

Hoop Icon

Beginner Moves List

1. Man in the Moon
2. Outside Mermaid
3. Splits Away
4. Star on the Bar
5. Amazon
6. Straddle under the Bar
7. Crescent Moon in the Hoop
8. Wine Glass
9. Beginner Gazelle
10. Candlestick



1. Man in the Moon



Contact points: Upper and mid-back, shoulder and side of the neck. The lower back (optional). Gluteal area and the soles of both feet. Do not add contact points.
/1

The neck is in line with the spine and the shoulders are down. The arms reach away in a direction of choice.
/1

The body is upright.
/1

The legs are bent and one foot is placed above the other against the inside of the hoop's side bar.
/1

/4

2. Outside Mermaid



Contact points: One hand, the outside side of the lower leg, the side of the calf and/or shin or ankle. The top leg's shin, front of ankle. The backs of the upper thighs and/or gluteal area may also be in contact with the bottom bar of the hoop. Do not add contact points.
/1

The shoulders are down and the neck is in line with spine. Both arms are straight.
/1

The spine is lengthened, the torso is below the bottom bar of the hoop.
/1

The legs are straight.
/1

/4

3. Splits Away



Contact points: Both hands hold the top bar of the hoop. The ball of the front foot is on the bottom bar of the hoop. Do not add contact points.

/1

The shoulders are down and the neck is in line with spine. Both arms are straight.

/1

The spine is lengthened, the torso is upright and facing the hoop.

/1

The legs are straight. Minimum split angle is 100° . The back foot is pointed.

/1

/4

4. Star on the Bar



Contact points: Both hands hold the bottom bar of the hoop. The sacrum, gluteal area and the front of the thighs. The knees or shins are in contact with the bottom or side bars of the hoop. Do not add contact points.

/1

The shoulders are down and the neck is in line with the spine.

/1

The torso is upside down and the spine is lengthened.

/1

The legs are straight and the feet are pointed. Minimum split angle is 100° .

/1

/4

5. Amazon



Contact points: The side of the neck (side of the face optional), the shoulder, the upper back, the side of the torso and the lower hand. Do not add contact points.

/1

The shoulders are down and the neck is in line with the spine. Both arms are straight. The opposite shoulder to the lower arm is on the side bar.

/1

The spine is lengthened and the torso is upright.

/1

The legs are straight and closed. Both feet point down to the floor.

/1

/4

6. Straddle Under the Bar



Contact points: Both hands hold the bottom bar of the hoop. Do not add contact points.

/I

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

/I

The spine is lengthened. The body is upside down.

/I

The legs are straight and parallel to the floor. Both feet are pointed. There is no minimum split angle.

/I

/4

7. Crescent Moon in the Hoop



Contact points: The front of the body, the front of the pelvis and the inner thighs. The ankle and the top of the foot touch the bottom bar of the hoop. Hand contact is optional. Do not add contact points.

/I

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

/I

The spine is lengthened and the body is upright.

/I

The back leg is bent and has a flexed foot. The front leg is straight pointing directly down to the floor and has a pointed foot.

/I

/4

8. Wine Glass



Contact points: The underarm and the inside of the upper arm of the arm nearest to the side bar of the hoop. The upper back and the side of the torso may also be in contact with the side bar of the hoop. The ankle, calf or the back of the knee of the upper leg. Do not add contact points.

/I

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

/I

The spine is lengthened and the body is upright.

/I

Both legs are straight and both feet are pointed. Minimum split angle is 100°.

/I

/4

9. Beginner Gazelle



Contact points: Both hands hold the side or bottom bar of the hoop. The inner thigh, and/or the inner side of the knee. The side of the torso and hip, the gluteal area and/or sacrum and the outside of the back knee. Do not add contact points.

/1

The shoulders are down and the neck is in line with the spine. The same side arm wraps around the front leg.

/1

The spine is lengthened and the torso is upside down.

/1

Both legs are bent and both feet are pointed.

/1

/4

10. Candlestick



Contact points: Both hands hold the lower side bar of the hoop. The crotch area, the inner thighs, the back of the calf and ankle of the lower leg. The top leg's ankle and/or shin, and the top of the feet. Do not add contact points.

/1

The shoulders are down and the neck is in line with the spine.

/1

The spine is lengthened and the body is inverted.

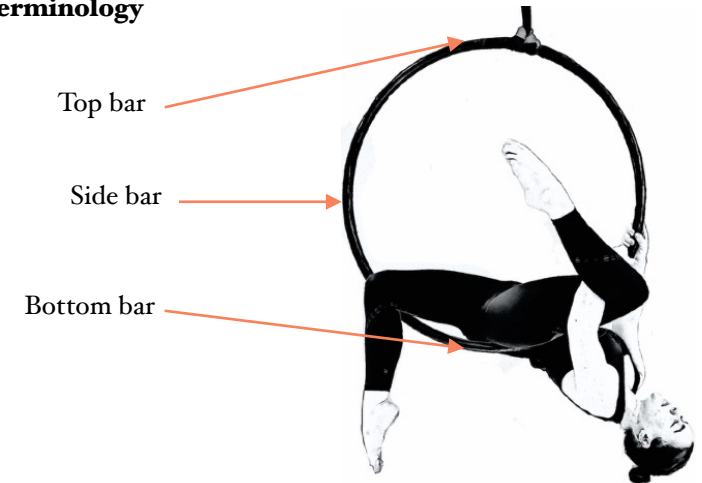
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The legs are closed. Both feet are flexed, with one foot crossing over the other.

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Terminology



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