

FIGURES

AG10 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 ballet 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. TO ASSUME A FRONT PIKE POSITION WITH FISHTAIL POSITION (1.6)

From a **Front Layout Position** a **Front Pike Position** is assumed. One leg is lifted to a **Fishtail Position**. The foot of the forward leg is at the surface, regardless of the height of the hips.



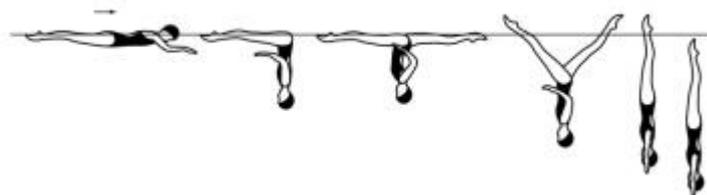
3. SURFACE ARCH POSITION (1.2)

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.



4. 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.



AG8 FIGURES

1. 360 DEGREES ROTATION IN TUCK POSITION (1.1)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. A 360 degrees rotation is made while keeping the body position. Hips stay as the centre of rotation. Feet and body will be extended back to **Back Layout Position**.



2. SOMERSAULT BACK TUCK (1.1)

From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.



3. BENT KNEE BACK LAYOUT POSITION (1.1)

Begin in a **Back Layout Position**. One leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Back Layout Position**. After that the toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



4. BENT KNEE FRONT LAYOUT POSITION (1.2)

From a **Front Layout Position**, one leg remains at the surface throughout. The foot of the other leg is drawn along the inside of the extended leg to assume a **Bent Knee Front Layout Position**. After that the toe moves along the inside of the extended leg until a **Front Layout Position** is assumed.

