

Beginner Floor Do's/Don'ts

Forward roll

Do's

- Arms straight
- Knees to chest
- Head in
- Legs bent in roll
- Not using hands to stand up

Don'ts

- Knees leave chest
- Legs and feet apart
- Head out
- Use hands to stand up
- Arms in front of ears
- Arms bent
- Legs straight in the roll
- Putting forehead on floor

Backward roll

Do's

- Head in
- Knees to chest
- Feet to floor

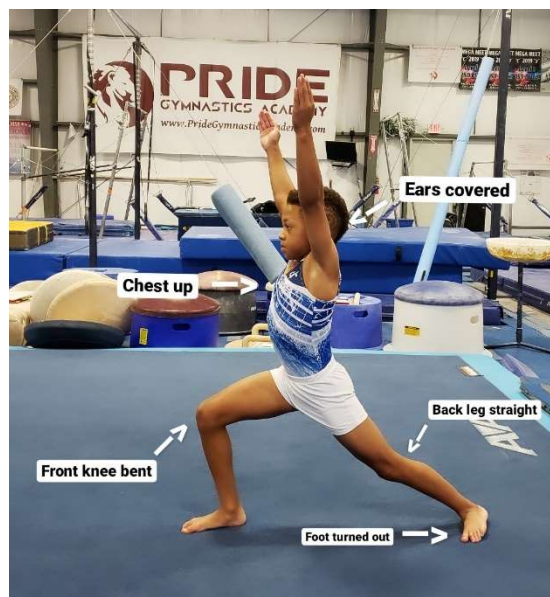
Don'ts

- Head out
- Legs apart
- Have legs straight
- Arms leave ears
- Finishing on knees

Lunge

Do's

- Front leg bent
- back leg straight
- Back foot turned out
- Ears covered
- Chest up arms straight



Don'ts

- Front leg straight
- Back leg bent
- Back foot turned in
- Arms by sides
- Arms bent
- Chest down

Donkey kick

Do's

- Start in lunge
- Arms in front of ears
- Arms straight
- Chest and back leg moves at the same time
- Back leg stays straight in the kick
- Front leg pushes straight off the floor
- Legs stay apart the whole time

Don'ts

- Start with bad/no lunge position
- Arms in front of ears
- Front leg straight
- Bent arms
- Bend legs when when they kick
- Keep front leg bent when it comes off the ground
- Chest comes down before the back leg kicks
- Legs switch in air

Cartwheel

Do's

- Start in lunge
- Chest and back leg move at the same time
- Hands in a triangle
- Legs stay apart throughout the cartwheel the art wheel
- Kick legs over the top of the body
- Finish in lunge

Don'ts

- Start with bad/no lunge position
- Hands turned out
- Chest turns too early
- Arms in front of ears
- Bent knees
- Flexed feet
- Reaching down towards foot

Bridge

Do's

- Feet together
- Legs straight
- Hands turned in
- Shoulders over hands
- Head looking at hands

Don'ts

- Arms and legs bent
- Shoulders over floor
- Hands out to the side
- Looking away from hands
- Feet and knees apart

Scale

Do's

- Ears covered
- Back leg, back, and arms at a 90 degree angle
- Back leg straight
- Looking at hands

Don'ts

- Arms in front of ears
- Back leg bent
- Chest and leg moving at different times

Headstand

Do's

- Start in straddle
- Top of head on the ground
- Hands and head form a triangle
- Arms bent on floor
- Weight on hands and head
- Slowly lift to straddle
- Legs stay in straddle until vertical

Don'ts

- Weight on back of the head
- Arms in line head
- Arms straight hips over floor
- Jump in the press
- Knees bent
- Legs come together before vertical

Handstand against wall

Do's

- Back in a hollow position
- Ears covered
- Looking at hands
- Hips squeezed in
- Fingers facing forward

Don'ts

- Back in a arch position
- Head out
- Ears uncovered
- Eyes not on hand
- Hips out
- Hands turned out