

Shapes



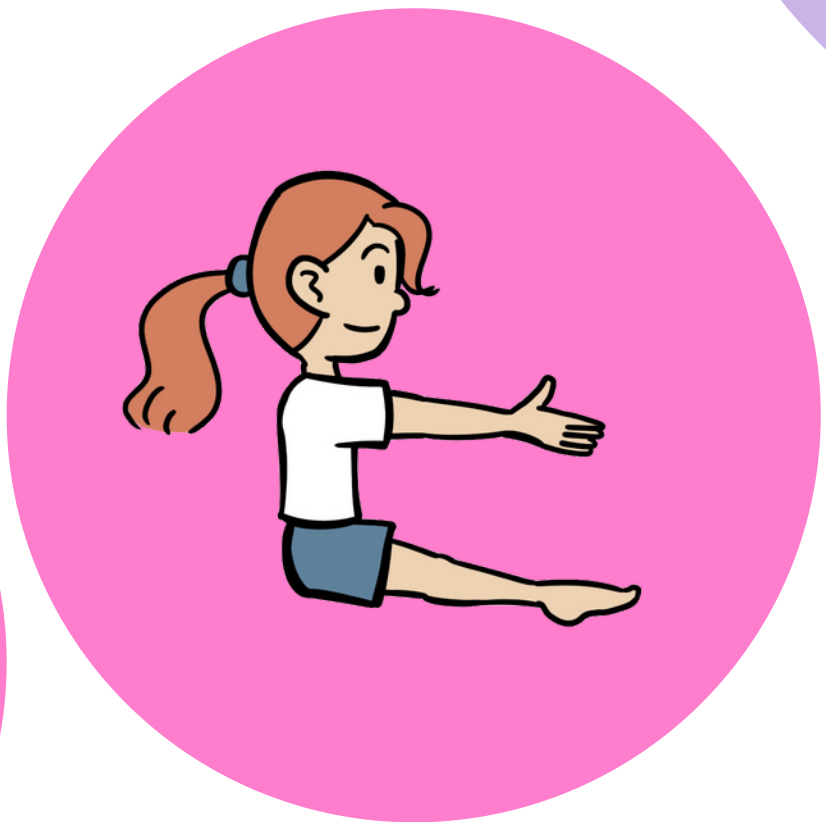
Star

- Arms in line with shoulders
- Hands extended



Pike

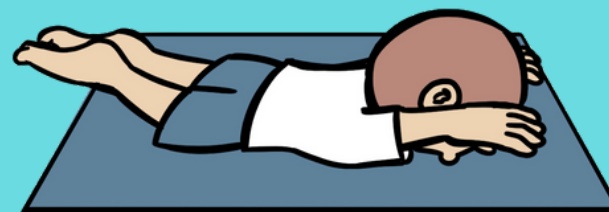
- Arms in line with shoulders
- Legs together
- Toes pointed



Dish



Arch



- Legs together
- Arms and legs straight and lifted off the ground

- Legs together
- Arms and legs straight and lifted off the ground

Shapes



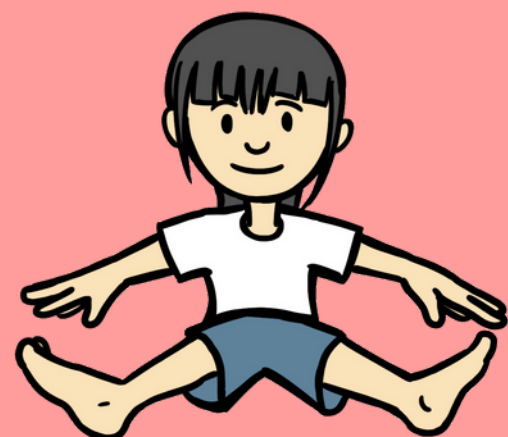
Tuck

- Knees together
- Back straight
- Roll shoulders down away from ears



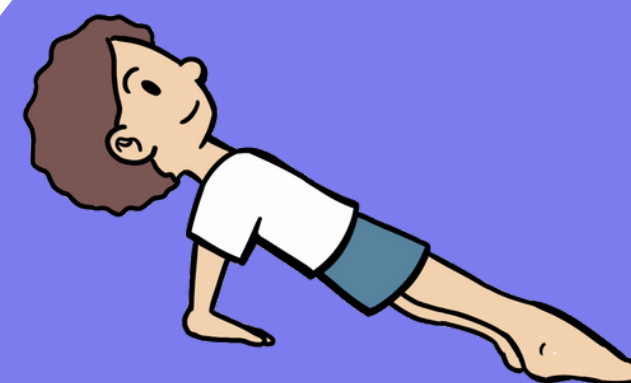
Front Support

- Shoulders over hands
- Head looks straight down
- Body stays in a straight line



Straddle

- Arms and legs extended
- Arms stay shoulder height in line with legs



Back Support

- Hips lifted
- Hands face feet
- Toes aim to touch the ground