
Handstands

101

A basic step by step guide to achieving the perfect handsand



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Volume

1

The Basics

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Foreword

The art of hand balancing does not come overnight. Any knowledge that I have, has been built up and developed over years of training as a gymnast. By creating these guides I hope to pass on my years of knowledge on the art of hand balancing with the hope that others can gain the same enjoyment and satisfaction that I still experience when I handstand

Enjoy :)

and remember Rome wasn't built in a day,
persistence is the key to success.

Part 1:

Tips and Tricks only the experts have worked out

When people first try and master the handstand, I guarantee they will just kick up and hope for the best. Unfortunately it's not as simple as this. There are a lot of factors to take into consideration.

When each of these factors are under control it is a lot easier to nail a handstand.



I will break each factor down into 3 sections, making it easier to understand how to master each as trying to concentrate on them all at the same time will definitely cause you to end up as a heap on the floor.

1: Hand Position and Weight Distribution

2: Body Tension

3: Body Alignment

1: Hand Position and Weight Distribution

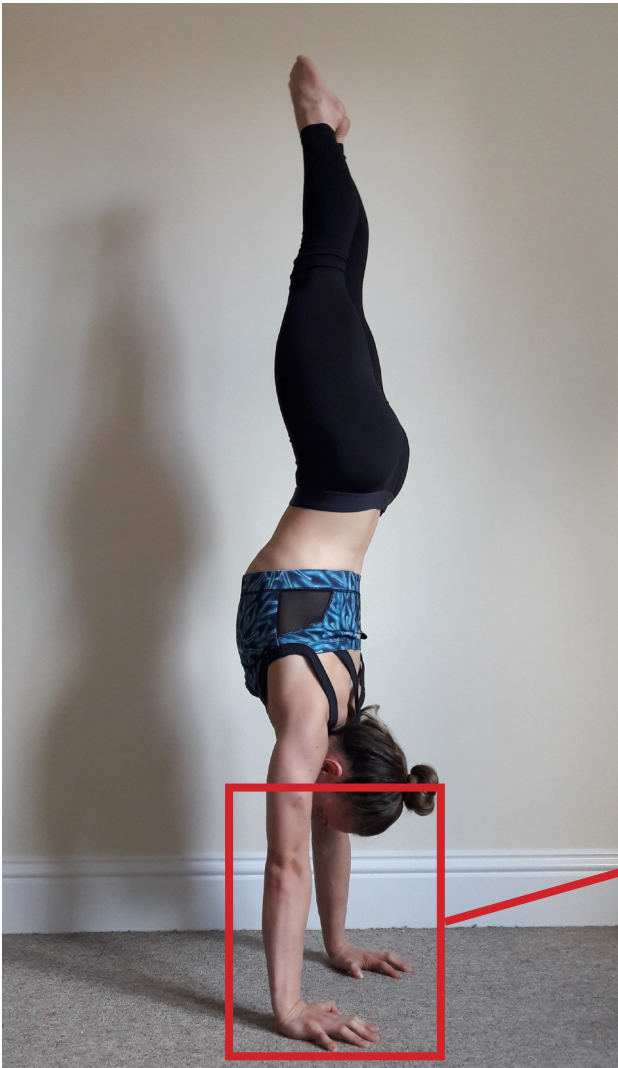
Unless you have been doing handstands for years you would never realise how crucial it is to use your hands to control your body.

When your hands are on the floor they act as a pivot point in which your body moves around. Your hands control a lot more of the body's weight distribution than most people may realise. You can change the body's centre of gravity just by adjusting your hands slightly, which can help you hold a handstand for longer than just a few seconds.



To hold a handstand it is essential to make sure the weight is in the right place on your hands. If the weight is not centred over the palms of the hand (see picture green) and is felt either on the back or the front of the hands (see picture red) it is highly likely you won't be able to hold the handstand.

To help aid the positioning of the weight of can use the floor to your advantage and use your fingertips to grip the floor.



See how the fingers are "gripping" the floor



Gripping the floor helps to keep the weight centred in the palm of the hand.

An exercise that can be done to help feel the correct weight distribution is front support rocks. The middle picture shows the position where the weight should be correctly distributed over the hands. Remember how this feels on your hands and try to replicate this feeling when doing a handstand.

