

DISTRICT CHAMPIONSHIP COMPETITION

Hand Balance Asanas List

A-Group (6–7 Years).



Kakasana



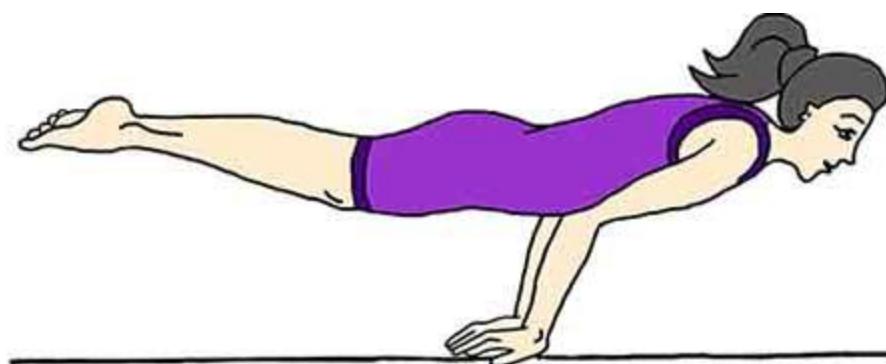
Bakasana



Lolasana



Tolasana



Mayurasana

B-Group (8 - 9 Years).



Bakasana



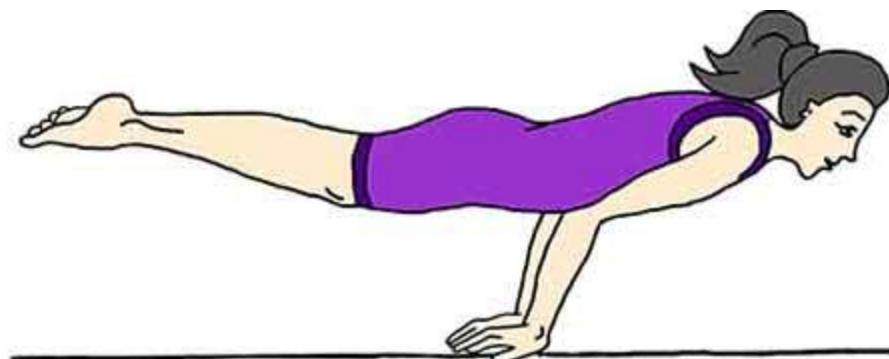
Parsva Bakasana



Lolasana

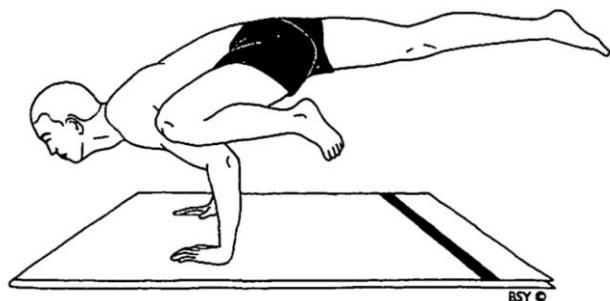


Tolasana



Mayurasana

C-Group (10-11 Years)



Eka Pada Bakasana



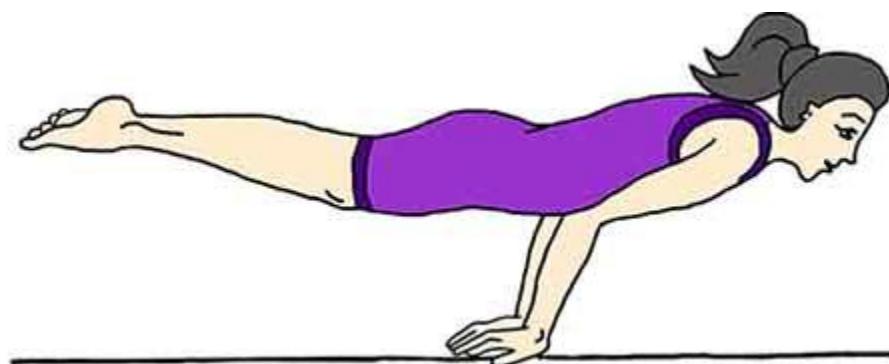
Bakasana



Tolasana



Bhujapidasana



Mayurasana

D-Group (12-13 Years)



Bhujapidasana



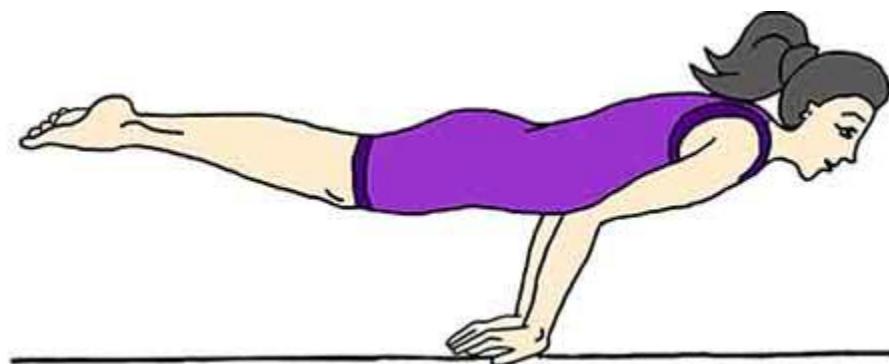
Parsva Bakasana



Tittibhasana



Koundinyasana I



Mayurasana

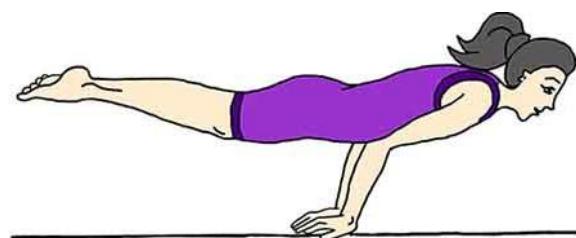
E-Group (14-15 Years)



Koundinyasana I



Parsva Bakasana



Mayurasana



Tittibhasana

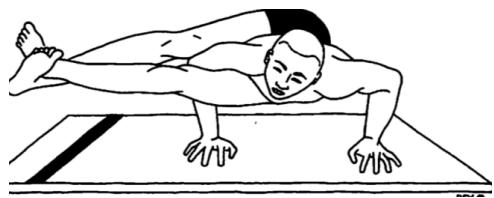


Koundinyasana II

F-Group (16-21 Years)



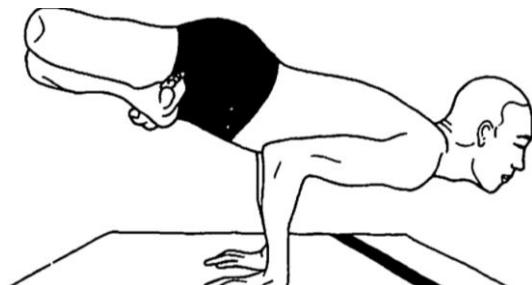
Koundinyasana II



Astavakrasana



Tittibhasana

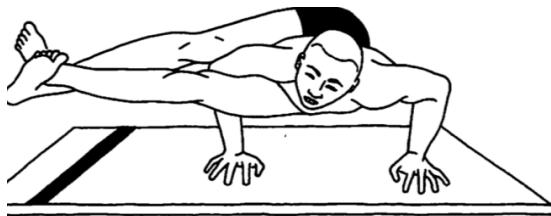


Padma Mayurasana



Koundinyasana

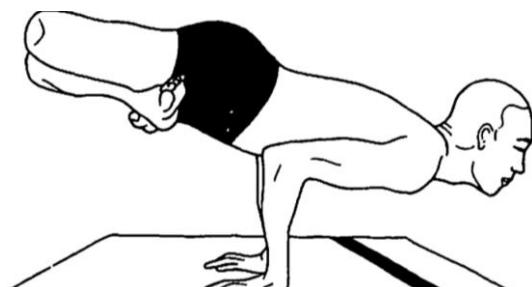
G-Group (22-35 Years)



Astavakrasana



Tittibhasana



Padma Mayurasana



Koundinyasana



Parsva Bakasana

H-Group (36-45 Years)



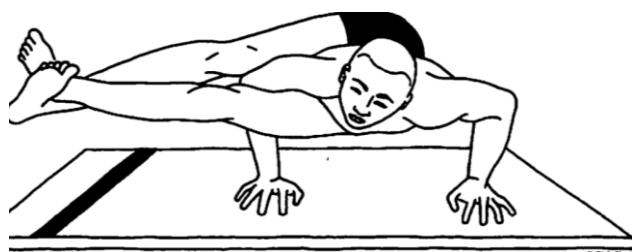
Parsva Bakasana



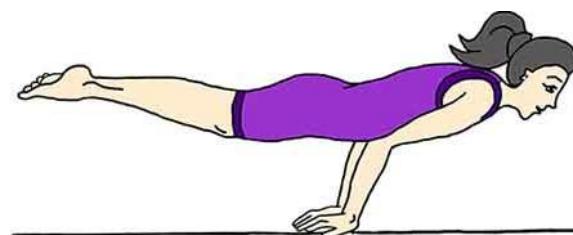
Bakasana



Bhujapidasana



Astavakrasana



Mayurasana

I-Group (46-55 Years)



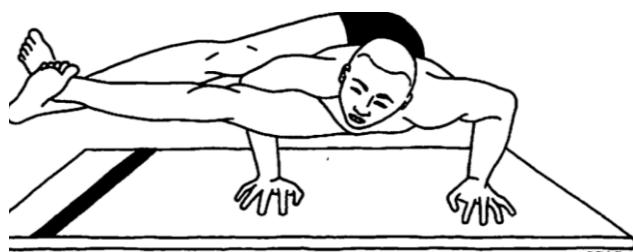
Parsva Bakasana



Bakasana



Bhujapidasana



Astavakrasana



Tittibhasana

56 Years & Above (Free Choice)

