

FUNDAMENTAL POSITIONS OF ARMS AND FEET

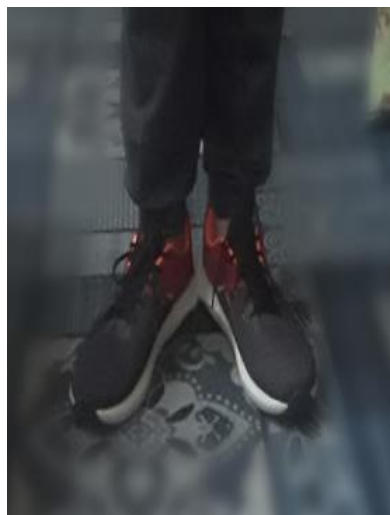
SANCHEZ, DON LEAN B.

BSIT - 1



Arms – Arms are raised forward forming circle in front of the chest with fingertips of both hands about an inch apart.

Feet - Both heels are together while toes are apart at an angle about 45" or more.



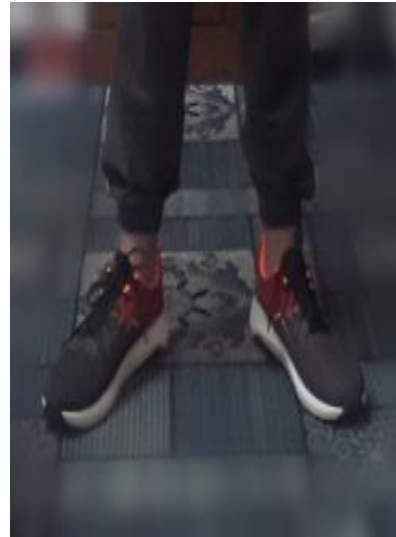
1st Position





Arms – The arms are placed sideways with palms facing up.

Feet - Both feet apart sideward about a pace distant.
Heels are parallel to each other.



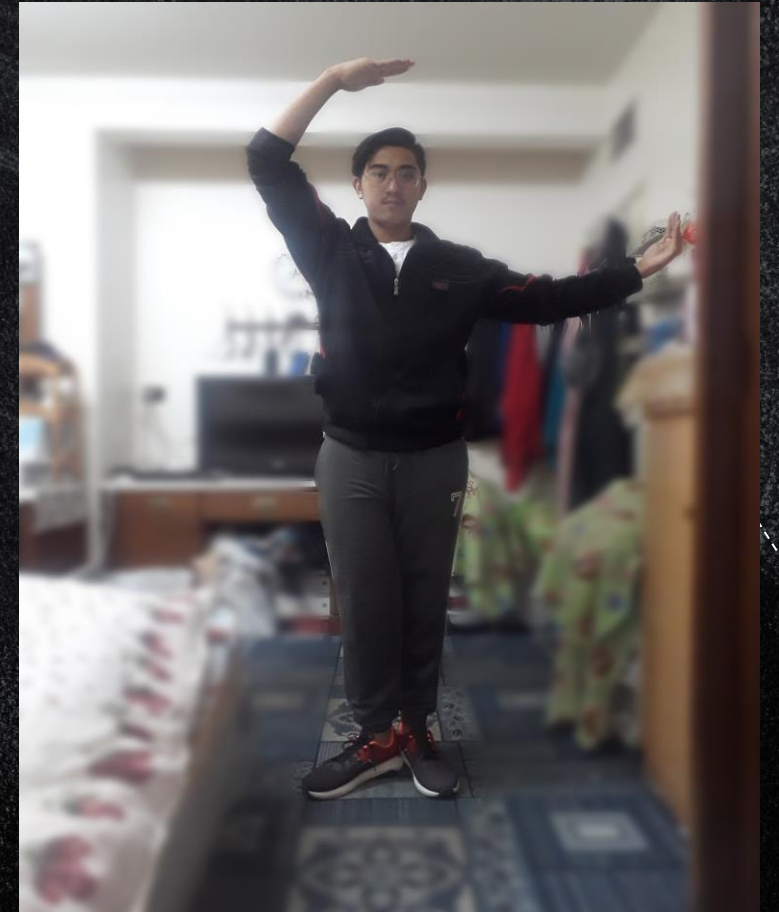
2nd Position





Arms - The right arm is raised above the head forming half a circle, while the left arm remains in the second position.

3rd Position



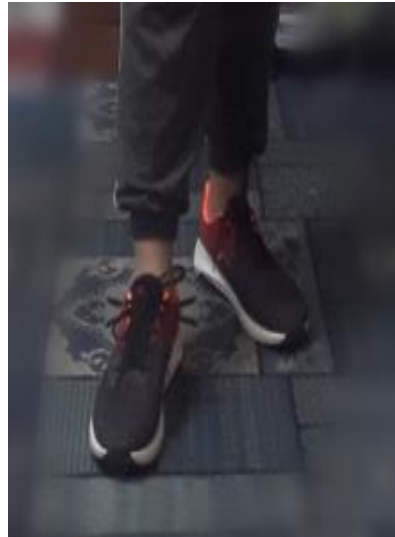
Feet - The right heel of one foot is close to the instep of the left foot.





Arms - The right arm is still raised and remains amplified position, while the left arm is placed in front of the chest, as in the first position.

Feet - The right foot is forward about a pace distance with toes out.



4th Position





Arms - Both arms are raised forming a circle over the head in an amplified position.

Feet - The right foot is placed in front of the left foot with the right heel close to the toes of the left foot.



5th Position



THANK YOU!!!