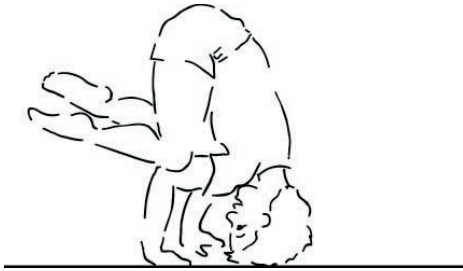


Tripod

- from a kneeling position, place the palms on the floor directly below the shoulders
- bend the elbows
- lower the forehead to touch the floor
- head is in front of the hands forming a triangle
- raise one knee at a time to rest on the elbows
- weight of both knees is evenly distributed on both the elbows
- the tripod is supported on the floor by two hands and the forehead.



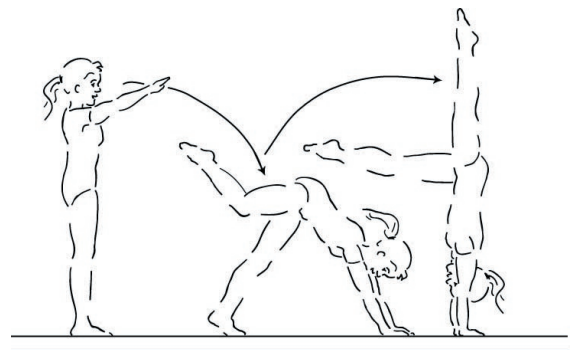
Arabesque

- raise one leg backward so that it is just below hip height
- keep this leg straight and point the toes
- keep upper body upright
- raise arms out straight to the sides, at shoulder height and slightly behind the body.



Handstand

- step forward with one foot
- bend forward at the waist and reach ahead and down with the arms and hands
- place both palms flat on the floor, shoulder width apart
- keep the arms straight
- kick straight back leg upward so that it is above the hips and shoulders
- kick straight front leg up beside the back leg
- point the toes
- head is in line with legs, hips and shoulders and eyes are focused straight ahead.



Follow-Through

- maintain this still body position for 3 to 5 seconds
- return to a standing position or move the body into the next gymnastics skill
- maintain balance and control.