

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

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

24. Verb
25. Noun
26. Body Part
27. Noun
28. Noun
29. Noun
30. Verb - Base Form
31. Body Part
32. Body Part
33. Body Part
34. Body Part
35. Noun
36. Verb - Base Form
37. Body Part
38. Noun - Plural
39. Preposition Or Subordinating Conjunction
40. Noun
41. Noun
42. Verb - Non 3Rd Person Singular Present
43. To
44. Preposition Or Subordinating Conjunction
45. Verb
46. Verb
47. Determiner
48. Noun

- 49. Preposition Or Subordinating Conjunction
- 50. Pronoun
- 51. Preposition
- 52. Preposition Or Subordinating Conjunction
- 53. Preposition
- 54. Pronoun
- 55. Determiner
- 56. Noun
- 57. Pronoun
- 58. Noun

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

Start with a \_\_\_\_\_ Noun, preferably a padded one. Make sure you have plenty of open space all around you, and a padded \_\_\_\_\_ Noun underneath you. Stand about four to five feet away, facing the wall. Lift your \_\_\_\_\_ Noun - Plural straight up over your \_\_\_\_\_ Noun. Lunge forward and place both \_\_\_\_\_ Noun - Plural in front of you on the floor, shoulder-width apart, about a foot away from the wall. Keep your fingers spread out slightly and facing forward. Using the momentum from your \_\_\_\_\_ Noun, \_\_\_\_\_ Noun one leg up toward the wall, and then follow it with your other leg. Keep your \_\_\_\_\_ Noun - Plural straight. It doesn't matter which leg you lead with -- you should do what feels most comfortable. If you aren't able to get all the way up into a \_\_\_\_\_ Noun it can help to have a spotter who pulls your legs up. Once you get into a \_\_\_\_\_ Noun, check your form and positioning. Try to be as \_\_\_\_\_ Adverb as possible:

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

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

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

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

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

Once you can \_\_\_\_\_ Verb - Base Form up to a straight \_\_\_\_\_ Noun, practice holding it for a few seconds longer each time. This will help you strengthen the muscles you'll need to hold it without a \_\_\_\_\_ Noun, and improve your balance as well. When you feel ready, attempt your \_\_\_\_\_ Noun without using the wall. You may want to

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

In your first attempts, you might be a little nervous that you will kick too hard and go right over the top. A \_\_\_\_\_ Noun \_\_\_\_\_ should be able to prevent this from happening, but you will want to learn some good ways to come out of your \_\_\_\_\_ Noun \_\_\_\_\_ when you don't have a \_\_\_\_\_ Noun \_\_\_\_\_:

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

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

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

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

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

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

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

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