

# TIPS FOR a Beautiful & Safer SCORPION



6 Important Components  
Create A Good Scorpion...

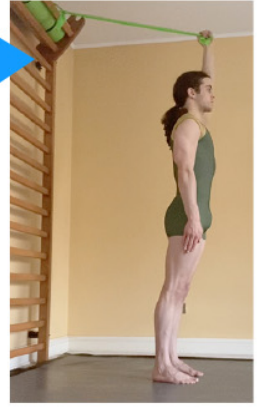


## Strength Needed for Scorpion:

Core Strength to support the lower lumbar



**Shoulder Strength** to control leg & keep shoulders safe  
**Hip Strength** & stability for alignment & safety

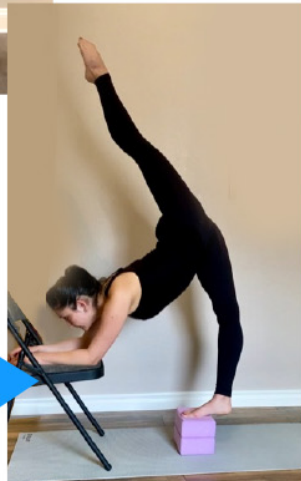


## Balance & Control Needed for Scorpion:

**TRY**

Passé eyes closed - for balance foundations

**Balancing on a Balance Platform**  
- for advancement & control



**Dynamic Shift Kicks** - for transitioning control & lightness



## Hip & Leg Flexibility Needed for Scorpion:

Types of Combinations Needed to Improve...

**Arching Combined with Leg Flexibility** - with square hips & strong core & good upper back



**Strength Supported Extensions**  
- for good control, strength gains & flexibility improvement



**Lengthened Leg Extensions** - for gaining lightness with square hips & shoulder flexibility combined



## Upper Back & Shoulder Flexibility Needed for Scorpion:

Combine...

Leg Extension with Upper Back Exercises



Upper Back & Shoulder with Hips & Back Flexibility



Separate...

Upper Back & Shoulder Exercises



## Back Flexibility Needed for Scorpion:

**Supported Bridges** - not crunching in lower lumbar & strong core



**Leg/Shoulder Combinations** - Leg Extensions with Upper Back Exercises



**Full Combinations** - Upper Back/Shoulders with Hips & Full Arching Exercises





## Goals for a Good Scorpion:

- ▶ Both Sides are Equally Good
- ▶ No Pain or Discomfort
- ▶ The Skill is Always Consistent
- ▶ Protected Lower Lumbar
- ▶ Strong & Supported
- ▶ Good Alignment

