

Hoop Icon

Advanced Moves List

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1. Figure 4 in the Strap



Contact points: The back of the bent knee is in contact with the strap. The ankle or foot of the straight leg, the thighs and the glutes are in contact with the top bar of the hoop. Do not add contact points.

/1

The shoulders are down away from the ears. The neck is in line with the spine. Both arms are straight. The hands or arms may not touch any other part of the body.

/1

The torso is inverted and the spine is extended.

/1

One leg is bent around the strap. The other leg is straight and fed through the hoop from one side to the other. Both feet are pointed.

/1

/4

2. Russian Split



Contact points: Both hands hold the top bar of the hoop. The thigh or the knee of the back leg (optional). The ball of one foot is pushing against the bottom bar of the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down away from the ears. Both arms are straight.

/1

The torso is inverted and the spine is extended.

/1

The front foot is on the bottom bar. The back leg is in split position behind the body. Both legs are straight. The back foot is pointed. Minimum split angle of 140°.

/1

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3. Chest Stand Stag



Contact points: The hands, arms, front of shoulder and top of the chest, below the collar bone have contact with the hoop. Do not add contact points.
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The neck is in line with the spine. The shoulders are down away from the ears. The arms are straight with hands holding onto the side bars.
/1

The torso is upside down with the chest resting on the bottom bar of the hoop. The spine is lengthened.
/1

The legs are in attitude position inside the hoop. Both feet are pointed. No minimum split angle is required.
/1

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4. Extreme Gazelle



Contact points: The inner thigh, and/or the inner side of the knee of the front leg. The outer thigh and/or knee of the back leg. The side of the torso, the hip, the gluteal area and/or sacrum. Do not add contact points.
/1

The neck is in line with the spine. The shoulders are away from the ears. The hand of the front leg holds the thigh, knee or ankle. The hand of the back leg holds the ankle or foot. Both arms are straight.
/1

The torso is upside down. The spine is lengthened.
/1

The front leg is straight and the back leg is bent. Minimum split angle of at least 140°. The feet are pointed.
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5. Open Delilah on the Top Bar



Contact points: The top leg is bent over the top bar of the hoop, contact with the strap is allowed. The back of the knee touches the hoop. The bottom leg touches the side or lower bar at the back of the knee or thigh. The back of the neck, the top of the shoulders and the inside of the arms have contact with the hoop. Do not add contact points.
/1

The neck is in line with the spine, the shoulders are down from the ears. The arms are straight.
/1

The torso is inverted with the shoulders resting on the bottom or side bar of the hoop. The spine is lengthened.
/1

The top leg is bent and the bottom leg is straight. Both feet are pointed.
/1

/4

6. Single Hocks Split



Contact points: The back of the knee which is hooked over the bottom bar. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down from the ears. The same side hand/arm as hooked leg may not touch the hooked leg. The other hand/arm is holding the straight leg by the knee, calf or ankle.

/1

The torso is upside down. The spine is lengthened.

/1

The hooked leg is bent. The other leg is straight and pulled down toward the side or front of the torso. Minimum split angle at the thighs is 140° . Both feet are pointed.

/1

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7. Single Leg Scarab



Contact points: The back of the knee which is hooked over the top bar, contact with the strap is also allowed. Both hands have contact with the bottom bar. Do not add contact points.

/1

The neck is in line with the spine, the shoulders are down away from the ears. The arms are straight in front of the body.

/1

The torso is upside down, and the spine is extended.

/1

The front leg is bent on hooked on the hoop. The back leg is bent behind the body with the foot pointing towards the floor. Both feet are pointed.

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8. Vertical Split



Contact points: Both hands hold the top bar of the hoop. The upper leg's calf is in contact with the top bar and the lower leg's shin or knee is in contact with the bottom bar. Do not add contact points.

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The neck is in line with the spine and the shoulders are down away from the ears. The arms are straight.

/1

The spine is extended.

/1

The legs are straight. Minimum split angle of 140° . Both feet are pointed.

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9. Back Balance Attitude



Contact points: Sacral/Lumbar region of the lower back. Do not add contact points.

/1

The arms are straight and in a position of choice. The neck is in line with the spine. The shoulders are down away from the ears.

/1

The torso is upside down the spine is extended

/1

The legs are bent, one is in front of the body, one is behind the body. Both feet are pointed.

/1

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10. Reverse Splits Away



Contact points: Both hands have contact with the top bar. The top of one foot and or ankle has contact with the bottom bar. Do not add contact points.

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The neck is in line with the spine. The shoulders are down away from the ears. The arms are straight.

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The torso is upright, in front of the hoop. The spine is in a back arch.

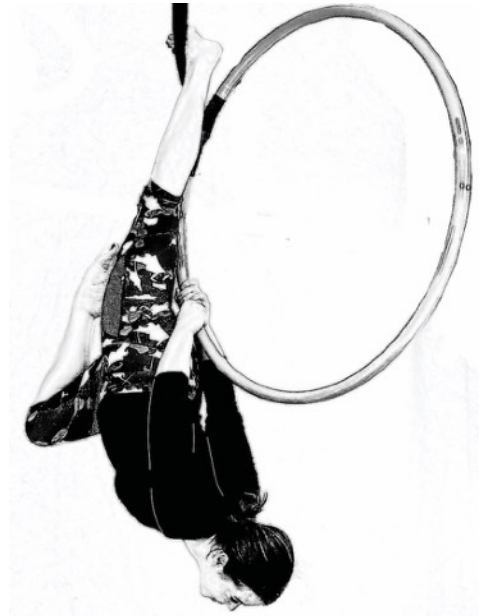
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The back leg may be bent. The front leg is straight. Minimum split angle of 120° at the thighs. Both feet are pointed.

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11. Bow and Arrow



Contact points: Both hands hold the side bar of the hoop. The foot of the top leg is hooked around the strap. The calf, thigh and glutes of the top leg may have contact with the hoop. Do not add contact points.

/1

The neck is in line with the spine and the shoulders are down away from the ears. The arms are straight holding the hoop behind the back.

/1

The torso is upside down, facing away from the hoop. The spine is extended.

/1

The top leg is straight holding the strap with a flexed foot. The bottom leg can be bent towards the body or straight. The foot of the bottom leg is pointed.

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12. Inverted Man in the Moon



Contact points: Both soles feet have flat footed contact on the side bar. One shoulder (side of neck and face optional). The length of the back from shoulder to sacrum has contact with the hoop. Gluteal-hoop contact is optional. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down from the ears. The arms are in a position of choice.

/1

The torso is upside down on the inside of the hoop.

/1

The legs are bent the knees are closed.

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13. Figurehead



Contact points: The balls of both feet have contact with the bottom bar. Both hands hold the strap. Do not add contact points.

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The shoulders are down away from the ears. The arms are reaching over head to hold onto the strap.

/1

The body is upright with the hoop behind the back. The spine is extended.

/1

Both legs are straight.

/1

/4

14. Single Arm Hang



Contact points: One hand holds the top bar of the hoop next to the strap. The arm or back may have contact with the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down away from the ears. The arms are straight.

/1

The body is upright. The spine is lengthened.

/1

Both legs are straight and closed with both feet pointed.

/1

/4

15. Optical Split in the Hoop



Contact points: One hand holds the top/side bar. The hip and thigh of the bottom leg have contact with the bottom bar. The back of the thigh or calf of the top leg may also have contact with the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. The top arm is straight the lower arm is holding the opposite calf, ankle or foot.

/1

The torso is horizontal. The spine is lengthened.

/1

The legs are straight and in split position. The top leg is pulled behind the top arm or shoulder. Minimum split angle of 120° . Both feet are pointed.

/1

/4

Terminology

Top bar

Side bar

Bottom bar



Additional Descriptions

Extended = Lengthened, not rounded or flexed.

Back Arch = Arched backwards showing back extension or back bend.

Front or Forward = In the direction forwards of, or in front of the body.

Backwards or Behind = In the direction backwards or behind the body.

Neck in line with spine = When the neck lengthens in line with the spine without deviation. Do not over extend, flex, laterally flex or over-rotate the neck.

Upright = When the head is above the level of the torso and hips.

Parallel to the floor = When the whole of, or part of the body forms one straight line which is horizontal.

Inverted/Upside down = When the head is below the level of the hips and torso.

Shoulders down = shoulders drawn away from the ears.

Remember to hold all moves still for 3 seconds.