

Handstand

Hello, my name is Virginia and I'm here at Encore gymnastics and we are going to teach you how to do a handstand.

It's very important that whenever you do any gymnastic you want to make sure you stretch your muscles ahead of time. For a handstand it's really important to stretch your wrists out. You're asking a lot of your wrists when you do a handstand, so you're going to start out, stretching your wrist backwards, putting them down so your fingertips are pointed to your knees and point backwards and then flipping them over and stretching them that way. And then a nice little roll, very nice. And then stand up.

So, when you're doing your handstand, it's really important that you have nice strong shoulders. So, the best way to start out is getting those shoulders a little bit stronger, working upside down (so let's turn around, wait, wait, wait, perfect) and hands go down and getting those feet up on the wall. So, this is a nice way to start working on your handstand where you don't have your entire body weight you don't need to worry about the balance that goes along with it. It's really important, what you see here is the hip alignment is directly over the shoulders and the back is nice and flat and the head is in. Thank you, come on down.

Once you feel comfortable with that move you can turn it around and we're going to get the entire body weight on to the hands. Same thing, we're going to start up against the wall so that the balance factor is not going to be ... something you have to worry about yet.

So, hands go right down on to the edge, starting in a nice lunge, very good. Hands go down and kick up. By starting against the wall, you can make sure that your alignment is nice and straight (show me a big arched back). This is what we see a lot of time, this is very difficult habit to get rid of, so you want to pull that tummy in, pull those hips in, squeeze the tush, squeeze the legs tight together, nice pointing toes, again the most important thing with the handstand is that your body alignment is in straight line (straight as a pencil), from the wrist to the shoulders, to the hips, to the toes, we have a nice straight line (stop down, hands up, pretty). And then your next step, is to move your block.

Then we kick directly up and then hand down, nice lunge, and kicking up, squeezing tight, very good. It's nice if you have a little helper at the beginning, just to balance your hands on each side, step down, the alignment is perfect, hands up, very nice.

And that is how we do a handstand. Thank you Amanda. You're welcome.

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1. What's important before performing a handstand?
2. What with your shoulders?
3. What is really important in the first exercise?
4. What's the advantage of this exercise?
5. In the second exercise, what don't you have to worry about?
6. How do you have to start a handstand?
7. What shouldn't you do?
8. What should you do?