

Concepts

1. Handstand Line
2. Mobility
3. Shape, Shape Change
4. Compression
5. Straight Arm Pressing Strength
6. Bent Arm Pressing Strength
7. Balance
8. Entrances
9. Spotting
10. Shifting
11. Exit

Handstand line

Example

1. Critical
 - i. open shoulders
 - ii. ribs/core
 - iii. tuck hips/squeeze butt
2. Secondary
 - i. eyes, head / cover ears
3. quads/knees
4. Tertiary
 - i. toes
5. Practice ideas
 - i. floor, prone/supine, plank
 - ii. hanging
 - iii. wall

Mobility

Flexibility + strength

1. wrist health is the number one reason why people quit handstand training
 - i. wrist activation through fingers

Restricted Shoulder Mobility is the number one factor in the shape of your handstand

1. Shoulder Flexion
 - i. Bar Hang
 - ii. Kneeling
 - iii. weighted
2. Hip Flexion
 - i. kneeling tuck
 - ii. Pike
 - iii. Straddled Pike

Shape, Shape Change

1. Basic shapes
 - i. tuck
 - ii. pike
 - iii. straddle
2. to look up later:
 - i. split
 - ii. stag
 - iii. figa
 - iv. flag
3. Practice Methods
 - i. floor
 - ii. bar
 - iii. candlestick
 - iv. Headstand
 - v. Handstand

Compression

1. using the core to close a shape
2. Compressions to practice
 - i. tuck, pike, straddle

Straight Arm Pressing Strength

1. Press Handstand
 - i. elevated lean off

2. Planche (extremely important for wrist health)
 - i. Pseudo lean
 - ii. positional frogs

Bent Arm Pressing Strength

1. HSPU
 - i. pike push up, wall, weighted press
2. Bent Arm Press
 - i. isometrics, eccentrics, partials

Balance

1. Stiffness/rigidity
 - i. no wet noodles
 - ii. yet you do NOT need squeeze 100%
2. Available levers
 - i. Primary
 - a. shoulders
 - b. wrists
 - ii. Secondary
 - a. hips
 - b. head
3. Short term balance (<30s)
 - i. more squeeze
4. long term balance(>30s)
 - i. rely on your strengths
 - ii. less squeeze
 - iii. cycle
 - iv. breathing
5. correction
 - i. piking
 - ii. planching
 - iii. lowering center of gravity
 - a. pushing, straddling, splitting

Entrances

entrances are a skill to be practiced separately

1. dynamic push (not a jump)
2. straight arm pressing
3. bent arm pressing

Spotting

1. Partners
 - i. spot from the hip
 - ii. spot from the calf/shin

Shifting

1. Walking
2. Center of gravity
3. Counterbalance
4. taps

Exit

1. Return to feet
 - i. Controlled Exit
 - ii. Bail catch
2. Over your head
 - i. Controlled Exit
 - ii. Bail Options
 - a. walk
 - b. 1 foot ukemi
 - c. to bridge
 - d. roll
 - e. cartwheel