

Handstand

Skill Progression ↗

L Shape on chair



Difficulty



Hands flat on ground
Arms & legs straight
Feet on chair
L shape with body

L on chair, leg up



Difficulty



Hands flat on ground
Arms & legs straight
L shape with body
One leg straight up
Toes pointed

One leg up



Difficulty



Hands flat and arms straight on entry
Body upright
One leg straight up
Toes pointed

Handstand



Difficulty



Hands flat and arms straight on entry
Body upright
Both legs straight up with toes pointed
Can use wall for support