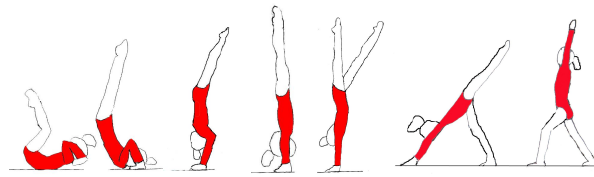


## BACKWARD ROLL TO HANDSTAND (Bent Arms)

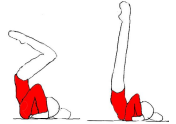
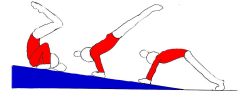
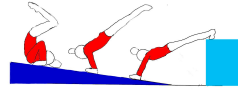
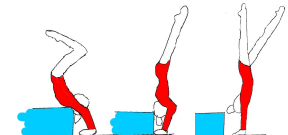


### You are looking for:

- ✓ A pike down into the roll.
- ✓ Feet aimed to vertical and slightly beyond, instead of backwards.
- ✓ A powerful arm push just before the legs reach vertical to release the head.
- ✓ Feet to be kept over the hips during the push, so handstand can be held.
- ✓ Step-out as with a handstand.



NB. Before attempting this move, the gymnast must have mastered a good backward roll and handstand. Strong triceps are crucial to executing the arm push correctly.

### Set-ups & Progressions:

- Rocking back to an extended Shoulder Stand, bringing hands into the correct position for the push. The gymnast must keep the legs bent in until the shins are vertical, then power the up to a straight leg. 
- Backward rolls to Front Support are the first natural progression towards Handstand as it cannot be done without a good push off the arms. Practise can be done down a slope, dropping feet onto the floor. 
- Rolling down a slope and trying to extend the feet up onto a raised platform, such as a block or stacked mats starts to increase the difficulty, and requires a strong arm push. 
- Use a firm crash mat. The gymnast can start the roll on the mat, and drop the hands down off the edge onto the floor to push to Handstand. The edge of the mat helps to support some of the weight of the head and arms, and stops the shoulders collapsing. 

### Conditioning for Backward Roll to Handstand

Coaches should not underestimate the amount of effort required to successfully push up to Handstand in this move. This is an advanced move for a recreational gymnast, so ensure that you have several options when exploring it for the less able ones. Conditioning will help if it is feasible:

- Any Tricep pushing exercise such as Tricep Push-ups, elbows facing backwards, arms tucked in. 
- Tricep dips perhaps like this one using a bench. 

- With the Coach supporting at the calves, from Shoulder Stand with hands next to the ears, the gymnast pushes up to a handstand, then, tucks the head back in coming back down into the Shoulder Stand. It can be repeated as a conditioning exercise, but only if the gymnast is strong enough to do the majority of the work 