# L2 clubs arabesque balance

## Difficulty judge

### Start (0.2)

* *Legs together back leg pointed looking front (vs the floor)*

### Element (0.5)

* *Hold shape for 2 seconds*
* *One arm in front and one on side, straight at shoulder level*
* *Back leg must be at least 45 degrees or higher to get full credit*

### Finish (0.2)

* Controlled ending with legs together

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Wobbles
* Uncontrolled finish
* Improper hold of club or not lined up with arms
* All the common problems like: bent support and/or shape leg, raised shoulders, toes, etc

## Training Progression

* Hip flexor stretch
* Strengthen butt and back muscles via toe taps facing the wall. Can raise the level of difficulty of tap by using bench or chair eventually. Do the taps without actually touching.
* Practice projecting through the toes so that they do not need to remember just one body part but the feeling of extension
* Finger tips assist using wall or bars