

## how to \_\_\_\_\_

1. Noun \_\_\_\_\_
2. Noun \_\_\_\_\_
3. Noun - Plural \_\_\_\_\_
4. Noun \_\_\_\_\_
5. Noun - Plural \_\_\_\_\_
6. Noun \_\_\_\_\_
7. Noun \_\_\_\_\_
8. Noun - Plural \_\_\_\_\_
9. Noun \_\_\_\_\_
10. Noun \_\_\_\_\_
11. Adverb \_\_\_\_\_
12. Body Part \_\_\_\_\_
13. Body Part \_\_\_\_\_
14. Body Part \_\_\_\_\_
15. Body Part \_\_\_\_\_
16. Body Part \_\_\_\_\_
17. Body Part \_\_\_\_\_
18. Body Part \_\_\_\_\_
19. Body Part \_\_\_\_\_
20. Verb - Base Form \_\_\_\_\_
21. Noun \_\_\_\_\_
22. Noun \_\_\_\_\_
23. Noun \_\_\_\_\_

24. Verb \_\_\_\_\_

25. Noun \_\_\_\_\_

26. Body Part \_\_\_\_\_

27. Noun \_\_\_\_\_

28. Noun \_\_\_\_\_

29. Noun \_\_\_\_\_

30. Verb - Base Form \_\_\_\_\_

31. Body Part \_\_\_\_\_

32. Body Part \_\_\_\_\_

33. Body Part \_\_\_\_\_

34. Body Part \_\_\_\_\_

35. Noun \_\_\_\_\_

36. Verb - Base Form \_\_\_\_\_

37. Body Part \_\_\_\_\_

38. Noun - Plural \_\_\_\_\_

39. Preposition Or Subordinating Conjunction \_\_\_\_\_

40. Noun \_\_\_\_\_

41. Noun \_\_\_\_\_

42. Verb - Non 3Rd Person Singular Present \_\_\_\_\_

43. To \_\_\_\_\_

44. Preposition Or Subordinating Conjunction \_\_\_\_\_

45. Verb \_\_\_\_\_

46. Verb \_\_\_\_\_

47. Determiner \_\_\_\_\_

48. Noun \_\_\_\_\_

49. Preposition Or Subordinating Conjunction

50. Pronoun

51. Preposition

52. Preposition Or Subordinating Conjunction

53. Preposition

54. Pronoun

55. Determiner

56. Noun

57. Pronoun

58. Noun

## how to \_\_\_\_\_

Start with a \_\_\_\_\_ Noun, preferably a padded one. Make sure you have plenty of open space all around you,

and a padded \_\_\_\_\_ Noun underneath you. Stand about four to five feet away, facing the wall. Lift your

\_\_\_\_\_ Noun - Plural straight up over your \_\_\_\_\_ Noun. Lunge forward and place both \_\_\_\_\_ Noun - Plural in

front of you on the floor, shoulder-width apart, about a foot away from the wall. Keep your fingers spread out

slightly and facing forward. Using the momentum from your \_\_\_\_\_ Noun, \_\_\_\_\_ Noun one leg up toward

the wall, and then follow it with your other leg. Keep your \_\_\_\_\_ Noun - Plural straight. It doesn't matter which

leg you lead with -- you should do what feels most comfortable. If you aren't able to get all the way up into a

\_\_\_\_\_ Noun it can help to have a spotter who pulls your legs up. Once you get into a \_\_\_\_\_ Noun, check

your form and positioning. Try to be as \_\_\_\_\_ Adverb as possible:

Keep your \_\_\_\_\_ body part straight and together, with your \_\_\_\_\_ body part pointed towards the ceiling

Tighten your \_\_\_\_\_ body part and back so you aren't arching your back or bending in the hips.

Peek at your \_\_\_\_\_ body part, but don't stick your \_\_\_\_\_ body part out.

Push down through your palms so your \_\_\_\_\_ body part and \_\_\_\_\_ body part are fully extended,

\_\_\_\_\_ body part always locked out.

Once you can \_\_\_\_\_ Verb - Base Form up to a straight \_\_\_\_\_ Noun, practice holding it for a few seconds longer

each time. This will help you strengthen the muscles you'll need to hold it without a \_\_\_\_\_ Noun, and improve

your balance as well. When you feel ready, attempt your \_\_\_\_\_ Noun without using the wall. You may want

to

have a spotter to help you \_\_\_\_\_ Verb \_\_\_\_\_. The \_\_\_\_\_ Noun \_\_\_\_\_ should hold your \_\_\_\_\_ body part \_\_\_\_\_ once you kick up.

In your first attempts, you might be a little nervous that you will kick too hard and go right over the top. A

\_\_\_\_\_ Noun \_\_\_\_\_ should be able to prevent this from happening, but you will want to learn some good ways to come out of your \_\_\_\_\_ Noun \_\_\_\_\_ when you don't have a \_\_\_\_\_ Noun \_\_\_\_\_:

\_\_\_\_\_ Verb - Base Form \_\_\_\_\_ out: Bend your \_\_\_\_\_ body part \_\_\_\_\_, tuck your \_\_\_\_\_ body part \_\_\_\_\_ under (\_\_\_\_\_ body part \_\_\_\_\_ to your \_\_\_\_\_ body part \_\_\_\_\_), and do a forward roll out of your \_\_\_\_\_ Noun \_\_\_\_\_.

\_\_\_\_\_ Verb - Base Form \_\_\_\_\_: Twist your \_\_\_\_\_ body part \_\_\_\_\_ and walk one hand around. Your body will make a quarter turn, and you will be able to step down without going over the top. Though this method seems more complicated , most \_\_\_\_\_ Noun - Plural \_\_\_\_\_ prefer it once they learn it.

When you are successfully doing a \_\_\_\_\_ Preposition or subordinating conjunction \_\_\_\_\_ on your own, have someone take a look at your body position. Is your body straight like a \_\_\_\_\_ Noun \_\_\_\_\_? The tighter you are, the easier it will be for you to hold a \_\_\_\_\_ Noun \_\_\_\_\_.

Verb - Non 3rd Person Singular Present \_\_\_\_\_ to \_\_\_\_\_ Preposition or subordinating conjunction \_\_\_\_\_, \_\_\_\_\_ Verb \_\_\_\_\_

Verb \_\_\_\_\_ Determiner \_\_\_\_\_ Noun \_\_\_\_\_ Preposition or subordinating conjunction \_\_\_\_\_ Pronoun \_\_\_\_\_

Preposition \_\_\_\_\_ Preposition or subordinating conjunction \_\_\_\_\_ - \_\_\_\_\_ Preposition \_\_\_\_\_ Pronoun \_\_\_\_\_,

Determiner \_\_\_\_\_ Noun \_\_\_\_\_ Pronoun \_\_\_\_\_ Noun \_\_\_\_\_

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