

## „10 AND UNDER“ FIGURES

### 1. SIMPLE BALLERINA (1.3)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tub Position**. Legs bent and together, feet and knees at and parallel to the surface, things perpendicular. Head on line with trunk. Face at the surface.

One leg extended perpendicular to the surface. The other leg drawn to the chest with the mid-calf opposite the vertical leg, foot and knee at the parallel to the surface (**Flamingo position**). Face at the surface.

The straight leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



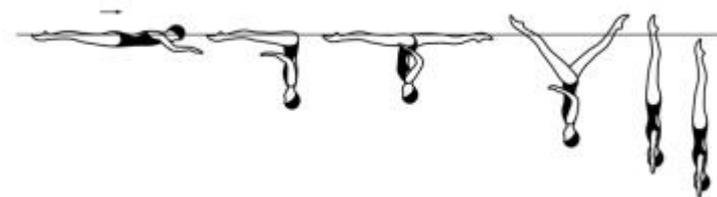
### 2. SURFACE ARCH POSITION (1.2)

From a **Back Layout Position**, the hips, legs and feet continue to move along the surface as the back is arched more to assume a **Surface Arch Position**. From a **Surface Arch Position**, the hips, chest and face surface sequentially at the same point, with foot first movements to a **Back Layout Position**, until the head occupies the position of the hips at the beginning of this action.



### 3. 362. SURFACE PRAWN (1.3)

From a **Front Layout Position**, a **Front Pike Position** is assumed. One foot is moved in horizontal arc of 180° at the surface to a **Split Position**. The legs are joined to assume a **Vertical Position** at the ankles. A Vertical Descent is executed.



### 4. KIPNUS (1.4)

From a **Back Layout Position**, a partial **Somersault Back Tuck** is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A Vertical Descent is executed in a **Bent Knee Vertical Position**.

