

#### 4. Floor: shoulderstand, headstand

1. Number the following positions according to their difficulty, therefore in what order they should be learned:

Headstand \_\_\_\_\_

Shoulderstand \_\_\_\_\_

Handstand \_\_\_\_\_

2. What factors affect the stability of the position in terms of mechanics?

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3. To maintain balance in the inverted static position, it is necessary to have a strengthened body. Create a graphic sketch of 3 core exercises.

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4. In the headstand the body is
  - a) perpendicular to the floor
  - b) inclined slightly forward
  - c) inclined slightly backward

5. From what body position do we start learning shoulderstand?

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6. When practicing headstand we can use passive assistance. What does it mean?

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7. From the headstand we can continue with the roll forward, it is the most safe option.

YES

NO