



# COACHING MANUAL

**Hundreds of coaching videos have been made, selected and organized in a methodical order for IYSF and are accessible in this Manual.**

Videos of opening exercises by Kru Knot (appointed teacher by IYSF Technical Committee)

Drills by Kim Tang (IYSF head coach) and Erik Persson (IYSF A - level coach)

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## 1) Yoga as a sport

There is still so much controversy surrounding the concept of Yoga as a Sport.

Knowing that Yoga is one of the six philosophical systems of India, Yoga Sports focuses on the Asanas. The Asanas are one of the eight limbs of Yoga, where we can meet outside and verify our inner work.

If you look closely, yoga and sport both aim to maintain and improve our physical skills. They both transform our physical state, entertain us. Both Yoga and traditional Sports entertain those watching, and both bring joy to the mind.

Therefore, as Sports are governed by rules and regulations in order to ensure fair play and just competition, Yoga is also governed by ethical principles of honesty and integrity. The goal is the same.

In Sports, the term sportsmanship expresses aspiration, that the activity will be enjoyed for its own sake. In Yoga the term "santosha" expresses the same: it refers to a joy which is independent of external sources.

In other words, if you play a Sport or perform a Yoga posture on stage and you feel joy of doing it, you are a champion. This is the message that we want to get through - Healthy competition and unity through Sport to the new generation. Please, help us spread the IYSF message, help us introduce this new branch of Yoga as a Sport discipline.

## 2) Basic principles

Yoga Sport, founded on the millennia-held values of traditional Indian Yoga, in competitions turns its total attention to asanas/postures. IYSF judges score the asanas based on difficulty, minimum expression, traditional recommended execution and characteristics of the athletic aspects of strength, flexibility and balance. Postures are divided into six groups of skills performed by the athlete during the competition:

1. Back Bend
2. Forward Compression
3. Traction
4. Torsion
5. Lifts
6. Inversions

While honoring the main principles of Yoga, the athlete must hold each posture for 3 - 5 seconds and must complete the six-posture routine within three minutes.

In all IYSF National, Continental and International championships scores given by IYSF official judges are displayed immediately via IYSF tabulation grids, assessing percentages of difficulty and execution. Time Judges deduct points for not holding postures long enough. IYSF grids are fully in accordance with IYSF rules and regulations and all rights of usage are fully reserved to IYSF.

Only National federations can certify their B - level National Judges and Coaches acting on national level and International Yoga Sport federation certifying A - level International - acting on international level.

Only IYSF National and Continental Championships can qualify athletes for the World Championship.

### 3) Organization and Goals

The only way for yoga sports to get world-wide recognition is to develop yoga sports discipline under IYSF as a world-governing body and unifying all National Federations and their competitions.

Classically in sport, all competitions are divided into several levels, depending on their statutory importance according to their world governing bodies.

IYSF has two-level competition criteria:

1. National Championships: only those can qualify athletes for the Continental cups and World (Global) Cup. Continental cups can act as a substitute in cases where a country doesn't have the National Federation.
2. International Competitions (invitational cups): these can also include different disciplines of yoga sports competitions (synchronous, team performances etc.). Athletes can participate in such international competitions regardless of the results of national championships and are delegated in accordance within the competencies of each National Federation.

All National, International, Continental and Global (World) Yoga Sport competitions are organized by IYSF National federations or appointed IYSF Continental Councils (according to IYSF statutes) and must be registered on the [IYSF calendar](#).

Only competitions registered in this manner will be considered IYSF events.

IYSF aims to encourage yoga athletes to participate in as many competitions as possible as well as organizing yoga sports competitions using the IYSF rules, scoring system, and other IYSF materials restricted to IYSF- recognized official federations and appointed continental councils.

IYSF is currently working on meeting the criteria for inclusion in GAISF (Global Association of International Sports Federation, [gaisf.sport](#)) which is the first step to becoming an Olympic Sport. This requires meeting several criteria, including unifying 40 active federations spread on 5

continents, regular national and international competitions, and developing rules and regulations and IYSF's own educational program for coaches, judges and athletes.

IYSF will unite and assist its official members and oversee all IYSF yoga sport competitions worldwide, fully adhering to the principles of World Anti-Doping Convention and Fair Play as any other sport governing body on its way towards the inclusion as an Olympic sport.

## 4) Educational goals of IYSF

The Educational program of IYSF is designed to train and certify yoga sport judges and coaches on an international level - A level.

All the Judging educational tools are available online. A - level certification is done by IYSF only.

All the Coaching educational tools are also available online - in this document, below. A - level certification is done by IYSF only.

All A - level coaches are able to coach all officially approved competition postures according to this **Coaching Manual**, which should help elevate Yoga Sport (as a complementary discipline) to gymnastic, figure skating, and different children's sport clubs and help us bring more sports kids on national, continental and international yoga sport stage. For comprehensive coaching, the manual is divided into separated themes. Skill Classes.

IYSF can offer the different sport clubs Yoga Sport Weekends led by IYSF A-level coaches, giving them the opportunity to open a new complementary yoga sport compensation discipline by coaching yoga sport postures mainly to the Youth.

## 5) Yoga Skill Class

There are four types of body conditioning classes. Every day focusing on a different specific skill.

Each Skill Class 1-3 postures of the same Skill Group and the same Mobility Theme should be addressed. Ex.:

- Yoga Sport Skill – Spine
- Yoga Sport Skill – Hips
- Yoga Sport Skill – Lifts
- Yoga Sport Skill – Inversions

Before the Competition, after a warm up, Coaching of individual athletes routines should be included.

Skill classes should be added on the schedules of the studios in the afternoon hours when kids are off school, spread globally, various studios becoming Ambassadors of Yoga Sport. Teachers are trained by IYSF or National Federation A level Coaches (IYSF certified).

## 6) Postures Skill Groups, Mobility Themes and Skill Classes

All rulebook postures are divided for the consistent coaching aspect and understanding into the **Skill Groups** of **Spine, Hips, Lifts and Inversions**. Those are divided according to the specific posture **Mobility Themes** into the separate 60 min **Skill Classes** described below.

Each Skill Class consists of 1- 3 postures.

Each Skill Class starts by a **WARM UP** in the center or by the **MOVEMENT IN THE LINES** for each posture, **POSTURE PRACTICE** in the center (according to the PG recommended execution including all levels variations specific to the postures as proposed in our Opening Exercises and Drills videos), short **RECUPERATIVE EXERCISE** (from anatomy session or recuperative Drills) and 2 min **SAVASANA** at the end.

It's up to the coach/ teacher to organize each class according to the students level, needs and requirements and follow the progression of the exercises in the correct difficulty order as mentioned in the Coaching Manual.

Skill Classes should be provided by the yoga studios and Sport clubs in order to get large kids participation on a hobby level but also as a preparation for a Yoga Sport Stage.

### **SKILL GROUP : SPINE**

#### **Mobility Theme 1 - Wheels**

**Skill Class - 1** - Half Moon backbend, Wheel

**Skill Class - 2** - Wheel, Full wheel

**Skill Class - 3** - One leg wheel, Bound one leg wheel

#### **Mobility Theme 2 - Seated Backbends**

**Skill Class - 4** - Pigeon, Full camel

#### **Mobility Theme 3 - Floor Backbends**

**Skill Class - 5** - Locust scorpion

**Skill Class - 6** - Bow, Full bow

**Skill Class - 7** - Full cobra, Reverse stretch

#### **Mobility Theme 4 - Seated Traction**

**Skill Class - 8** - Stretching, Upward stretching

### **Mobility Theme 5 - Forward Compressions**

**Skill Class - 9** - Rabbit, Standing head to knee

### **Mobility Theme 6- Splits**

**Skill Class - 10** - Splits, Splits backbend

**Skill Class - 11** - Splits forward bend, Standing splits

### **Mobility Theme 7 - One Leg Standing Backbends**

**Skill Class - 12** - Split arm, SBP

**Skill Class - 13** - Dancer, FSBP

### **Mobility Theme 8 - Twists**

**Skill Class - 14** - Spine twist, Full Spine Twist

**Skill Class - 15** - Marichyasana C, Marichyasana D

**Skill Class - 16** - Wide angle, Pasasana

### **SKILL GROUP: HIPS**

#### **Mobility Theme 1 - Double Sided**

**Skill Class - 1** - Cow face, Four angle, Archer

#### **Mobility Theme 2 - Separate Leg Forward Bends**

**Skill Class - 2** - Splits (side), Frog

**Skill Class - 3** - Frog, Guillotine

#### **Mobility Theme 3 - Shoulder Behind The Leg (top leg externally rotated and extended)**

**Skill Class - 4** - Side angle, Compass

**Skill Class - 5** - Bird of paradise, Flag

#### **Mobility Theme 4 - Leg Behind The Head (top leg externally rotated and bent)**

**Skill Class - 6** - Leg behind the head, Good bye

**Skill Class - 7** - Shivasana, Om (Lift)

**Skill Class - 8** - Om (Lift), Twisted staff (Lift)

**Mobility Theme 5 - Both Legs Behind The Head (both legs externally rotated)**

**Skill Class - 9** - Yogi in sleep, Tortoise

**Mobility Theme 6 - Lotus & Root (deep external rotation)**

**Skill Class - 10** - Short person, Bound lotus

**Skill Class - 11** - Fetal lotus, Fish

**Skill Class - 12** - Mountain, Root

**Mobility Theme 7 - Bow Legged (both legs internally rotated)**

**Skill Class - 13** - Bow legged mountain, Bow Legged Peacock, One Arm Bow Legged Peacock

**SKILL GROUP: LIFTS**

**Mobility Theme 1 - Straight Arms Balancing Forward Compressions**

**Skill Class - 1** - Crow, Crane, Fingerstand

**Skill Class - 2** - Crane, Fingerstand

**Skill Class - 3** - Lifting lotus, Cock

**Mobility Theme 2 - Hips On One Elbow (bent arms balancing tractions)**

**Skill Class - 4** - Koundiyasana A, Koundiyasana B

**Skill Class - 5** - Koundiyasana B, Eight angle

**Mobility Theme 3 - Hips On Both Elbows (bent arms balancing tractions)**

**Skill Class - 6** - Peacock, One legged peacock

**Skill Class - 7** - One legged peacock, Peacock lotus

**Mobility Theme 4 - More skills (bent arms balancing tractions)**

**Skill Class - 8** - Folding unfolding peacock

**Skill Class - 9** - One armed peacock, One armed peacock lotus

## **SKILL GROUP: INVERSIONS**

### **Mobility Theme 1 - Shoulderstands - Traction, Lotus**

**Skill Class - 1** - Shoulderstand, Shoulderstand lotus

### **Mobility Theme 2 - Headstands - Traction, Lotus**

**Skill Class - 2** - Headstand, Headstand lotus

### **Mobility Theme 3 - Tigers - Backbend, Lotus**

**Skill Class - 3** - Tiger, Tiger scorpion

**Skill Class - 4** - Tiger, Tiger lotus, Tiger lotus scorpion

### **Mobility Theme 4 - Handstand - Traction, Lotus**

**Skill Class - 5** - Handstand, Palm tree

**Skill Class - 6** - Handstand, Handstand lotus

**Skill Class - 7** - Handstand, One arm handstand

### **Mobility Theme 5 - Handstand - Backbend, Lotus**

**Skill Class - 8** - Handstand scorpion, Handstand lotus scorpion

### **Mobility Theme 6 - Handstand - More Skills (legs behind the head, bow legged backbend)**

**Skill Class - 9** - One leg behind the head handstand

**Skill Class - 10** - Two legs behind the head handstand

**Skill Class - 11** - Bow legged handstand scorpion



## 7) Yoga Sports Skills Classes Manual

[Link to IYSF postures guidelines](#) with recommended execution of each posture

### Skill group: SPINE

[ANATOMY SESSION](#) by Hanna Persson

Common opening exercises for the front of the body and all other backward bending postures by Kru Knot:

1. [Thighs & Pelvis](#) (on the knees)
2. [Lower Body](#) (in fixed firm)
3. [Middle Body](#) (in fixed firm)
4. [Shoulders 1](#) (arms on the floor)
5. [Shoulders 2](#) (arms on the block)
6. [Shoulders 3](#) (elbows on the floor)
7. [Shoulders 4](#) (elbows on the block)
8. [Thoracic Back & Shoulders Mobility](#) (on the belly, holding the block)
9. [Arms against the Wall](#)
10. [Wrists Stretch](#) (on all four)
11. [Shoulder Rotation 1](#) (hands against the wall)
12. [Shoulder Rotation 2](#) (DFD)
13. [Bridge](#)

#### **Mobility Theme 1 - Wheels**

HALF MOON BACKBEND

Opening exercises specific to the posture by Kru Knot:

1. [Introduction](#)
2. [Hips & Spine - lateral plan](#) (extension and compression)
3. [Hips & Spine - frontal plan](#) (extension and compression)
4. [Hips & Spine - transverse plan](#) (combination movement)

Drills by Kim Tang specific to the posture:

- [Drill 1 - both sides](#) (5 times)
- [Drill 2 - back](#) (5 breaths - increasing the depth each time)
- [Drill 3 - forward traction](#) (starting with blocks - 5 x push down, removing the blocks - going deeper)

## WHEEL

### Opening exercises specific to the posture by Kru Knot:

1. [Progression](#)
2. [Assistance 1](#) (strap)
3. [Assistance 2](#) (heels off the floor)
4. [Wall & Blocks](#)
5. [Away from the wall](#)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - push up from the floor / push through hands & heels](#) (push up, heels up - deepen, walk feet in, heels down / 3 times push through hands & heels / come down - starting without blocks, adding blocks, going deeper, repeat each time)
- [Drill 2 - drop back from standing / lower body function](#) (lengthen, bend knees, touch / 3 times lock, bend, lock / come up - starting with blocks, removing blocks - going deeper, then fingertips, then palms flat)

## FULL WHEEL

### Opening exercises specific to the posture by Kru Knot:

1. [Wall & Blocks](#) (feet move in)
2. [Assistance Grab the Ankle](#) (hands move in)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - from the floor, touch the hand close to your foot](#) (push up, heels up, walk hands in - deepen/heels stays up, hips forward, pick up your hand and touch towards the same side foot, look back for your heel - 3 times each)
- [Drill 2 - from standing, grab the ankle](#) (lengthen, bend knees, touch, deepen, hips forward, grab the ankle - 3 times - starting with blocks, removing blocks - going deeper, then fingertips, then without touching the floor)

## ONE LEG WHEEL

### Opening exercises specific to the posture by Kru Knot:

1. [Hips Flexion & Extension 1](#) (split warm up)
2. [Hips Flexion & Extension 2](#) (half fixed firm)
3. [From the Floor](#)
4. [Drop Back](#)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - from standing / stag the knee](#) ( drop back traction, bend, touch / heels up - deepen, walk hands in / stag the knee / lock, stretch, point, look back for your heel - repeat other side / push up - 5 times)

## BOUND ONE LEG WHEEL

### Opening exercises specific to the posture by Kru Knot:

1. [No Grab / Strap](#)
2. [Grab / Heel off the Floor](#)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - from the floor / straight arm stretch forward](#) ( push up / heels up - deepen, walk hands in / hips move forward, straight arm stretch forward - 2 times each, then forearms, elbows, where the hand was on the floor - 5 times)
- [Drill 2 - from standing / elbows on the floor / practice moving foot back and forth](#) ( drop back traction, bend, touch / heels up - deepen, walk hands in / hips move forward, straight arm stretch forward, forearms, elbows on the floor / practice moving backward & forward and moving foot back and forth / grab the ankle / stag the knee, lock, stretch, point, look back for your heel / push up)

### Mobility Theme 2 - Seated Backbends

#### PIGEON

#### Opening exercises specific to the posture by Kru Knot:

1. [Hips & Side of the Body](#) (both knees bent)
2. [Active Hips](#) (one leg bent, other extended, no arms, chest down, chest up)
3. [Hamstrings](#) (knee bending, push the hands, chest up)
4. [QL, Hamstring, Hip Flexor](#) (chest down, side bend, pull the foot, kick the foot)
5. [Preparation](#) (block, turn, hook the elbow, turn, grab)
6. [Shoulders with Strap 3 parts](#) (chest extension, spine rotation, shoulders external rotation)
7. [Progression 1](#) (wall & blocks)
8. [Progression 2](#) (strap & eventually block)
9. [Progression 3](#) (full version)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - shoulder extension / shoulder rotation](#) (10 times - hip down and forward, hips on the floor or on the block, kick into the big toe or pigeon grip, extend, relax the shoulder / pull, turn, look at it, elbow in, forward and up, heel to the shoulder, shoulders above the hips / rewind)

#### FULL CAMEL

#### Opening exercises specific to the posture by Kru Knot:

1. [Assistance - Core Strengthening](#) (glutes, tights)
2. [Shoulders](#) (hands on the block)
3. [Progression 1](#) (wall & blocks)
4. [Progression 2](#) (wall, floor, heels)
5. [Progression 3](#) (pigeon shoulder rotation)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - shoulder extension / shoulder rotation](#) (hip down and forward, hips on the floor or on the block, kick into the big toe or pigeon grip, extend, relax the shoulder / pull, turn, look - 10 times)
- [Drill 2 - flip grip - kicking back only, make the space / kicking forward, making the turn](#) ( starting wider with the knees, turning both shoulders at a time, keep feet in hands, come back)
- [Drill 3 - getting higher in the spine / pushing hands against the floor](#) (hands on the lower back, grab, turn palms and place on the floor, elbows, neck relaxed, push through shoulders and heels of palms, straight arms locked, shoulders block, chest up - 5 times each)
- [Drill 4 - drop back / drag fingers in](#) (hips forward, inhale - chest up, exhale - drop down, inhale - drag fingers in, come up, stretch up - 5 - 10 times)
- [Drill 5 - extra skill](#)

### **Mobility Theme 3 - Floor Backbends**

#### LOCUST SCORPION

##### **Opening exercises specific to the posture by Kru Knot:**

1. [Neck Flexibility](#) (chest on the floor)
2. [Locust](#) (palms & fist grip assistance)
3. [Thighs & Hips Flexor Warm Up](#)
4. [Assistance 1](#) (chest off the floor, shoulders rotation)
5. [Assistance 2](#) (hips off the floor)
6. [Assistance 3](#) (full expression)
7. [Walk up the wall](#) (chin & chest on the floor, knees on the wall)
8. [Away from the wall](#) (min. assistance)

##### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - melting heart / upper back](#) ( fold the mat, chest down, chin up, grab the mat, push mat away, push into straight legs against the wall, walk up the wall, push through the toes)
- [Drill 2 - kneeling wall walk - push the head into the feet / hamstrings strengthening - push the feet into the head](#) (chest up, stay up, hands on the wall, relax the lower back, body down, hand, hand, relax the neck, take as many steps as you need, widen the hands, push into the lock, touch right, touch left, touch both - hold 5 s, 5 times each)

#### BOW

##### **Opening exercises specific to the posture by Kru Knot:**

1. [Regular Execution](#) (no shoulder rotation)

##### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - kicking back only](#) (5 times 30 s, let the kicking back pull your chest up, knees on the floor, shines back, no kicking up, no pulling)
- [Drill 2 - kicking forward only](#) (5 times 30 s, let the kicking forward pull your thighs and pelvis off the floor, keep the chin down on the floor)

#### FULL BOW

##### **Opening exercises specific to the posture by Kru Knot:**

1. [One Arm at a Time](#) (full bow grip)

##### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - flip grip - kicking back only, make the space / kicking forward, making the turn](#) ( starting wider with the knees, turning both shoulders at a time, keep feet in hands, come back)
- [Drill 2 - flip grip - kick into a lock](#) (grab, kick back, turn, relax the upper back and shoulders, kick into the lock, kick from the quads and glutes, hang from the kick, unwind - 5 times 30 s)
- [Drill 3 - lock out](#)

#### FULL COBRA

### Opening exercises specific to the posture by Kru Knot:

1. [Sit on the Feet Assistance](#)
2. [Chest Against the Wall](#) (blocks on the wall, push chest away from the wall)
3. [Regular Execution](#)

Drills by Kim Tang specific to the posture:

- [Drill 1 - set up leverage](#) (come up to the belly button using the back strength, then push hands down and back & chest up and forward - 10 times)
- [Drill 2 - push into straight arms](#) (come up to the belly button using the back strength, open the feet, push into straight arms, ribs forward, hips down, head back, bend knees, use hamstrings, touch head to the feet, touch feet to the head - 5 times 30 s)

### REVERSE STRETCH

### Opening exercises specific to the posture by Kru Knot:

1. [Assistance 1](#) (traction of the spine and shoulders stretch)
2. [Assistance 2](#) (blocks under the hips, support the shoulders)

Drills by Kim Tang specific to the posture:

- [Drill 1 - building up strength assistance](#) (holding the heels, 5 times 30 - 1 min holds, going down 10 s)
- [Drill 2 - flip grip - kicking back only, make the space / kicking forward, making the turn](#) ( starting wider with the knees, turning both shoulders at a time, keep feet in hands, come back)
- [Drill 3 - flip grip - kick into a lock](#) (grab, kick back, turn, relax the upper back and shoulders, kick into the lock, kick from the quads and glutes, hang from the kick, unwind - 5 times 30 s)

### Mobility Theme 4 - Seated Traction

#### STRETCHING

### Opening exercises specific to the posture by Kru Knot:

1. [Hamstrings](#) (on the floor, leg up to the ceiling)
2. [Separate Legs Stretching into Hands to Feet](#) (push, chest up, move feet in)
3. [Hands to Feet Assistance](#)
4. [With Block & Without](#)

Drills by Kim Tang specific to the posture:

- [Drill 1 - standing forward traction](#) (starting with blocks - 5 x push down, removing the blocks - going deeper)
- [Drill 2 - seated traction](#) (pulling on the block - spine straight)

#### UPWARD STRETCHING

### Opening exercises specific to the posture by Kru Knot:

1. [Finding the Balance](#)

Drills by Kim Tang specific to the posture:

- [Drill 1 - get legs locked / one at a time](#) (5 times lock, stretch, point, pull down on the heel, sit up tall)
- [Drill 2 - get both legs locked](#) (5 times lock, pull thighs into the belly, knees into the chest, stretch, point, pull down on the heel, sit up tall, head in line with the spine, eyes on toes)

- [Drill 3 - adding the strength / release the grip](#) ( 5 times - alternate one leg at a time and both legs together / kick into the lock, lock it, pull down on the heel, sit up tall, look at it, release it, stretch past it - 5 s)

### **Mobility Theme 5 - Forward Compressions**

RABBIT

**Opening exercises specific to the posture by Kru Knot:**

1. [From the Standing](#) (against the wall)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - grip assistance / push the heels down](#) (hips up, belly in, shoulders up)

STANDING HEAD TO KNEE

**Opening exercises specific to the posture by Kru Knot:**

1. [Hamstrings](#) (on the floor, leg up to the ceiling)
2. [Forward Compression from Standing](#) (against the wall)
3. [Heel against the Wall](#)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - legs locked](#) (10 times bend, extend, bend, release, last one hold 10 s)
- [Drill 2 - creating the space / lower spine compression](#) (separate legs stretching - chest up, sit up tall / round, pull the belly in)

### **Mobility Theme 6 - Splits**

SPLITS

**Opening exercises specific to the posture by Kru Knot:**

1. [Back Knee Locked](#) (sliding into splits, chest up and down)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)
- [Drill 2 - half split stretch](#) ( forearms on the floor, everything leveled, stretch forward, 3 min)
- [Drill 3 - half split foot on the floor / lock the back leg](#) (hands on the floor, everything leveled, hook the toes under, lock the back leg 10 times)

SPLITS BACKBEND

### Opening exercises specific to the posture by Kru Knot:

1. [From DD](#) (hips square)
2. [Psoas Stretch against the Wall into the Split](#)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)
- [Drill 2 - HM backbend](#) (5 breaths - increasing the depth each time)
- [Drill 3 - traction and pelvis](#) (warm up your splits, warm up your backbend / hips in one line, feet, ankles, knees, hips in line, stretch up, back hip forward, front hip back, go back, relax neck - 5 times)
- [Drill 4 - full expression / grab the ankle](#)

### SPLITS FORWARD BEND

### Opening exercises specific to the posture by Kru Knot:

1. [From DD](#) (hips square)
2. [Psoas Stretch against the Wall into the Split](#)
3. [Forward Compression from Standing](#) (against the wall)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)
- [Drill 2 - creating the space / lower spine compression](#) (separate legs stretching - chest up, sit up tall / round, pull the belly in)
- [Drill 3 - pull on the foot](#) (hips in one line, feet, ankles, knees, hips in line, stretch up, back hip forward, front hip back, pull on the front foot, push from the shoulders, through the elbows, hairline on the knee, belly off the thigh)

### STANDING SPLITS

### Opening exercises specific to the posture by Kru Knot:

1. [Walking up the Wall](#)
2. [Standing Thigh Contracting](#) (spine stretching, hips square)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)
- [Drill 2 - forward traction](#) (starting with blocks - 5 x push down, removing the blocks - going deeper)
- [Drill 3 - back on the wall](#) (pull and stretch)
- [Drill 4 - regular execution](#)

## **Mobility Theme 7 - One Leg Standing Backbends**

### SPLIT ARM

#### **Opening exercises specific to the posture by Kru Knot:**

1. [Regular Execution](#) (standing thigh contracted)

#### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - one leg superman](#) ( arms up, chin up, chest up, leg up )
- [Drill 2 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)
- [Drill 3 - HM backbend](#) (5 breaths - increasing the depth each time)
- [Drill 4 - traction and pelvis](#) (warm up your splits, warm up your backbend / hips in one line, feet, ankles, knees, hips in line, stretch up, back hip forward, front hip back, go back, relax neck - 5 times)
- [Drill 5 - recommended execution](#)

### STANDING BOW PULLING

#### **Opening exercises specific to the posture by Kru Knot:**

1. [Arms against the Wall](#)
2. [One Hand against the Wall](#)
3. [Assistance](#)

#### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - shoulders in one line from the front / shoulder stretch & middle line of the body push](#)
- [Drill 2 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)
- [Drill 3 - HM backbend](#) (5 breaths - increasing the depth each time)
- [Drill 4 - traction and pelvis](#) (warm up your splits, warm up your backbend / hips in one line, feet, ankles, knees, hips in line, stretch up, back hip forward, front hip back, go back, relax neck - 5 times)
- [Drill 5 - staying up / kicking back](#) ( using opposite forces, kicking back and up, chest up, chin up, stretch up)
- [Drill 6 - recommended execution](#)

### DANCER

#### **Opening exercises specific to the posture by Kru Knot:**

1. [Shoulders with Strap 3 parts](#) (chest extension, spine rotation, shoulders external rotation)

#### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - shoulders in one line from the front / shoulder stretch & middle line of the body push](#)
- [Drill 2 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip



back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)

- [Drill 3 - HM backbend](#) (5 breaths - increasing the depth each time)
- [Drill 4 - traction and pelvis](#) (warm up your splits, warm up your backbend / hips in one line, feet, ankles, knees, hips in line, stretch up, back hip forward, front hip back, go back, relax neck - 5 times)
- [Drill 5 - staying up / kicking back](#) ( using opposite forces, kicking back and up, chest up, chin up, stretch up)
- [Drill 6 - shoulder extension / shoulder rotation](#) (10 times - hip down and forward, hips on the floor or on the block, kick into the big toe or pigeon grip, extend, relax the shoulder / pull, turn, look at it, elbow in, forward and up, heel to the shoulder, shoulders above the hips / rewind)
- [Drill 7 - flip grip - kicking back only, make the space / kicking forward, making the turn](#) ( starting wider with the knees, turning both shoulders at a time, keep feet in hands, come back)
- [Drill 8 - flip grip - kick into a lock](#) (grab, kick back, turn, relax the upper back and shoulders, kick into the lock, kick from the quads and glutes, hang from the kick, unwind - 5 times 30 s)
- [Drill 9 - recommended execution](#)

## FULL STANDING BOW PULLING

Opening exercises specific to the posture by Kru Knot:

### 1. [Arms & Chest against the Wall, Touch the Head](#)

Drills by Kim Tang specific to the posture:

- [Drill 1 - shoulders in one line from the front / shoulder stretch & middle line of the body push](#)
- [Drill 2 - dip in the back hip flexor, stretch the front hamstring](#) (front leg hip on the blocks, pull the hip back, stretch the hamstring / back hip down and forward, stretch the hip flexor / hips, knees ankles and feet exactly on the lines, forearms on the floor, stretch the ribs forward, relax in the position of perfect alignment - 5-10 min)
- [Drill 3 - HM backbend](#) (5 breaths - increasing the depth each time)
- [Drill 4 - traction and pelvis](#) (warm up your splits, warm up your backbend / hips in one line, feet, ankles, knees, hips in line, stretch up, back hip forward, front hip back, go back, relax neck - 5 times)
- [Drill 5 - staying up / kicking back](#) ( using opposite forces, kicking back and up, chest up, chin up, stretch up)
- [Drill 6 - shoulder extension / shoulder rotation](#) (10 times - hip down and forward, hips on the floor or on the block, kick into the big toe or pigeon grip, extend, relax the shoulder / pull, turn, look at it, elbow in, forward and up, heel to the shoulder, shoulders above the hips / rewind)
- [Drill 7 - flip grip - kicking back only, make the space / kicking forward, making the turn](#) ( starting wider with the knees, turning both shoulders at a time, keep feet in hands, come back)
- [Drill 8 - flip grip - kick into a lock](#) (grab, kick back, turn, relax the upper back and shoulders, kick into the lock, kick from the quads and glutes, hang from the kick, unwind - 5 times 30 s)
- [Drill 9 - lock out](#)
- [Drill 10 - full expression](#)

## Mobility Theme 8 - Twists

Common opening exercises for all Twisting postures by Kru Knot:

1. [Shoulder Movement Introduction](#) (shoulder extension, inward rotation, reverse namaskar)
2. [Shoulder Stretch on the Floor](#) (leg up and back behind)
3. [Hips](#)
4. [Spine, Hips Allowance](#) ( legs apart & legs together)

## SPINE TWIST

### Opening exercises specific to the posture by Kru Knot:

#### 1. [Regular Execution](#)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - IT band stretch / hip down, sit up tall](#) ( foot flat, front of the ankle aligned with top of knee, elbow on the outside, hip up / hip down, sit up tall - 5 times)
- [Drill 2 - heel knee set up / work it across](#) (foot flat, front of the ankle aligned with top of knee, elbow on the outside, hip down / spine straight, sit up tall, work it across - 5 times)

## FULL SPINE TWIST

### Opening exercises specific to the posture by Kru Knot:

#### 1. [Heel on the Inside/Outside](#)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - life pose prep / knee down, opposite hip down, sit up tall](#) - 5 times
- [Drill 2 - IT band stretch / foot in half lotus, hip down, sit up tall](#) (foot in half lotus, the other foot flat, front of the ankle aligned with top of knee, elbow on the outside, hip up / hip down, sit up tall - 5 times)

## MARICHYASANA C

### Opening exercises specific to the posture by Kru Knot:

#### 1. [Against the Wall](#) (arm extension, internal rotation, spine forward compression)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - QL contraction / arm up and over, hip down, knee in, torso out](#) (heel to the hip, other leg extended, foot flexed, weight forward, arm behind, fingertips facing out)
- [Drill 2 - getting the bind / hip down & up](#) (heel to the hip, other leg extended, foot flexed, hand close behind the body, push up, weight forward, elbow beyond the knee, hook the arm around, hip down & up 5 times and bind)

## MARICHYASANA D

### Opening exercises specific to the posture by Kru Knot:

#### 1. [Regular Execution](#) (shoulder bind)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - QL contraction / arm up and over, hip down, knee in, torso out](#) (heel to the hip, other leg extended, foot flexed, weight forward, arm behind, fingertips facing out)
- [Drill 2 - life pose prep / knee down, opposite hip down, sit up tall](#) - 5 times
- [Drill 3 - getting the bind / hip down & up](#) (heel to the hip, other leg extended, foot flexed, hand close behind the body, push up, weight forward, elbow beyond the knee, hook the arm around, hip down & up 5 times and bind)
- [Drill 4 - regular execution](#)

## WIDE ANGLE TWIST

### Opening exercises specific to the posture by Kru Knot:

1. [Beginner Variation & Progression](#) (with strap against the wall)
2. [Against the Wall Upside Down](#)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - elbow, shine leverage with strap](#) ( grab the foot from the outside hand palm facing up, elbow against shine leverage, the other hand grab the strap, shoulder relaxed - rotation, then no more strap)

## PASASANA

### Opening exercises specific to the posture by Kru Knot:

1. [Beginner Variation & Progression](#) (with block)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - regular execution](#)

# Skill group: HIPS

## [ANATOMY SESSION](#) by Hanna Persson

### Common opening exercises for all the hips movement for Yoga Skill Classes 1-7 and all other hip movement requiring postures by Kru Knot:

1. [Mobility All Directions](#) (standing)
2. [Deeper Range of Motion](#) (on the floor)
3. [Hips Half Way Down - Duck Walks](#)
4. [External Rotation / Forward bend](#) (gentle pose)
5. [External Rotation / Backbend](#) (on forearms)
6. [External Rotation / Spine straight](#)
7. [External Rotation / Facing forward and side](#) (hips leveled)
8. [Internal Rotation, Abduction / Outer glute stretch](#) (standing forward fold)
9. [Internal Rotation, Abduction / Kneel, Sit, Twist](#)
10. [Internal Rotation, Abduction / Laying Down Against the Wall](#)
11. [Internal Rotation, Abduction/Assistance](#)
12. [Shoulders - Internal & External Rotation](#)

## **Mobility Theme 1 - Double sided**

### COW FACE

#### **Opening exercises specific to the posture by Kru Knot:**

1. [Don't touch the floor Execution](#)

#### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - double pigeon / relax](#) (stretch forward, hands, forearms on the floor in front of you, forehead on the block, relax 5 min)
- [Drill 2 - sitting on the block / remove the block](#) ( hips on the block, legs in cow face, stretch forward, hands, forearms on the floor in front of you, relax head heavy, remove the block, readjust the feet, relax 5 min)
- [Drill 3 - shoulders external rotation](#) (arm to the side, palm facing forward, arm up, bend the elbow, hand palm against the back, grab the elbow with opposite hand and pull to the centerline of the body - 3- 5 min)
- [Drill 4 - shoulders internal rotation](#) (arm to the side, palm facing back, arm down, bend the elbow, back of the hand against the back, grab the elbow with opposite hand and pull to the centerline of the body - 3- 5 min)

### FOUR ANGLE

#### **Opening exercises specific to the posture by Kru Knot:**

1. [Top Leg Warm Up](#) (circumduction)

#### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - fixed firm / with block and without](#) (sitting on the block - starting with knees wide, ankles and feet straight, heel touching the hips, sit straight and start bringing the knees in until they touch, then repeat the same without the block with hips flat on the floor)
- [Drill 2 - top leg lateral plan - in & out](#) (from gentle pose, one leg up parallel to the chest, foot print facing out, spine straight and stationary - 2 x 30)

### ARCHER

#### **Opening exercises specific to the posture by Kru Knot:**

1. [Sitting Down Abduction Set Up](#)

#### **Drills by Kim Tang specific to the posture:**

- [Drill 1 - finding the push / grip, leverage & twist](#) (sit diagonal, extend one leg straight across the centerline of the body, foot flexed, thigh contracted, the other leg bent, knee on the floor, foot flexed, heel touching the inside of the hip, grab the opposite foot with the index grip, push from the hip through the heel, push the knee and heel down against the floor, stretch up and twist 20 times)
- [Drill 2 - adding the pull / grip, leverage & twist](#) (sit diagonal, extend one leg straight across the centerline of the body, foot flexed, thigh contracted, the other leg bent up and over, grab both feet with opposite hands with the index grip, push from the hip through the heel, push the knee and heel down against the floor, pull on the other foot and bring the foot as close to the opposite ear, stretch

up and twist 10 times)

## **Mobility Theme 2 - Separate Leg Forward Bends**

SPLITS (SIDE)

**Opening exercises specific to the posture by Kru Knot:**

1. [Happy Baby Traction & Stretch](#)
2. [SLS - Hip out, Slide, In](#)
3. [SLS - Twist](#)
4. [Wall Assistance](#)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - no hands, from standing](#) (hands in reverse namaskar, chin and chest on the floor first)
- [Drill 2 - push & pull yourself through flip](#) (one hand push yourself up and the other one push yourself forward and through 5 times)

FROG

**Opening exercises specific to the posture by Kru Knot:**

1. [On the Back](#) (happy baby stretch)
2. [Facing Down](#) (one side at a time)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - from standing / push the shoulder behind the knee](#) (stretch the upper body down from the lower spine to the floor, bend the legs and with a C - grip, one leg at a time, grab the calf as close to the knee as possible, push the calf forward and bring the shoulder behind the knee 10 times, on the last one, lock both knees)

GUILLOTINE

**Opening exercises specific to the posture by Kru Knot:**

1. [Hips To the Wall](#)
2. [Back To the Wall](#)
3. [Assistance](#)
4. [With a Strap](#)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - push through with a C- grip and lock / both shoulders at a time](#) (stretch the upper body down from the lower spine to the floor, bend the legs and with a C - grip, both legs at a time, grab the calves as close to the knee as possible, push the calves forward and bring the shoulders behind the knees 10 times, on the last one, lock both knees)
- [Drill 2 - use the shoulders / push the knees back against the shoulders/ get a grip](#) (stretch the upper body down from the lower spine to the floor, bend both legs at a time and with a C - grip, both legs at a time, grab the calves as close to the knee as possible, push the calves forward and bring the

shoulders behind the knees, push the knee against the shoulder, arm up, one at a time, repeat the other side, keep the legs bending, get a grip, lock both knees, widen the feet, chin in, belly in)

### **Mobility Theme 3 - Shoulder Behind The Leg (top leg externally rotated and extended)**

SIDE ANGLE

**Opening exercises specific to the posture by Kru Knot:**

1. [One Hip Above the Other / On the Back](#) (both legs externally rotated)
2. [Fore Arms on the Floor / Arms & Chest on the Floor / Bind](#)
3. [Spine Traction and Rotation / Foot Grip](#)
4. [Strength of the Side of the Body](#)
5. [Forearm Push Up / Stretch](#) (shoulder, hip, heel in one line)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - kneeling / twist, lock stretch point](#) (hip, knee, foot in one line, the other foot to the side toes facing out, hand behind the foot, shoulder under and behind the knee, press the hand down, straight arm, grab the foot from the top with the opposite hand, twist, lock, stretch, point, open the chest, push the hips forward 5 times)

COMPASS

**Opening exercises specific to the posture by Kru Knot:**

1. [Bottom Knee bending Against the Floor / Leg Behind Knee Alignment](#) ( with and without block)
2. [DD Entry Assistance](#) ( with and without the block)
3. [DD Entry Execution](#)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - kneeling / twist, lock stretch point, release](#) (hip, knee, foot in one line, the other foot to the side toes facing out, hand behind the foot, shoulder under and behind the knee, press the hand down, straight arm, grab the foot from the top with the opposite hand, twist, lock, stretch, point, open the chest, push the hips forward, release the foot, look up, grab the foot, unwind, 5 times, 2 sets)

BIRD OF PARADISE

**Opening exercises specific to the posture by Kru Knot:**

1. [Leg Behind the Shoulder / Bind](#) (against the wall)
2. [Strength of the Side of the Body](#) (against the wall)
3. [Bind Only](#) (forward fold)
4. [Standing Up With Knee Bending](#)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - lock stretch point / hold](#) (from standing, feet hips width, bend the legs, lift one leg up, shoulder under the knee, bind the opposite wrist behind the body, pull, lock, stretch, point, hold, 5 times both sides)

FLAG

#### Opening exercises specific to the posture by Kru Knot:

1. [Bird of Paradise Against the Wall Entry](#)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - same side grip / sitting / lock stretch point the top leg](#) (from easy pose, push one hand against the floor to stay)
- [Drill 2 - opposite side grip / sitting / lock stretch point the top leg](#) (from easy pose, sit straight, grab the opposite foot from the top across the ankle, push the knee behind the shoulder and keep it there using the hand against the floor, top leg externally rotated, lock, stretch, point 5 times)

#### Mobility Theme 4 - Leg Behind The Head (top leg externally rotated and bent)

#### Common opening exercises for all one leg behind the head postures:

1. [Double Pigeon Warm Up](#)
2. [Active Hips / Up & Down](#) (5 times, stretch up, no hands, knee off the floor, stretch forward)
3. [Thigh Behind the Body 1](#) (DD, leg up, open the hip, knee to the shoulder 5 times, foot on the outside of the hand, bounce, stretch forward, bounce, walk hands away from the leg, push against the knee, keep hips leveled)
4. [Thigh Behind the Body 2](#) (DD, leg up, open the hip, knee to the shoulder, foot on the outside of the hand, bounce, forearms on the floor, push up)
5. [Active Hips / Knee More than 90 deg Set Up](#) (with blocks & without)
6. [Half Frog Stretch](#) (hips and knees in one line, knee 90 deg slide to the side, forearms on the floor, facing the floor)
7. [Knee Behind the Shoulder](#) (laying down on the back, half happy baby, close the gap in between the torso and the thigh, stretch the leg, knee behind the shoulder, arms open in front of the knee parallel to the ceiling)

LEG BEHIND THE HEAD

#### Opening exercises specific to the posture by Kru Knot:

1. [Rock the Baby / Hip Circles / Thigh Behind the Body](#) (inner thigh goes out - inward rotation of the hip & inner thigh goes in - outward rotation in the hip / hip circumduction - all ranges of the motion - frontal & lateral rolling) / combination of both & stretch up
2. [Half Happy Baby](#) ( laying down on the back, close the gap between the thigh and torso)
3. [Head Under the Knee](#) ( DD, step forward, head under the knee, facing down)
4. [Execution Break Down](#) ( foot and knee in the elbows - rotation out/ in/ leg behind the head/ out/ stretch up)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - laying down / push knee down to push shoulder up / one at a time](#) (on the floor, one leg

extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, stretch the elbow forward, 5 times two sets, place the knee behind the shoulder and foot behind the head)

GOOD BYE

#### Opening exercises specific to the posture by Kru Knot:

1. [Leg In Front of the Body Variation](#) (foot & knee in the elbows / opposite four angle set up - from the floor into standing, keeping the standing knee bending)
2. [Leg Behind the Body, Hand On the Wall Variation](#) (leg behind the head, fold forward, make the leg stay, push the hand against the wall, standing up from the floor)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - leg behind the head](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, stretch the elbow forward, 5 times two sets, place the knee behind the shoulder and foot behind the head)
- [Drill 2 - laying down / push knee down to push shoulder up / lock stretch flex](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place the knee behind the shoulder and foot behind the head, lock, stretch, flex the opposite foot, bring the heel down to the floor, lean the upper body against the top leg, 1 min hold)
- [Drill 3 - picture Good Bye](#)

SHIVASANA

#### Opening exercises specific to the posture by Kru Knot:

1. [Side Plank](#) (wrist, shoulder, side of the body warm up)
2. [Wrist Warm Up](#) (all four, fingers facing out move up & down, circles)
3. [Arms & Core Strength](#) (external hip rotation, hook the knee above the shoulder, push the calf down, top toe to the opposite calf muscle, push against the blocks, lift up)
4. [Knee Above the Shoulder Grip](#) (DD, step forward, shoulder under the knee, hip externally rotated, push the hand against the block or floor, hook the knee above, grab the foot with opposite hand, pivot, hold)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - leg behind the head](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other)
- [Drill 2 - kneeling / 90 deg. arm to centerline of body](#) (sitting facing forward, leg externally rotated, place the leg behind the head and hand against the floor, arm perpendicular to the centerline of the body, let go of the foot, profile of the face, deepen the split line, 5 times) 25

OM (lift)

#### Opening exercises specific to the posture by Kru Knot:

1. [Leg Around the Arm One Leg Peacock Warm Up](#) (top leg around the arm, hip externally rotated, press the hands against the floor and push up, extend the leg back or keep the knee on the floor)
2. [Leg Behind the Head & Leg Around the Arm One Leg Peacock Combination](#) (top leg behind the head,



hip externally rotated, press the hands against the floor and push up, bottom leg around the arm, hook the foot)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - leg behind the head](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other)
- [Drill 2 - push / lift / hold with leg extended](#) (leg behind the head, hands shoulders width, push, lift, the bottom leg extended, hold 10 s)
- [Drill 3 - push / pull the hips high](#) (leg behind the head, hands shoulders width, push, lift, the bottom leg extended, pull the hips high, 5 times)
- [Drill 4 - wave of the leg with blocks](#) (blocks shoulders width, hands on the blocks, fingers facing forward, one leg foot on the floor, heel on the outside of the block, knee out, leg externally rotated, push from the shoulders, through the elbows and hands against the blocks, the other leg in between the blocks off the floor, pull the hips up and back, pull the leg through the arms, bend the leg, don't touch the floor, wave the leg around the arm, hook the foot behind the other elbow, retrace, 5 times)

TWISTED STAFF (lift)

#### Opening exercises specific to the posture by Kru Knot:

1. [Bottom Arm & Bottom Leg Both Perpendicular to the Center Line Of the Body Twist](#) (DD, bottom leg in straight perpendicular to the spine, bottom arm in straight perpendicular to the spine, both in opposite direction, twist)
2. [Jump & Twist](#) (DD, jump forward to the outside of the hand, hips down and twist, keep the legs with the upper arm)
3. [Side Crow Legs Straight](#) ( turn diagonal, bend knees, hands in namascar, turn, twist, elbow against the knee, knees in one line, lean forward, push hands against the floor, lift)
4. [Diagonal Set Up Execution](#) (face diagonal, front leg behind the head, twist the lower body to the opposite direction, hands on the floor, torso facing forward, lean on the elbow, extend the bottom leg)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - leg behind the head](#) ( on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other)
- [Drill 2 - finding the balance without the leg extension / strength](#) (starting facing profile, back leg up and behind the head, turn the torso forward, back arm in front of the front thigh, lean the hips on one elbow, both elbows 90 deg, hold 30 s) 31

#### Mobility Theme 5 - Both Legs Behind The Head (both legs externally rotated)

#### Common opening exercises for all both legs behind the head postures:

1. [Knees 90 deg Frog Pose Stretch](#) (facing the floor, spine straight, knees out to the sides, hips and knees in one line, feet flexed)
2. [Knees 90 deg On the Back Stretch Assistance](#) (on the back, spine straight, knees out to the sides, hips and knees in one line, feet flexed, hook the knees with the feet, grab gently and rotate one thigh at a time, then rotate and push both, alternate, bend both knees, sit on the shins, traction of the spine)

## YOGI IN SLEEP

### Opening exercises specific to the posture by Kru Knot:

1. [Close the Gap between the Knee and Shoulder](#) (on the back, from happy baby, block behind the head, rotate the thighs out, close the gap, cross the ankles, alternate the sides)
2. [Neck & Side Body Twisting Release](#)
3. [Chest Opener & Neck Lengthening](#) (laying on the block & sliding chin forward and back, pressing the head against the hands)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - push knees down to push shoulders up /hook the ankles / push the hips down](#) ( laying on the floor, grab one leg at a time with both hands C-grip, grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place both knees behind the shoulders and feet behind the head, cross the ankles, push the hips down with hands, lean the upper body against the legs, push the shoulders against the knees, stretch the lower spine, 30s - 1 min hold two sets)
- [Drill 2 - uncross & recross the ankles / push the hips down](#) ( laying on the floor, grab one leg at a time with both hands C-grip, grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place both knees behind the shoulders and feet behind the head, cross the ankles, push the hips down with hands, push the shoulders against the knees, uncross and recross the ankles, 5 times two sets)
- [Drill 3 - uncross the legs / lock stretch point](#) ( laying on the floor, grab one leg at a time with both hands C-grip, grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place both knees behind the shoulders and feet behind the head, cross the ankles, push the hips down with hands, lower spine into the floor, push the shoulders against the knees, uncross, lock, point, stretch, 1 min 2 sets)

## TORTOISE

### Opening exercises specific to the posture by Kru Knot:

1. [Tortoise / Upward Tortoise / Lifting Tortoise Assistance](#) ( feet on the block, legs in diamond, one arm under the legs at a time, head down, cross the ankles)
2. [Tortoise Set Up](#) (assistance or against the wall)
3. [Neck & Side Body Twisting Release](#)
4. [Chest Opener & Neck Lengthening](#) (laying on the block & sliding chin forward and back, pressing the head against the hands)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - leg behind the head](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other)
- [Drill 2 - triceps dips / hips on the floor](#) (both legs behind the head, hands in front of you, keep your hips on the floor, dip down & push up, 10 times)
- [Drill 3 - push up / lock at the top](#) ( both legs behind the head, push straight up to the perpendicular line to the floor, push from the shoulders, hips up, lock at the top, lower down, 5 times, 10 s holds)

### Mobility Theme 6 - Lotus & Root (both legs externally rotated)

**Common opening exercises for all lotus postures (in the lotus opening exercises always alternate both sides):**

1. [Squatting / Gentle pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lounges)
3. [Drill 2 - top leg lateral plan - in & out](#) (from gentle pose, one leg up parallel to the chest, foot print facing out, spine straight and stationary - 2 x 30)
4. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
5. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

**SHORT PERSON**

**Opening exercises specific to the posture by Kru Knot:**

1. [One Leg Lotus Stretch & Find Ballance](#)
2. [From Standing](#) (with assistance or against the wall)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - finding the balance / lotus wide](#) (in tree, go down, knee on the floor, move the bottom foot further to the side, heel forward, knee back, hips forward)

**BOUND LOTUS**

**Opening exercises specific to the posture by Kru Knot:**

1. [Shoulder Warm Up](#) (if reverse namaskar is not available, grab the elbows and push them against the back)
2. [Beginner Execution](#) (lotus, bend forward, grab the top foot first, turn away from the top foot, tighten the lotus, grab the other foot)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - tighten the lotus / with towel and without](#) ( place the towel on your lap, wrap the towel underneath the feet and around the waist, left arm toward the left foot, right arm toward the right foot, grab the towel, pull on the towel, tighten the lotus until you can grab, lean forward, point the toes, push the knees down, straighten the spine up, 1 min, 5 times)

**FETAL LOTUS**

**Opening exercises specific to the posture by Kru Knot:**

1. [No Arms Through Version](#) ( lean back, hugg the lotus, round and ballance)
2. [Regular execution](#) (lotus, lean back, slide the first arm with the hand palm facing up through the space in between the top foot and the bottom ankle, from the outside in, elbow crook facing up, if no sweat, beginners can use the water to experience the push of the arms through)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - hugg the lotus / round the spine / deepen the hips](#) (chin in, choke throat, even the rounding of the spine, deepen the lotus, ballance, 30 s)
- [Drill 2 - arms through / round the spine](#) (pump the biceps, interlock the fingers as far on the head as

you can, belly in, round the spine)

## FISH

### Opening exercises specific to the posture by Kru Knot:

1. [Execution With Block Support](#) (if lotus is not available, then use half lotus)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - push up wheel drill from the floor](#) (push up, heels up - deepen, walk feet in, heels down / 3 times push through hands & heels / come down - starting without blocks, adding blocks, going deeper, repeat each time)
- [Drill 2 - push up / grab](#) (start in lotus, go back, keep the knees on the floor, hands under the shoulders, push the chest up and head close to the hips on the floor, release, 5 times, grab the feet)

## MOUNTAIN

### Opening exercises specific to the posture by Kru Knot:

1. [Mountain Laying down On the Floor](#) (press the knees down against the floor and stretch the spine forward to eliminate the arch in the lower spine)
2. [Blocks, Wall, Assistance & Find the Balance](#) (contract the glutes, squeeze the inner thighs, keep the pelvis neutral, stretch up)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - against the wall](#) ( arms above the head, HM grip, hips forward, knees in, flex your feet, push against the hips, stretch up, ribs in, belly in, balance)

## ROOT

### Opening exercises specific to the posture by Kru Knot:

1. [Ankle Warm Up](#)
2. [Beginner Version With Blocks](#) (sit on the blocks, hips, shine bones, ankles external rotation, feet flexed, heels up, balls of the feet press against the floor, move the hips forward and sit on the heels, ballance on the feet and knees)
3. [On the Belly With Strap](#) (sit in gentle pose, put the strap around the waist and under the feet, lay on the belly and pull the heels close to your hips)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - sitting / inward rotation of ankles](#) (butterfly, knees and heels in one line, push the knees down, stretch up, press the outer edges of the feet together, soles of the feet facing up, relax the inner thighs, 1 min hold)
- [Drill 2 - hips below the heels / balls of the feet on the floor](#) (knees out, balls of the feet on the floor, feet perpendicular to the floor, blocks to support yourself, hips below the heels, hold 1 min) ,
- [Drill 3 - on the belly / root split position](#) ( heels and knees in one line, heels to the hips, hips up and over, inner feet on the floor, lay down on the belly, forearms on the floor, 5 min hold, relax),

## Mobility Theme 7 - Bow legged (both legs internally rotated)

### Common opening exercises for all bow legged postures:

1. [Inward Rotation Warm Up](#) (on the belly on the forearms, foot point, flex, up, turn out, bend, extend, turn in, down)
2. [Leg Breaking Warm Up](#) (Legs 90 deg / Active Hips Twist / Touch the Feet)
3. [Leg Breaker / Hook the Foot / Hook Both Feet](#)
4. [Hamstrings, Thighs, Psoas Stretch](#) (on the belly, forearms on the floor, bend the knees, alternate, hook the feet, push the feet down, chest up)
5. [Half Frog / Body to the Bent Leg / Heel To the Hip](#)

### BOW LEGGED MOUNTAIN

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - deepen the fixed firm / with blocks](#) (heels and hips in contact, knees in, if hips are on the floor, place blocks under the feet, sit straight, hold 30 s)
- [Drill 2 - touch the foot on the floor, then hook one foot at a time](#) (swan position hand on the inside, leg breaker)
- [Drill 3 - finding the balance](#)

### BOW LEGGED PEACOCK (lift)

#### Opening exercises specific to the posture by Kru Knot:

1. [Wrists Warm Up](#) (on all four)
2. [Knees Bent Peacock](#) (knees bent opened, extend the spine, lean forward, extend one leg at a time, extend both, use the glutes)
3. [Shoulders Against Blocks / Hold the Feet Assistance](#) (lean shoulders against the blocks, knees bent opened, extend the spine, lean forward, extend one leg at a time, extend both, use the glutes/ instead of shoulders, assist by holding the feet, chest up, use the glutes)

#### Drills by Kim Tang specific to the posture:

- [Drill 1 - deepen the fixed firm / with blocks](#) (heels and hips in contact, knees in, if hips are on the floor, place blocks under the feet, sit straight, hold 30 s)
- [Drill 2 - touch the foot on the floor, then hook one foot at a time](#) (swan position hand on the inside, leg breaker)
- [Drill 3 - picture](#)

### ONE ARM BOW LEGGED PEACOCK (lift)

#### Opening exercises specific to the posture by Kru Knot:

1. [Wrists Warm Up](#) (on all four)
2. [Knees Bent Peacock](#) (knees bent opened, extend the spine, lean forward, extend one leg at a time, extend both, use the glutes)
3. [Shoulders Against Blocks / Hold the Feet Assistance](#) (lean shoulders against the blocks, knees bent opened, extend the spine, lean forward, extend one leg at a time, extend both, use the glutes/ instead of shoulders, assist by holding the feet, chest up, use the glutes)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - deepen the fixed firm / with blocks](#) (heels and hips in contact, knees in, if hips are on the floor, place blocks under the feet, sit straight, hold 30 s)
- [Drill 2 - touch the foot on the floor, then hook one foot at a time](#) (swan position hand on the inside, leg breaker)
- [Drill 3 - hand up / knees up](#)



## Skill group: LIFTS

### ANATOMY SESSION by Hanna Persson

#### Arms Balancing Principles by Kru Knot:

1. [Arms Versus Body Position Explanation](#) ( 90 deg straight/ 90 deg bending /alongside)

#### SHOULDERS WARM UP

##### Drills by Erik Persson:

- [Drill 1 - arms up / back and forth](#) (stand feet hips width apart, arms up straight over the head, move arms back, chest forward and arms forward and chest back, repeat quickly 60 times)
- [Drill 2 - 90 deg isolation](#) (stand feet hips width apart, arms to the sides, elbows 90 deg, quickly move arms up and down, first together, then each arm opposite direction, 20 times each set)
- [Drill 3 - up & down / balance](#) (stand on one leg, other foot on the knee, arms out to the sides, palms facing down, move the arms quickly up and down, then with eyes closed, and head shaking)
- [Drill 4 - back & forth / balance](#) (stand on one leg, other foot on the knee, arms out to the sides, palms facing out, move the arms quickly front and back, then with eyes closed, and head shaking)

#### WRISTS WARM UP

##### Drills by Erik Persson:

- [Drill 1 - circles](#) (squat down, hips in between the heels, feet flat, index and thumb tight grip around the wrist, circles in and out, 10 times each, alternate the sides)
- [Drill 2 - push forward against the hand](#) (squat down, hips in between the heels, feet flat, extend the arms in front of you, one at a time, and push the hand palm facing forward against the opposite hand, alternate the sides, same with the top of the hand, hold 10 s in each position)
- [Drill 3 - side shifts](#) (on all four, fingers facing out, shift the body weight from one side to another, increase the range of motion each time, repeat with fingers facing back diagonal, 10 times)
- [Drill 4 - back and forth](#) (on all four, tuck the toes under, fingers facing back, hips to the heels, thumbs and palms off the floor, come back forward, repeat 5 times)
- [Drill 5 - pull / push / move](#) (back of the hand on the floor, opposite hand palm push down against the bottom hand palm, bottom arm pull up, space the wrist, move the arm in and out, 20 s)

#### SHOULDERS MOBILITY

##### Common opening exercises by Kru Knot:

1. [Protraction/Retraction/Elevation/Depression/Combination Movement](#)
2. [Upward and Downward Rotation - Shoulder Blades movement](#)
3. [Deeper Protraction Stretch - Sfinx & Chicken Wings](#)
4. [Deeper Retraction Stretch - Bow](#) (grab the ankles from the inside and heels and knees together)

## SHOULDERS STABILITY

### Common opening exercises:

1. [On All Four, Lift the Knees, Hold](#) (Fill the Palm - No Protraction or Retraction)
2. [On One Hand & Both Feet / On Opposite Hand and Foot, Lift the Knees](#)
3. [Crawling-Opposite Arms and Legs](#) (forth and back)
4. [Plank](#)
5. [Plank - Lifting Arms and Legs \(one at a time\)](#)
6. [Forearm Plank Progression](#) (knees on the floor - lifting opposite arms and legs, knees off the floor - lifting opposite arms and legs)
7. [Knees Down the Floor Push Ups / Chaturanga Knees Down and Up](#) (keep shoulders always above the elbows, spine straight, shoulder blades neutral position)
8. [Elbows In Chadhuranga \(With Strap\)](#)
9. [Arms Alongside Of the Body Push Down](#) (shoulder blades neutral position, hands on blocks)

## CORE MOVEMENT

### Common opening exercises by Kru Knot:

1. [Ribs to Hips / Hips to Ribs / Combination](#)
2. [Dynamic Assistance - Legs Back / Up / Side Up](#) (grab the ankles)
3. [Hamstrings On the Back Warm Up](#) (hips up, feet flexed, walk heels down & up & hold)
4. [Hamstrings Chair Pose Warm Up](#) (standing forehead to knee, hands press down against the floor, alternate heel to the hip)
5. [Arms and Core - Shoulders & Legs - Let the Legs Drop Assistance](#) (plank)
6. [Push and Lift](#) (hip to the rib, rib to the hip, move forward, push, round, lift knees and feet off the floor)

### Drills by Erik Persson:

- [Drill 1 - push against the floor / toes on the floor / Lolasana](#) (sit down on the heels, knees and feet together, hands on the outside of the knees, palms in one line with the knees, fingers beyond, exhale, belly in, lean forward, arms straight, push hands down against the floor, round the spine, lift the knees up to the chest, toes on the floor, come down - 10 times)
- [Drill 2 - hold - endurance / toes on the floor / Lolasana](#) (sit down on the heels, knees and feet together, hands on the outside of the knees, palms in one line with the knees, fingers beyond, exhale, belly in, lean forward, arms straight, push hands down against the floor, round the spine, lift the knees up to the chest, toes on the floor, hold - build up the strength up to 30 s, ex: start with 6 repetition of 5 s hold, 3x10 s, 2x15. . .)
- [Drill 3 - toes off the floor / Lolasana](#) (sit down on the heels, knees and feet together, hands on the outside of the thighs, in the middle, exhale, belly in, lean forward, arms straight, push hands down against the floor, round the spine, lift the knees up to the chest and toes up to the hips, come down - 10 times)
- [Drill 4 - hold - endurance / toes off the floor / Lolasana](#) (sit down on the heels, knees and feet together, hands on the outside of the thighs, in the middle, exhale, belly in, lean forward, arms straight, push hands down against the floor, round the spine, lift the knees up to the chest and toes up to the hips, hold up to 30 s, ex: start with 6 repetition of 5 s hold)

## FINGERS

### Drills by Erik Persson:

- [Drill 1 - wall push up](#) (stand facing the wall arm length, hands shoulders width apart on the fingertips, fingers facing forward, bend the elbows 90 deg, push down, push against the wall, 10 times, 3 sets)
- [Drill 2 - extend the leg / hands on fingertips](#) (on all four, on the fingertips facing forward, extend one leg at a time, alternate, hold 20 s, repeat 3 times)
- [Drill 3 - plank on the fingertips](#) (on all four, hands the shoulder width, on the fingertips, step back both feet, toes tuck under, arms straight, push from the shoulders through the hands, lock the legs,



- belly in, spine straight, look forward, hold up to one min, ex: 3x 20s, 2x 30s, 1min)
- [Drill 4 - fingertips push up](#) (on all four, hands shoulder width on the fingertips facing forward, step back both feet, toes tuck under, arms straight, push from the shoulders through the hands, lock the legs, belly in, spine straight, look forward, come forward, push down, elbows 90 deg, close to the body, push up and back, repeat 10 times, 3 sets)

**Common opening exercises for all lifting LOTUS postures - in the lotus opening exercises always alternate both sides:**

1. [Squatting / Gentle pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lunges)
3. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
4. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

**COMPENSATION EXERCISES - WRISTS - by Kru Knot**

1. [Wrists Mobility - Flexion & Extension - Frontal and Lateral](#) (hands palms in all directions - back, forth, right, left, circles, fists)

**COMPENSATION EXERCISES - SHOULDERS - by Erik Persson:**

- [Drill 1 - both hands on the wall / push, space, relax](#)
- [Drill 2 - one arm against the wall - 90 deg / straight](#)
- [Drill 3 - hands behind the body on the back](#)

### **Mobility Theme 1 - Straight Arms Balancing Forward Compressions**

CROW

**Opening exercises specific to the posture by Kru Knot:**

1. [On the Back & Sitting](#)

2. [Beginner Version - Elbows Bending](#) (hips in between heels, shoulders in between knees, arms from the outside grab the ankles and pull, round the spine, chin up, hands on the floor, elbows bending slightly, knees push in against the armpits from the outside, shoulders push down and back against the knees, stay compact, lean forward, press hands down from the shoulders, squeeze the feet in and lift them up, straighten the elbows)
3. [Beginner Version - Feet On the Block](#)
4. [Arms Extension - Shoulders Against the Knees Assistance/No Assistance](#)

**Drills by Erik Persson specific to the posture:**

- [Drill 1 - one at a time / knees to the armpits / preparation](#) (on all 4, DFD, lean forward, round spine, shoulders over the wrists, knee to the armpit, one at a time - 10 times each leg)
- [Drill 2 - hold / knees to the armpits / preparation](#) (on all 4, DFD, lean forward, round spine, shoulders over the wrists, knee to the armpit, hold it 5 s)
- [Drill 3 - toes on the floor / knees on the outside](#) (hips in between the heels, toes out, knees pointing above the toes, arms on the inside of the knees, knees above the triceps, hands out to the side larger than the shoulder width, elbows bent, spine round, belly in, lean forward, hips up, go up to the toes, come back - 10 times)
- [Drill 4 - toes off the floor / knees on the outside](#) (hips in between the heels, toes out, knees pointing above the toes, arms on the inside of the knees, knees above the triceps, hands out to the side larger than the shoulder width, elbows bent, spine round, belly in, lean forward, hips up, toes off the floor, come back - 10 times)
- [Drill 5 - stay up, push up, push down / knees on the outside](#) (hips in between the heels, toes out, knees pointing above the toes, arms on the inside of the knees, knees above the triceps, hands out to the side larger than the shoulder width, elbows bent, spine round, belly in, lean forward, hips up, toes off the floor, stay up 10- 30 s, push up, arms straight, push down - 10 times)
- [Drill 6 - toes on the floor / knees behind the arms](#) (hips in between the heels, toes out, knees pointing above the toes, knees behind the arms, in the armpits, hands shoulder width, elbows bent, spine round, belly in, lean forward, hips up, go up to the toes, come back - 10 times)
- [Drill 7 - toes off the floor / knees behind the arms](#) (hips in between the heels, toes out, knees pointing above the toes, knees behind the arms, in the armpits, hands shoulder width, elbows bent, spine round, belly in, lean forward, hips up, go up to the toes, one foot at a time off the floor - 10 times)
- [Drill 8 - 30 s hold / knees behind the arms](#) (hips in between the heels, toes out, knees pointing above the toes, knees behind the arms, in the armpits, hands shoulder width, elbows bent, spine round, belly in, lean forward, hips up, go up to the toes, one foot at a time off the floor, hold 30 s)
- [Drill 9 - push up, hold / knees behind the arms](#) (hips in between the heels, toes out, knees pointing above the toes, knees behind the arms, in the armpits, hands shoulder width, elbows bent, spine round, belly in, lean forward, hips up, go up to the toes, one foot at a time off the floor, both feet at a time, push up, hold)
- [Drill 10 - regular execution / building up the hold up to 30](#) (ex: start with 6 repetition of 5 s hold)

**CRANE**

**Opening exercises specific to the posture by Kru Knot:**

1. [On the Back & Sitting](#)
2. [Stretch and Resist](#) (110 deg, stretch forward, flex, lock the knee, pull the leg back into the hip socket, hugg the leg into the body)
3. [Standing Adduction](#) (one leg at a time)
4. [Legs Hug In - With Strap and Blocks](#) (palms flat, fingers facing forward)

**Drills by Erik Persson specific to the posture:**

- [Drill 1 - shift back to lift heels up](#) (squat down, shoulders in between the knees, arms as far back as possible, thumbs forward, fingers back, ideally palms off the floor, but fingers can go flat, belly in, hold it in, sit the hips on the elbows bent, shift elbows back, hips back, chest down, push toes against the floor and forward, lift the heels in the air, shift forward again - repeat 10 times)

- [Drill 2 - squeeze knees against shoulders / hold](#) (squat down, shoulders in between the knees, arms as far back as possible, thumbs forward, fingers back, ideally palms off the floor, sit the hips on the elbows bent, shift elbows back, hips back, chest down, push toes against the floor and forward, lift the heels in the air, squeeze the knees against the shoulders for 10 s, shift forward again - repeat 5 times)
- [Drill 3 - alternate, lift the foot / lock the knee](#) (squat down, shoulders in between the knees, arms as far back as possible, thumbs forward, fingers back, ideally palms off the floor, fingers can go flat, belly in, hold it in, sit the hips on the elbows bent, shift elbows and hips back to alternate and lift one foot up and forward at a time off the floor, chest down, push the opposite toes against the floor and forward, lift the heels in the air, squeeze the knees against the shoulders, alternate the legs - repeat 5 times each)
- [Drill 4 - lift one foot at a time / lock both knees / hold](#) (squat down, shoulders in between the knees, arms as far back as possible, thumbs forward, fingers back, ideally palms off the floor, fingers can go flat, belly in, hold it in, sit the hips on the elbows bent, shift elbows and hips back to lift one foot up and forward at a time off the floor, squeeze the knees against the shoulders, chest down, stretch both legs forward, lock both knees, hold up to 30 s, ex: start with 6 repetition of 5 s hold)
- [Drill 5 - C-grip / push the shoulders behind the knees](#) (squat down, shoulders in between the knees, use C-grip to push the shoulders behind the knees, arms as far back as possible, thumbs forward, fingers back, on the fingertips, palms off the floor, belly in, hold it in, sit the hips on the elbows bent, shift elbows and hips back to lift both feet up and forward, squeeze the knees against the shoulders, chest down, stretch both legs forward, lock both knees, lock both arms, look forward, hold)
- [Drill 6 - push ups](#) (squat down, shoulders in between the knees, use C-grip to push the shoulders behind the knees, arms as far back as possible, thumbs forward, fingers back, fingers can go flat, belly in, hold it in, sit the hips on the elbows bent, shift elbows and hips back to lift both feet up and forward, squeeze the knees against the shoulders, chest down, face down, stretch both legs forward, lock both knees, push up - lock both arms, push down - repeat 10 times)

## FINGERSTAND

### Opening exercises specific to the posture by Kru Knot:

1. [Cross the Ankles, Push, Extend Assistance / Forward Fold](#)
2. [Palms Flat On the Bocks & Fingertips Assistance](#) (push from the shoulders, hips up, hips back, round the spine, look forward)
3. [Hip Flexion](#) (half split, flex, lock, draw heel in, leg up 10 times, point)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - hips back & up / forward & down / hips off the floor](#) (legs together, lock the knees, point the toes, contract the thighs, on the fingertips, thumbs in, fingers out, hands in front of the widest part of the hips, round the spine, belly in, head close to the knees, push from the shoulders, hips back and up, slide the heels, hold, hips forward and down - repeat 10 times)
- [Drill 2 - hold / hips off the floor](#) (legs together, lock the knees, point the toes, contract the thighs, on the fingertips, thumbs in, fingers out, hands in front of the widest part of the hips, round the spine, belly in, head close to the knees, push from the shoulders, hips back and up, slide the heels, hold up to 30 s, ex: start with 6 repetitions of 5 s hold)
- [Drill 3 - alternate, lift the feet / hold / hips off the floor](#) (legs together, lock the knees, point the toes, contract the thighs, on the fingertips, thumbs in, fingers out, hands in front of the widest part of the hips, round the spine, belly in, head close to the knees, push from the shoulders, hips back and up, slide the heels, hold, alternate lifting one foot at a time off the floor, keep the head down, close to the knees - repeat 5 times each side)
- [Drill 4 - alternate, lift the legs / hips on the floor](#) (legs together, lock the knees, point the toes, contract the thighs, place hands on the fingertips somewhere between the hips and feet, according to the degree of difficulty, round the spine, belly in, head close to the knees, push the fingertips down, lift one leg up at a time, keep the hips on the floor and head down, close to the knees - repeat 10 times each side)
- [Drill 5 - alternate, lift the legs / hold / hips on the floor](#) (legs together, lock the knees, point the toes, contract the thighs, place hands on the fingertips somewhere between the hips and feet, according to the degree of difficulty, round the spine, belly in, head close to the knees, push the fingertips down,

lift one leg up at a time, keep the hips on the floor and head down, close to the knees, hold up to 30 s each leg, ex: start with 6 repetitions of 5 s hold, each side)

- [Drill 6 - lift both legs / hold / hips on the floor](#) (legs together, lock the knees, point the toes, contract the thighs, place hands on the fingertips somewhere between the hips and feet, according to the degree of difficulty, round the spine, belly in, head close to the knees, push the fingertips down, lift both legs up, keep the hips on the floor and head down, close to the knees, hold up to 30 s, ex: start with 6 repetitions of 5 s hold, each side)
- [Drill 7 - regular execution](#) (legs together, lock the knees, point the toes, contract the thighs, on the fingertips, thumbs in, fingers out, hands in front of the widest part of the hips, round the spine, belly in, head close to the knees, push from the shoulders, hips back and up as far as you can, almost vertical, hold them up, keep the head as close to the knees as possible, lift the feet off the floor, legs parallel to the floor, look forward)

## LIFTING LOTUS

### Common opening exercises for all LOTUS postures (always alternate both sides):

1. [Squatting / Gentle pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lounges)
3. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
4. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

### Opening exercises specific to the posture by Kru Knot:

1. [Quick Lotus or Half Lotus Warm Up](#)
2. [Putting the Legs into Lotus](#)
3. [Palms On Blocks](#) (lotus or half lotus)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - hips up & down](#) (sit in crossed leg position, place blocks close to your thighs, palms flat on the blocks, push through shoulders, belly in, round the spine, hips up, feet on the floor - repeat 10 times, then repeat on the fingertips)
- [Drill 2 - hips up / feet up & down](#) (sit in crossed leg position, place blocks close to your thighs, palms flat on the blocks, push through shoulders, belly in, round the spine, hips up, feet on the floor, feet up & down as high as possible - repeat 10 times, then repeat on the fingertips)
- [Drill 3 - hips up / feet up / hold](#) (sit in crossed leg position, place blocks close to your thighs, palms flat on the blocks, push through shoulders, belly in, round the spine, hips up, feet on the floor, feet up, hold it as high as possible up to 30 s, ex: start with 6 repetitions of 5 s hold, then repeat on the fingertips)

## COCK

### Opening exercises specific to the posture by Kru Knot:

1. [Quick Lotus or Half Lotus Warm Up](#)
2. [Putting the Legs into Lotus](#)
3. [Shoulders Against the Knees Assistance](#)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - rolling wave](#) (on all four, plank, DFD, roll the wave, go on the tiptoes, push from the shoulders, hips up, shoulders over the wrists, hips down, UFD, reverse - 10 times)
- [Drill 2 - knees up / down](#) (sit cross legged, come up on the knees, hands shoulder width, spread the fingers, push from the shoulders, belly in, knees up above the elbows on the outside, feet on the floor, hips down - 10 times, 3 sets)
- [Drill 3 - knees up / feet up / hold](#) (sit cross legged, come up on the knees, hands shoulder width,

spread the fingers, push from the shoulders, belly in, knees up above the elbows on the outside, feet on the floor, lift feet up and hold it up to 30 s, ex: start with 6 repetitions of 5 s hold)

- [Drill 4 - regular execution / hold](#) (sit in lotus, come up on the knees, hands shoulder width, spread the fingers, push from the shoulders, belly in, knees up above the elbows on the outside, and hold it up to 30 s, ex: start with 6 repetitions of 5 s hold)

## **Mobility Theme 2 - Hips on One Elbow (bent arms balancing tractions)**

KOUNDIYASANA A

### **Opening exercises specific to the posture by Kru Knot:**

1. [Warm Up -Hamstrings / Hips / Side Of the Body](#) (on all four or knees up, hold the block under the knee, knee up and to the side / DFD- leg up, bend, knee to the elbow / DFD - step forward and out, hips back and forth, up and down, forearms on the floor, towel under the foot, leg slide back and back to the side)
2. [On the Back](#) (half happy baby, head up, hugg the thigh to the chest, extend the bottom leg, pull the femur bone into the hip socket, arms up, perpendicular to the ceiling, press hands up)
3. [On One Hand and Forearm](#) (DFD, step forward and out, shoulder under the knee, hand behind the heel, arm 90 deg, the other forearm on the floor-elbow and opposite wrist in one line, lean forward, extend the leg, shoulders up and back, look to the foot, back knee on the floor if needed)
4. [Extend the Front Leg - With Blocks](#) (DFD, leg up, knee on the elbow, move forward, shoulders up and back, extend the front leg if you can, otherwise back knee on the floor)
5. [Extend the Back Leg Assistance - With Blocks](#) (DFD, leg up, knee on the elbow, move forward, shoulders up and back, extend the back leg - pull the hip into the hip socket, lean forward, extend the front leg if you can)
6. [Swing Straight Leg Forward Execution - With Blocks](#) (DFD, leg up, move forward, lean the leg straight on the elbow, lift the back foot of the floor)
7. [No Blocks Execution](#)

### **Drills by Erik Persson specific to the posture:**

- [Drill 1 - knee bent on the outside close to the shoulder](#) (on all four, DFD, lift the leg up, point the toes, bend the knee, heel up, lean forward, shoulders above the wrists, bend the knee and touch it on the outside of the arm as close to the shoulder as possible, 5 times each leg, alternate)
- [Drill 2 - knee bent on the outside close to the shoulder / hold](#) (on all four, DFD, lift the leg up, point the toes, bend the knee, heel up, lean forward, shoulders above the wrists, bend the knee and touch it on the outside of the arm as close to the shoulder as possible, hold it for 2 s, 5 times each leg, alternate)
- [Drill 3 - bend the elbows & extend the leg](#) (on all four, DFD, lift the leg up, point the toes, bend the knee, heel up, lean forward, shoulders above the wrists, bend the knee and touch it on the outside of the arm as close to the shoulder as possible, bend the elbows, lean the knee on the elbow, extend the leg, push the hands against the floor and come back, 5 times each leg, alternate)
- [Drill 4 - foot off the floor](#) (on all four, DFD, lift the leg up, point the toes, bend the knee, heel up, lean forward, shoulders above the wrists, bend the knee and touch it on the outside of the arm as close to the shoulder as possible, bend the elbows, lean the knee on the elbow, extend the leg, push the toes against the floor, lean forward and lift the foot, toes pointed, off the floor, come back, 5 times each leg, alternate)
- [Drill 5 - foot off the floor / hold](#) (on all four, DFD, lift the leg up, point the toes, bend the knee, heel up, lean forward, shoulders above the wrists, bend the knee and touch it on the outside of the arm as close to the shoulder as possible, bend the elbows, lean the knee on the elbow, extend the leg, push the toes against the floor, lean forward and lift the foot, toes pointed, off the floor, hold 5 s, come back, 5 times each leg, alternate)

KOUNDIYASANA B

### Opening exercises specific to the posture by Kru Knot:

1. [Warm Up -On All Four](#) (knee up, cross to the opposite elbow / knee to the opposite armpit and wrist / hold at the armpit)
2. [Twisting Warm Up](#) (5 times bend / touch / sitt / twist / hip up, hold)
3. [Standing Twist / Forearms Twist / Side Plank Leg Up](#) (from DFD, foot on the outside of the opposite hand, forearms on the floor, side plank - lift the bottom leg up beyond parallel to the floor)
4. [Obliques Warm Up](#) (diagonal line crunches 5 times, last time hold, fingertips to the opposite pinky toes)
5. [On the Back](#) (5 times lift and cross, last time hold)
6. [Twisting Entry Execution](#) (bend / touch / twist / hands on the floor, lean the bottom hip on the opposite elbow, extend both legs, hold)
7. [With the Blocks](#) (DFD, leg up, 5 times knee to the elbow, lean on the elbow, extend the top back leg, extend the bottom side leg)
8. [From Side Crow Transition](#) ( diagonal twist set up)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - knee bent to the opposite armpit](#) (on all four, DFD, lift the leg up, point the toes, bend the knee, heel up, lean forward, shoulders above the wrists, bend the knee and touch it to the opposite armpit as high as possible, 5 times each leg, alternate)
- [Drill 2 - knee bent to the opposite armpit / hold](#) (on all four, DFD, lift the leg up, point the toes, bend the knee, heel up, lean forward, shoulders above the wrists, bend the knee and touch it to the opposite armpit as high as possible, hold it for 5 s, 5 times each leg, alternate)
- [Drill 3 - side crow feet lifting off the floor](#) (stand profile, bend the knees, hips to the heels, heels up, thighs parallel to the floor, twist the torso facing forward, hands on the floor wider than shoulders width, fingers facing forward, bend the elbows 90 deg, pointing back, lean forward, both hips on the elbows, lift the feet up and down, 10 times each side)
- [Drill 4 - lift the feet off the floor / hold](#) (stand profile, bend the knees, hips to the heels, heels up, thighs parallel to the floor, twist the torso facing forward, hands on the floor wider than shoulders width, fingers facing forward, bend the elbows 90 deg, pointing back, lean forward, both hips on the elbows, lift the feet up and hold up to 30 s, ex: start with 6 repetitions of 5 s hold)
- [Drill 5 - regular execution / hold](#) (stand facing forward, bend the knees, hips to the heels, heels up, thighs parallel to the floor, twist the upper body to the side, hands on the floor wider than shoulders width, bend the elbows 90 deg, lean forward, hips on one elbow, lift the feet up, extend the bottom leg to the side and top leg straight back, hold it up to 30 s, ex: start with 6 repetitions of 5 s hold)

## EIGHT ANGLE

### Opening exercises specific to the posture by Kru Knot:

1. [Hips Warm Up](#) (outer glute stretch, DFD, step on the outside of the hand, hops up and down, back and forth, shoulder under the knee, deep lunge, arms behind the back, forehead to the toes, shoulder under the knee armstrong the sides)
2. [Knee Behind the Shoulder Grip](#) (rock the baby, circumduction, hug the knee against the shoulder, push and lift, toes to the opposite calf)
3. [Cross the Ankles - Bottom Foot On the Top](#) (circumduction, hug the knee against the shoulder, top toes under the opposite ankle, squeeze and extend the legs, hips on the floor)
4. [Lean Forward & Lift](#) (hug the knee against the shoulder, top toes under the opposite ankle, lean forward, bend elbows, hips on the floor, squeeze and extend the legs, push and lift up)
5. [With the Blocks](#)
6. [Eight Angle to Koundiyasana A Transition](#) (with blocks, squeeze, push, lift, lean forward, keep top leg on the elbow, bottom leg extend back, jump into chaturanga, UFD, DFD, jump forward)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - squeeze the legs around triceps](#) (torso facing forward, legs to the side, same side arm in

- between the legs, bottom foot on the top, cross the ankles, extend the legs and squeeze the legs around the triceps, keep the hips on the floor, hold 30 s, 5 times each side)
- [Drill 2 - lift hips up and down](#) (torso facing forward, legs to the side, same side arm in between the legs, bottom foot on the top, cross the ankles, extend the legs and squeeze the legs around the triceps, push hands down from the shoulders, lift hips up and down, 10 times each side)
- [Drill 3 - hips up / straight arms / hold](#) (torso facing forward, legs to the side, same side arm in between the legs, bottom foot on the top, cross the ankles, extend the legs and squeeze the legs around the triceps, push hands down from the shoulders, lift hips up and hold 5 s, 5 times each side)
- [Drill 4 - lean forward / elbows bent / hold](#) (torso facing forward, legs to the side, same side arm in between the legs, bottom foot on the top, cross the ankles, extend the legs and squeeze the legs around the triceps, push hands down from the shoulders, hands larger than hips width, lift hips up, lean forward, bend the elbows facing back, torso parallel to the floor, hips on one elbow, hold up to 30 s)
- [Drill 5 - flow / push up, crow, headstand, eight angle](#) (up to 10 times both sides)

### **Mobility Theme 3 - On Both Elbows (bent arms balancing tractions)**

#### **Peacock Principles by Kru Knot:**

1. [Wrist Mobility, Shoulders Stability, Core, Glutes and Extension Muscles, Legs Abductors and Adductors](#)

#### **Common opening exercises for all peacock postures:**

1. [More Wrists, Fingers, Forearms](#) (back, forth, right, left, circles, coming on the fingertips, top of the hands push ups, hands in chair pose)
2. [Core 1 - Hips, Glutes & Upper Body](#) (hip extension and adduction on all four, in baby cobra, in DFD)
3. [Core 2 - Belly Against the blocks](#) ( arms out to the side, balancing on the fingertips, hip extension and adduction on the blocks/ both legs, bend legs, feet together knees out up, kick the legs out, extend, squeeze and turn legs in)
4. [Core 3 - On the Back](#) ( hands behind the head, elbows to the side, chest off the floor, open legs slightly and lift up, hip extension, adduction of both legs, bend knees, knees out, kick the legs out, extend, squeeze legs and turn in)
5. [Hips Flexion & Extension Strength](#) (squat, knees down, hips forward, lean back, hips down, squat, come up)
6. [Arms & Core Combination - One Arm At a Time Push Ups](#) (DFD, on all four, in plank, in one leg plank from DFD)

#### **Drills for fundamental strength for all peacock postures by Erik Persson:**

- [Drill 1 - plank](#) (on all four, step back both feet, toes tuck under, arms straight, push from the shoulders through the hands, lock the legs, belly in, spine straight, look forward, hold up to one min, ex: 3x 20s, 2x 30s, 1min)
- [Drill 2 - chaturanga](#) (on all four, step back both feet, toes tuck under, arms straight, push from the shoulders through the hands, lock the legs, belly in, spine straight, look forward, come forward, down, elbows 90 deg, push up and back, repeat 5 times 2 sets)
- [Drill 3 - chaturanga hold](#) (on all four, step back both feet, toes tuck under, arms straight, push from the shoulders through the hands, lock the legs, belly in, spine straight, look forward, come forward, down, elbows 90 deg, hold up to 1 min)
- [Drill 4 - back extensions](#) (lay down on the belly, legs together, point the toes, hands behind the head, lift the chest up, legs up, both up, repeat 10 times, 3 sets)

PEACOCK

#### **Opening exercises specific to the posture by Kru Knot:**

1. [Ballance](#) (belly against the blocks, lift opposite arms and legs, same side arms and legs, lift all four)
2. [Lift With Blocks](#) (bend the elbows, extend the chest, bend the knees, knees out and up, squeeze toes, down)
3. [Tail With Blocks & Shoulders Assistance](#) (bend the elbows, extend the chest, bend the knees, knees up, squeeze toes, extend legs to the side, turn out, squeeze legs in, turn in, bend legs out again, down)

#### Drills by Erik Persson specific to the posture:

- [Drill 1 - push ups](#) (sit on your heels, come up on the knees, place your hand palms on the floor, 10 cm in front of your knees, separate the fingers, fingers pointing back right in front of your knees, pinkies touch, extend the legs back, toes touch, toes tuck under, lock the knees, bend the elbows, push down, elbows in and against the belly, push up, repeat 5 times, 2 sets)
- [Drill 2 - hold](#) (sit on your heels, come up on the knees, place your hand palms on the floor, 10 cm in front of your knees, separate the fingers, fingers pointing back right in front of your knees, pinkies touch, extend the legs back, toes touch, toes tuck under, lock the knees, bend the elbows, push down, elbows in and against the belly, hold 5 s, push up, repeat 5 times up to 30 s hold)
- [Drill 3 - chest up and forward / shoulders back](#) - (sit on your heels, come up on the knees, place your hand palms on the floor, 10 cm in front of your knees, separate the fingers, fingers pointing back right in front of your knees, pinkies touch, extend the legs back, toes touch, toes tuck under, lock the knees, bend the elbows, elbows in and against the belly, chest up, look forward, shoulders back, spine straight, up to 30 s hold, repeat 5 times)
- [Drill 4 - push forward / toes off the floor](#) - sit on your heels, come up on the knees, place your hand palms on the floor, 10 cm in front of your knees, separate the fingers, fingers pointing back right in front of your knees, pinkies touch, extend the legs back, toes touch, toes tuck under, lock the knees, bend the elbows, elbows in and against the belly, chest up and forward, shoulders back, spine straight, push the toes against the floor, push yourself forward, look forward, toes off the floor, come back and forth, toes off the floor, 10 times)
- [Drill 5 - regular execution](#) (sit on your heels, come up on the knees, place your hand palms on the floor, 10 cm in front of your knees, separate the fingers, fingers pointing back right in front of your knees, pinkies touch, extend the legs back, toes touch, toes tuck under, lock the knees, bend the elbows, elbows in and against the belly, chest up and forward, shoulders back, push the toes against the floor, push yourself forward, look forward, toes off the floor, chest up, legs up, spine straight, hold up to 30 s)

#### ONE LEGGED PEACOCK

#### Opening exercises specific to the posture by Kru Knot:

1. [Hip Warm Up](#) (DFD, step the foot on the outside, foot, knee hip out to the side, hip bounce back and forth, up and down, forearms on the floor, push up)
2. [From Standing](#) (hook the elbow under the same side knee, bend the standing knee, hook the foot against the standing knee and place it into the opposite armpit, hands on the floor in front of you, shoulder width, lean forward, lift the back leg off the floor and extend the whole body into a straight line, look forward)
3. [From Kneel Down](#) (kneel down, tuck the toes under, hook the elbow under the same side knee, place the foot on the opposite knee, lift the knee off the floor and place the foot into the opposite armpit, hands on the floor in front of you, shoulder width, lean forward, lift the back leg off the floor and extend the whole body into a straight line, look forward)

#### Drills by Erik Persson specific to the posture:

- [Drill 1 - on the back](#) (lay down, lift one leg up, bend the knee, wave the same side leg around the tricep, knee hugging the tricep from the outside, foot against the opposite arm tricep, knee to the side, tibia parallel to the ceiling, bend the elbows, hands palms parallel to the ceiling, extend the spine, lock the bottom leg, point your foot, hold 20, repeat 3 times each side)
- [Drill 2 - back extensions](#) (sit on the floor, wave the leg against the arms, come forward on your hands, shoulders width, lean forward and extend chest up and back side leg up, both down, at a same time in



a dynamic way, 10 times each side)

## PEACOCK LOTUS

### Opening exercises specific to the posture by Kru Knot:

1. [Quick Lotus or Half Lotus Warm Up](#)
2. [Putting the Legs into Lotus](#)
3. [Ballance](#) (belly against the blocks, lift opposite arms and legs, same side arms and legs, lift all four)
4. [Lift With Blocks](#) (bend the elbows, extend the chest, bend the knees, knees out and up, squeeze toes, down)
5. [Tail With Blocks & Shoulders Assistance](#) (bend the elbows, extend the chest, bend the knees, knees up, squeeze toes, extend legs to the side, turn out, squeeze legs in, turn in, bend legs out again, down)
6. [Half Lotus Variation](#)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - back extensions](#) (sit down, put legs into lotus position, come up on the knees, place your hand palms on the floor, 10 cm in front of your knees, separate the fingers, fingers pointing back, pinkies touch, bend the elbows, elbows in and against the belly, chest up and forward, shoulders back, lean forward, knees off the floor, chest up, knees up, both down, at the same time in a dynamic way, repeat 10 times, 3 sets)

## Mobility Theme 4 - More Skills (bent arms balancing tractions)

### FOLDING UNFOLDING PEACOCK

### Opening exercises specific to the posture by Kru Knot (add opening exercises for peacock and peacock lotus):

1. [Belly On the Block Folding](#) (extend the legs to the sides, arms above the head and to the sides, fingertips on the floor, fold and unfold)
2. [Unfolding In Peacock](#) (place legs into lotus with no hands, go into peacock lotus, unfold)

### Drills by Erik Persson specific to the posture: ([drills for peacock](#) and [peacock lotus](#))

### ONE ARMED PEACOCK

### Opening exercises specific to the posture by Kru Knot (add opening exercises of peacock):

1. [Side Of the Body](#) (on the side, extend the legs together, bottom arm above the head extended, top hand against the floor, lift the whole body, ballance only on the bottom hip - 10 times, last top elbow against the belly, hand facing forward, hold)
2. [Belly On the Blocks](#) (arms up above the head, fingertips on the floor, legs together and extended lifted off the floor, lean to the side, push the fingertips of the same side hand against the floor, lift the opposite hand, ballance)
3. [Hand On the Block](#) (DFD, hand on the block, fingertips facing diagonal, lean the elbow against the belly, shift body to the same side, shoulder up, other hand, stretch forward, fingertips on the floor, feet off the floor and out to the side, extend the legs, front hand fingertips lift off the floor)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - toes and fingertips on the floor / legs out to the side](#) (sit on your heels, come up on the knees, place your hand on the floor, 10 cm in front of your same side knee, separate the fingers, fingers pointing out or back corner wise, the other arm in front of you, push against the floor, extend the legs back and out to the side, toes tuck under, lock the knees, bend the bottom elbow, elbow in and against the side of the belly, extend the other arm far in front of you, lean the body weight on the front hand fingertips, balancing elbow and tips of your toes, chest up and forward, shoulder back, look

- forward, spine straight, hold it up to 1 min)
- [Drill 2 - lift one foot at a time / fingertips on the floor / legs out to the side](#) (sit on your heels, come up on the knees, place your hand on the floor in front of your same side knee, separate the fingers, fingers pointing out or back corner wise, the other arm in front of you, push against the floor, extend the legs back and out to the side, toes tuck under, lock the knees, bend the bottom elbow, elbow in and against the side of the belly, extend the other arm far in front of you, lean the body weight on the front hand fingertips, balancing elbow and tips of your toes, chest up and forward, shoulder back, look forward, spine straight, lift first the same side foot off the floor, point the toes, hold 10 s, down, other leg, repeat 5 times)
  - [Drill 3 - lift both feet / fingertips on the floor / legs out to the side](#) (sit on your heels, come up on the knees, place your hand on the floor in front of your same side knee, separate the fingers, fingers pointing out or back corner wise, the other arm in front of you, push against the floor, extend the legs back and out to the side, toes tuck under, lock the knees, bend the bottom elbow, elbow in and against the side of the belly, extend the other arm far in front of you, lean the body weight on the front hand fingertips, balancing elbow and tips of your toes, chest up and forward, shoulder back, look forward, spine straight, lift first the same side foot off the floor, point the toes, add the other foot off the floor, both legs straight and out to the sides, toes pointed, balance only on the front hand fingertips, hold 10 s, repeat 5 times)
  - [Drill 4 - lift both feet and bring them together / fingertips on the floor](#) (sit on your heels, come up on the knees, place your hand on the floor in front of your same side knee, separate the fingers, fingers pointing out or back corner wise, the other arm in front of you, push against the floor, extend the legs back and out to the side, toes tuck under, lock the knees, bend the bottom elbow, elbow in and against the side of the belly, extend the other arm far in front of you, lean the body weight on the front hand fingertips, balancing elbow and tips of your toes, chest up and forward, shoulder back, look forward, spine straight, lift first the same side foot off the floor, point the toes, add the other foot off the floor, both legs straight and out to the sides, toes pointed, bring the feet together to touch, balance only on the front hand fingertips, hold 10 s)
  - [Drill 5 - only thumb on the floor](#) (sit on your heels, come up on the knees, place your hand on the floor in front of your same side knee, separate the fingers, fingers pointing out or back corner wise, the other arm in front of you, push against the floor, extend the legs back and out to the side, toes tuck under, lock the knees, bend the bottom elbow, elbow in and against the side of the belly, extend the other arm far in front of you, lean the body weight on the front hand fingertips, balancing elbow and tips of your toes, chest up and forward, shoulder back, look forward, spine straight, lift first the same side foot off the floor, point the toes, add the other foot off the floor, both legs straight and out to the sides, toes pointed, bring the feet together to touch, balance on the front hand fingertips, slowly one finger at a time off the floor in the air, balance only on the thumb at the end, hold 10 s)
  - [Drill 6 - hand off the floor in the air](#) (sit on your heels, come up on the knees, place your hand on the floor in front of your same side knee, separate the fingers, fingers pointing out or back corner wise, the other arm in front of you, push against the floor, extend the legs back and out to the side, toes tuck under, lock the knees, bend the bottom elbow, elbow in and against the side of the belly, extend the other arm far in front of you, lean the body weight on the front hand fingertips, balancing elbow and tips of your toes, chest up and forward, shoulder back, look forward, spine straight, lift first the same side foot off the floor, point the toes, add the other foot off the floor, both legs straight and out to the sides, toes pointed, bring the feet together to touch, balance on the front hand fingertips, slowly one finger at a time off the floor in the air, stretch the front arm forward, five fingers together, balance there)

## ONE ARMED PEACOCK LOTUS

**Opening exercises specific to the posture by Kru Knot (add opening exercises of peacock, peacock lotus and one armed peacock):**

1. [Belly On the Block Lotus](#) (legs in lotus, belly on the blocks, knees off the floor, arms up and out to the side above the head, fingertips on the floor, lean to the side, push the same side fingertips against the floor, lift the opposite hand, ballance)

### Drills by Erik Persson specific to the posture:

- [Drill 1 - try to lift the knees up / push the fingertips down](#) (sit down, put legs into lotus position, come up on the knees, place your hand on the floor in front of you, separate the fingers, fingers pointing out or back corner wise, the other arm far in front of you, bend the elbow and bring the elbow across and against the center of the belly, lean forward, chest up, shoulder up and back, push the front hand fingertips against the floor, try to lift both knees off the floor in the air, hold 10 s each side)
- [Drill 2 - knees up / chest up / fingertips down](#) (sit down, put legs into lotus position, come up on the knees, place your hand on the floor in front of you, separate the fingers, fingers pointing out or back corner wise, the other arm far in front of you, bend the elbow and bring the elbow across and against the center of the belly, lean forward, push the front hand fingertips against the floor, chest up, shoulder up and back, knees off the floor in the air, chest up, knees up, keep lifting, balance up to 30 s each side)
- [Drill 3 - hand off the floor in the air](#) (sit down, put legs into lotus position, come up on the knees, place your hand on the floor in front of you, separate the fingers, fingers pointing out or back corner wise, the other arm far in front of you, bend the elbow and bring the elbow across and against the center of the belly, lean forward, push the front hand fingertips against the floor, chest up, shoulder up and back, knees off the floor in the air, chest up, knees up, keep lifting, balance on the front hand fingertips, slowly one finger at a time off the floor in the air, balance only on the thumb, lift the thumb, stretch the front arm forward, five fingers together, balance there)



## Skill group: INVERSIONS

[ANATOMY SESSION](#) by Hanna Persson

**Inversions Principles by Kru Knot:**

1. [Neutral Position Of the Body](#) (hips, pelvis, hamstrings, spine, shoulders, core)

**Warm Up by Kru Knot:**

1. [Forward Fold - Hips Flexion, Back Body Extension](#) (SLS, hands on the floor, chest up, fold forward, legs closer, repeat, grab the heels, pull, stretch)

**Drill by Kim Tang for a forward fold:**

- [Drill 1 - forward traction](#) (starting with blocks - 5 x push down, removing the blocks - going deeper)

**SHOULDERS STABILITY by Kru Knot:**

1. [On All Four, Lift the Knees, Hold](#) (Fill the Palm - No Protraction or Retraction)
2. [On One Hand & Both Feet / On Opposite Hand and Foot, Lift the Knees](#)
3. [Crawling-Opposite Arms and Legs](#) (forth and back)
4. [Plank](#)
5. [Plank - Lifting Arms and Legs \(one at a time\)](#)
6. [Forearm Plank Progression](#) (knees on the floor - lifting opposite arms and legs, knees off the floor - lifting opposite arms and legs)
7. [Knees Down the Floor Push Ups / Chaturanga Knees Down and Up](#) (keep shoulders always above the elbows, spine straight, shoulder blades neutral position)

**CORE MOVEMENT by Kru Knot:**

1. [Ribs to Hips / Hips to Ribs / Combination](#)
2. [Dynamic Assistance - Legs Back / Up / Side Up](#) (grab the ankles)
3. [Arms and Core - Shoulders & Legs - Let the Legs Drop Assistance](#) (plank)
4. [Push and Lift](#) (hip to the rib, rib to the hip, move forward, push, round, lift knees and feet off the floor)

**Warm up for SHOULDERS for handstanding postures by Erik Persson:**

- [Drill 1 - arms up / back and forth](#) (stand feet hips width apart, arms up straight over the head, move arms back, chest forward and arms forward and chest back, repeat quickly 60 times)
- [Drill 2 - 90 deg isolation](#) (stand feet hips width apart, arms to the sides, elbows 90 deg, quickly move arms up and down, first together, then each arm opposite direction, 20 times each set)

- [Drill 3 - up & down / balance](#) (stand on one leg, other foot on the knee, arms out to the sides, palms facing down, move the arms quickly up and down, then with eyes closed, and head shaking)
- [Drill 4 - back & forth / balance](#) (stand on one leg, other foot on the knee, arms out to the sides, palms facing out, move the arms quickly front and back, then with eyes closed, and head shaking)

**Warm up or Compensation exercises for WRISTS after handstanding postures by Erik Persson:**

- [Drill 1 - circles](#) (squat down, hips in between the heels, feet flat, index and thumb tight grip around the wrist, circles in and out, 10 times each, alternate the sides)
- [Drill 2 - push forward against the hand](#) (squat down, hips in between the heels, feet flat, extend the arms in front of you, one at a time, and push the hand palm facing forward against the opposite hand, alternate the sides, same with the top of the hand, hold 10 s in each position)
- [Drill 3 - side shifts](#) (on all four, fingers facing out, shift the body weight from one side to another, increase the range of motion each time, repeat with fingers facing back diagonal, 10 times)
- [Drill 4 - back and forth](#) (on all four, tuck the toes under, fingers facing back, hips to the heels, thumbs and palms off the floor, come back forward, repeat 5 times)
- [Drill 5 - pull / push / move](#) (back of the hand on the floor, opposite hand palm push down against the bottom hand palm, bottom arm pull up, space the wrist, move the arm in and out, 20 s)

**Shoulders stretches after the handstanding postures by Erik Persson:**

- [Drill 1 - both hands on the wall / push, space, relax](#)
- [Drill 2 - one arm against the wall - 90 deg / straight](#)
- [Drill 3 - hands behind the body on the back](#)

**Mobility Theme 1 - Shoulderstands - Traction, Lotus**

SHOULDERSTAND

**Opening exercises specific to the posture by Kru Knot:**

1. [Principle - Shoulders Extension / Neck Flexion](#)
2. [Rabbit - Neck Flexion](#)
3. [Shoulders Extension, Legs Stretch, Forward Fold](#) (feet apart, hugg the elbows, shoulder rotation in and out, interlock the fingers behind the back, shoulders extension, SLS forward fold, come up, shoulders rotation, reverse namaskar, forward fold, move the feet closer, repeat, feet together, come up)
4. [Bridge - Hips Extension](#) (hips off the floor, interlace 5 fingers, push shoulders down, hands against the hips, one leg up, switch, other leg up, lower down)
5. [No Neck Flexion Variation / Blocks Under the Hips](#) (feet to the wall, fold two mats and place them under the shoulders, walk the feet up the wall, hands under lower back / hips to the wall, block under the hips, legs up)
6. [Bridge Transition - One Leg Up At a Time](#) (hands on the hips, one leg up at a time, legs together, hips forward, retrace the steps)

**Drills by Erik Persson specific to the posture:**

- [Drill 1 - leg lifts](#) (10 times, 5 sets)
- [Drill 2 - one leg at a time against the wall](#)

SHOULDERSTAND LOTUS

Do all the opening exercises for SHOULDERSTAND and cumulate with common opening exercises for all LOTUS postures (always alternate both sides) :

1. [Squatting / Gentle pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lounges)
3. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
4. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

Do all the drills for SHOULDERSTAND!

## **Mobility Theme 2 - Headstands - Traction, Lotus**

### HEADSTAND

Opening exercises specific to the posture by Kru Knot:

1. [Traditional Way - Forward Bending / Back Extension](#) (round the spine, walk the feet in, shoulders beyond the hips, knees tuck in, press forearms and wrist down, extend the spine, hips up, feet up)
2. [Option - Half Headstand - For Short Upper Arm](#)
3. [Variation - Separate Legs / Tripod Headstand](#) (knees on the upper arm, knees tuck in)

Drills by Erik Persson specific to the posture:

- [Drill 1 - face down - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 2 - face up - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 3 - down dog to dolphin](#) (10 times 5 sets)
- [Drill 4 - dolphin push up](#) (10 times 5 sets)
- [Drill 5 - slide - pike press 1](#) (10 times 3 sets)
- [Drill 6 - slide / up - pike press 2](#) (10 times 3 sets)
- [Drill 7 - up / down - pike press 3](#) (10 times 3 sets)
- [Drill 8 - shoulder press against the wall](#) (10 times 3 sets)

### HEADSTAND LOTUS

Common opening exercises for all LOTUS postures ( always alternate both sides):

1. [Squatting / Gentle Pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lounges)
3. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
4. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

Opening exercises specific to the posture by Kru Knot:

1. [Half Lotus Entry](#) (half lotus, fold down, come forward, drag the foot in, spine rounded, foot up)
2. [Knees Tuck In Execution](#) (let them find the balance)

Drills by Erik Persson specific to the posture:

- [Drill 1 - face down - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 2 - face up - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 3 - down dog to dolphin](#) (10 times 5 sets)
- [Drill 4 - dolphin push up](#) (10 times 5 sets)
- [Drill 5 - shoulder press against the wall](#) (10 times 3 sets)
- [Drill 6 - slide - pike press 1](#) (10 times 3 sets)
- [Drill 7 - slide / up - pike press 2](#) (10 times 3 sets)
- [Drill 8 - up / down - pike press 3](#) (10 times 3 sets)

### Compensation exercise to all the Headstands by Kru Knot:

1. [Eagle Arms / Hands Behind the Head](#) (upper trapezius, scapula elevator, side of the neck)

### Mobility Theme 3 - Tigers - Backbend, Lotus

#### Straight spine forearm stands as strengthening exercises before tiger postures by Kru Knot:

1. [Movement Warm Up 1 - Forearm & Planks](#) ( arms up, fold down, chest up, fold down, walk hands forward to plank, forearms on the floor, push up into plank , DFD, forearms down on the floor, feet back to forearm plank, push up, push down, interlock the fingers in forearm plank, lift one foot off the floor at a time, heels off the floor, walk feet in, heels down, repeat, interlock the retrace the steps, repeat 3 times) heels off the floor, walk feet in, retrace the steps, repeat 3 times)
2. [Movement Warm Up 2 - Dolphin & Melt Chest Down-](#) (hands palms under the feet, round the spine, walk hands into plank, forearm plank, repeat, DFD, dolphin, repeat, interlock the fingers,one leg up, chest forward, head in front of hands, push back, repeat second side, DFD, all four position, melt chest down, come up)
3. [Dolphin Walking in - With Strap](#) (DFD, forearms down, heels up, walk feet in, heels down, strap under the shoulderblades, push the chest down, walk feet in, hips up above the shoulders)
4. [Forearm Stand - L - Shape - Against the Wall](#) (DFD against the wall, heels on the wall, forearms and hands position shoulder width, shoulders outward rotation, shoulder blades squeeze in, press down against the floor, walk feet up, shoulders above the elbows, legs parallel to the floor, spine straight, hold)
5. [Forearm Stand - One Leg Up At a Time - Against the Wall](#) (DFD against the wall, heels on the wall, forearms and hands position shoulder width, shoulders outward rotation, shoulder blades squeeze in, press down against the floor, walk feet up, shoulders above the elbows, legs parallel to the floor, spine straight, one leg up, alternate, other leg up, come down)
6. [Forearm Stand Assistance - Away From the Wall](#) (partner sits back to the wall, bend the knees, grab by the hip bones/ DFD, dolphin, shoulders against the partners shine bones, heels up, walk feet in, hips above shoulders, one leg up, the other leg up, spine straight, hold)
7. [Forearm Stand Kicking Up - One Leg Bent](#) (DFD, dolphin, one leg up, the other leg -kick heel to the hip, ballance)
8. [Forearm Stand Both Legs Straight Up](#) (DFD, dolphin, one leg up, the other leg - kick heel to the hip, ballance)
9. [Sliding Feet -Hips Up And Down](#) (all four, towel under the toes tuck under, forearms down shoulder width apart, step feet back into forearm plank, slide feet in, hips above the shoulders, slide out, repeat, assist grabbing by hip bones, both legs up, hold)

#### Drills by Kim Tang for a forward fold:

- [Drill 1 - forward traction](#) (starting with blocks - 5 x push down, removing the blocks - going deeper)

#### TIGER

#### Drills for headstanding by Erik Persson:

- [Drill 1 - face down - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 2 - face up - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 3 - down dog to dolphin](#) (10 times 5 sets)
- [Drill 4 - dolphin push up](#) (10 times 5 sets)
- [Drill 5 - shoulder press against the wall](#) (10 times 3 sets)
- [Drill 6 - slide - pike press 1](#) (10 times 3 sets)
- [Drill 7 - slide / up - pike press 2](#) (10 times 3 sets)
- [Drill 8 - up / down - pike press 3](#) (10 times 3 sets)

### Drills by Kim Tang specific to the posture:

- [Drill 1 - feet on the wall - through headstand - head up transition](#) ( elbows shoulder width, interlock, hairline on the floor, lock, stretch, point, shoulders block, pike up into straight headstand, hands down, forearms parallel, arch, hips above the head, feet on the wall, head up, gaze forward, hairline down, repeat 5 times)
- [Drill 2 - away from the wall - kicking up into tiger, holding the block - head down transition](#) ( elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor, high on the shoulders block, kick the legs up into the tiger, hands down, arch, hips above the shoulders, toes above the fingertips, hairline down, head up, gaze forward, repeat 5 times)
- [Drill 3 - away from the wall - kicking up into tiger, head against the block - playing with balance](#) ( elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor against the block, shoulders block, kick the legs up into the tiger, hands down, arch, hips above the shoulders, toes above the fingertips, play with balance - 1 min)

## TIGER SCORPION

### Opening exercises specific to the posture by Kru Knot:

1. [Backbending Tiger Warm Up](#) (on the belly, grab the partners wrists, feet the hips width - spine extension, bow pose, DFD, plank, UFD, high cobra, tuck the toes under, hips up, push the hips forward, hands on the blocks, melt the chest down)
2. [Melting the Heart Down In Forearm Stand Against the Wall](#) (sit on the heels, forearms down on the floor shoulder width apart, hands palms down, hips up, walk feet in, one leg up, the other leg up, feet against the wall, chest down, chin up look forward, throat parallel to the floor, chest parallel to the floor, press, back up, chin in, feet off the wall, spine straight, retrace back)
3. [Scorpion On the Wall - One Leg At a Time / Both Legs Together](#) (sit on the heels, forearms down on the floor shoulder width apart, hands palms down, hips up, walk feet in, one leg up, the other leg up, feet against the wall, chest down, chin up look forward, throat parallel to the floor, chest parallel to the floor, bend one leg at a time, push foot and tibia against the wall, alternate the legs, press, back up, chin in, feet off the wall, spine straight, retrace back) / repeat the same with both legs together)
4. [Assistance](#) (sitting on the heels, facing the partner, get on the forearms, hips up, partner grabbing by the hip bones - both legs up, partner walks around - grab by the sacrum, arch the spine, belly on partners thighs, bend the knees, chin up, chest forward, hips back, throat parallel to the floor, feet to the head)
5. [Jumping Back From the Wheel Assistance](#) (wheel, forearms down, get on the toes, chin away from the chest, one leg up, press the bottom toes against the floor, kick the top leg up and back, partner pushes against the sacrum to get hips up and back)

### Drills by Kim Tang specific to backbending postures:

- [Drill 1 - melting heart / upper back](#) ( fold the mat, chest down, chin up, grab the mat, push mat away, push into straight legs against the wall, walk up the wall, push through the toes)
- [Drill 2 - push up from the floor / push through hands & heels](#) (push up, heels up - deepen, walk feet in, heels down / 3 times push through hands & heels / come down - starting without blocks, adding blocks, going deeper, repeat each time)
- [Drill 3 - go back](#) (5 breaths - increasing the depth each time)
- [Drill 4 - kneeling wall walk - push the head into the feet / hamstrings strengthening - push the feet into the head](#) (chest up, stay up, hands on the wall, relax the lower back, body down, hand, hand, relax the neck, take as many steps as you need, widen the hands, push into the lock, touch right, touch left, touch both - hold 5 s, 5 times each)



### Drills by Kim Tang specific to the posture:

- [Drill 1 - feet on the wall - through headstand - head up transition](#) ( elbows shoulder width, interlock, hairline on the floor, lock, stretch, point, shoulders block, pike up into straight headstand, hands down, forearms parallel, arch, hips above the head, feet on the wall, head up, gaze forward, hairline down, repeat 5 times)
- [Drill 2 - away from the wall - kicking up into tiger, holding the block - head down transition](#) ( elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor, high on the shoulders block, kick the legs up into the tiger, hands down, arch, hips above the shoulders, toes above the fingertips, hairline down, head up, gaze forward, repeat 5 times)
- [Drill 3 - away from the wall - kicking up into tiger, holding the block - playing with balance](#) ( elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor, shoulders block, kick the legs up into the tiger, hands down, arch, hips above the shoulders, toes above the fingertips, play with balance - 1 min)
- [Drill 4 - drop down / pull through - facing the wall, feet on the wall](#) (elbows shoulder width, forearms parallel to each other, hand palms down, head off the floor, chin forward, high on the shoulders block, kick the legs up against the wall into the tiger, drop the chest down, pull it through the shoulders, drag the feet down the wall, push back up, walk the feet up, repeat 10 times)
- [Drill 5 - drop down / pull through / head to the feet - facing the wall, feet on the wall](#) (elbows shoulder width, forearms parallel to each other, hand palms down, head off the floor, chin forward, high on the shoulders block, kick the legs up against the wall into the tiger, bend one leg, bend the other one, tibias on the wall, drop the chest down, pull it through the shoulders forward, head up, feet down, open the knees a little to touch the head to your feet)
- [Drill 6 - feet to the head, head to the feet 5 times / kicking up into tiger, holding the block - away from the wall](#) (elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor, high on the shoulder block, kick the legs up into the tiger, hands down, arch, hips above the shoulders, toes above the fingertips, head up, feet down - 5 times)

### TIGER LOTUS

#### Warm up for the lotus by Kru Knot:

1. [Squatting / Gentle pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lounges)
3. [Tree / Spider Movement](#) (tree - half lotus, DFD, plank, chaturanga, UFD, DFD, come up, tree - half lotus, DFD, plank, hips down to the floor - UFD, DFD, come up/ lotus or half lotus, move forward into cobra with arms bent or arms straight)
4. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
5. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

#### Opening exercises specific to the posture by Kru Knot:

1. [Half Lotus Assistance Entry](#) (tree - half lotus facing the partner, DFD, forearms down - dolphin, partner grabbing by hip bones, leg up, partner walks around, the other leg in lotus, grabbing by sacrum, belly down, chest forward, chin up, look forward, arch the spine, hold, ballance)
2. [Lotus In Headstand Assistance Entry](#) (headstand, lotus, partner supporting by grabbing the sacrum, arch the spine, knees down, head up, chin up, belly down, throat parallel to the floor, hold, ballance)

#### Drills for head standing by Erik Persson:

- [Drill 1 - face down - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 2 - face up - hollow body](#) (10 s hold, repeat 5 times)
- [Drill 3 - down dog to dolphin](#) (10 times 5 sets)
- [Drill 4 - dolphin push up](#) (10 times 5 sets)
- [Drill 5 - shoulder press against the wall](#) (10 times 3 sets)
- [Drill 6 - slide - pike press 1](#) (10 times 3 sets)
- [Drill 7 - slide / up - pike press 2](#) (10 times 3 sets)

- [Drill 8 - up / down - pike press 3](#) (10 times 3 sets)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - feet on the wall - through headstand - head up transition](#) ( elbows shoulder width, interlock, hairline on the floor, lock, stretch, point, shoulders block, pike up into straight headstand, hands down, forearms parallel, arch, hips above the head, feet on the wall, head up, gaze forward, hairline down, repeat 5 times)
- [Drill 2 - away from the wall - kicking up into tiger, holding the block - head down transition](#) ( elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor, high on the shoulders block, kick the legs up into the tiger, hands down, arch, hips above the shoulders, toes above the fingertips, hairline down, head up, gaze forward, repeat 5 times)
- [Drill 3 - away from the wall - kicking up into tiger, holding the block - playing with balance](#) ( elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor against the block, shoulders block, kick the legs up into the tiger, hands down, arch, hips above the shoulders, toes above the fingertips, play with balance - 1 min)
- [Drill 4 - drop down / pull through - facing the wall, feet on the wall](#) (elbows shoulder width, forearms parallel to each other, hand palms down, head off the floor, chin forward, high on the shoulders block, kick the legs up against the wall into the tiger, drop the chest down, pull it through the shoulders, drag the feet down the wall, push back up, walk the feet up, repeat 10 times)
- [Drill 5 - putting the legs into the lotus / kicking up into tiger, holding the block - against the wall](#) (elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor, high on the shoulder block, kick the legs up into the tiger, feet on the wall, hands down, arch, hips above the shoulders, toes above the fingertips, one leg into the lotus, release, the other leg into the lotus, release, both legs into the lotus, release)

**TIGER LOTUS SCORPION**

**Do all the Tiger Lotus Opening exercises and Drills.**

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - knees down, head up / putting the legs into the lotus - kicking up into tiger, holding the block - against the wall](#) (elbows shoulder width, forearms parallel to each other, grab the block - back edge against the floor, head off the floor, high on the shoulder block, kick the legs up into the tiger, feet on the wall, hands down, arch, hips above the shoulders, toes above the fingertips, one leg into the lotus, the other leg into the lotus, relax the lower spine, chest back, knees down, head up, repeat)

**Mobility Theme 4 - Handstand - Traction, Lotus**

**HANDSTAND**

### Warm up exercises for the WRISTS by Kru Knot:

1. [Wrists Mobility - Flexion & Extension - Frontal and Lateral](#) (hands palms in all directions - back, forth, right, left, circles, fists)

### Drills by Kim Tang for a forward fold:

- [Drill 1 - forward traction](#) (starting with blocks - 5 x push down, removing the blocks - going deeper)

### Drills by Erik Persson and Kru Knot specific to the posture:

- [Drill 1 - hands - balance](#)
- [Drill 2 - face down - hollow body](#) 10 s hold, repeat 5 times)
- [Drill 3 - face up - hollow body](#) 10 s hold, repeat 5 times)
- [Drill 4 - wall walk](#) (10 times 3 sets)
- [Drill 5 - against the wall - hollow body](#) (push, point, squeeze, hold up to 60 s, ex : start with 20 s, repeat 3 times)
- [L - Shape Beginner Variation Against the Wall](#) (hips to the wall, set up base of hands palms the distance of the legs length from the wall, DFD heels up against the wall, spine straight, shoulder block, walk one foot up, heel the hip level, the other foot up, lock both knees, L - shape, hips above the wrists, one leg up, point the foot, hug the hip in, squeeze the inner thighs, hold, come down)
- [Drill 6 - balance against the wall / facing the wall](#)
- [Drill 7 - throw yourself up / against the wall - complete beginner](#)
- [Hop the Hip To the Wall](#) (facing the wall, DFD, walk the feet in, shoulders above the wrists, one leg straight up, other foot press against the floor, heel to the hip, hips to the wall, hips above the shoulders, heels against the wall, squeeze the legs in, ballance)
- [Drill 8 - DFD jump to handstand - wall / no wall](#)
- [Drill 9 - slide - pike press](#) (10 times 3 sets)
- [Drill 10 - toe taps - toes up / heels up](#) (5 taps, 5 times)
- [Drill 11 - straddle press - against the wall](#) (10 times a day)
- [Shoulders Against the Knees Assistance - With Blocks](#) (feet on the blocks, hands on the floor, come on the toes, hips up and above the fingertips, the shoulders against the partners knees, squeeze the legs in, pike up and down with partner assistance holding by the hip bones)
- [Drill 12 - pike press - against the wall](#) (10 times a day)
- [Drill 13 - coming down - against the wall](#) (10 times a day)
- [Drill 14 - throw yourself up and stay / no wall](#)
- [Drill 15 - away from the wall](#) (5 s hold, 10 times a day)

### PALM TREE

#### Opening exercises specific to the posture by Kru Knot, cumulate with all the opening exercises for HANDSTAND!

1. [Walking Up the Wall](#) (DFD, heels up on the wall, walk feet up and hands in at the same time, wrists to the wall, face to the wall, top of the head facing the floor, toes on the wall, spine straight, ballance)
2. [Kicking Up Assistance](#) (DFD, walk feet in, on the toes, wrists above the shoulders, kick or hop up against the partner hand - very little assistance, chin in top of the head facing the floor, ballance)

#### Drills by Erik Persson specific to the posture, cumulate with all the drills for HANDSTAND!

- **Drill 1** - [balance against the wall](#) (10 times every day)

## HANDSTAND LOTUS

Common opening exercises for all LOTUS postures (always alternate both sides):

1. [Squatting / Gentle pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lounges)
3. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
4. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

Opening exercises specific to the posture by Kru Knot, cumulate with all the opening exercises for HANDSTAND!

1. [Half Lotos Execution - With Blocks & Assistance](#) (stand on the blocks, one leg in half lotus, hands down on the floor, partner assisting by holding the hip bones, lean forward, shoulders over wrists, push up, extended leg up, body in one straight line, extended leg in a lotus position, look down in between hands, balance, retrace steps, come down)

Do all the drills for HANDSTAND!

## ONE ARM HANDSTAND

Opening exercises specific to the posture by Kru Knot, cumulate with all the opening exercises for HANDSTAND!

1. [Legs Adduction](#) (kick up against the wall, open the legs, flex the feet, start adducting the legs in, shift the weight on one hand, come on the other hand fingertips, hand off the floor, ballance)

Drills by Erik Persson specific to the posture, cumulate with all the drills for HANDSTAND!

- [Drill 1 - balance against the wall - on fingertips / hand off the floor](#) (5 s up to 1 min)
- [Drill 2- balance - no wall - on fingertips / hand off the floor](#)

## Mobility Theme 5 - Handstand - Backbend, Lotus

### HANDSTAND SCORPION

Backbending Warm up by Kru Knot:

1. [Backbending Warm Up - Chest & Shoulders / Spine Extension / Hips Extension / Whole Spine Backbend](#) (melting the heart down, on all four, chest down DFD, on the belly, grab the partners wrists - spine extension, camel, full cobra against the wall)
2. [Melting the Heart Down In Handstand Against the Wall](#) (kick the legs up against the wall, legs together, arch the spine, squeeze shoulder blades together, push the chest down to the floor, hips away from the wall, toes on the wall, push the head up)
3. [Scorpion On the Wall](#) (kick the legs up against the wall, legs together, arch the spine, squeeze shoulder blades together, push the chest down to the floor, hips away from the wall, toes on the wall, bend one leg at a time, kick both feet and tibia against the wall, push the head up, chin up, touch the head to the feet)

### Opening exercises specific to the posture by Kru Knot:

1. [One Foot Off the Wall Assistance](#) (hands further away from the wall, kick the legs up, arch the spine, chin up, chest forward, hips away from the wall, partner holding by the hip bones, one foot of the wall, slide the opposite foot down the wall, touch the foot to the head, retrace the steps)
2. [Both Feet Off the Wall Assistance](#) (hands further away from the wall, kick the legs up, arch the spine, chin up, chest forward, hips away from the wall, partner holding by the hip bones, one foot of the wall, slide the opposite foot down the wall, the other foot off the wall, chin up, chest forward, ballance, touch the foot to the head)
3. [Away From the Wall Assistance](#) (kick up against the partner, squeeze the legs together on the top, partner walks around holding by the thighs, arch, open the legs, belly on partners thighs, hips to the partner, chest forward, bend the legs, chin up, look forward touch the feet to the head, ballance, retrace the steps, come down)

### Drills by Kim Tang specific to backbending postures:

- [Drill 1 - melting heart / upper back](#) ( fold the mat, chest down, chin up, grab the mat, push mat away, push into straight legs against the wall, walk up the wall, push through the toes)
- [Drill 2 - go back](#) (5 breaths - increasing the depth each time)
- [Drill 3 - push up from the floor / push through hands & heels](#) (push up, heels up - deepen, walk feet in, heels down / 3 times push through hands & heels / come down - starting without blocks, adding blocks, going deeper, repeat each time)
- [Drill 4 - drop back from standing / lower body function](#) (lengthen, bend knees, touch / 3 times lock, bend, lock / come up - starting with blocks, removing blocks - going deeper, then fingertips, then palms flat)
- [Drill 2 - kneeling wall walk - push the head into the feet / hamstrings strengthening - push the feet into the head](#) (chest up, stay up, hands on the wall, relax the lower back, body down, hand, hand, relax the neck, take as many steps as you need, widen the hands, push into the lock, touch right, touch left, touch both - hold 5 s, 5 times each)

### Drills by Erik Persson and Kru Knot specific to the posture:

- [Drill 1 - hands - balance](#)
- [Drill 2 - face down - hollow body](#) 10 s hold, repeat 5 times)
- [Drill 3 - face up - hollow body](#) 10 s hold, repeat 5 times)
- [Drill 4 - wall walk](#) (10 times 3 sets)
- [Drill 5 - against the wall - hollow body](#) (push, point, squeeze, hold up to 60 s, ex : start with 20 s, repeat 3 times)
- [L - Shape Beginner Variation Against the Wall](#) (hips to the wall, set up base of hands palms the distance of the legs length from the wall, DFD heels up against the wall, spine straight, shoulder block, walk one foot up, heel the hip level, the other foot up, lock both knees, L - shape, hips above the wrists, one leg up, point the foot, hug the hip in, squeeze the inner thighs, hold, come down)
- [Drill 6 - balance against the wall / facing the wall](#)
- [Drill 7 - throw yourself up / against the wall - complete beginner](#)
- [Hop the Hip To the Wall](#) (facing the wall, DFD, walk the feet in, shoulders above the wrists, one leg straight up, other foot press against the floor, heel to the hip, hips to the wall, hips above the shoulders, heels against the wall, squeeze the legs in, ballance)
- [Drill 8 - DFD jump to handstand - wall / no wall](#)
- [Drill 9 - slide - pike press](#) (10 times 3 sets)
- [Drill 10 - toe taps - toes up / heels up](#) (5 taps, 5 times)
- [Drill 11 - straddle press - against the wall](#) (10 times a day)
- [Shoulders Against the Knees Assistance - With Blocks](#) (feet on the blocks, hands on the floor, come on the toes, hips up and above the fingertips, the shoulders against the partners knees, squeeze the legs in, pike up and down with partner assistance holding by the hip bones)
- [Drill 12 - pike press - against the wall](#) (10 times a day)
- [Drill 13 - coming down - against the wall](#) (10 times a day)
- [Drill 14 - throw yourself up and stay / no wall](#)

- [Drill 15 - away from the wall](#) (5 s hold, 10 times a day)

Drills by Kim Tang specific to the posture:

- [Drill 1 - drop down / pull through - facing the wall, feet on the wall](#) (5 times)
- [Drill 2 - drop down / pull through / head to the feet - facing the wall, feet on the wall](#)
- [Drill 3 - head to the feet / feet to the head - back to the wall, belly on the wall](#)

HANDSTAND LOTUS SCORPION

Warm up for the lotus by Kru Knot:

1. [Squatting / Gentle pose Sit Ups / Active Hips](#)
2. [Hips Warm Up Review](#) (duck walks, knees 90 deg right & left, lounges)
3. [Beginners Lotus Entry & Stretch](#) (one leg lotus, lean on the side, grab the foot, bring it in)
4. [Full Lotus No Arms Entry](#) (one leg lotus, lean back on the forearms, circles in, out in, hook the foot)

Do all the drills for HANDSTAND!

Drills by Kim Tang specific to the posture:

- [Drill 1 - drop down / pull through - facing the wall, feet on the wall](#) (hands shoulder width, head against the wall, pike up or straddle up or kick your legs up, feet on the wall, drop the chest down, pull it through the shoulders, drag the feet down the wall, push back up, walk the feet up, repeat 5 times)
- [Drill 2 - knees down, head up / putting the legs into the lotus - against the wall](#) (hands shoulder width, head against the wall, pike up or straddle up or kick your legs up, feet on the wall, arch, hips above the shoulders, one leg into the lotus, the other leg into the lotus, relax the lower spine, chest back, knees down, head up, repeat)
- [Picture](#)

## **Mobility Theme 6 - Handstand - More Skills (legs behind the head, bow legged backbend)**

ONE LEG BEHIND THE HEAD HANDSTAND

Opening exercises specific to the leg behind the head by Kru Knot:

1. [Rock the Baby / Hip Circles / Thigh Behind the Body](#) (inner thigh goes out - inward rotation of the hip & inner thigh goes in - outward rotation in the hip / hip circumduction - all ranges of the motion - frontal & lateral rolling) / combination of both & stretch up
2. [Half Happy Baby](#) (laying down on the back, close the gap between the thigh and torso)

3. [Head Under the Knee](#) ( DD, step forward, head under the knee, facing down)
4. [Execution Break Down](#) ( foot and knee in the elbows - rotation out/ in/ leg behind the head/ out/ stretch up)
5. [Bouncing the Hips Down / Arms Up Hold](#) (DFD, leg up, step in between the hands, same side hand on the inside, hands high on the blocks, front knee bent, flex the foot, hip externally rotated, back foot toes tuck under, kick the heel out, bounce hips down, hold, one arm up, the other arm up, ballance, hands down, step foot back, DFD)

**Opening exercises specific to the posture by Kru Knot:**

1. [From The Sitting Assistance](#) (sitting down facing the partner, leg behind the head, free movement of the head, hands down on the floor, stand up, press down, partner grabbing by the front of the thigh, and leg behind the head sitting bone, extended leg up to the ceiling, hold)

**Drills by Kim Tang specific to leg behind the head postures:**

- [Drill 1 - laying down / push knee down to push shoulder up / one at a time](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, stretch the elbow forward, 5 times two sets, place the knee behind the shoulder and foot behind the head)
- [Drill 2 - laying down / push knee down to push shoulder up / lock stretch flex](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place the knee behind the shoulder and foot behind the head, lock, stretch, flex the opposite foot, bring the heel down to the floor, lean the upper body against the top leg, 1 min hold)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - leg behind the head / shoulder block / extend the bottom leg - laying on the back with hands against the wall](#)
- [Drill 2 - leg behind the head / hips over the shoulders / crow press / pike press - sitting down facing the wall, hands on the floor](#)

**TWO LEGS BEHIND THE HEAD HANDSTAND**

**Opening exercises specific to both legs behind the head postures by Kru Knot:**

1. [Tortoise / Upward Tortoise / Lifting Tortoise Assistance](#) ( feet on the block, legs in diamond, one arm under the legs at a time, head down, cross the ankles)
2. [Tortoise Set Up](#) (assistance or against the wall)
3. [Neck & Side Body Twisting Release](#)
4. [Chest Opener & Neck Lengthening](#) (laying on the block & sliding chin forward and back, pressing the head against the hands)

**Opening exercises specific to the posture by Kru Knot:**

1. [From Standing Hips Lifting](#) (stand facing the partner, feet wider than shoulder width, go down, with C - grip from the inside, push against the calves, get the shoulders behind the knees, move feet close to each other until the heels touch, hands down against the floor under the hips,partner grabbing by back of thighs, press against the floor, lift the hips up)

**Drills by Kim Tang specific to both legs behind the head postures:**

- [Drill 1 - leg behind the head](#) (on the floor, one leg extended, grab the opposite leg with both hands,

same side hand C-grip grab under the calf, the other, hand grab the foot, push the knee down and push the shoulder up, stretch the elbow forward, 5 times two sets, place the knee behind the shoulder and foot behind the head)

- [Drill 2 - laying down / push knee down to push shoulder up / lock stretch flex](#) (on the floor, one leg extended, grab the opposite leg with both hands, same side hand C-grip grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place the knee behind the shoulder and foot behind the head, lock, stretch, flex the opposite foot, bring the heel down to the floor, lean the upper body against the top leg, 1 min hold)
- [Drill 3 - push knees down to push shoulders up /hook the ankles / push the hips down](#) ( laying on the floor, grab one leg at a time with both hands C-grip, grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place both knees behind the shoulders and feet behind the head, cross the ankles, push the hips down with hands, lean the upper body against the legs, push the shoulders against the knees, stretch the lower spine, 30s - 1 min hold two sets)
- [Drill 4 - uncross & recross the ankles / push the hips down](#) ( laying on the floor, grab one leg at a time with both hands C-grip, grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place both knees behind the shoulders and feet behind the head, cross the ankles, push the hips down with hands, push the shoulders against the knees, uncross and recross the ankles, 5 times two sets)
- [Drill 5 - uncross the legs / lock stretch point](#) ( laying on the floor, grab one leg at a time with both hands C-grip, grab under the calf, the other hand grab the foot, push the knee down and push the shoulder up, place both knees behind the shoulders and feet behind the head, cross the ankles, push the hips down with hands, lower spine into the floor, push the shoulders against the knees, uncross, lock, point, stretch, 1 min 2 sets)
- [Drill 6 - triceps dips / hips on the floor](#) (both legs behind the head, hands in front of you, keep your hips on the floor, dip down & push up, 10 times)
- [Drill 7 - push up / lock at the top](#) ( both legs behind the head, push straight up to the perpendicular line to the floor, push from the shoulders, hips up, lock at the top, lower down, 5 times, 10 s holds)

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - both legs behind the head / laying on the back with hands against the wall](#)

## BOW LEGGED HANDSTAND SCORPION

**Common opening exercises for all bow legged postures by Kru Knot:**

1. [Inward Rotation Warm Up](#) (on the belly on the forearms, foot point, flex, up, turn out, bend, extend, turn in, down)
2. [Leg Breaking Warm Up](#) (Legs 90 deg / Active Hips Twist / Touch the Feet)
3. [Leg Breaker / Hook the Foot / Hook Both Feet](#)
4. [Hamstrings, Thighs, Psoas Stretch](#) (on the belly, forearms on the floor, bend the knees, alternate, hook the feet, push the feet down, chest up)
5. [Half Frog / Body to the Bent Leg / Heel To the Hip](#)

**Drills by Kim Tang specific to bowlegged postures:**

- [Drill 1 - deepen the fixed firm / with blocks](#) (heels and hips in contact, knees in, if hips are on the floor, place blocks under the feet, sit straight, hold 30 s)
- [Drill 2 - touch the foot on the floor, then hook one foot at a time](#) (swan position hand on the inside, leg breaker)

**Do all the opening exercises and drills for HANDSTAND SCORPION!**

**Drills by Kim Tang specific to the posture:**

- [Drill 1 - bow legged peacock into locust scorpion transition](#)
- [Drill 2 - one legged bow legged handstand scorpion](#)



