

Gymnastics Progressions: Handstand



1. Find an area with a lot of space.
2. Reach for the sky by standing up and lifting your hands over your head.
3. Take a lunge step forward with one leg.
4. Start to lean forward while keeping your body straight. Let your body tip over your lunged leg like a see-saw.
5. Keep straight. Once your hands are approaching the ground, make sure to keep your arms perfectly straight.
6. Balance. Once you feel most of your weight on your hands, attempt to keep the force of your weight around the base of your fingers.
7. Straighten out completely.
8. Borrow a leaning prop. If you find this hard, try using a wall. You can practice the handstand by facing the wall and kicking up towards it or starting with your back to the wall and walking your legs up it. Make sure to keep your hands close to the wall. Make sure to keep your arms and body straight and your stomach off the wall. (hollow body position).
9. Let go of the prop. After you gain more strength, you can even try tapping away from the wall and practicing your balance.
10. Be patient. Keep practicing and have an adult helping you.