

Temporarily Approved Optional Postures

February 18, 2020

Marichyasana D
8, F, Twists, profile



min expression:

The Athlete must be squatting down on one foot with the other leg in half lotus with the thigh on the floor and the torso must twist towards the leg with the sole of the foot on the floor with one arm around the opposite leg and hands in contact behind the back.

deductions(by half or whole points according to the degree. . .)

- knee of the half lotus lifting of the floor
- knee of the half lotus opening to the side
- squatting hip lifting too much off the heel
- heel lifting of the floor
- spine not stretching
- spine not symmetrically twisting
- gap between the torso and top thigh
- back wrist not grasped properly with front hand(hand not visible on a back thigh)
- head not fully turned to the profile
- spine and bottom thigh should be less then 90 degrees angle- spine needs to be inclined to the bottom leg

extra skills: none

less skills: none

accepted flourishes: none