

TRIANGLE

Difficulty	5
Characteristics	Flexibility, Strength
Group	Tractions



- **Direction to Face when Performing the Posture:** Facing the Judges.
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- **Minimum Expression:** The Athlete must stand on both legs. The body must be leaning towards the side with one arm extending down and opposite arm must be extending up.
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- **Recommended Execution:**
- (instructions for right side)
- Stand-up straight with the feet together and stretch both arms over the head with palms together
- Step the right leg to the right and bring the arms down parallel to the floor with the palms facing down to the floor.
- Turn the right foot out to the right so that it is parallel to the stage.
- Bend the right knee until your thigh is parallel to the floor, keep the left knee locked. Spine straight in the center. Hips are forward.
- Move both of your arms at the same time, placing the right elbow in front of the right knee and the right fingertips between the right big toe and second toe with palms facing the judges.
- Stretch both arms and shoulders in opposite directions.
- Push the left hip forward and the right knee back with the help of the right elbow.
- Look up. Touch the chin to the left shoulder so the profile of the face is visible and twist the upper body back.
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- **Deductions specific to the posture:**
- Right elbow not exactly touching the right knee.
- Left foot not flat on the floor and left knee not locked.
- Right thigh not parallel to the floor and right foot not turned out 90 degrees.
- Right fingertips not between the right big toe and second toe.
- Spine not in the center and hips not forward.
- Arms not perpendicular to the floor.
- Elbows not locked and arms/shoulders not stretching apart.
- Chin not on shoulder and the head not in profile.
- Body not in one straight line.
- Spine rounding instead of twisting.