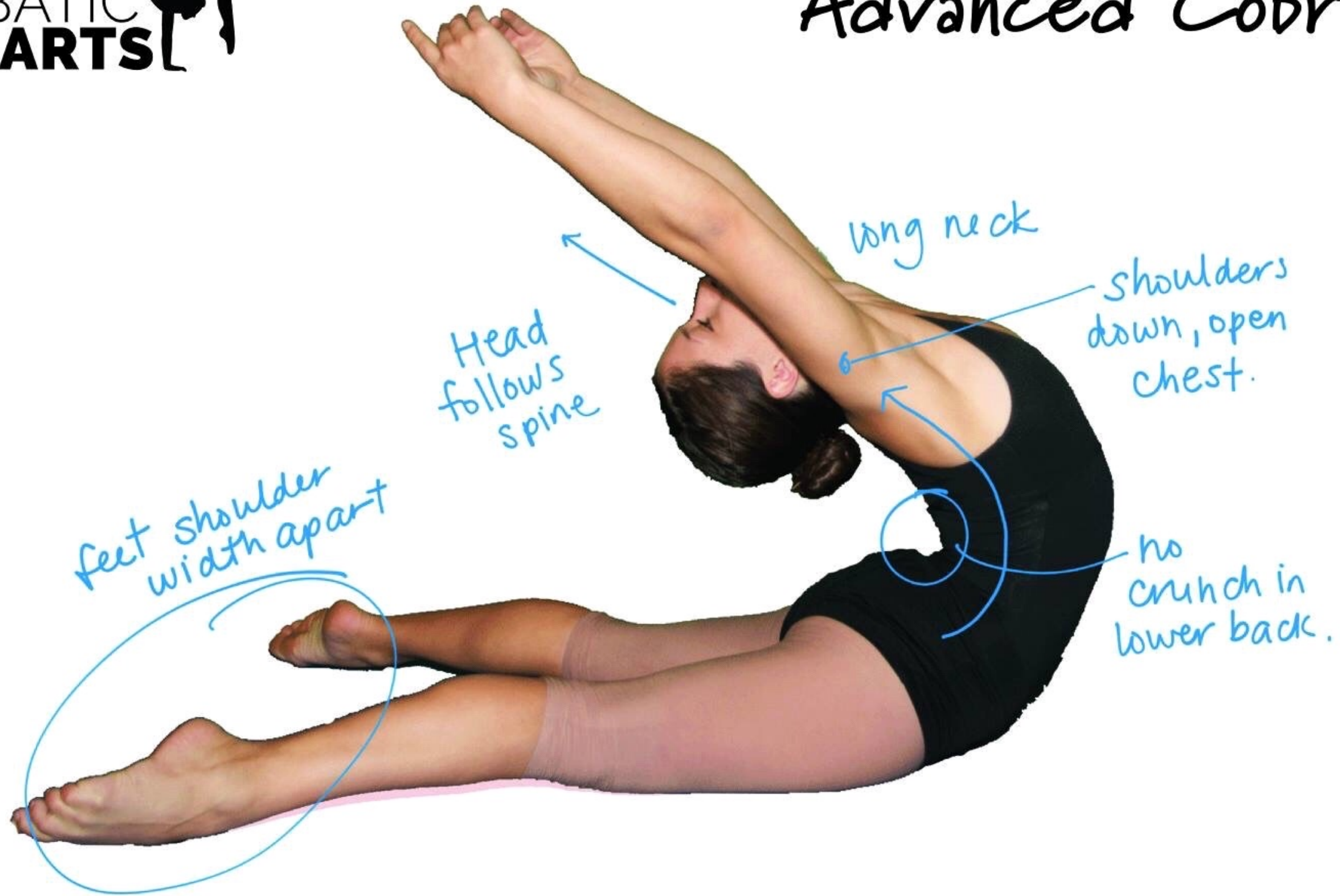
Students must demonstrated
Square and Open hip
Alignments



Headstand (Tuck Position)



Advanced Cobra



Focus on BREATH

WORK HIP FLEXOR FLEXIBILITY TO STRAIGHTEN KNEES

LENGTHEN SPINE

SHOULDERS IN LINE WITH WRISTS WORKING FOR PAST ALIGNMENT

HEAD IN LINE WITH SPINE

KNEES STRAIGHT

HANDS SHOULDER WIDTH APART

FEET HIP WIDTH APART OR TOGETHER

⊗ FEET MUST NOT 'WALK OUT' TO STRAIGHTEN KNEES



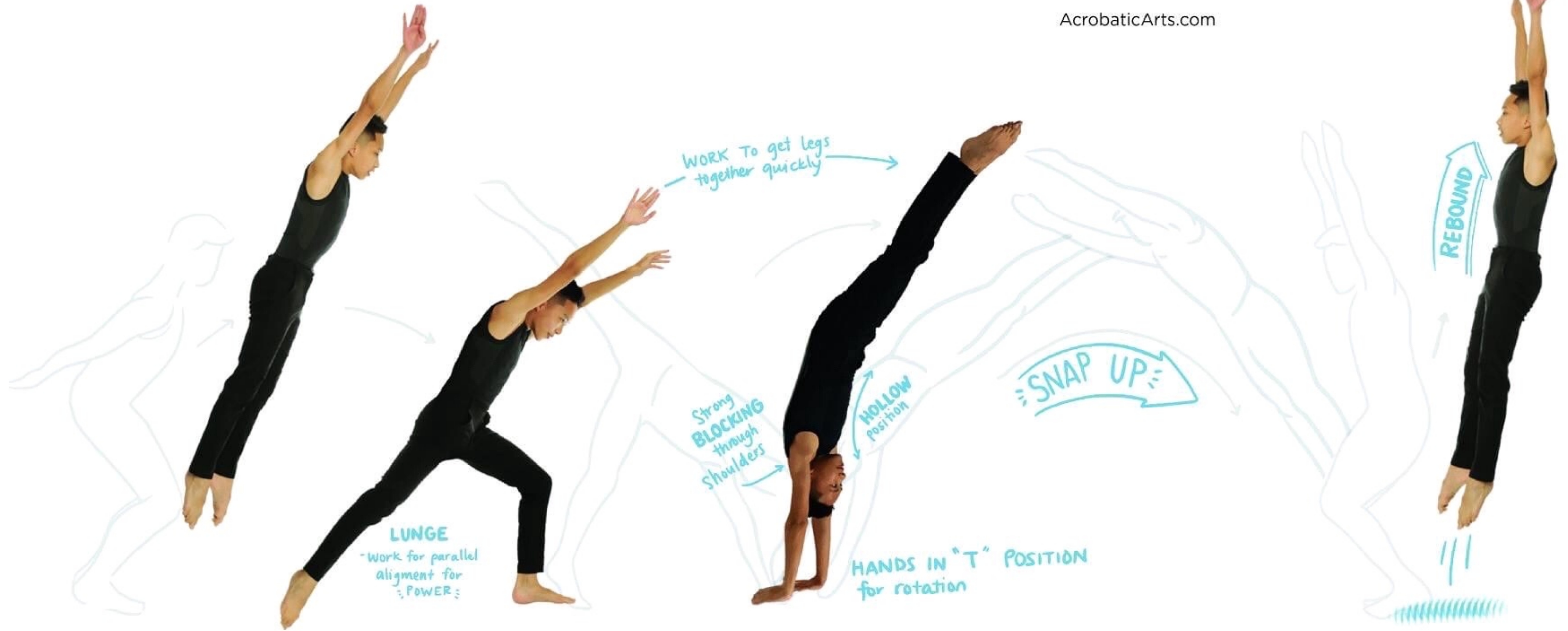
AcrobaticArts.com

Bridge with Straight Arms and Legs

Roundoff



AcrobaticArts.com

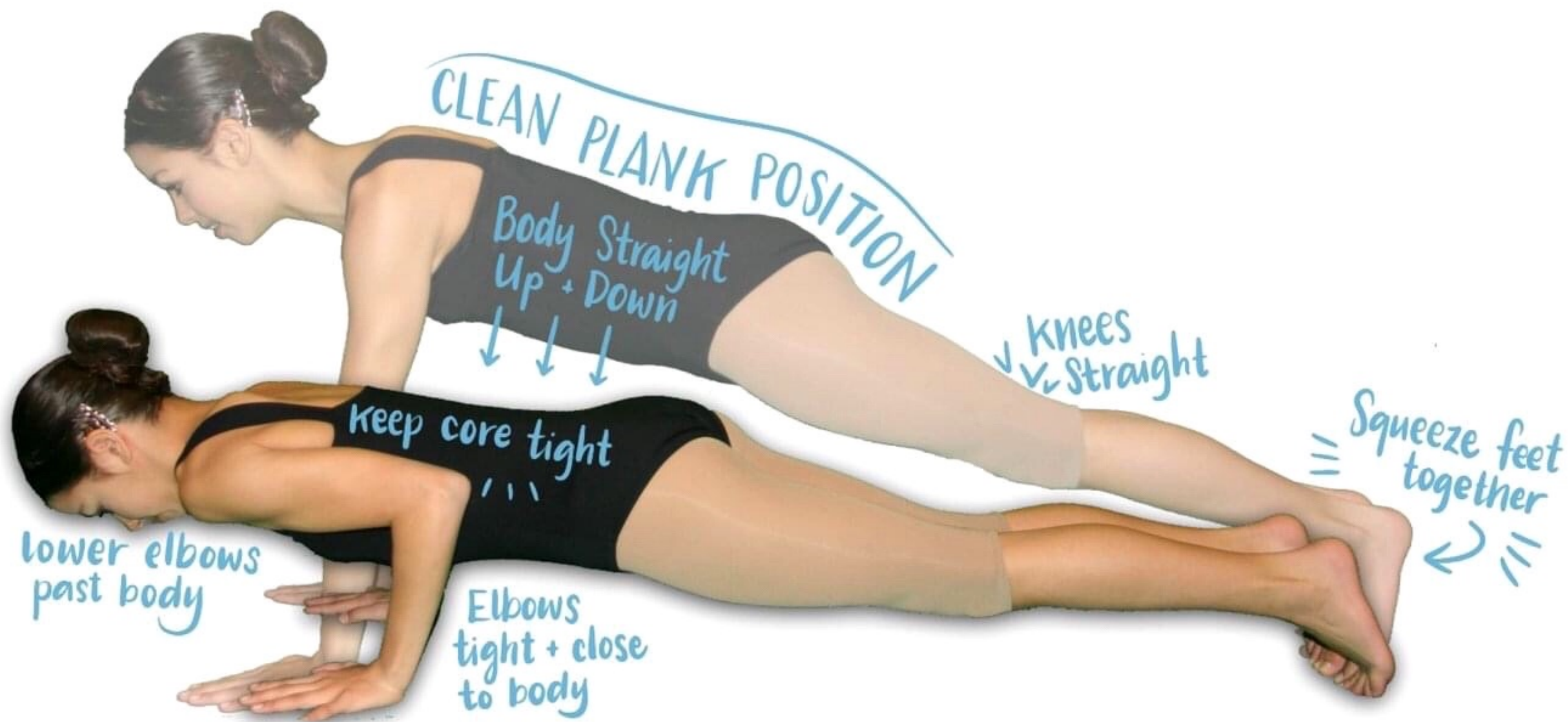


REACH AS LONG AS POSSIBLE - WORK FOR DISTANCE

Round offs are low + long and fast with height on the rebound

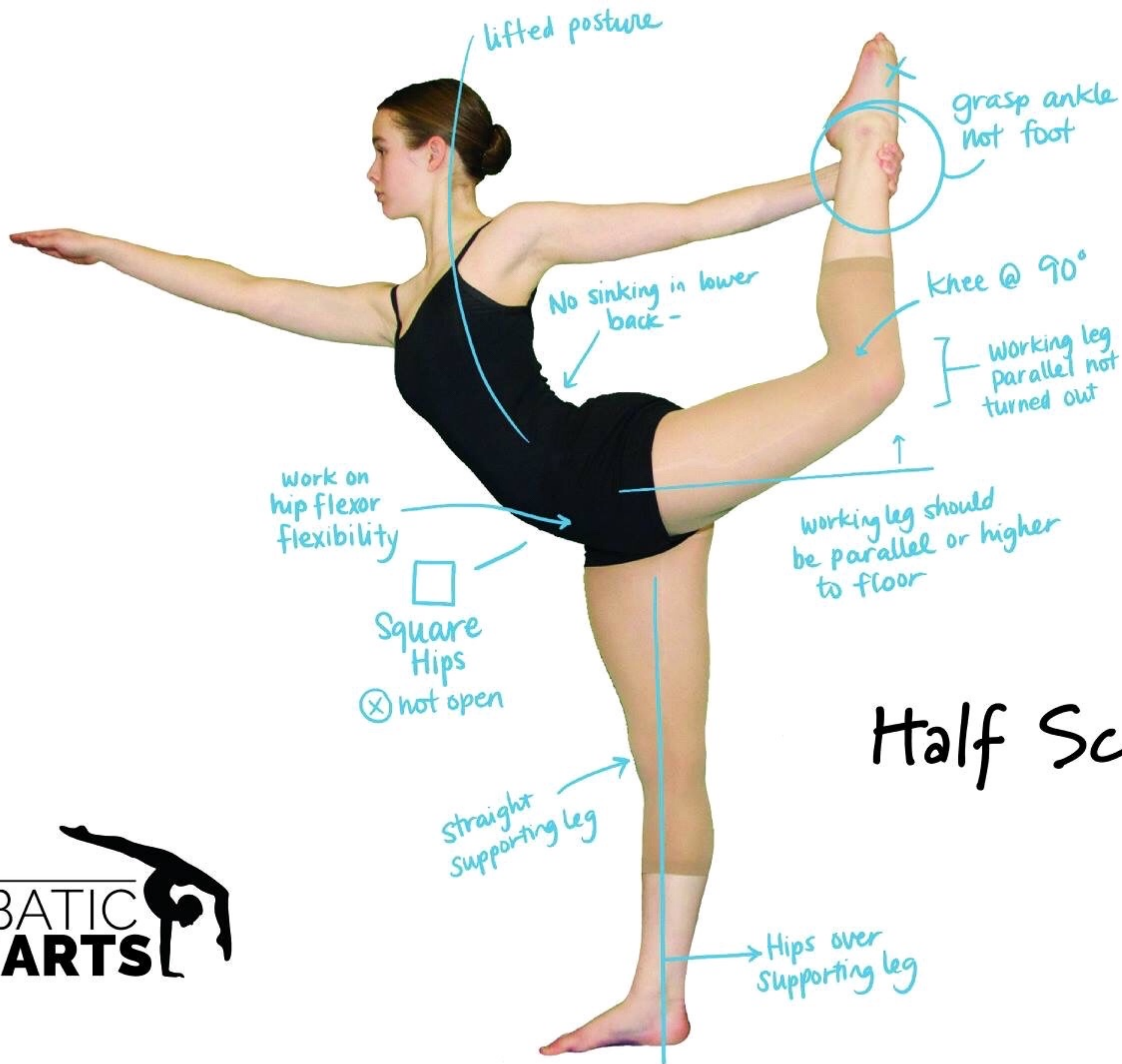


Push Up



Upper Body Lifts





Half Scorpion