

«Dancings motions and exercises are an effective mean of warning and removal of defects of carriage».

Motion, game, creation, all of it can childhood, childhood and танецу, probably therefore children so like dancing! But ability to dance depends on many факторов and one of them health of future dancer. Every teacher of dance in the practical activity runs into the problems of child's health, namely wrong forming of carriage.

It is correct to hold ability and lack of ability the body influences not only on original appearance child but also on the state of his internalss, his health. Violation of carriage results in worsening robots of organs and systems of growing organism, especially tells on the functions of musculoskeletal [locomotor] system, (support-motor [locomotor] apparatus, locomotorium) vehicle, cardiovascular, respiratory and nervous system.

A carriage is formed in the process of growth of child, changing depending on the terms of way of life and motive activity.

A normal carriage is characterized not tension, but also by the not slackness of body of man.

Examination at the front: a head is located straight, shoulders, collar-bones, costal arcs, the combs of iliac bones are symmetric. A stomach is flat, smart. Feet are lines, thighs and shins are serried. Distance between tomentous hands and waist identically

Examination behind: contours of shoulders at one level, shoulder-blades not too move away from a thorax, lower corners of shoulder-blades at one level, and external edges on identical distance from a spine. A line, conducted on the most salient points, must be apeak to the line.

Examination from one side: a moderate undulating bend has a spine (forward are neck and lumbar лордозы; back – thoracal and кресцово-копчиковый кифозы). A line is mentally conducted through - ear-lobe, humeral joint, trochinter, head of perone, outside of talocrural joint, - must be continuously vertical. (6)

Violation of carriage is:

- functional – a child can accept position of correct carriage on a task (independently or with a help);
- fixed - a child can not accept position of correct carriage. At proof (fixed) violations of carriage of employment conducted in task forces under the supervision of doctor.

Functional violations more frequent than all arise up from weak development of muscles of the back and stomach. To the factors, to provoking violation of carriage, it is possible to take asymmetric positions bodies at which the muscles of one half of body appear long time stretched, and other – brief. By reason of such functional violations the followings types of vicious carriage are formed:

1. Round back;
2. Roundly-concave back;
3. Flat back;
4. Lordicheskaya carriage;
5. Skalioticheskaya carriage.

To teach a child to permanent control after position of the body it is necessary as possible before. Correction of defects of carriage business is always more difficult, than warning them. The most effective mean of warning and removal of defects of carriage is dancings motions and exercises.

Planning of employments.

Planning of employments has the method, that provides the best results in warning and correction of defects of carriage.

In the first part of employment it is necessary to execute simple correctings exercises, proper the type of violation of carriage.

Rate of implementation:

- slow;
- moderate;
- middle.

An optimum dosage of exercises is 6 – 8 reiterations.

Next part of employment consists of basic correctings exercises, majority from which must be executed in position lying on the back, on a side and on a stomach. In these positions it is easy to watch after the straightened position of body, muscles do not test the protracted static loading, as at withholding of body in position upright and sitting. Rate of implementation – slow, moderate and middle. A dosage depends on the feel of child, physical preparedness and mastering of material. On the average exercises repeat oneself 8 – 16 times. All of exercises are executed in both sides.

A tail-piece consists of exercises on weakening, executable in initial positions lying on the back, respiratory and special exercises on feeling of correct carriage.

The ideal variant of employments for children with violation of carriage supposes a presence in the apartment of mirrors, which enable each to watch after the carriage both in statics, different initial positions, and afoot. All of it facilitates implementation of exercises, and also increases the medical effect of exercises.

Executing motions, children must breathe through a nose, not detaining breathing. It is necessary to take into account also, that motions are instrumental in forming of correct carriage with objects by their it is possible to strengthen the effect of affecting separate groups of muscles. Children with violation of carriage it is needed to teach the art of weakening. To that end to beginning of employments and at the end of them it is useful to conduct exercises on weakening with the elements of auto-training (autogenic training) which helps to attract attention on making stereotype of correct carriage. Before the beginning of employments children weaken the muscles, lying on the back, listening voice of teacher (parent), slowly and imperiously pronouncing a phrase: «Muscles are weakened. I will get up, head – upwards, will open out shoulders, hardly will take shoulder-blades, will pull up a stomach, will correct position of pelvis!». Children repeat this phrase mentally, get up, accepting a correct carriage. In addition children with alike violations of carriage can in pairs walk up to each other, conduct mutual control and correction of position of shoulder [thoracic] girdle, shoulder-blades, spine, pelvis.

Parents must have active position in life of own child, to help in overcoming of arising up obstacle and inspire the idea of convalescence, which lies in the mode of day, volume of motive activity. In addition, it will be useful them to know that for a prophylaxis and correction of violations of carriage to sleep a child better on a stomach or on the back, on a flat pillow. In place of brief-case it is better to carry a satchel. Sitting is needed so that the back leaned at the back of chair. To remind the arched child of necessity to retain a body in correct position better by the easy touch of hand or quiet, even voice.

Parents must know that positive results in the correction of carriage are possible only at regular employments. In a week them it must be no less than three. At двухразовых employments, the children of middle and senior ages can один-два time to do some the work in home terms independently. For this purpose they need to learn the methods of self-control. Junior home tasks are also recommended, but under control parents.

Methods of control and self-control.

On employments it is very important to control the state of children. Important tasks decide on the basis of control : accordance of loading functional possibilities of organism, individualization of employments et al. Control can carry out teacher, parents and child (self-control).

Estimating is possible objective indexes: growth, mass, frequency of heart-throbs, breathing frequency, vital capacity of easy and subjective feelings: feel, activity, mood, sleep, appetite, degree of fatigue et al.

The most essential objective index, reflecting intensity, size of loading and bearableness by its child, is heart rate (cardiac rhythm; heart rhythm).

A teacher must explain to the children, how to define the pulse during employments. Measure a pulse, finding him, on the internal surface of wrist at foundation of pollex. Junior more comfortable to count the pulse, attaching a palm to the thorax in area of heart. (7) 18.

Heart-throbs made a calculation during 10 seconds, and then multiply the got size by six (result). Measuring the pulse is necessary:

- ▣ before employment;
- ▣ after a limbering-up;
- ▣ cyclic exercises;
- ▣ intensive exercises with participation large mice (true mice) groups;
- ▣ exercises executed in a rapid rate;
- ▣ at the end of employment.

Index of cardiac reductions at once after implementation of exercises must not exceed for children:

- ▣ 6 -10 years (junior) are 140 shots in a minute;
- ▣ 11-13 years (middle) are 160 shots in a minute;
- ▣ 14 -17 years (senior) are 175 shots in a minute (initial values).

The indexes of cardiac reductions for the children of different age are given below.

A large value has measuring of mass of body. Controlling it is necessary through certain intervals at one and the same time days, comparing to the middle index of mass for this growth. A making progress loss of appetite and mass is in an organism, and also about the excessive loading.

To judge about a size loadings and about bearableness of it it is possible similarly on original appearance a child. Excessive reddening or vice versa to blanch of skin of person, abundant sweating, sweat secretion (perspiration), shallow breathing through the widely opened mouth, a hypotaxia motions testifies to bad bearableness of loading.

Control (independent control) helps not only to control loading but also correct it depending on the state and feel of child.

It is very important for a child estimation, as a carriage changes at regular engaged in exercises for the correction of vicious carriage.

1. «Dancings motions and exercises at the round round back».

The round back is a type of vicious carriage with the followings signs: a head is inclined forward, shoulders hang down forward, shoulder-blades fall behind from a spine, the back is arched, a stomach is thrust out, buttocks are flat, feet are slightly arcuated in knees. All of it is related to the weakness of мышечного corset, which results in the increase of bend in the pectoral department of spine and smoothing out of neck and lumbar lordosis.

At the round back a thorax is hollow, underdeveloped. It affects breathing. It becomes superficial. The constrained lights can not provide an organism the enough body of oxygen. The functions of heart are laboured. Therefore for children with the round back there can be head pains, anaemia, loss of appetite, violation of cardiac activity, worsening of sight.

Reason of development of the round back more frequent than all is is disparity of furniture to growth of child.

That it is correct to pick up exercise for employments of children with the round back, it is needed to know about changes in muscles at this type of vicious carriage. Muscle abdominal press as though shortened, and the muscles of the back are stretched. It is possible to talk and about the conditional shortening of pectoral muscles: children with the round back can not heave up a hand upwards completely (at a stoop – vice versa, getting up of hands is upwards accompanied straightening of the back). Consequently, the complex of exercises needs to be made so that to wrick muscles abdominal press and thoracal, and to fix the muscles of the back. In addition it is needed to spare attention exercises on the arch-out of trunk in the pectoral department of spine, but without bending in a lumbar area.

Dancings motions and exercises at the round back:

1. Initial position is a basic bar.

on «1-2» are hands upwards, two cottons above a head;

on «3-4» - bob (curtsey, curtsy), hands back, two cottons after the back;

To repeat 8 – 16 times. Rate middle. (3711-15) 5. 18

2. Initial position is a bar of leg separately.

on «1» - to sit down, to bend hands brushes to the shoulders;

on «2» - to walk up socks, hands upwards, to divorce fingers;
on «3» - to sit down, to bend hands brushes to the shoulders;
on «4» - to walk up socks, right arm aside, left arm upwards, turn of head to the right;
on «5» - to sit down, to bend hands brushes to the shoulders;
on «6» - to sit down, left arm aside, right arm upwards, turn of head to the left;
on «7» - to sit down, to bend hands brushes to the shoulders;
on «8» - initial position is a bar of leg separately.

Also in other side. To repeat 8 – 16 times. Rate middle. (3716-25) 9. 27

3. Initial position is a basic bar, hands for the back, brushes in a lock.

on «1-2» is a forerake by a direct trunk, hands back;

on «3-4» - initial position is a basic bar, hands for the back, brushes in a lock, will bend in small of the back;

To repeat 8 – 16 times. Rate middle. (22, 3726-29) 5.32

4. Initial position is a bar of leg separately, hands in sides.

on «1-8» are circular motions by hands back with small amplitude;

on «1-8» are circular motions with arcuated hands;

For 2 times. Rate middle. (3731-32, 36) 3.35.

5. Initial position is a bar of leg separately, hands in sides.

on «1» is a lay-back, right arm for the back, left before itself;

on «2» - initial position is a bar of leg separately, hands in sides;

on «3» is a lay-back, left arm for the back, right before itself;

on «4» - initial position is a bar of leg separately, hands in sides;

To repeat 8 times. Rate middle. (3733-35, 37-8) 5.40.

6. Initial position is a basic bar, hands to the shoulders.
on «1» - to sit down, bending in small of the back, to take shoulder-blades;
on «2-3» - to sit (by a spring) down, hands back, fingers separately;
on «4» - Initial position is a basic bar, hands to the shoulders;
To repeat 8 – 16 times. Rate middle. (3739, 41,42,44) 4.44.

7. Initial position – to sit down, hands forward.
on «1» - to bend in small of the back, hands in side pieces - back(wards), finger separately;
on «2» is initial position – to sit down, hands forward;
on «3» are hands upwards, fingers separately;
on «4» is initial position – to sit down, hands forward;
To repeat 8 – 16 times. Rate middle. (3745-50) 6.50.

Exercises with a stick are very various. More frequent than all they are utilized for development of mobility of humeral and elbow joints. A stick serves as a terminator of motions, specifying their direction and amplitude. Exercises with a stick are used for development of active and passive flexibility, force, perfection of function of equilibrium, co-ordination.

Motions with a stick will be trained correctly, if children will master the methods of dashing (fellow, successful fellow) of stick preliminary:

- ordinary dashing (fellow, successful fellow) – a stick holds out for ends undertake from above; (10,11)
- narrow dashing (fellow, successful fellow) – a stick holds out both hands, brushes alongside; (12,13)
- undertake from below is dashing (fellow, successful fellow), formed after the extorsion of hands (palm up); (14,15)
- different dashing (fellow, successful fellow) is one hand in undertake from above, other – in undertake from below; (16-19)
- reverse dashing (fellow, successful fellow) - is dashing (fellow, successful fellow), got after the turn of hands inward. (20,21) 12.62

To the child 6 – 9 years with growth:

- boys 114 – 129;
- girl 112 – 129.

A shelf is recommended long 110 centimetres, diameter of 8 millimetres.

To the child 10 – 17 years with growth:

- boys 134 - 176;
- girl 135 – 162 .

A shelf is recommended long 0,75 centimetres, a diameter is 7 millimetres.

(4020-21) 2.64

8. Initial position is a basic bar, stick for the back.

on «1» - to bend in small of the back, stick back;

on «2» - initial position is a basic bar, stick for the back;

on «3» - to bend in small of the back, stick back;

on «4» - initial position is a basic bar, stick for the back;

To repeat 8 – 16 times. Rate middle. (3751-54) 4.68.

9. Initial position is a basic bar, stick on shoulders.

on «1» is inclination to the right, right foot aside on a sock, stick upwards;

on «2» - initial position is a basic bar, stick on shoulders;

on «3» is inclination to the left, left leg aside on a sock, stick upwards;

on «4» - initial position is a basic bar, stick on shoulders;

To repeat 8 – 16 times. Rate middle. (3755-57) 3.71.

10. Initial position is a bar of leg separately, stick downward.

on «1» is a forerake bending, stick upwards;

on «2» - fix position;

on «3» - straightened, hands with a stick upwards;

on «4» - initial position is a bar of leg separately, stick downward;

To repeat 8 times. Rate middle. (3758-59) 2.73.

11. Initial position is a basic bar, stick on shoulders.
on «1-2» is a lunge rakish to the right, stick upwards;
on «3-4» - initial position is a basic bar, stick on shoulders;
on «5-6» is a lunge rakish to the left, stick upwards;
on «7-8» - initial position is a basic bar, stick on shoulders;
To repeat 8 – 16 times. Rate slow and middle. (3760,63,64) 3.76.

12. Initial position is a bar of leg separately, stick downward.
on «1» is a forerake bending, stick forward;
on «2» - fix position;
on «3» - straightened, hands with a stick upwards;
on «4» is a lay-back;
on «5» is a turn of trunk to the right;
on «6» is a turn of trunk to the left;
on «7» - straightened, hands with a stick upwards;
on «8» - initial position is a bar of leg separately, stick downward;
To repeat 8 times. Rate middle. (3765-69) 5.81.

13. Initial position is a basic bar, stick on shoulders.
on «1-2» is a lunge rakish to the right, stick upwards;
on «3-4» - initial position is a basic bar, stick on shoulders;
on «5-6» is a lunge rakish to the left, stick upwards;
on «7-8» - initial position is a basic bar, stick on shoulders;
To repeat 8 – 16 times. Rate slow and middle. (3776-79,81-83) 7.88.

14. Initial position – grey on heels, stick behind.
on «1-2» - proof on knees, to bend, stick back;
on «3-4» is initial position – grey on heels, stick behind;

To repeat 2 – 8 times. Rate slow and middle. (3786-88,90) 4.92.

15. Initial position – grey feet separately, stick upwards.

on «1» is inclination to the right;

on «2» is initial position – grey feet separately, stick upwards;

on «3» is inclination to the left;

on «4» is initial position – grey feet separately, stick upwards;

To repeat 8 – 16 times. Rate middle. (3791-96) 6.98.

16. Initial position – grey, stick upwards.

on «1-2» - to lie down on the back, stick downward, feet 90°;

on «3-4» is initial position – grey, stick upwards;

To repeat 8 times. Rate slow. (3797-00) 4.102.

17. Initial position – lying on a stomach, stick upwards.

on «1-2» - to bend, separately to raise feet above the floor;

on «3-4» is initial position – lying on a stomach, stick upwards, weakened;

on «5-6» - to bend, raise a right arm above the floor;

on «7-8» is initial position – lying on a stomach, stick upwards, weakened;

on «1-2» - to bend, separately to raise feet above the floor;

on «3-4» is initial position – lying on a stomach, stick upwards, weakened;

on «5-6» - to bend, raise a left arm above the floor;

on «7-8» is initial position – lying on a stomach, stick upwards, weakened;

To repeat 4 - 8 times. Rate middle. (3801-07) 7.109.

18. Initial position is support on knees and предплечьях, bending in small of the back.

on «1-2» - to bend hands to the touch the breast of floor, to take shoulder-blades, elbows back;

on «3-4» - initial position is support on knees and предплечьях, bending in small of the back;

To repeat 4 – 8 times. Rate slow. (3808-11) 4.113.

19. Initial position is support on knees.

on «1-2» - right foot back, left arm upwards;

on «3-4» - initial position is support on knees;

on «5-6» - the left leg back, right arm upwards;

on «3-4» - initial position is support on knees;

To repeat 8 – 16 times. Rate middle. (3812-17) 5.118.

20. Initial position – to sit down feet separately, support on hands behind.

on «1-2» is a stroke to the left touching a right foot by the sock of floor after the left leg, to bend;

on «3-4» is initial position – grey feet separately, support on hands behind;

on «5-6» is a stroke to the right touching the left leg by the sock of floor after a right foot, to bend;

on «3-4» is initial position – grey feet separately, support on hands behind;

To repeat 4 – 8 times. Rate middle. (3818-22) 5.123.

21. Initial position – to sit down bending feet, hands for a head.

on «1-2» is a turn of trunk to the right, hands for a head, elbows back, to take shoulder-blades;

on «3-4» is initial position – to sit down bending feet, hands for a head;

on «5-6» is a turn of trunk to the left, hands for a head, elbows back, to take shoulder-blades;

on «3-4» is initial position – to sit down bending feet, hands for a head;

To repeat 4 – 8 times. Rate middle. (3823-28) 6.129.

22. Initial position is support lying on forearm.

on «1-2» - to raise feet above the floor, bending in small of the back, hands in sides;

on «3-4» - weakened;

on «5-6» are hands upwards, to stretch upwards;

on «7-8» - weakened;

To repeat 4 - 8 times. Rate slow and middle. (3829-35) 7.136.

23. Initial position is support lying on forearm forearm.

on «1-2» - to straighten hands, bend, head back;

on «3-4» - initial position is support lying on forearm, weakened;

To repeat 4 - 8 times. Rate slow and middle. (3830-42) 7.150.

24. Initial position – lying on a stomach.

on «1-2» - to bend, head back, hands back;

on «3-4» is initial position – lying on a stomach, weakened;

To repeat 4 - 8 times. Rate slow and middle. (3843-46) 4.154.

25. Initial position – lying on the back.

on «1-2» - to bend in the pectoral department of spine, bend a right foot;

on «3» is initial position – lying on the back, weakened;

on «4-5» - to bend in the pectoral department of spine, bend the left leg;

on «6» is initial position – lying on the back, weakened;

on «7» - to bend in the pectoral department of spine;

on «8» is initial position – lying on the back, weakened;

To repeat 4 - 8 times. Rate slow. (23,24,3847-51) 7.161.

II. «Dancings motions and exercises at the roundly-concave back»

The roundly-concave back looks like round. But pelvis, at roundly-concave sharply inclined forward, and buttocks are thrust out back. Muscles abdominal press stretched, that обуславливает swagging of stomach and results in the prolapsus of internalss. Muscles of buttocks of back surface of thighs and the thoracal are also stretched. Muscles of front surface of thighs from wrong statics – in the stage of conditional acceleration. Bends in the pectoral and lumbar departments of spine are megascopic. A thorax is hollow, waist a few shortened.

At it is not enough to the developed musculature of shoulder-blade become крыловидными. A few the excursion of thorax is diminished, as complete inhalation is possible only at the sufficient unbending of spine. A diaphragm excursion has difficulty at the same time, the vital capacity of lights goes down, intra-abdominal pressure fluctuations diminish. All of it unfavorably influences on activity of organs of breathing, cardiovascular system and gastroenteric highway.

The most advantageous initial positions for implementation of exercises are such, at which the maximal unloading of rachis is possible on an ax and the pull of muscles, stipulating the angle of slope of pelvis is eliminated. To such initial positions positions behave lying on the back, stomach, support on knees.

The roundly-concave back needs to be corrected by exercises, strengthening the followings мышечные groups: thoracal, abdominal press, to the back surface of thighs, buttock, and also exercises, stretchings the muscles of front surface of thighs. It is necessary to spare the special attention to respiratory exercises.

Dancings motions and exercises at the roundly-concave back:

1. Initial position is a bar of leg separately, hands on thighs.

on «1-2» - nhbctcnm with a small forerake, head back, to take shoulder-blades;

on «3» - straightened hands upwards;

on «4» - initial position is a bar of leg separately, hands on thighs;

To repeat 8 – 16 times. Rate middle. (3852-57) 6.167.

2. Initial position is a bar of leg separately, hands in sides.

on «1-3» - bending a right foot back, to take a foot hands, to pin it springy motions against buttocks;

on «4» - initial position is a bar of leg separately, hands in sides;

on «5-7» - bending the left leg back, to take a foot hands, to pin it springy motions against buttocks;

on «8» - initial position is a bar of leg separately, hands in sides;

To repeat 8 times. Rate middle. (25-28,3858-63) 10.177.

3. Initial position is a wide bar of leg separately, hands upwards.

on «1-3» are three springy forerakes by a direct trunk, hands will be touch socks, not to drop a head, a look is directed forward;

on «4» - initial position is a bar of leg separately, hands upwards;

To repeat 4 - 8 times. Rate middle. (3863-67) 4.181.

4. Initial position is a bar of leg separately, hands for a head.

on «1» is a forerake, right foot forward on a heel, hands back, to unbend brushes;

on «2» - initial position is a bar of leg separately, hands for a head;

on «3» is a forerake, left leg forward on a heel, hands back, to unbend brushes;

on «4» - initial position is a bar of leg separately, hands for a head;

To repeat 8 - 16 times. Rate middle. (3868-73) 6.187.

5. Initial position is a burpee.

on «1-2» is support upright;

on «3-4» - initial position is a burpee;

To repeat 4 - 8 times. Rate slow and middle.

6. Initial position is support upright.

on «1-8» is the by turn bending and unbending of feet;

To repeat 8 - 16 times. Rate middle. (29-31, 3874-79) 9.196.

7. Initial position is a deep lunge on right with support hands at a floor.

on «1-2» is a forerake, straightening a right foot;

on «3-4» - initial position is a deep lunge on right with support hands at a floor;

To repeat 4- 8 times. Rate middle.

Povorit' from the left leg. (32-35,3880-87) 12.208.

8. Initial position – proof on knees, hands for a head.

on «1-2» is a forerake, hands forward;

on «3-4» is initial position – proof on knees, hands for a head;

on «5» - grey on the left thigh, left arm for a head, right aside;
on «6» is initial position – proof on knees, hands for a head;
on «7» - grey on a right thigh, right arm for a head, left aside;
on «8» is initial position – proof on knees, hands for a head;
To repeat 4- 8 times. Rate middle. (36-40,3888-95) 13.221.

9. Initial position – proof on knees, hands in sides.

on «1-2» - grey on heels rakish forward, hands back;
on «3-4» is initial position – proof on knees, hands in sides;
To repeat 8 times. Rate middle. (3896-99) 4.225.

10. Initial position – proof on knees, hands on a belt.

on «1-2» is a right foot forward, lay-back, hands in sides;
on «3-4» is initial position – proof on knees, hands on a belt;
To repeat 4 times. Rate middle.
From the left leg. (41-43, 3900-05) 9.234.

11. Initial position is support on knees.

on «1-2» - grey on heels, not tearing away hands from a floor;
on «3-4» - initial position is support on knees;
on «5-6» - head back, to bend in the overhead-pectoral department of spine;
on «7-8» - initial position is support on knees;
To repeat 4 – 8 times. Rate slow. (3906-09) 4.238.

12. Initial position – grey.

on «1-2» is a forerake, hands to the feet;
on «3-4» is initial position – grey;

To repeat 4 – 8 times. Rate slow. (3910-13) 4.242.

13. Initial position – grey, hands in sides.

on «1-2» - to bend a right foot, take a shin hands, to fold to the breast;

on «3-4» is initial position – grey, hands in sides;

on «5-6» - to bend the left leg, take a shin hands, to fold to the breast;

on «7-8» is initial position – grey, hands in sides;

To repeat 4 – 8 times. Rate slow. (44-46,3914-19) 6.248.

14. Initial position – grey feet separately.

on «1-3» are three springy forerakes, hands in sides;

on «4» is initial position – grey feet separately;

To repeat 4 – 8 times. Rate slow and middle. (3920-23) 4.252.

15. Initial position – grey feet separately, the left leg is arcuated, hands in sides.

on «1-3» are three springy inclinations to the right foot;

on «4» is initial position – grey feet separately, a right foot is arcuated, hands in sides;

In other side.

To repeat 4 times. Rate slow. (47,48,3924-31) 10.262.

16. Initial position – grey feet separately, hands upwards.

on «1-3» are three springy forerakes, by the elbows of руккоснутся floor;

on «4» is initial position – grey feet separately, hands upwards;

To repeat 4 - 8 times. Rate slow and middle. (3932-34) 3.265.

17. Initial position – grey feet crosswise, to take feet hands.

on «1» - inclination forward-to the right;

on «2» is initial position – grey feet crosswise, to take feet hands;

on «3» - inclination forward-to the left;

on «4» is initial position – grey feet crosswise, to take feet hands;

With cracks to the right and to the left.

To repeat 4 - 8 times. Rate slow. (3935-39) 5.270.

18. Initial position – grey feet crosswise, hands of сокнуты in sides, forearm up, fingers separately.

on «1» - to take shoulder-blades;

on «2» is initial position – grey feet crosswise, hands of сокнуты in sides, forearm up, fingers separately;

To repeat 8 - 16 times. Rate middle. (49-52,3940-43) 8.278.

19. Initial position – lying on the back, hands upwards.

on «1-2» - to bend a right foot forward, to fold a knee to the breast;

on «3-4» is initial position – lying on the back, hands upwards;

on «5-6» - to bend the left leg forward, to fold a knee to the breast;

on «7-8» is initial position – lying on the back, hands upwards;

To repeat 8 times. Rate slow and middle. (53,54,3944-46) 5.285.

20. Initial position – lying on the back, hands upwards.

on «1-8» is the by turn bending of feet of вперед;

Rate in the beginning slow after rapid.

To repeat 8 – 16 times. (3947-48) 2.287.

21. Initial position – lying on the back, feet forward to on by a corner 90°.

on «1-7» - by turn motions crosswise by feet;
on «8» is initial position – lying on the back, feet forward to on by a corner 90°;
on «1-7» - by turn motions crosswise by feet with a brief leg;
on «8» is initial position – lying on the back, feet forward to on by a corner 90°;
Rate middle and rapid. To repeat 8 – 16 times. (55-62,3949-54) 14.301.

22. Initial position – lying on the back, bending feet.
on «1» - to heave up a pelvis, stroke by a right foot forward;
on «2» is initial position – lying on the back, bending feet;
By the left leg.
Rate middle.
To repeat 4 – 8 times. (63-70,3955-60) 14.315.

23. Initial position – lying on the back, hands upwards.
on «1-3» - to bend feet with a turn to the right, to touch a floor thighs;
on «4» is initial position – lying on the back, bending feet;
on «5-7» - to bend feet with a turn to the left, to touch a floor thighs;
on «8» is initial position – lying on the back, bending feet;
To repeat 8 – 16 times.
Rate middle. (71-73, 3961-63) 6.321.

24. Initial position – lying on a stomach, hands in sides.
on «1-2» - to bend a right foot back, to take a foot hands, not tearing away a thigh from a floor;
on «3-4» is initial position – lying on the back, hands in sides, weakened;
on «5-6» - to bend the left leg back, to take a foot hands, not tearing away a thigh from a floor;

on «7-8» is initial position – lying on the back, hands in sides, weakened;

on «1-2» - to bend both legs back, to take feet hands, not tearing away a thigh from a floor;

on «3-4» is initial position – lying on the back, hands in sides, weakened;

on «5-6» - to bend both legs back, to take feet hands, not tearing away a thigh from a floor;

on «7-8» is initial position – lying on the back, hands in sides, weakened;

To repeat 4 – 8 times. Rate slow and middle. (74-77,3964-71) 12.333.

25. Initial position – lying on the back, bending feet, to pin knees hands to the breast.

Cracks forward-back.

To repeat 8 – 16 times. Rate slow. (78,79,3972-75) 6.339.