

# Beginner/Intermediate Handstand Workshop

## Warm up

1. hs wrist rotation/flexed fist rotation
2. praying halo
3. overhead circles
4. conductor rotation, IR
5. open/close
6. prone shoulder press
7. active kneeling wrist
  - i. hs f/b/s, fist

## stretch

1. kneeling tuck
2. full squat
3. bent leg pike
4. bent leg straddled pike
5. partner shoulder stretch

## rocking and rolling

1. rock to stand
2. Candlestick rock to stand
3. forward roll

## Find the line

1. tuck up
2. arch up
3. plank
4. prone handstand line
5. bar hang
  - i. straight

- ii. tuck, pike, straddled pike with compression

## **Headstand, shapes, with partner**

1. elbow supported/tuck
2. straddle
3. straight, finding line
4. tuck straight
5. straddle straight
6. headstand pressing

## **Handstand on the wall**

1. just barely off wall hold, find line
2. lean off press

## **Entrances**

### **Entrance and Exit, with partner**

1. split entrances, split down
2. tuck entrances, tuck down
3. straddle entrances, straddle down

### **Pressing Entrance**

1. wall/block press with compression
  - i. split, tuck, or straddle

## **Shifting/walking**

1. standing shift
2. plank tap
3. wheelbarrow tap
4. wall tap
5. optional freestanding tap

## **Over The Head Bails**

1. strength required

- i. walk
- 2. flexibility required
  - i. bridge
- 3. Skill required
  - i. 1 foot ukemi to mat
  - ii. roll
  - iii. cartwheel

## Exercise

- 1. Short Term Shoulder balance --- 10s partner big squeeze; or Freestanding
- 2. Long Term Shoulder Balance ---- 30s wall HS with breathing, light squeeze; or Freestanding
- 3. Wrist balance --- headstand, frog, crow, planche
- 4. bent arm pressing isometric
  - i. Weighted Bent arm pressing motion
  - ii. tuck/pike
  - iii. elevated/wall
  - iv. freestanding
- 5. pseudo planche lean --- for wrist and shoulder