


胡素貞博士紀念學校

體操教材

頭手倒立


頭手倒立連續動作



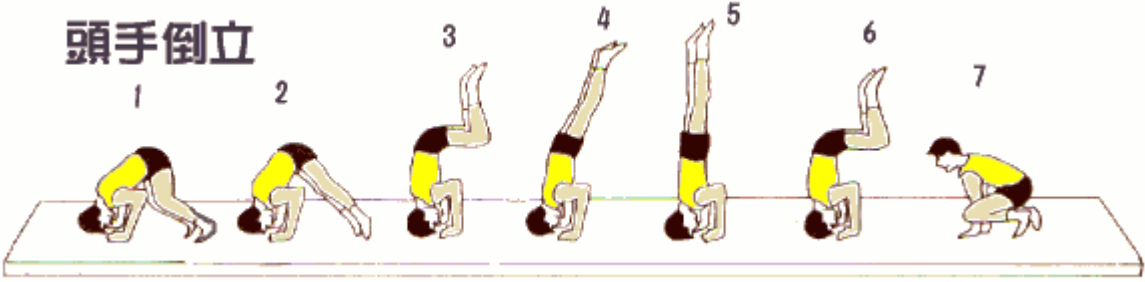
屈膝頭手倒立



母雞倒立



頭手倒立



1. Starting crouch with hands on the floor.
2. Hands on the floor, feet on hands.
3. Feet on hands, head on floor.
4. Head on floor, legs straight up.
5. Head on floor, legs straight up, arms extended.
6. Head on floor, legs straight up, arms bent at the elbows.
7. Final headstand position.

輔助法

