



Balance: Backwards Figure 4 Walks

Equipment:

N/A

Set-up:

N/A

Description:

The student is trying to walk backwards down the floor with the figure 4 walk without losing balance at any point whilst maintaining the form and technique demonstrated.

Instructions:

Student begins exercise by picking left leg up from the ground and holding the left shin up by the right hip creating the figure 4. Stand up tall in this pose and hold for a count of 2 seconds then step backwards with the left leg. As you transfer your weight onto the left side, pick up the right leg and repeat the process performed with the left side. Continue this sequence until you reach the end of the floor then turn and do the same coming back to the beginning.

Scoring:

The coach will make a judgment on the students' performance of the exercise and award a score ranging between a 3 and a 5 depending upon balance, technique, and number of errors.

