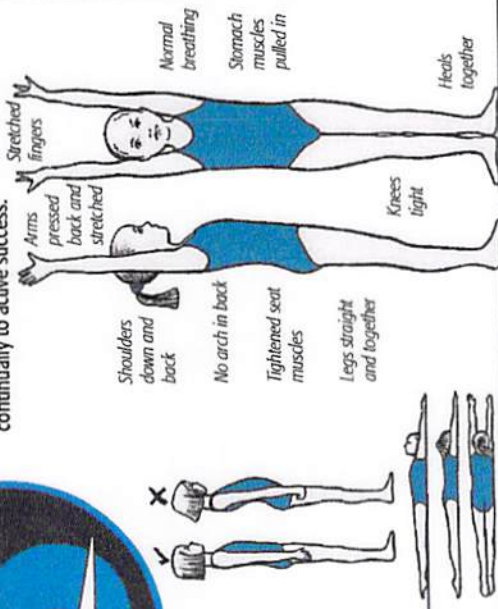




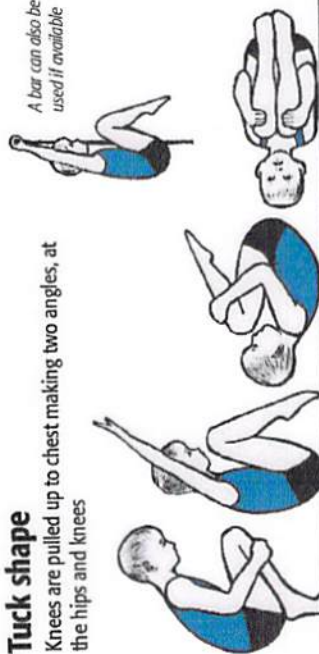
# 1 Straight shape

Good posture and body tension must be practised continually to active success.



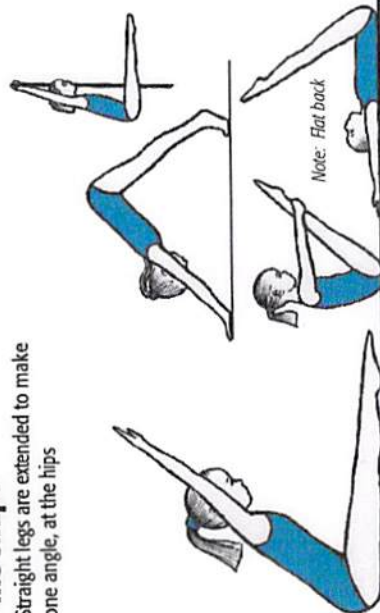
# 2 Tuck shape

Knees are pulled up to chest making two angles, at the hips and knees

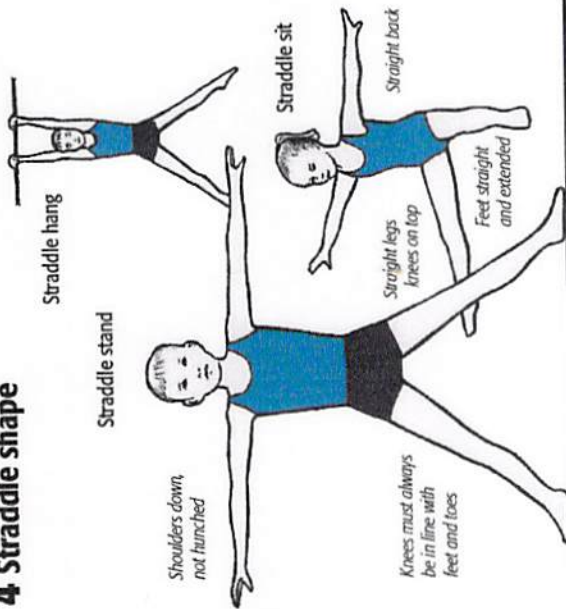


# 3 Pike shape

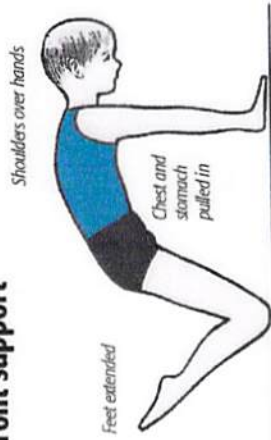
Straight legs are extended to make one angle, at the hips



# 4 Straddle shape



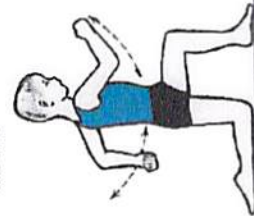
# 5 Front support



# 6 Starting to run

Arm action only

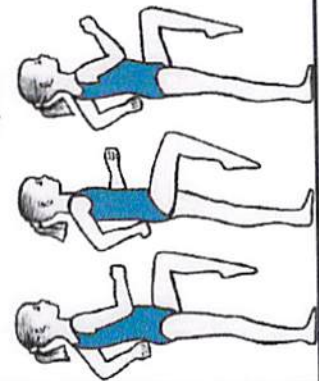
Hands go to shoulder level, elbows kept into sides



# 7 Walking steps

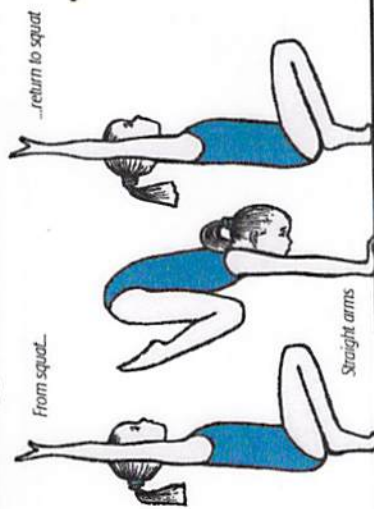
Knees raised

Elbows into sides, toes pointed



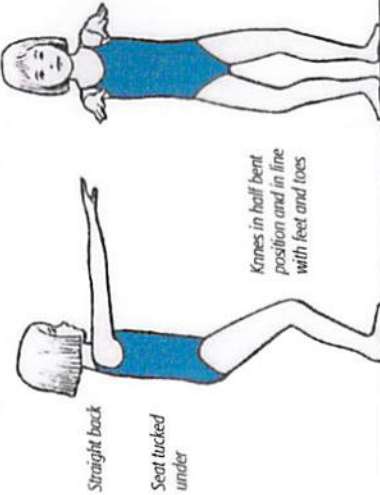
# 8 Bunny hop (on the spot)

Build this skill up gradually to avoid the habit of over balancing



# 9 Landing shape

Hold for 5 seconds, then stand straight



# 10 Begin the hurdle step

Head erect, spot with eyes

Take arms to sides...

...swing arms to side of head

