

## **Skill: Three Point Stance**

**Visual Description:** Student will have feet in an athletic base with dominant hand on the ground several feet in front of feet. Students knees should be over toes, back is close to parallel with the ground, and eyes should looking in out in front not at the ground.

### **Movement Sequence**

- 1) Athletic stance or a little wider\*
- 2) Feet can be slightly staggered (dominant foot back) or square
- 3) Bend at the hips
- 4) Dominant hand down
- 5) Flat Back
- 6) Eyes up, looking forward
- 7) Close to equal weight on feet and hands, a little heavier on hand

### **Movement Cues**

- 1) stance
- 2) Feet
- 3) Bend
- 4) Hand down
- 5) Flat back
- 6) Eyes
- 7) Weight

### **Task Complexity**

**Learner:** Novice

**Skill:** Discrete

**Environment:** Closed

