

Dynamic Movement control

HAND STANDS

- Stand tall, one leg in front of the other.
- Hinge at the hips and take hands to the ground, arms straight and strong.
- Back leg straight and front leg bent.
- Fingers wide on the ground facing forward.
- Pull finger tips back towards body, effectively “scrunching” the ground.
- Drive the straight leg heel first over the top of the head.
- Front leg pushes off the ground swinging up to meet the other leg.
- Eyes looking down at the ground between the hands.

Benefits

- Weight bearing through whole body in reverse to stance.
- Balance and proprioception.
- Inner focus development.
- Spatial awareness.
- Confidence developed.

Beginners Advice

- Start with a smaller kick up to get a feel for weight bearing through arms.
- Have a partner ready to catch the legs at the top of the handstand.
- Imagine a crane taking heels to the sky, stretching the whole body.

Challenge

- Stay up longer each time a handstand is performed.
- Walk in handstand.
- 180 degree and 360 degree turns in handstand.

Adjustments / What to look for

- Lead up activity - Bunny hops. Hand and arms as per handstand. Start in a squat position. Keeping knees tucked into chest, bounce legs up over head. Stay tucked at all times.
- Walk feet up wall into handstand (wall provides support).
- Kick up to handstand against a wall (wall provides support).

