

Anatomy of a HANDSTAND

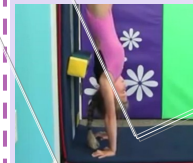
Check the picture below for reminders of how to shape a **straight** handstand.

Your coach may use different words or phrases to describe handstand skills. Show your Handstand Homework book to your coach for extra help or tips!



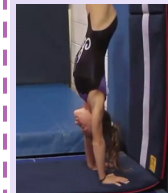
What shape is a PERFECT HANDSTAND??

That depends....on the skill you're doing!



Some skills require a "neutral" head position—in line with the rest of your body.

In other skills, your handstand should have flexed or hyper flexed shoulders with your head "buried" and backward.



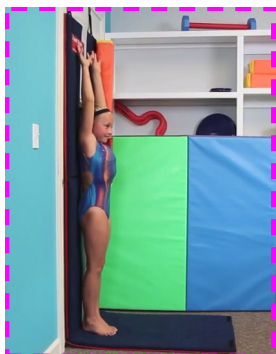
Some coaches tell athletes to hide your ears with your arms while looking slightly toward the floor.

In a planche like this one, your head needs to be forward of your hands.

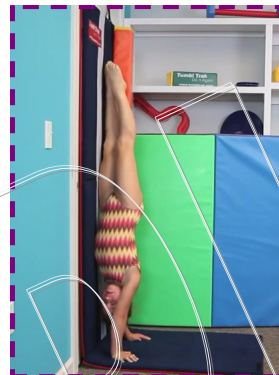


Check the skill pages in this workbook carefully to find tips on making lots of different "perfect" handstand shapes!

Great HANDSTANDS Become....



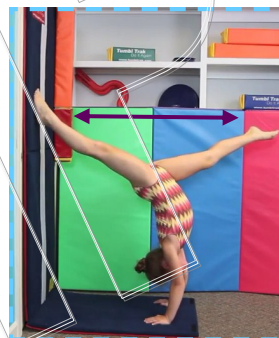
Standing Posture
=
Strong Tumbling Skills



Quarter Turn Handstand
=
Cartwheel Round Off Yurchenko



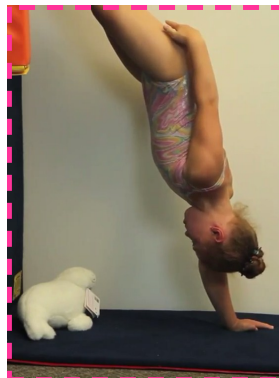
Open Shoulders
=
Front Limber Front or Back Walkover



Switch Split Handstands
=
Back Walkover Back Layout—Beam



Shoulder Hyper Flexion
=
Yurchenko Tkachev

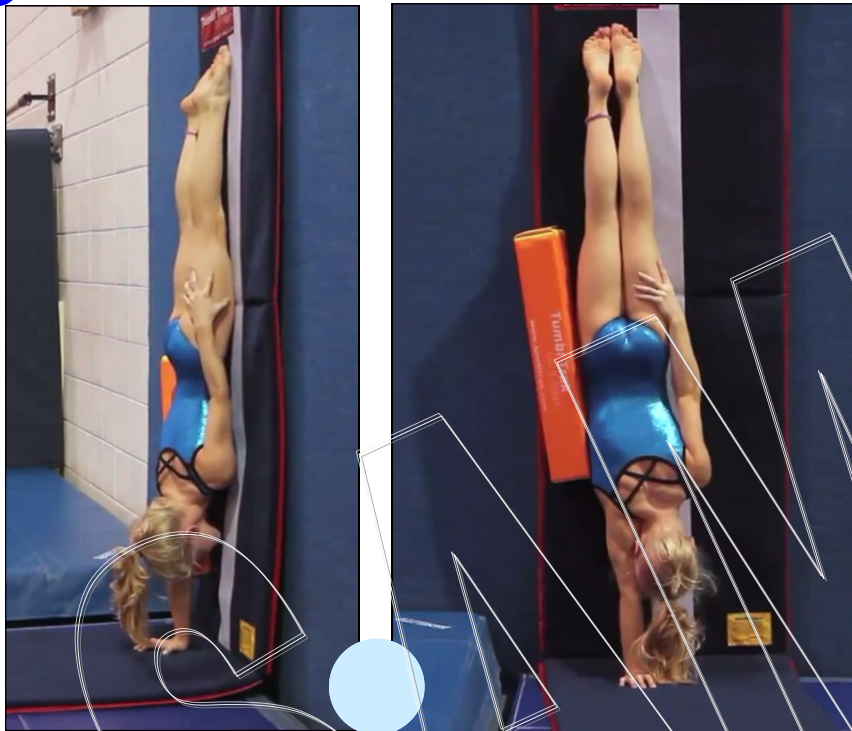


One Arm Handstand
=
Handstand Pirouette on Bars



One Arm Handstand

Advanced Skill # 5



Challenge: One Arm Handstand

1. Place Fun Sticks vertically on the wall edge, about hip height. Notice the slight angle of the Fun Stick.
2. Spider up to handstand with front facing the wall.
3. Check your shaping, making sure shoulders are elevated, hips are open, tension in the body.
4. Shift your weight to one side and feel the balance over one arm and shoulder. (see photo to the left)
5. Once you feel balanced, try lifting one hand off the floor.
6. Start with just a quick lift—for a split second while you feel out the balance and focus on correct shaping.
7. Shift sides and lift the other hand.
8. As you gain strength, work toward lifting your hand higher and holding the balanced position longer.
9. Hold the position as long as you can keep good form.

Why practice One Arm Handstands?

Practicing one arm handstands takes a lot of strength and balance. Learning how to shift your body weight while keeping a long, strong, straight handstand will have a big impact on your growth in the sport of gymnastics.

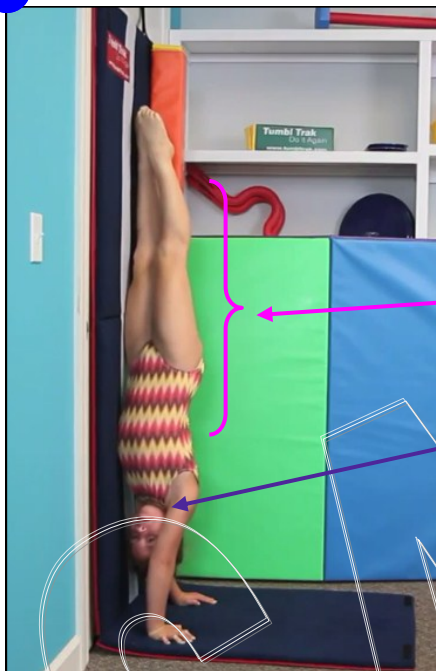
Bonus Challenge: One Arm Shoulder Elevations

1. Just like above, "Spider Up" into a strong front facing handstand.
2. Shift your body weight to one side and lift one arm off the ground, placing it at your side.
3. Keeping your body tension, see if you can elevate your shoulders while balancing on one arm. (This is hard!)

1/4 Turning Handstand (front to the wall)

Intermediate

Skill # 4



Challenge: 1/4 Turning Handstand ~ Front to the Wall.

1. Think about your cartwheel and decide which arm is your "far arm".
2. Spider up the wall to a strong front facing handstand as in Intermediate Skill #2.
3. Keep your body long and strong. Your **hips and legs** turn away from the wall.
4. **Without moving your hands**, turn your shoulders while looking **UNDER** your arm toward your "far arm". (This will feel like you are staring under your arm pit).
5. Keep your body long and strong. Your hips and legs should also turn away from the wall.
6. Hold this position as long as you can, up to 10 -20 seconds.

Which way should I look?

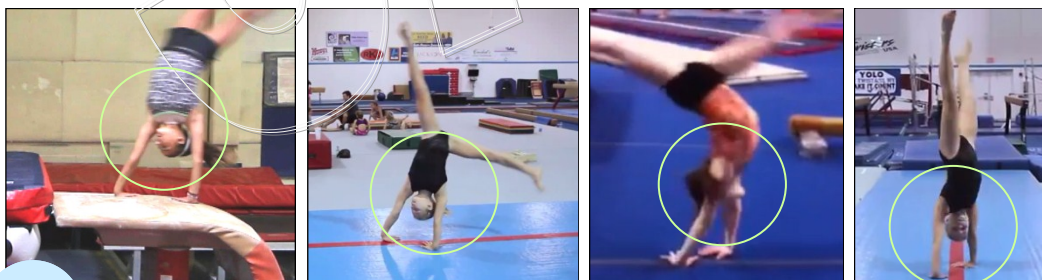
When you do a cartwheel, which hand touches the ground first? This is your "near arm". The second hand that touches is your "**far arm**".

In this skill, you will be looking

Why practice 1/4 Turning Handstand?

Look at the picture, (left) of a cartwheel. The 1/4 turn handstand helps strengthen and straighten skills like:

Cartwheels ~ Round offs ~ Yurchenko entries ~ Tsukahara vaults



Ooops!!

*Things to Fix

***Eyes looking over shoulder:**

Keep head neutral, eyes looking under the arm.

***Body doesn't turn:**

At the same time your head turns and eyes look under arm, your body should also turn away from the wall.



"Spider Up" Handstand

Basic Skill # 7



Challenge: Spider Up Handstand

1. Start by kneeling on the floor with your back to the wall.
2. Place your hands flat on the floor, in front of your knees with fingers facing forward.
3. Lift your hips up and walk your feet up the wall, backward, as high as you feel comfortable.
(Like a spider walking up the wall!)
4. Keep your arms straight and strong while supporting your body weight.
5. Look back toward the wall which will keep your head neutral.
6. Practice your pelvic tilt. (Remember, this keeps your hips flat).
7. Hold this shape for as long as you can.
8. Walk back down the wall to kneeling position and rest.
9. Repeat 3-5 more times with good form.

Why practice "Spider Up" Handstands?

For most, doing a handstand with your front facing the wall is a bit easier than with your back facing the wall. Practicing the spider up handstand is a great way for athletes to focus on all the intricate details of handstand control.

*Things to Fix

*Arching back:

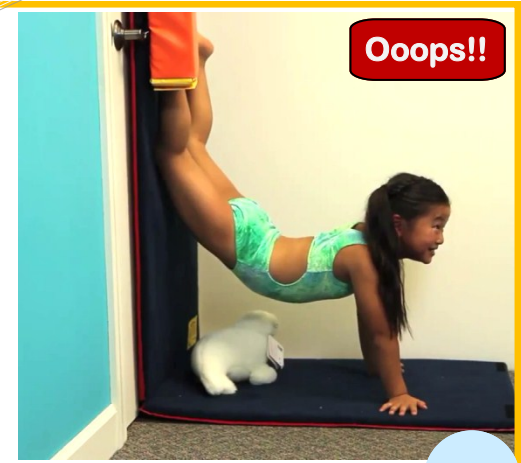
Hold your ***abdominal muscles** strong.

*Hands turned out:

Fingers should face forward.

*Head up:

Look toward the wall, keeping head neutral.



~ WORD WORK ~

"Spider UP" Lots of coaches use this phrase to describe walking your feet up the wall....like a spider!