

Abstract

Title: Principles and excercises for creating training unit to learn a handstand.

Objectives: The aim of this thesis, is to create a list of excercises which may by helpful for learning a handstand. These excercises together with theoretic bases should be enough for creating handstand trainings.

Methods: This is theoretical type of thesis and method used for writing this thesis is literature review.

Keywords: handbalancing, adho mukha vrksasana, gymnastics, postural stability, balance