|  |  |  |
| --- | --- | --- |
| 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 | \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_  \_\_\_\_\_\_\_ |  |