

HANDSTANDS

DESCRIPTION

The handstand is a circus discipline derived from static acrobatics whose main goal is to align the body to achieve and maintain an inverted balance. This practice is not only performed individually but also serves as a solid foundation for learning other body disciplines, making it an ideal complement for those who wish to fully explore their physical potential.

METODOLOGY

1. Progressive Warm-Up: Physical preparation with mobility, strength, and flexibility exercises to activate the shoulders, core, and wrists, preventing injuries.
2. Body Awareness Work: Sensory exercises to identify the body's balance centers and understand the correct alignment in an inverted position.
3. Inversion Progression: Gradual development of balances (headstand, elbow stand, handstand, and one-arm handstand), with initial assistance followed by independent practice.

Repetition sequences and partner work are included to reinforce technique and foster confidence.

OBJECTIVE

- Maintain an aligned handstand independently.
- Recognize and correct body misalignments independently.
- Perform different variations of the inverted position with safety and confidence.

This proposal aims to foster an inclusive learning environment where each student progresses according to their abilities, avoiding forced postures that could cause injuries and promoting a cooperative and consistently motivating atmosphere.

WHAT WILL WE WORK ON?

FULL BODY AND MIND STRENGTH

- BODY AWARENESS
- COORDINATION
- FLEXIBILITY
- RESILIENCE
- PATIENCE
- STRENGTH

