

5. Floor: handstand, handstand to roll forward

1. Suggest 2 exercises suitable for developing flexibility that can be used for handstands.

2. Can you lift up from front lying support on your forearms to front lying support on your hands (both arms work at the same time)? Try and answer.

YES NO

3. What are the key preparatory exercises for handstand?

rhythmical arms strengthening core exercises rotational

4. List two mechanical factors that make maintaining balance in handstand more difficult than in upright position.

5. Where should the gymnast's eyes be focused when performing a handstand?

6. What can be usually the cause of continuing forward movement of shoulders during handstand?

7. Is it important to fix the shoulder joint area when assisting a beginner to a handstand?

YES NO

8. Describe 2 preparatory exercises for learning to roll forward from handstand.
