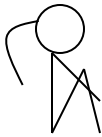
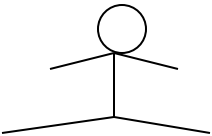
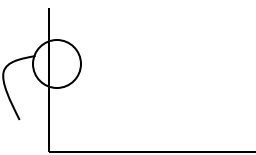
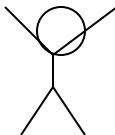


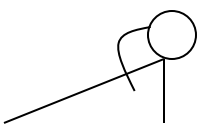
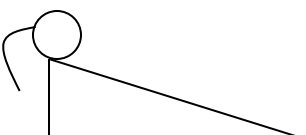


Basic Shapes in Gymnastics

<i>Shape</i>	<i>Picture</i>	<i>Looking for....</i>
Tuck		Straight back Toes pointed Legs together, NOT crossed
Straddle		Straight back Arms out to the sides and extended Legs straight with pointed toes
Pike		Straight back Arms by ears reaching up Legs straight and together Toes pointed
Star		On back Extending legs and arms Toes pointed
Dish		Lying on back, arms on legs Round back, Lifting head and legs off the floor
Arch		Lying on front, arms by ears Lifting up arms and legs Legs straight
Front Support		All fours Arms and legs straight Legs together Tummy facing the floor
Back Support		All fours Arms and legs straight Legs together Back facing the floor Fingers points towards toes