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June 6th, 2020 - in a standing balance the gymnast balances on one or both feet while maintaining a pose this type of balance may include simply extending one leg out in front of the body or out to the side the scale represents one of the most popular standing balances in which the gymnast extends one leg straight behind the body in an arabesque position "gymnastics partner balance cards teacher made

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May 25th, 2020 - balances technique amp drills spotting v sit sit on the beam in a tuck sit facing forward hands behind the bottom holding the beam lift the feet up in front to balance on the bottom grasping the beam behind the body drills v sit on floor v sit on low beam then beam with mats then high beam"creating gymnastic pyramids and balances fodero joseph m

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