**4. Floor: shoulderstand, headstand**

1. Number the following positions according to their difficulty, therefore in what order they should be learned:

Headstand \_\_\_\_\_\_

Shoulderstand \_\_\_\_\_\_

Handstand \_\_\_\_\_\_

1. What factors affect the stability of the position in terms of mechanics?

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1. To maintain balance in the inverted static position, it is necessary to have a strengthened body. Create a graphic sketch of 3 core exercises.

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1. In the headstand the body is

a) perpendicular to the floor

b) inclined slightly forward

c) inclined slightly backward

1. From what body position do we start learning shoulderstand?

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1. When practicing headstand we can use passive assistance. What does it mean?

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1. From the headstand we can continue with the roll forward, it is the most safe option.

YES NO