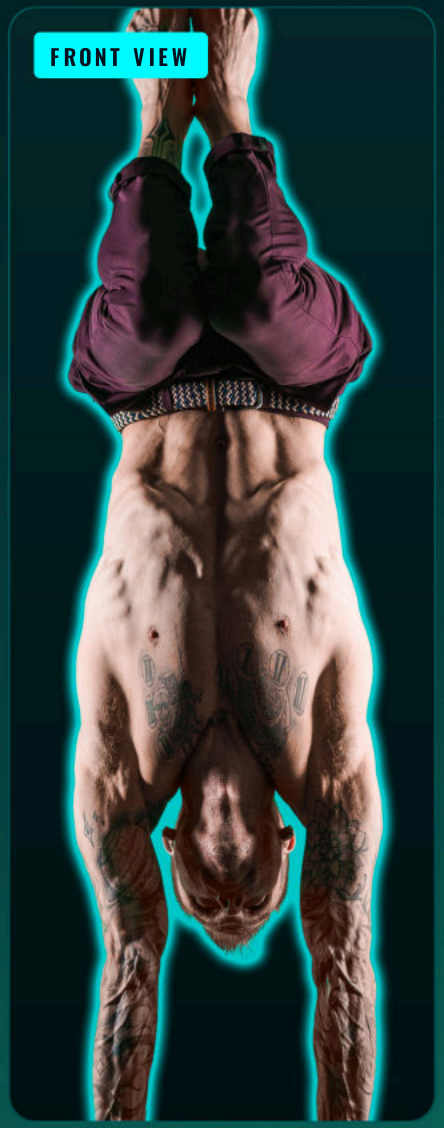
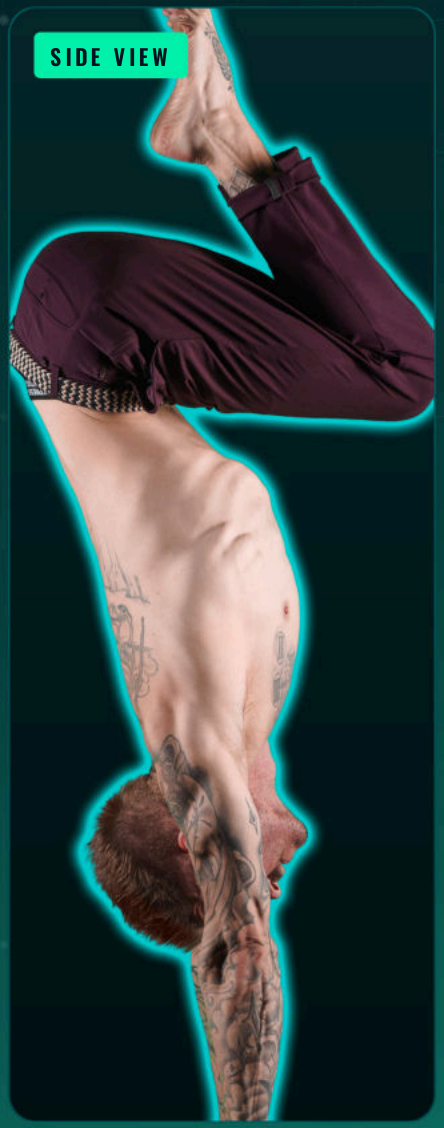
KYLEWEIGER

FORM CHECK

TECHNIQUE GUIDE: TUCK HANDSTAND

HANDSTAND POSITION GUIDE. COMPACT, STACKED, AND IN CONTROL.





WHAT IT IS

THE EASIEST SHAPE TO FIND YOUR BALANCE IN.

Your knees fold in toward your chest so your weight sits low and close to your hands. A shorter lever means smaller corrections, which makes the tuck a must-have shape on your skills checklist.

ALIGNMENT CHECKLIST

CHECK THESE FROM THE GROUND UP.

- ✓ HANDS SHOULDER-WIDTH
- ✓ KNEES PULLED TOWARD CHEST
- ✓ HEELS TOWARD YOUR GLUTES
- ✓ SHOULDERS BY YOUR EARS
- ✓ HIPS OVER SHOULDERS
- ✓ TOES POINTED

GAZE: DOWN BETWEEN YOUR THUMBS

COMMON MISTAKES

SPOT THEM EARLY, FIX THEM FAST.

- ✕ **HIPS FALLING BACK** Your hips drift past your hands. Stack them over your shoulders.
- ✕ **LOOSE TUCK** Knees drift away from your chest. Squeeze them in tight.
- ✕ **SUNKEN SHOULDERS** Push the floor away, ears to your arms.