

# Headstand

Partner Evaluation Sheet

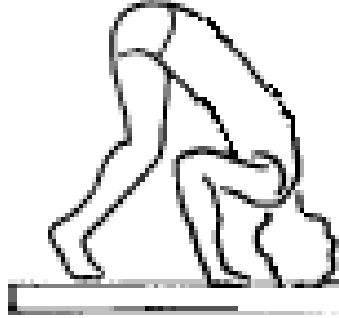
Performer: \_\_\_\_\_

Observer: \_\_\_\_\_

## Does Your Partner:

Green    Amber    Red

1. Make a triangle base with your hands and head



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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2. Place your forehead on the mat

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3. Walk both feet in towards you

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Comment

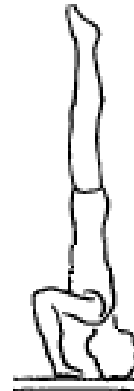
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\_\_\_\_\_

1. Raise legs together, hips over shoulders



OR



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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2. Keep your stomach muscles tight

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3. Keep legs together and bend at the hip

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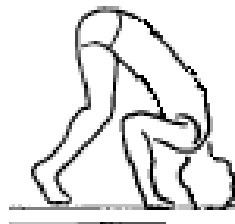
4. If able, straighten legs and point your toes

Comment

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\_\_\_\_\_

1. Lower both legs together



<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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2. Controlled landing

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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3. Finish tall with feet together

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Comment

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