

Exercise on the floor

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1 Exercise on the floor methodical preparation to employments by contemporary dance.

Many exercises with which I offer to you will meet, a long ago already used in sport. I am conduct work on systematization of practical experience, accumulated on employments, new elements are included for development of exactly those physical information which afterwards need the future of ballet artist. I would like partaken with you that, how it is reasonable to distribute the physical loadings during a lesson and educational throughout the year, to acquaint with the complex of exercises, with that, how them correctly and in a necessary amount to execute. An important role is played sequence of motions during a lesson, its observance allows to avoid overloads and traumas. To a posteriori works, the amount of lessons must not exceed four-five in a week, each by duration one – one hour and a half. Kol' a role goes about teaching of children, it is impossible not to take into account a role which parents play in this teaching. Often their relation, personal interest, desire to teach a child the art of ballet determine success. It is not needed to prove that discipline and self-control is a bar of ballet art – begun with little things: from that it will be on employment in time, in exact forms, hair in a bun – et cetera, all of it is an anxiety and influence of parents above all things. Teaching a ballet art, as however, and to any other, there is not only passing to the student of sum of professional training - skills but also education of character, personalities. From infancy serious and responsible attitude is inoculated a child toward work, understanding, that without effort, without overcoming itself nothing in life to obtain.

2 Uprazhneniya sitting on the floor.

Initial position: Corps and head straight. Feet are prolate in knees and in feet. At the normal structure of feet and their correct position of heel must be hardly raised from a floor. Hands are exposed in sides exactly on the line of shoulders, dropped downward stretch in lengthwise; as possible farther.

2.1 Exercise 1. Bending and drawing out feet.

Exercise is directed on strengthening of golenostopa, tension of akhilova tendon, to oblongness of feet in knees and in feet, to strengthening of muscles of the back. Initial position: Corps and head straight. Feet are prolate in knees and in feet. At the normal structure of feet and their correct position of heel must be hardly raised from a floor. Hands are exposed in sides exactly on the line of shoulders, tomentous downward stretch in dlinue as possible farther. Feet bend, it must heave up heels above the floor.

2.2 Exercise 2. Bending of corps forward.

Exercise is directed on development of flexibility of corps forward and to oblongness of vkolenyakh. Initial position: Feet are arcuated in knees for 6 positions. A forehead touches knees, the back is a round-off, hands are hugged by knees. Feet slide forward for polue knees and the back stretch, a corps and head is pinned against feet. Hands of vytyanuti as possible farther forward. Position of corps and head is saved. Feet bend. Fix brushes for feet. Knees arrive at the state of absolute oblongness.

2.3 Exercise 3. Circular motions feet en deors, en dedans.

Exercise is directed on development of mobility and strengthening of joints and copulas of ankle-joint, in aspiration in the future to obtain reversed of a 1 position. Exercise is executed at the beginning of slow from turn out skill, a rate is quick. Exercise is executed en deors, en dedans. Initial position: Feet bend. To divorce feet in 1 reversed position, fix position feet. Feet, touching little toe floor, stretch and unite together, arriving at initial position.

2.4 Exercise 4. Bending of corps is forward in a 1 position.

Exercise is directed on development of endurance of foot, thigh and flexibility of corps forward. Initial position: Corps straight, feet are arcuated in knees in reversed of a 1 position, feet on the floor. Hands before feet, brushes are held by feet, trying to divorce them in sides. Important, that feet were wholly on the floor, but not on a rib. Feet in reversed of a 1 position slide forward, corps and head of press oneself to the knees. It is important to avoid position of foot on a rib. A head goes down forward downward, feet and hands stretch. Hands clasp by feet. A corps rises upstairs, feet slide on a floor, saving 1 reversed position to initial position.

2.5 Exercise 5. Frog sitting.

Exercise is instrumental in development of reversed thigh. Initial position: Corps straight, feet are arcuated in knees, feet are pinned against each other. Knees lie on the floor or obtain of this position try. To incline a direct corps forward. Complete forerake.

2.6 Exercise 6. Forerake of corps.

Exercise is directed on development of flexibility of corps forward and Spain Achilles' tendon tendon. Initial position: Hands are lifted up, fingers are crossed and turned palm up is position castle, elbows are prolate. To bend feet. To incline a corps forward as lower as possible, trying a breast will touch knees. Hands of crossing in brushes to drop for feet. A head is inclined forward. Knees are strained to the limit.

2.7 Exercise 7. Circles by feet.

Exercise is directed on strengthening of muscles of abdominal press. Initial position: Sitting on the floor, hands on elbows. To heave up prolate feet. To draw feet circles of en deors, en dedans.

2.8 Exercise 8. Inclinations of corps.

Exercise is directed on development of flexibility of corps forward, and mobility in a thurl. Initial position: Sitting on the floor, feet are maximally divorced in sides. Hands are lifted up, fingers are crossed and turned palmar surface upwards is position castle, elbows are prolate. Inclination of corps to the leg with the circumference of foot by hands scarfwise. Forerake of corps, trying will touch a floor. Opirayas' will bend.

2.9 Exercise 9. String

At execution of string control reverse position of leg is forward needed to and fro at even thighs and shoulders. It is recommended to hold hands in the wrenched lock. Transversal string.

2.10 Exercise 11. Inclinations of corps.

Exercise is directed on development of flexibility of corps forward. Initial position: Sitting on the floor, feet are maximally divorced in sides. Hands touch feet lines. To bend feet upwards by knees, feet on the floor. Forerake of corps, hands forward. Playing moment. Staratsya to get hands as possible farther forward.

3 Uprazhneniya lying on the back.

Executing exercises lying on the back, it is important to shut out bending in small of the back. Initial position: A corps lies on the floor, feet are prolate in knees and feet. Heels are hardly raised from a floor. Hands lie on the floor hands in a floor, exactly in sides on the level of shoulders. Head straight, look upstairs.

3.1 Exercise 1. Raising of leg upstairs.

Raising of prolate leg forward upstairs and putting into initial position (by turns and together, at a stretch). To open feet in position. Leg in the wrenched position to lift on 45 degrees. It is important to watch after non-working leg. Leg in the wrenched position to lift on 90 degrees. Repetition by other leg.

3.2 Exercise 2. Raising of feet upstairs.

Raising of prolate feet forward upstairs and putting into initial position (together at a stretch). Initial position: A corps lies on the floor, feet are prolate in knees and feet. Heels are hardly raised from a floor. Hands lie on the floor hands in a floor, exactly in sides on the level of shoulders. Head straight, look upstairs. To open feet in position. Feet in the wrenched position to lift on 45 degrees. Feet in the wrenched position to lift on 90 degrees. It is important to shut out bending in small of the back.

3.3 Exercise 3. Raising of feet upstairs.

Raising of prolate feet forward upstairs and putting into initial position (by turns at a stretch). Initial position: A corps lies on the floor, feet are prolate in knees and feet. Heels are hardly raised from a floor. Hands lie on the floor hands in a floor, exactly in sides on the level of shoulders. Head straight, look upstairs. To heave up a leg on 90 degrees. To bend heaved up a leg in a knee, the sock of prolate foot touches a floor. To lay an arcuated leg on a floor. Sliding on a floor will go back into initial position.

3.4 Exercise 4. Raising of feet upstairs.

Raising of prolate feet and putting into initial position (by turns at a stretch) Initial position: A corps lies on the floor, feet are prolate in knees and feet. Heels are hardly raised from a floor. Hands lie on the floor hands in a floor, exactly in sides on the level of shoulders. Head straight, look upstairs. To heave up a leg on 90 degrees (it is possible higher). To lay a prolate leg on a floor aside (a capture is possible by a hand for a foot). To heave up a leg on 90 degrees (it is possible higher). To lay a prolate leg on a floor aside (a capture is possible by a hand for a foot). At implementation of exercise it is necessary to watch after a prolate to the limit leg, both. Shoulders and hands, motionlessly lie on the floor.

3.5 Exercise 5. Raising of feet upstairs.

Raising of prolate feet forward upstairs with completion in a 1 position and putting into initial position (by turns and together, at a stretch). Exercise is directed on strengthening of muscles of abdominal press, back, oblongness of feet in knees and feet. Initial position: A corps lies on the floor, feet are prolate in knees and feet. Heels are hardly raised from a floor. Hands lie on the floor hands in a floor, exactly in sides on the level of shoulders. Head straight, look upstairs. To open feet in position. Feet in the wrenched position,

prolate in knees and in feet, to lift on 90 degrees. To bend feet. To drop feet downward, gradually to fish out feet, in initial position. Exercise can be repeated also right and by a leg by turns. At implementation of exercise it is important to watch after a prolate leg in knees. It is important to shut out bending in small of the back.

3.6 Exercise 6. Frog and drawing out of feet forward.

Exercise is directed on development of reversed thigh. Saving initial position of corps, hands and head, to bend feet in knees in no reversed position so that finger-tips foot in prolate position touched a floor. To divorce knees in sides, trying will touch by them a floor, feet are prolate, finger-tips touch a floor, heels are raised, as possible higher from a floor. Finger-tips foot slide on a floor forward. Feet stretch in knees, trying stay nearer to the floor to initial position.

3.7 Exercise 7. Frog with drawing out of feet in sides.

Exercise is directed on strengthening of muscles of reversed position of thighs. Saving initial position of corps, hands and head, to bend feet in knees in position so that finger-tips foot in prolate position touched a floor. To divorce in sides, trying will touch by them a floor, feet are prolate, finger-tips floor, heels are raised, as possible higher from a floor. To glance aside finger-tips foot in sides, to hold knees how it is possible nearer to the floor, arcuated in knees feet on 90 degrees, we fix position. To fish out feet in knees and in feet to raise from a floor. We fix position. To connect feet together, saving position above the floor.

3.8 Exercise 8. String aside.

Exercise is directed on development of reversed thighs. Feet, prolate in knees and feet in reversed position lifted on 90 degrees. To divorce, prolate in knees and feet of leg in sides in transversal string. Resisting the hands of hands in knees, try to approach feet as possible nearer to the floor. To divorce hands in sides on the line of shoulders. Feet through sides to lift and connect together on 90 degrees. It is important to watch after reversed feet in knees and in feet. Exercise String aside can carried out with subsequent connection of feet together above the floor. Exercise is directed on development of reversed thighs, strengthening of internal muscles.

3.9 Exercise 9. Bindweed.

Exercise is instrumental in flexibility of rachis (neck department), a press strengthens the muscles of abdominal. Feet, prolate in knees and feet in position lifted on 90 degrees. To drop feet for a head and bend them in knees, floor. Prolate feet touch a floor also, fix position. To fish out feet in knees, finger-tips foot touch a floor, fix position. Bindweed. Hands, lean elbows in a floor, a chin resists in a breast, corps with feet prolate and perpendicular a floor, fix position. Do we drop feet and corps, fixing prolate in knees

and feet in reversed position lifted on 90 degrees. Is it expedient to execute exercise the last, after bendings of corps back.

3.10 Exercise 10. Bindweed

Exercise is instrumental in flexibility of rachis (neck department), a press strengthens the muscles of abdominal, develops co-ordination of motion. Initial position: Bindweed. Hands, resist elbows in a floor, a chin resists in a breast, corps with feet prolate and perpendicular a floor, fix position. To drop a right foot for a head, a prolate foot touches a floor, fix position. Initial position: Bindweed. We fix position. To drop the left leg for a head, a prolate foot touches a floor, fix position. Is it expedient to execute C the last in execute after bendings of corps back.

3.11 Exercise 11. Raising of corps.

Exercise is directed on strengthening of muscles abdominal press and backs. Initial position: A corps lies on the floor, feet are prolate in knees and feet. Hands lie on the floor hands in a floor, exactly in sides on the level of shoulders. Head straight, look upstairs. To bend a right foot in a knee and taking it the racemes of hands, to pull up to the corps. To sit down on the floor not releasing a leg. To incline a corps forward book. Softly unbending a corps, gradually on the floor in initial position.

3.12 Exercise 12. Raising of feet.

Exercise is directed on strengthening of muscles abdominal press and to mobility of thurl. Initial position: A corps lies on the floor, feet are prolate in knees and feet. Hands lie on the floor hands in a floor, exactly in sides on the level of shoulders. Head straight, look upstairs. To translate feet in position of toad, sliding on a floor an external edge feet and knees. To straighten feet in knees on 25 degrees from a floor. To connect feet on 25 degrees from a floor. The small of the back is pinned against a floor.

3.13 Exercise 13. Bending of the back.

Initial position: A corps lies on the floor, feet are prolate in knees and feet. Hands lie in trunks hands in a floor. Head straight, look upstairs. To bend feet in knees, drawn aside socks in a floor. To divorce hands in sides. Will bend in small of the back, head by a top and fix the hands of hands on the floor. Exercise is executed reduction of muscles of the back, here head, hands slide on a floor, and a pelvis is fixed.

4 Uprazhneniya loafing.

Initial position: A corps loafs (by a right, left), Hand is near to the floor, lies upwards on a line with a corps in one line. The second hand is directed forward, leaning a palm in a floor. Feet are prolate in knees and in feet in reversed position.

4.1 Exercise 1. Battments developpes aside.

Exercise is directed on development of reversed thighs and side-step. To bend a leg in a knee in reversed position, that finger-tips touched a knee, prolate supporting leg, from one side, fix position. Draw out a leg aside in reversed position. We fix position. Execution with the capture of leg is possible by a hand. We put a leg into initial position.

5 Uprazhneniya lying on a stomach.

Initial position: A corps lies on a stomach, feet are prolate in knees and feet in reversed position, heels are united. A head touches a floor a forehead. Hands are arcuated in elbows and lie on the floor, palmar surface on the line of shoulders.

5.1 Exercise 1. Progibapnie of corps back on prolate hands.

Exercise is directed on strengthening of muscles of the back and development of flexibility of corps. Head of upstairs. Hands stretch in elbows, a corps rises from a floor, saving position of thighs on the floor. A corps bends back. To watch after that heels were united. To turn a head to the right (to the left), to see a right (left) foot. We go back into initial position, to weaken muscles.

5.2 Exercise 2. Debiteuse

Exercise is instrumental in strengthening of muscles of the back. Initial position: A corps lies on the floor, feet in reversed position, prolate in knees and in feet, heels adjoin. Hands are prolate in elbows, a palm lies left on the floor, on it from above palm of right arm. A head is tomentous downward, a forehead touches a floor. Head, corps, hands, simultaneously to raise feet from a floor, fix position. Vozvrvschaemsya in initial position, to weaken muscles. To watch after reversed feet.

5.3 Exercise 3. Birdie

Exercise is instrumental in strengthening of muscles of the back. Initial position: A corps lies on the floor, feet in position, prolate in knees and in feet, heels adjoin. Hands are prolate in sides on the line of shoulders. A head is tomentous downward, a forehead touches a floor. Head, corps, hands, simultaneously to raise feet from a floor, fix position. Vozvrvschaemsya in initial position, to weaken muscles.

5.4 Exercise 4. Raising of two prolate feet back-upwards.

Exercise is directed on strengthening of muscles of the back, development of step back. Initial position: A corps lies on the floor, feet in reversed position, prolate in knees and in feet, heels adjoin. Hands are prolate along a corps back palmar surface to the floor, lie under thighs. A head is tomentous downward, a forehead touches a floor. To raise

two prolate legs from a floor. To watch after oblongness of feet. Heels adjoin. We fix position. Slowly we go back into initial position.

5.5 Exercise 5. small Basket.

Exercise is instrumental in development of the spine and strengthening of its muscles. Initial position: A corps lies on the floor, feet in reverse position, prolate in knees and in feet, heels adjoin. Hands are prolate along a corps back to the floor, lie under thighs. A head is tomentous downward, a forehead touches a floor. To bend feet in knees. To take a prolate foot hands from above. To heave up a corps. Hands in elbows are prolate. Head straight. We fix position. To divorce hands in sides. To fish out feet in knees and hold, not putting on the floor. Quiet returning in initial position.

5.6 Exercise 6. Small Basket with a capture one-arm.

Exercise is instrumental in development of the back and strengthening of its muscles. Initial position: A corps lies on the floor, feet in reverse position, prolate in knees and in feet, heels adjoin. Hands are prolate along a corps back to the floor, lie under thighs. A head is tomentous downward, a forehead touches a floor. To bend a right (left) foot in knees. To take a prolate foot a left (right) arm from above. A hand and leg is opposite. To heave up a corps. A fixing a leg hand in is prolate. Translate the second hand forward, head straight. We fix position. Quiet returning in initial position. To watch after even position of corps, shut out an obstruction on a side.

5.7 Exercise 7. Frog on a stomach.

Exercise is directed on development of reverse thigh and force of internal muscles. Initial position: A corps lies on a stomach, feet are prolate in knees and feet in reverse position, heels are united. A head touches a floor a forehead. Hands are arcuated in elbows and lie on the floor, palmar surface on the line of shoulders. To divorce knees in sides, trying touch by the internal side of feet of floor, feet adjoin. Hands stretch in elbows, a corps rises from a floor, saving position of thighs on the floor. Saving position of corps, to open drawing out feet to the level of knee aside. Vytyanutie of leg in a knee and foot to take. To drop a corps to initial position. Aims to save the fixed position of pelvis on the floor.

5.8 Exercise 8. Wring of corps.

Exercise is directed on development of mobility of corps. Initial position: A corps lies on a stomach, feet are prolate in knees and feet in not reversed position, heels are united. Heaved up a corps. Hands are straightened in elbows hands on the floor, on the line of shoulders. To bend feet in knees, by the drawn aside feet upwards. To put arcuated feet to the right, to turn a head to the right. Will go back into initial position, to execute exercise in left. Aims to hold feet together, a corps is smart.

5.9 Exercise 9. Raising of feet.

Exercise is directed on strengthening of muscles of the back and feet. Initial position: A corps lies on a stomach, feet are arcuated in knees and strained in feet. Hands are straightened in elbows hands on the floor, on the line of shoulders. Head by a chin in a floor. To straighten on 25 degrees, we fix position. Pelvis to the floor, knees in ceiling. Aims to hold feet together, a corps is smart.

6 Exercises, upright on knees.

6.1 Exercise 1. Bagel on knees.

Exercise is instrumental in flexibility of corps back. Initial position: To sit with a direct corps on knees, united together, touching prolate feet, pinned against a floor. Racemes of hands at feet. Rising on knees, to bend a corps back, to give thighs a bit forward, fix hands on the heels of feet. To sit down on knees, incline a corps forward fixing a forehead on knees, raceme of hands on feet, weakened and pull at a spine a pectoral department upstairs. All of exercise is accompanied the even, quiet breathing.

6.2 Exercise 2. Waggle on feet.

Exercise is instrumental in oblongness of leg in a foot. Initial position: To sit with a direct corps on knees, united together, touching prolate feet, pinned against a floor. Hands touch a floor. To raise feet, arcuated in knees from a floor. A corps deviates back. Hands bend in elbows, bodyweight on feet. Feet off on the line of fingers and foot. Saving previous position, straighten the elbows of hands. Waggle due to bending and unbending of elbows of hands. To retain feet together, heels together.

6.3 Exercise 3. Transition from fingers to the foot.

Exercise is instrumental in oblongness of leg in (to development of getting up), and also to fixing of position on semifingers and tension of Achilles' tendon. Initial position: To sit on knees in no reverse position, prolate feet are pinned against a floor, corps of forward, a thorax touches thighs. Hands are arcuated and palms lie downward at knees. Leaning on the palm of hands, fishing out them in elbows, to straighten feet in knees, lifting a pelvis upstairs. Finger-tips foot – strongly prolate, touch a floor (position on fingers). It is nowise impossible to abbreviate a foot. All of support is feet up grade. We fix position. To put feet on semifingers (pillows of foot). Will go down on all of foot. We fix position, with bending in a corps. To go a reverse action back into initial position. For students, having problems with getting up and jump, it is recommended to do exercise in home terms after a hot foot-bath. On feet it is easy to wrick necessary copulas.

7 Pair Exercise.

7.1 Exercise 1. Bending of corps back lying on the back.

Exercise is directed on development of flexibility of the back, strengthening of muscles of the back, and also reverse feet. Initial position: A corps lies on a stomach, feet in 1 reverse of position, prolate in knees. A head touches a floor a chin. Hands are arcuated in elbows after a head. A partner sits on arcuated knees and holds the hands of leg in 1 reverse of position. To lift a corps up head straight, elbows are divorced in sides. We fix position. To go a reverse action back into initial position. To watch after oblongness of feet in knees and reverse a 1 position.

7.2 Exercise 2. Bending of corps back lying on the back.

Exercise is directed on development of flexibility and strengthening of muscles of the back. Initial position: A corps lies on a stomach, feet are prolate in knees and feet. A head touches a floor a chin. Hands are arcuated in elbows scarfwise. A partner behind in inclination fixes hands the elbows of hands of partner. To lift a corps up, head straight, elbows of hands scarfwise. A corps bends. A partner fixes the elbows of hands scarfwise. A corps is saved by position, hands are opened upwards. Partner to fix hands for an elbow. A corps is saved by position, hands are opened upwards. A partner halts fixing. To put hands and corps on the floor, to weaken muscles. All of exercise is accompanied the even, quiet breathing.

7.3 Exercise 4. Raising of corps.

Exercise is directed on strengthening of muscles of the back and abdominal press. Initial position: A corps lies on the back on the floor. Hands are arcuated in elbows, hands touch the back of head. Feet are arcuated in knees in not position, touch a floor. A partner sits on arcuated knees and a partner holds the hands of hands of leg. To lift a corps up. Head straight, elbows of hands in sides. A corps goes down on the floor in initial position. It is important to watch after that corps not bending, rose slowly and also slowly went down on the floor. The elbows of hands must constantly save position in sides.

7.4 Exercise 5. Inclination of corps is a book of matches.

Exercise is directed on development of inclination of corps forward.

Initial position: Sitting on the floor, by the back to each other, corps and head straight, feet are prolate in knees and in feet, hands on a belt. To translate the hands of on knees. Partner, bends feet in knees and translates the racemes of hands on the floor. To pass to the forerake, as possible nearer by a corps to the feet. A partner, leaning against hands and feet of feet, raises a corps above the floor. The forerake of corps is fixed trying to weaken the strained muscles. Partner to lie down the back on

the back, straightens feet and hands, weakened, tries to hold an equilibrium. To go a reverse action back into initial position.

7.5 Exercise 6. A turn is in a pair.

Exercise is directed on development of mobility of humeral joints and co-ordination of motion. Initial position: Upright a person to each other, hands in sides, touching palmar surface brushes. Step by a distant leg in the middle of pair. Distant hands go down downward, fellow creatures, rise upwards. Partners stand shoulder to shoulder, hands fellow creatures are serried down, distant above a head. To make off a turn in a pair by the back to each other. The rightness of implementation of exercise depends on synchronousness of motions of partners.

7.6 Exercise 7. Bending is in a pair.

Exercise is directed on development of mobility of humeral joints and flexibility of the back. Initial position: To stand the back to each other. Hands upwards, sticking to brushes. Step by a right foot forward. To bend a right foot in a knee. To bend a corps back. Straightening the back, doing a step back it will be gone a right foot back into initial position. To execute exercise from other leg. At bending of corps back, to see a partner.

7.7 Exercise 8. Strengthening is a press.

Exercise is directed on strengthening of muscles press. Initial position: To sit down on against a friend. Hands for a head. Feet are arcuated in knees, a foot stands on the floor. First partner of leg together, for the second partner of leg separately. The feet of feet are fixed a partner. The slow lowering of corps is back with the even back. To lie down on the floor by the back. To go a reverse action back into initial position.

7.8 Exercise 9. Strengthening is a press.

Exercise is directed on strengthening of muscles press. Initial position: To sit down on against a friend, to embark on the racemes of hands. Feet are arcuated in knees, a foot stands on the floor. First partner of leg together, for the second partner of leg separately. The feet of feet are fixed a partner. The slow lowering of corps is back with the even back, one partner. The slow lowering of corps is back with the even back, other partner. A retaining partner fixes tension of hands.

7.9 Exercise 10. Forerake of corps.

Exercise is directed on development of mobility of thurl. Initial position: To sit down friend on against a friend, strongly to divorce prolate feet in knees and feet (feet touch). Hands stick to after hands of partner. Forerake of one partner, hands forward. The second partner lies down on the floor the back. Will go back into initial position.

Forerake of other partner, hands forward. The first partner lies down on the floor the back.

7.10 Exercise 11. Inclination of corps aside.

Exercise is directed on development of mobility of corps aside. Initial position: To sit down friend on against a friend, strongly to divorce prolate feet in knees and feet (feet adjoin). Hands in sides, sticking to after hands of partner. To heave up hands upwards, inclination of corps in one side. Will go back into initial position. To heave up hands upwards, inclination of corps in other side.

7.11 Exercise 12. Inclination of corps aside.

Exercise is directed on development of mobility of corps aside. Initial position: To sit down friend on against a friend, strongly to divorce prolate feet in knees and feet (the feet of partners adjoin). Hands in sides, sticking to after hands of partner, by an only to one hand. To lead a free hand for the back. Inclination aside, will touch the racemes of hands, opposite feet.

7.12 Exercise 13. An equilibrium is in a pair.

Exercise is directed on development of co-ordination of motion. Initial position: To become the left side friend. To hug a left arm for a waist a partner. By a right arm capture of arcuated right foot for a foot. Vipryamit' arcuated leg aside. Exercise must be executed consistently and together to two partners. Bal'schoe a value has sense of equilibrium.