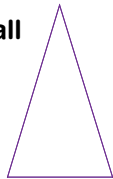


Inverted 4-point balance

Before trying this skill you must be able to perform Inverted Balances, demonstrating a clear shape, good body tension and control. You must also be able to effectively, fluently and efficiently include Inverted Balances in your sequence work. If you are not able to do any of the above you should practise Inverted Balances.

Teaching Points

- Make a 6-point Balance using your feet, knees and hands
- Bend your arms and put the highest part of your forehead on the mat
- Make a triangle with your head at the top and hands at the bottom
- KEEP YOUR HANDS FLAT
- Make your triangle quite tall



- Perform a 4-point Balance with a clear triangle shape between your head and hands and either a foot or knee as the 4th point
- Take most of the weight on your hands. DO NOT MOVE YOUR HANDS



Inverted 4-point balance

Adapting the activity

Enable

- Widen your hands in Angry Cat position and lower your head to the floor

Challenge

- Try to use a different knee or foot as the 4th point

Health, fitness and well-being

- Core stability
- Balance
- Strength of wrists*

If you can

- Perform an inverted 4-point Balance, demonstrating a clear shape, good body tension and control
- Effectively, fluently and efficiently include an inverted 4-point Balance in your sequence work

You can now try a Tripod

Questions

- What do you have to do to take the weight on your hands?
- Why does a triangle shape help you hold the balance?

