

## Handstand - Forward Roll

- (1) Swing up into a handstand.  
Hold the handstand position with strong tension throughout the body.
- (2) As the weight of the body begins to pass over the vertical position, tuck head in, chin on chest and bend elbows to allow the body to sink down into the first part of the roll. Back curved but legs remain straight. N.B. Head is close to hands.
- (3) Knees are drawn in tightly to the body as the shoulders touch the ground.  
As the roll nears completion, tuck heels in as close as possible to hips, reach forward with arms and thrust up with legs to stand.



**Very important:** The performer should be very competent in the execution of the handstand before transition into the forward roll is attempted.

**Common faults:**

- (a) Performing just an extended forward roll - no initial handstand position being held.
- (b) Falling down heavily onto the back from the handstand position.

**Remedy:**

- (a) The teacher can support the child in a handstand before assisting them to lower gently into the forward roll. N.B. If the child is a fairly competent performer, and not very tall, then it is reasonable to support by knees or thighs, but if the child is taller, or an unsteady performer, then the support should always be by the hips.

- (b) There could be two possible causes for fault (b) -
  - (i) Overbalancing too far in the handstand before dropping into the roll or
  - (ii) Releasing the tension from the arms suddenly, instead of keeping the tension in the arms as they bend and lowering the body slowly to the floor.

The remedy is as for (a) but the support is on the hips and the teacher lowers the student into the roll, supporting hips all the time, and taking the weight.

**N.B.** All handstand movements and combinations can be extended or developed by working with a partner, making sequences, or transferring work to apparatus.