|  |  |  |
| --- | --- | --- |
| Observation | Check | Comments |
| Base of support:* too big
* too small
* too wide
* too narrow
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Center of mass within base of support (not too many excursions) | \_\_\_\_\_\_\_ |  |
| Body positioning:* COM close to base of support
* arms out
* joint alignment
* positioning for skill execution
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Adjustments:* Appropriate corrections when off balance
* Overcompensating
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |
| Correct skill execution | \_\_\_\_\_\_\_ |  |
| Landing from a skill:* correct body positioning
* reduce forces with your muscles
* arms out
* stay on the beam
 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  |