


Drills for Back Handspring Skills

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Pressure to lower shoulders

Extend the knees

Back bend emphasizing shoulder hyperflexion

Slowly slide off the mat while keeping the low back flat

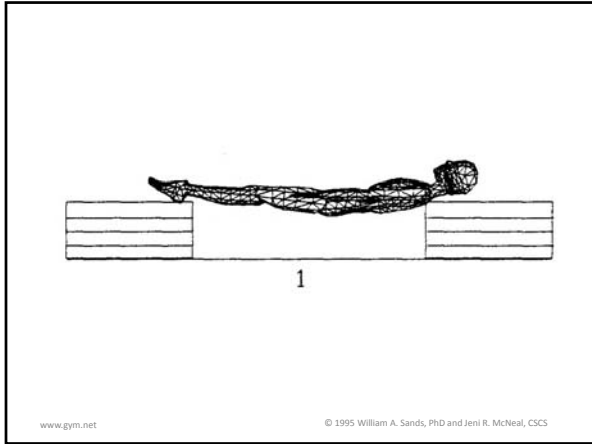
Emphasize stretching the shoulders

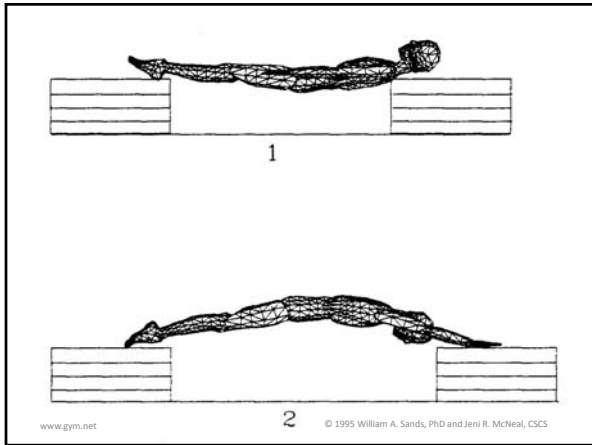
Land on the hands in a back bend position supporting the body on the mat.

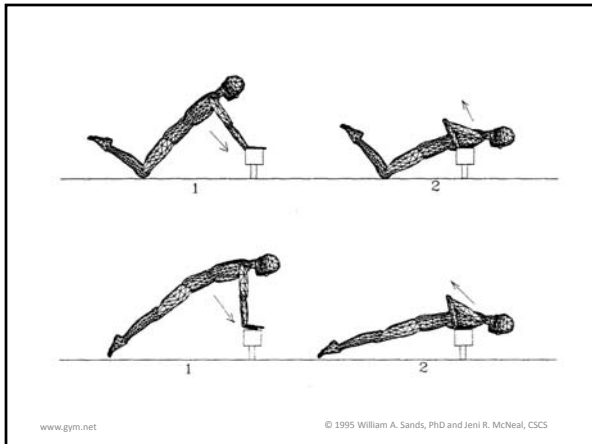
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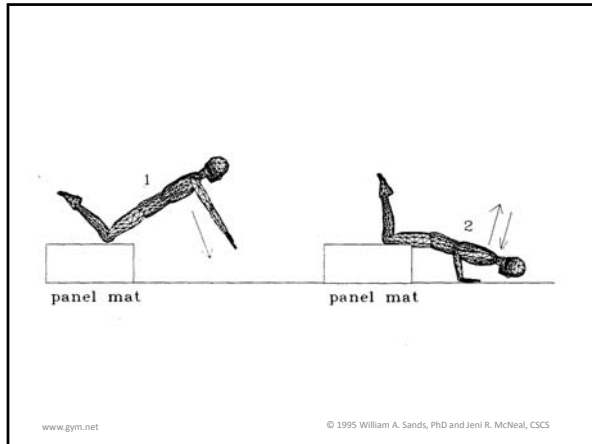
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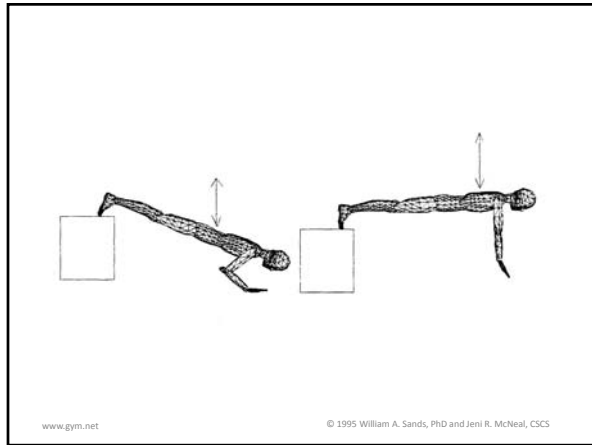
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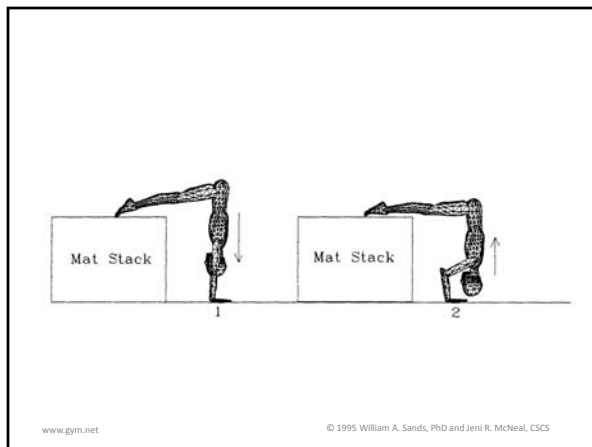


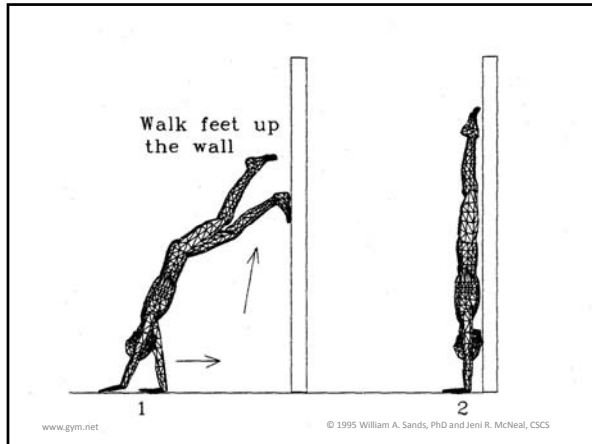


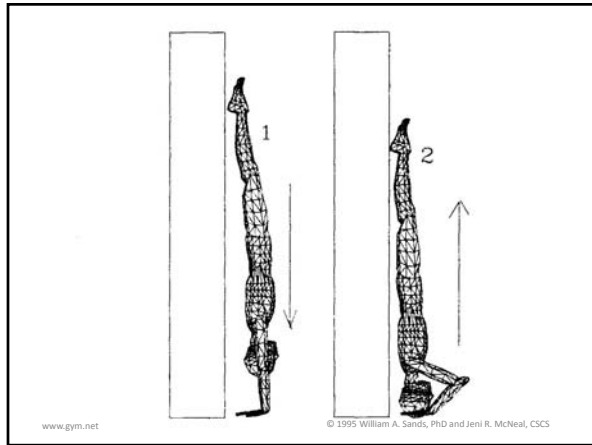


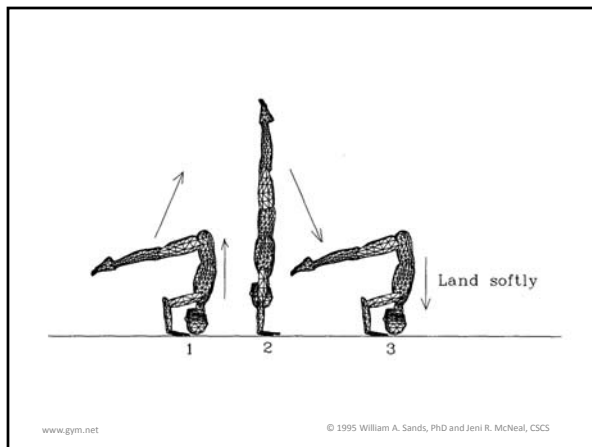


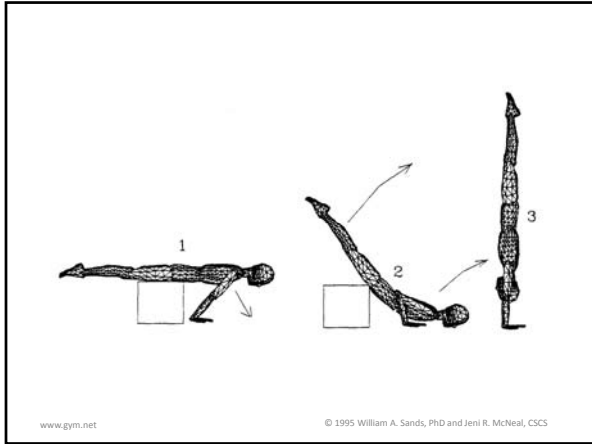


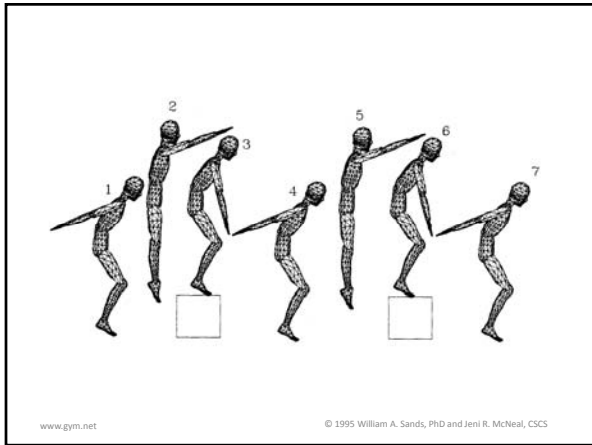


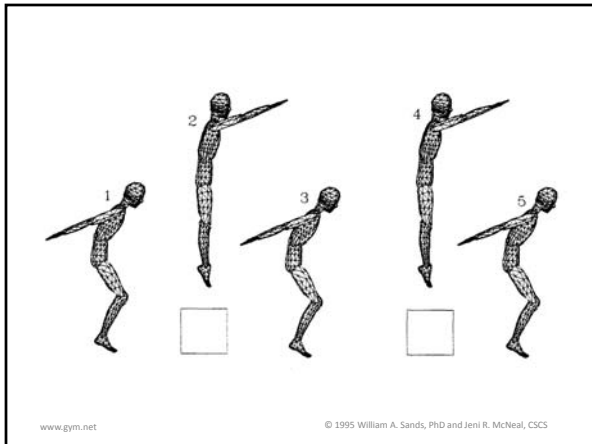


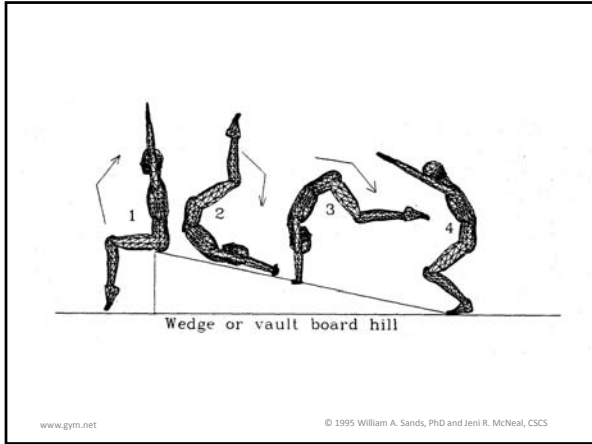


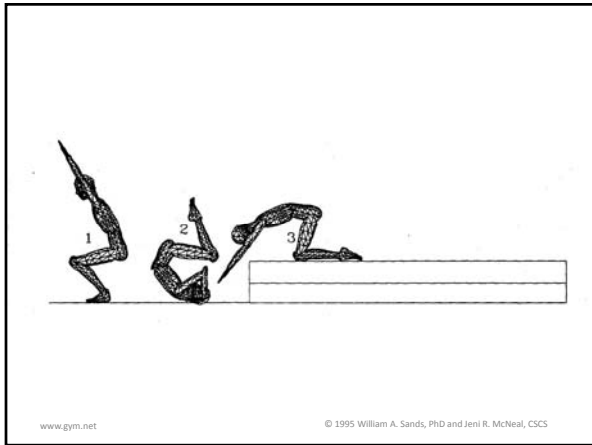


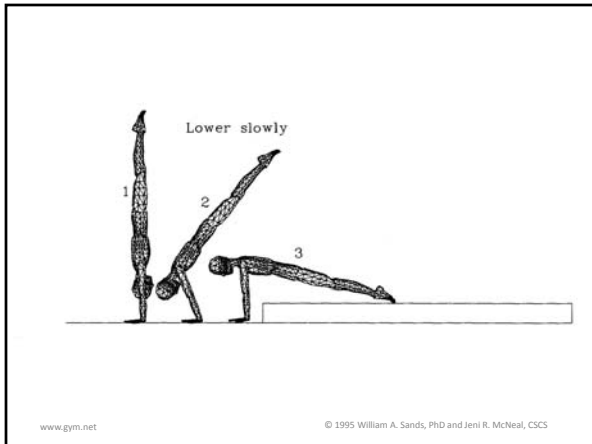


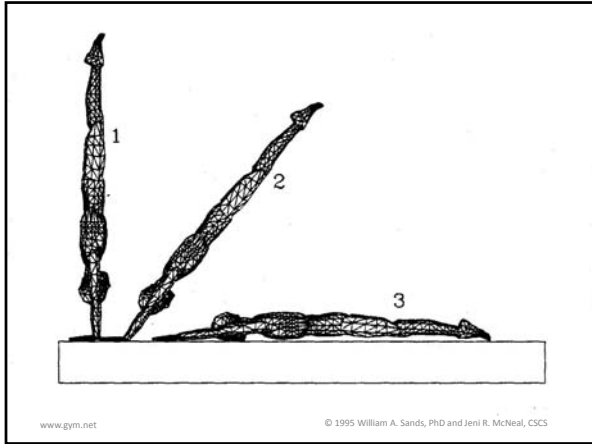


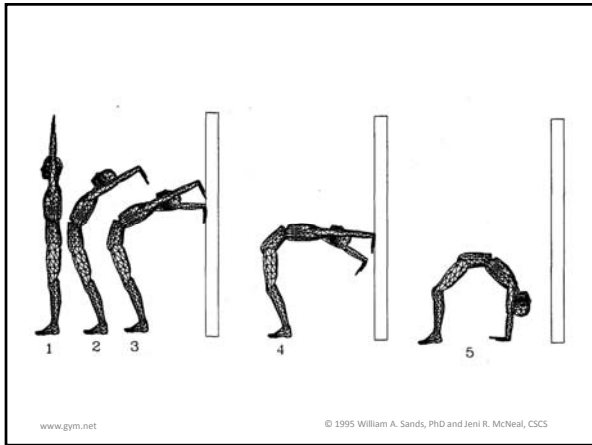


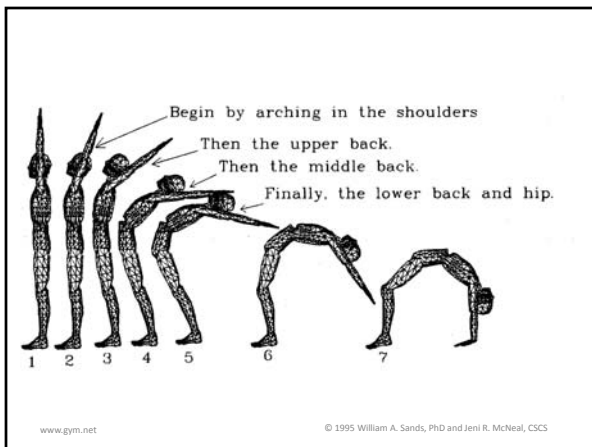


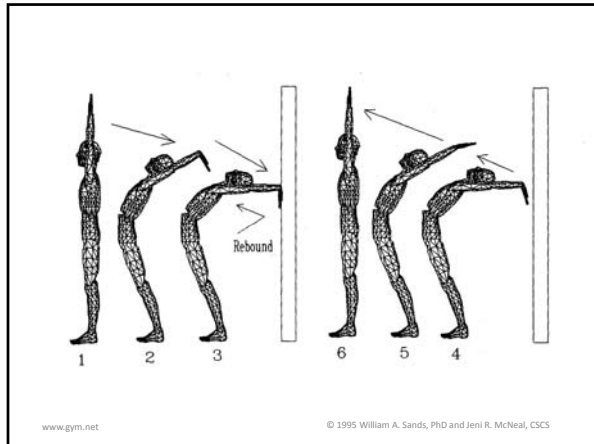


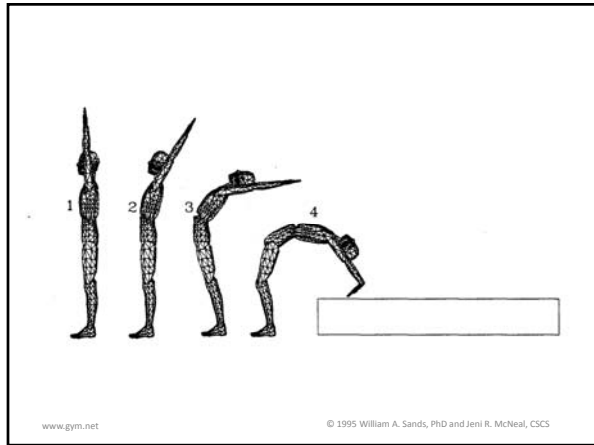


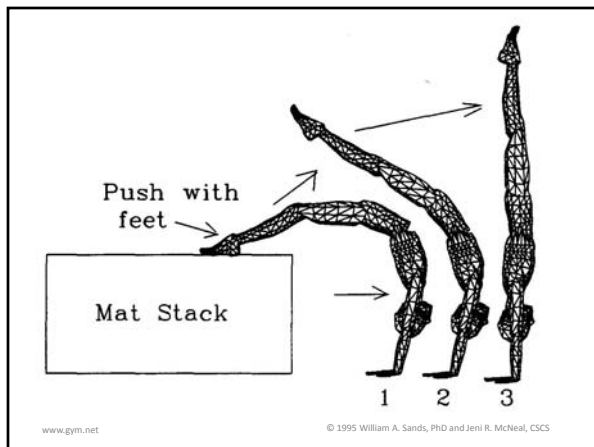


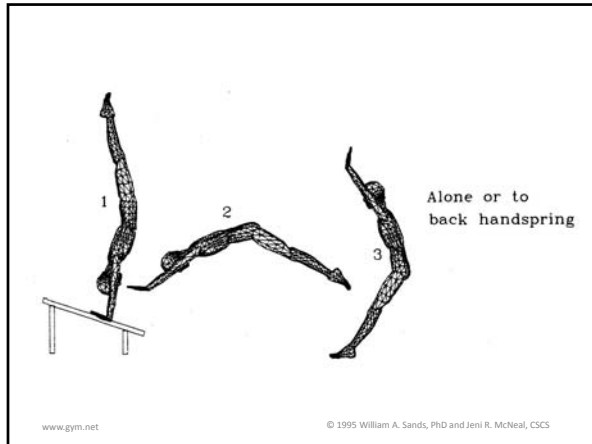


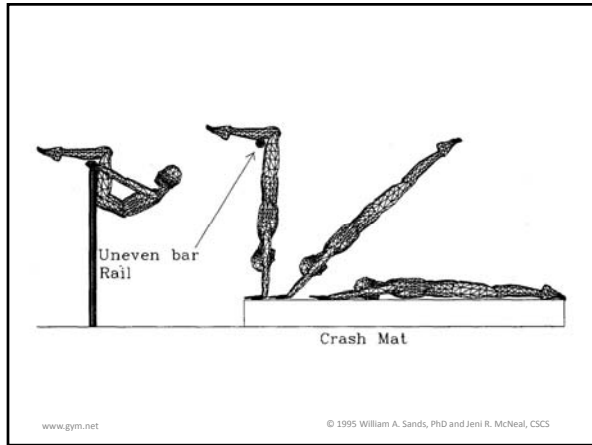


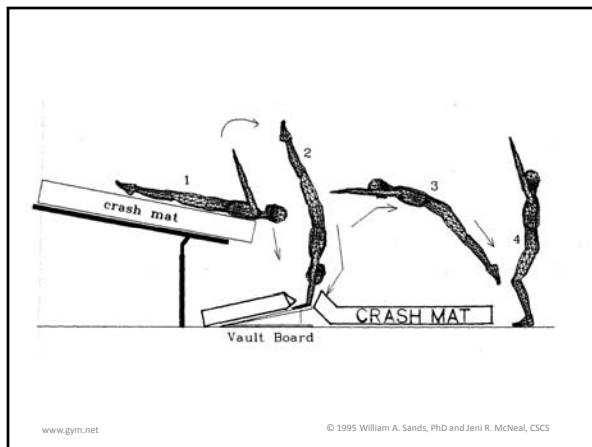


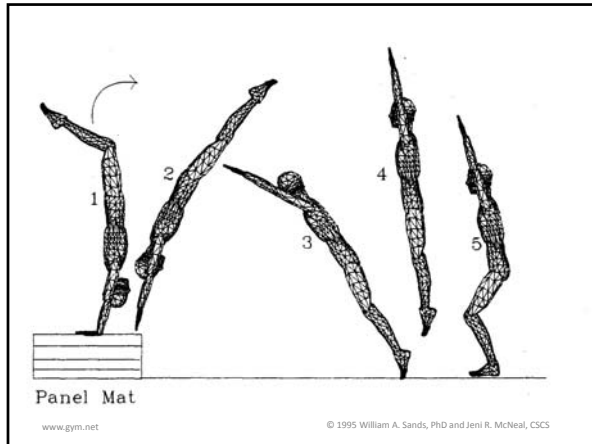


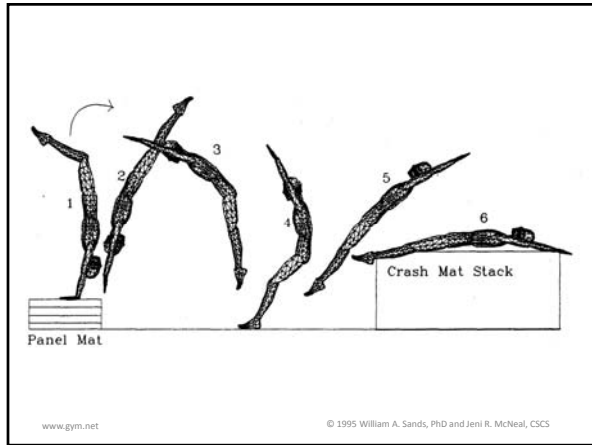


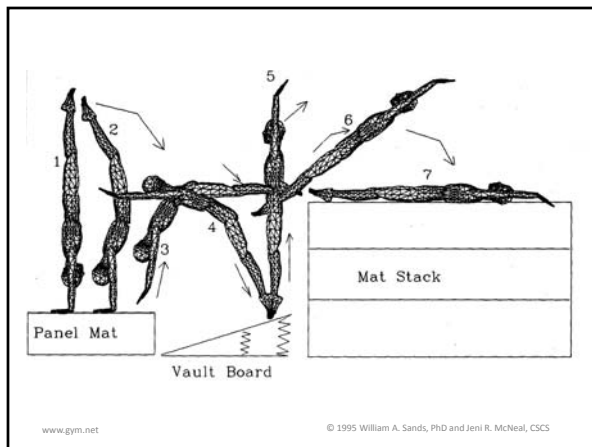


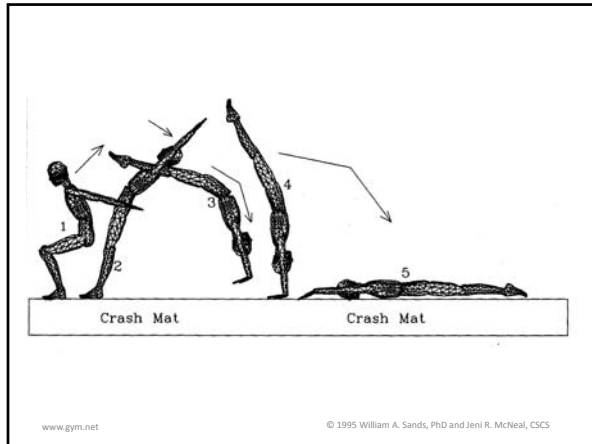


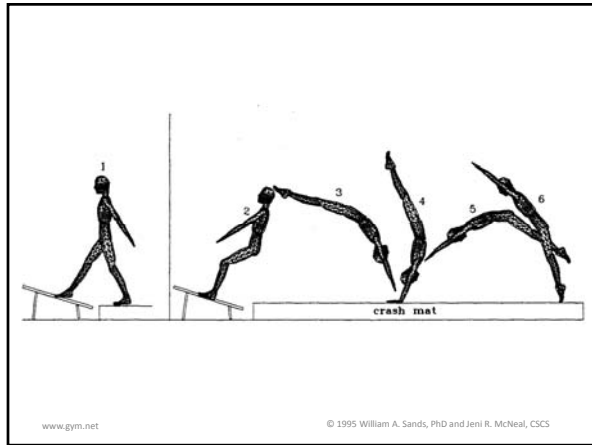


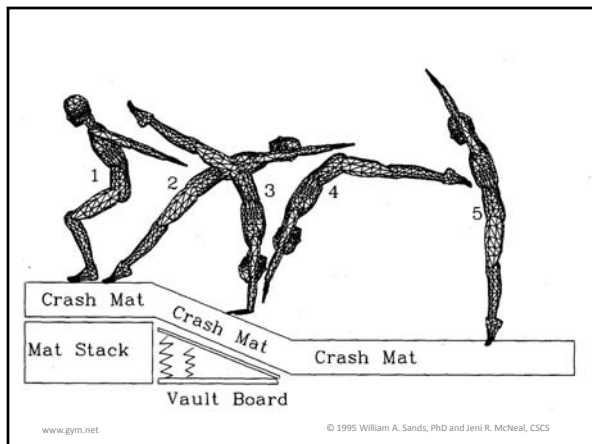


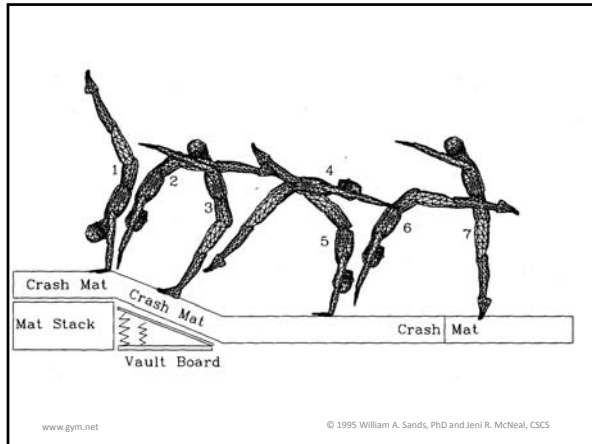


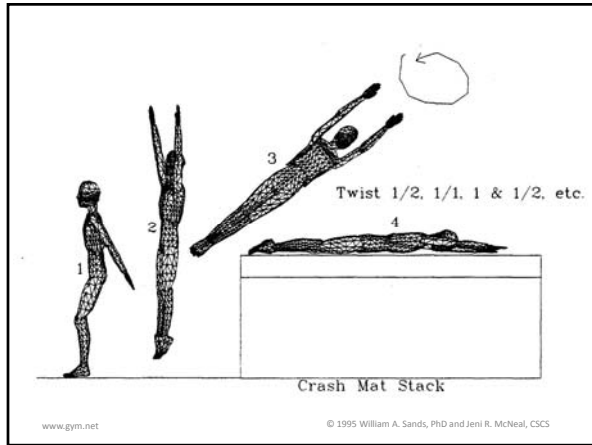


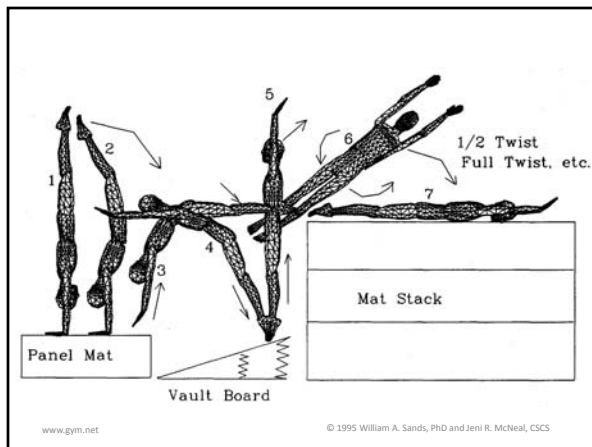


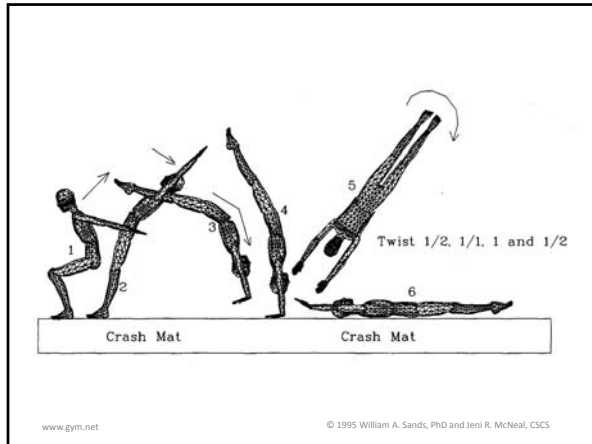












THANK YOU !!!

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