



# INTERNATIONAL YOGA FEDERATION SPORTING AND TECHNICAL RULES

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*This document revised on 2023, December 15*



# THE LIST OF POSTURES

## 2024

## GROUPS

The List of the Postures consist of 6 groups.

- 1. Backbends**
- 2. Forwardbends**
- 3. Traction**
- 4. Twist**
- 5. Lifts**
- 6. Inversions**

# 1. Backbends



	POSTURE	DIFFICULTY	CHARACTERISTIC
1.1.	BRIDGE	3	Strength
1.2.	RECLINED THUNDERBOLT	3	Flexibility
1.3.	FISH	4	Flexibility
1.4.	UPWARD PLANK	4	Strength
1.5.	CAMEL	4	Flexibility
1.6.	TIGER	4	Balance, Flexibility
1.7.	KING OF DANCE	5	Balance, Flexibility
1.8.	WHEEL	5	Flexibility, Strength
1.9.	HALF MOON	5	Flexibility
1.10.	PIGEON	5	Flexibility
1.11.	KING PIGEON	6	Balance, Flexibility
1.12.	BIG TOE	6	Balance, Flexibility
1.13.	ONE LEGGED WHEEL	6	Balance, Flexibility, Strength
1.14.	STRAIGHT LEG WHEEL	6	Flexibility
1.15.	BOW	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
1.16.	ONE LEGGED CAMEL	6	Balance, Flexibility
1.17.	HOLDING KNEES CAMEL POSE	6	Flexibility
1.18.	FULL CAMEL A	7	Flexibility
1.19.	FULL CAMEL B	7	Flexibility
1.20.	HOLDING FOOT WHEEL POSE	7	Flexibility
1.21.	STANDING BOW PULLING	7	Balance, Flexibility
1.22.	DOWNWARD FACING DOG FOOT TO HEAD	7	Balance, Flexibility
1.23.	FULL COBRA	7	Flexibility
1.24.	LOCUST SCORPION	7	Flexibility, Strength
1.25.	FULL BOW	8	Flexibility
1.26.	BOUND WHEEL	8	Flexibility
1.27.	BOUND ONE LEGGED WHEEL	8	Balance, Flexibility, Strength
1.28.	FULL HALF MOON	8	Flexibility
1.29.	SPLIT ARM	8	Balance, Flexibility
1.30.	CAMEL RAISED TOE	8	Flexibility

# 1.1. BRIDGE



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Backbends



# 1.2. RECLINED THUNDERBOLT



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends

# 1.3. FISH



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



# 1.4. UPWARD PLANK



**DIFFICULTY:4**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Backbends

# 1.5. CAMEL

**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends

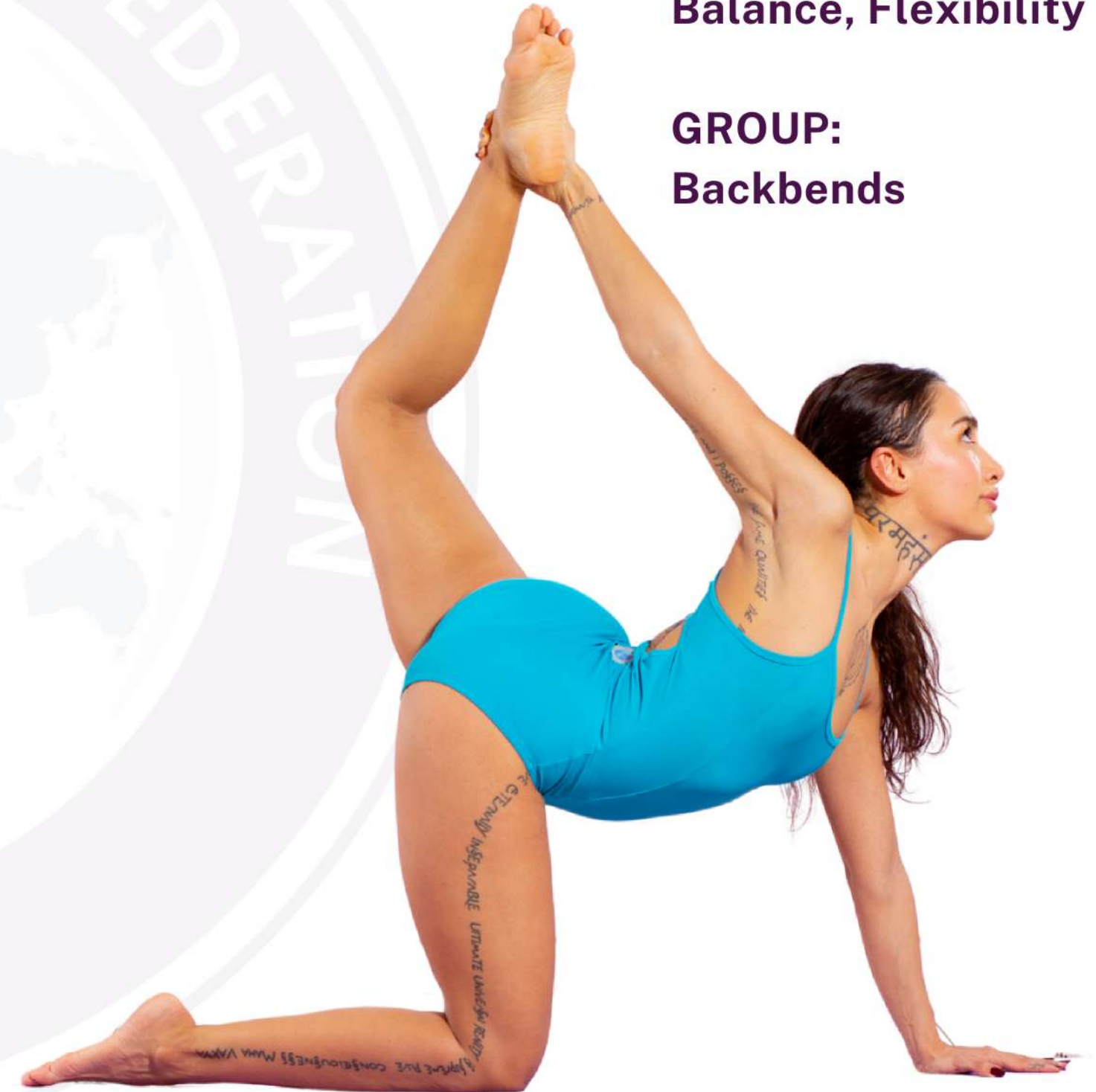


# 1.6. TIGER

**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends



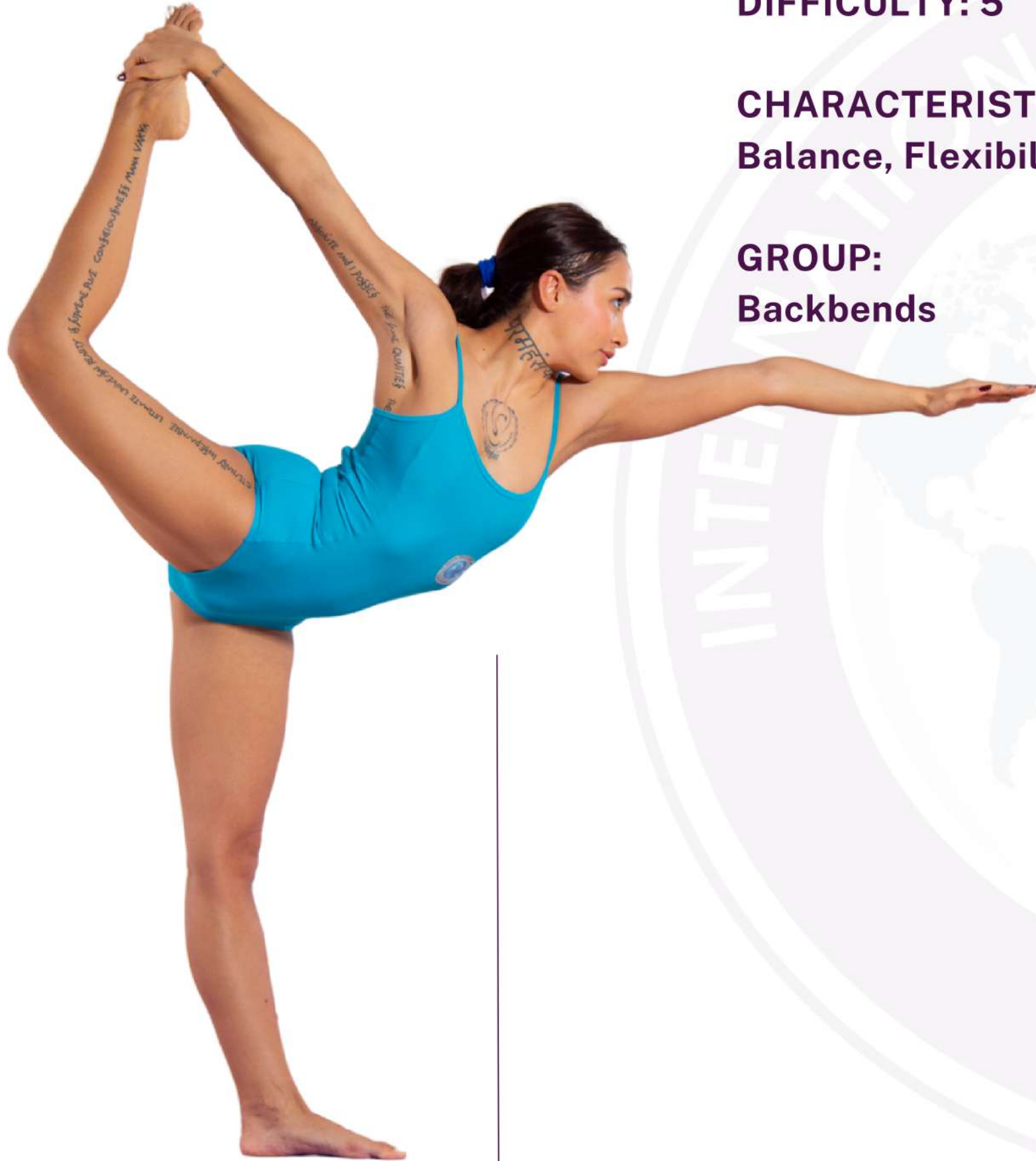
# 1.7.KING OF DANCE



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends



# 1.8.WHEEL

**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Backbends



# 1.9. HALF MOON



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



# 1.10. PIGEON

**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends





# 1.11.KING PIGEON

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends



# 1.12.BIG TOE

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends



# 1.13. ONE LEGGED WHEEL



# 1.14. STRAIGHT LEG WHEEL



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Backbends



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends

# 1.15.BOW



# 1.16.ONE LEGGED CAMEL



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends

# 1.17.HOLDING KNEES CAMEL



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



# 1.18.FULL CAMEL A

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



# 1.19.FULL CAMEL B



# 1.20.HOLDING FOOT WHEEL

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends

# 1.21. STANDING BOW PULLING



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends



# 1.22. DOWNWARD FACING DOG FOOT TO HEAD

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends



# 1.23.FULL COBRA



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



# 1.24.LOCUST SCORPION

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Backbends



# 1.25.FULL BOW



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



# 1.26.BOUND WHEEL

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends





# 1.27. BOUND ONE LEGGED WHEEL



# 1.28. FULL HALF MOON



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Backbends

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends

# 1.29.SPLIT ARM



# 1.30.CAMEL RAISED TOE

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Backbends



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Backbends



# 2. Forwardbends



	POSTURE	DIFFICULTY	CHARACTERISTIC
2.1.	RIGHT ANGLE	3	Flexibility, Strength
2.2.	HEAD TO TOE	3	Balance, Flexibility
2.3.	BOAT	3	Strength
2.4.	BOUND ANGLE	3	Flexibility
2.5.	GARLAND	4	Flexibility
2.6.	HEAD TO STRADDLE	4	Flexibility
2.7.	PYRAMID	4	Balance, Flexibility
2.8.	PLOW	4	Flexibility
2.9.	EAR TO KNEE	5	Flexibility
2.10.	FORWARD ARMS UP	5	Flexibility
2.11.	FROG	5	Flexibility
2.12.	SPLIT (WITH FORWARD BEND)	5	Flexibility
2.13.	STANDING FORWARD BEND	5	Flexibility
2.14.	GUILLOTINE	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
2.15.	FETAL LOTUS	6	Balance, Flexibility
2.16.	RABBIT	6	Flexibility
2.17.	KNEES TO HEAD PLOW POSE	6	Flexibility
2.18.	LEG BEHIND HEAD FORWARD BEND	6	Flexibility
2.19.	SLEEPING YOGI	6	Flexibility
2.20.	ONE LEGGED STRETCHING FORWARD	6	Flexibility, Strength
2.21.	ONE LEG BALANCING FORWARD BEND	7	Balance, Flexibility
2.22.	FORWARD BEND GOOD BYE	7	Balance, Flexibility
2.23.	STANDING HEAD TO KNEE	7	Balance, Flexibility, Strength
2.24.	BOUND LOTUS	7	Flexibility
2.25.	BOUND INVERTED TORTOISE	7	Flexibility
2.26.	TORTOISE	7	Flexibility
2.27.	TORTOISE LIFTING	8	Balance, Flexibility, Strength
2.28.	LOTUS PLOW POSE	8	Flexibility

## 2.1. RIGHT ANGLE



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Forwardbend



## 2.2. HEAD TO TOE

**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Forwardbend



## 2.3. BOAT



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Forwardbend



## 2.4. BOUND ANGLE



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend

## 2.5. GARLAND



## 2.6. HEAD TO STRADDLE



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend

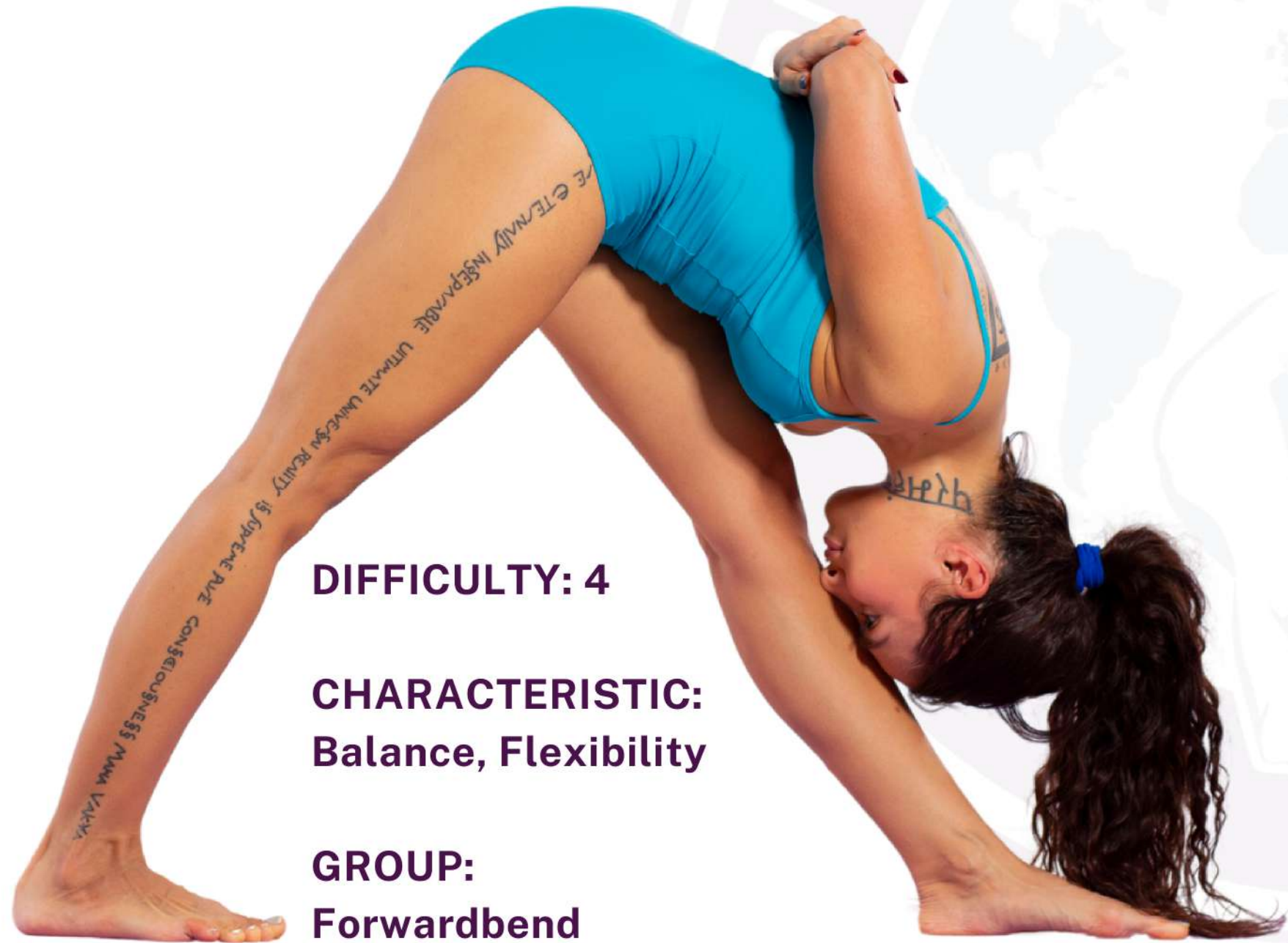
**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.7.PYRAMID



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Forwardbend

## 2.8.PLOW

**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.9.EAR TO KNEE



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.10.FORWARD ARMS UP



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.11.FROG



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.12.SPLIT (WITH FORWARD BEND)



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend

## 2.13. STANDING FORWARD BEND



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend

## 2.14. GUILLOTINE



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

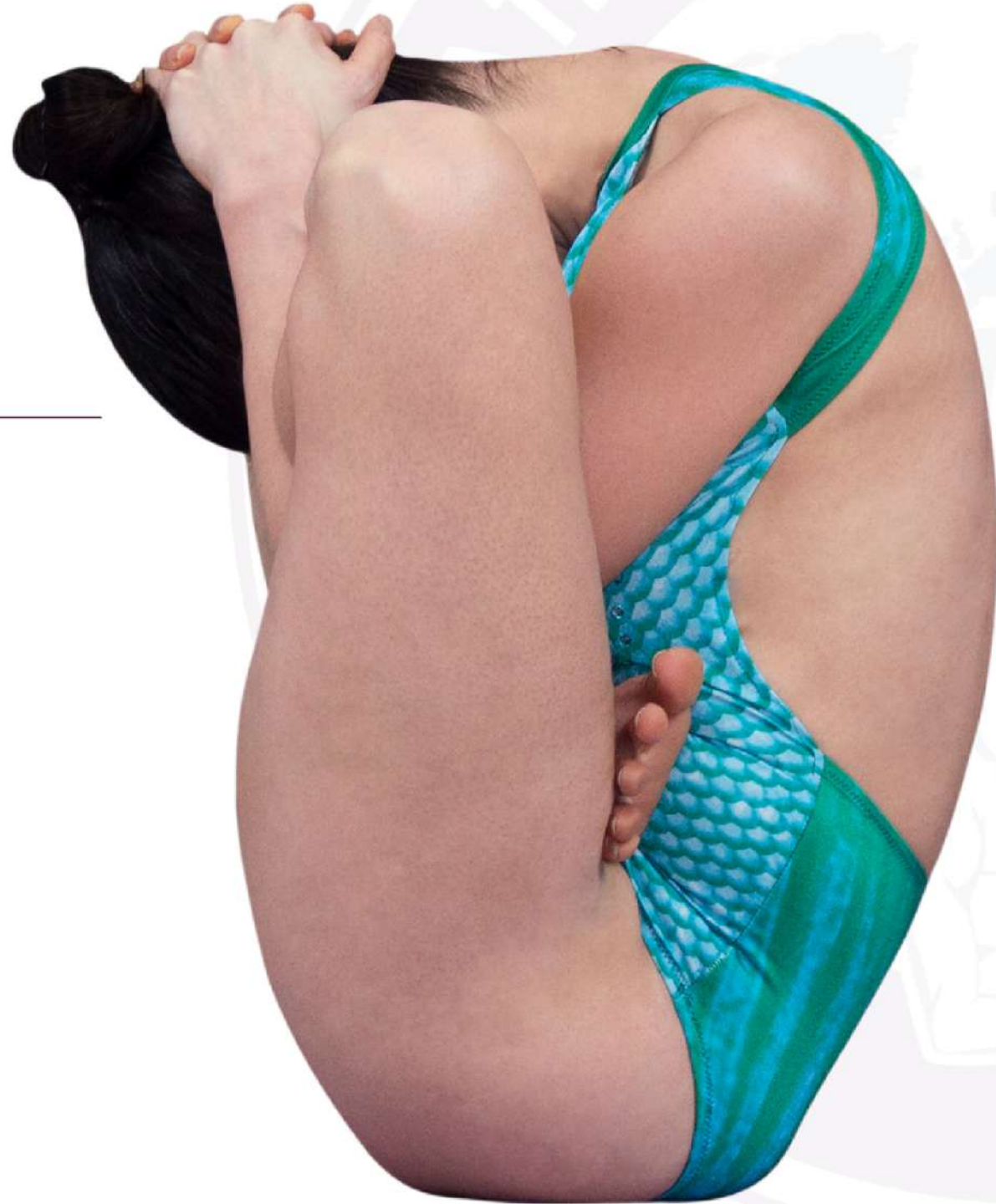
**GROUP:**  
Forwardbend

## 2.15.FETAL LOTUS

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.16.RABBIT

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.17. KNEES TO HEAD PLOW POSE

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.18. LEG BEHIND HEAD FORWARD BEND

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



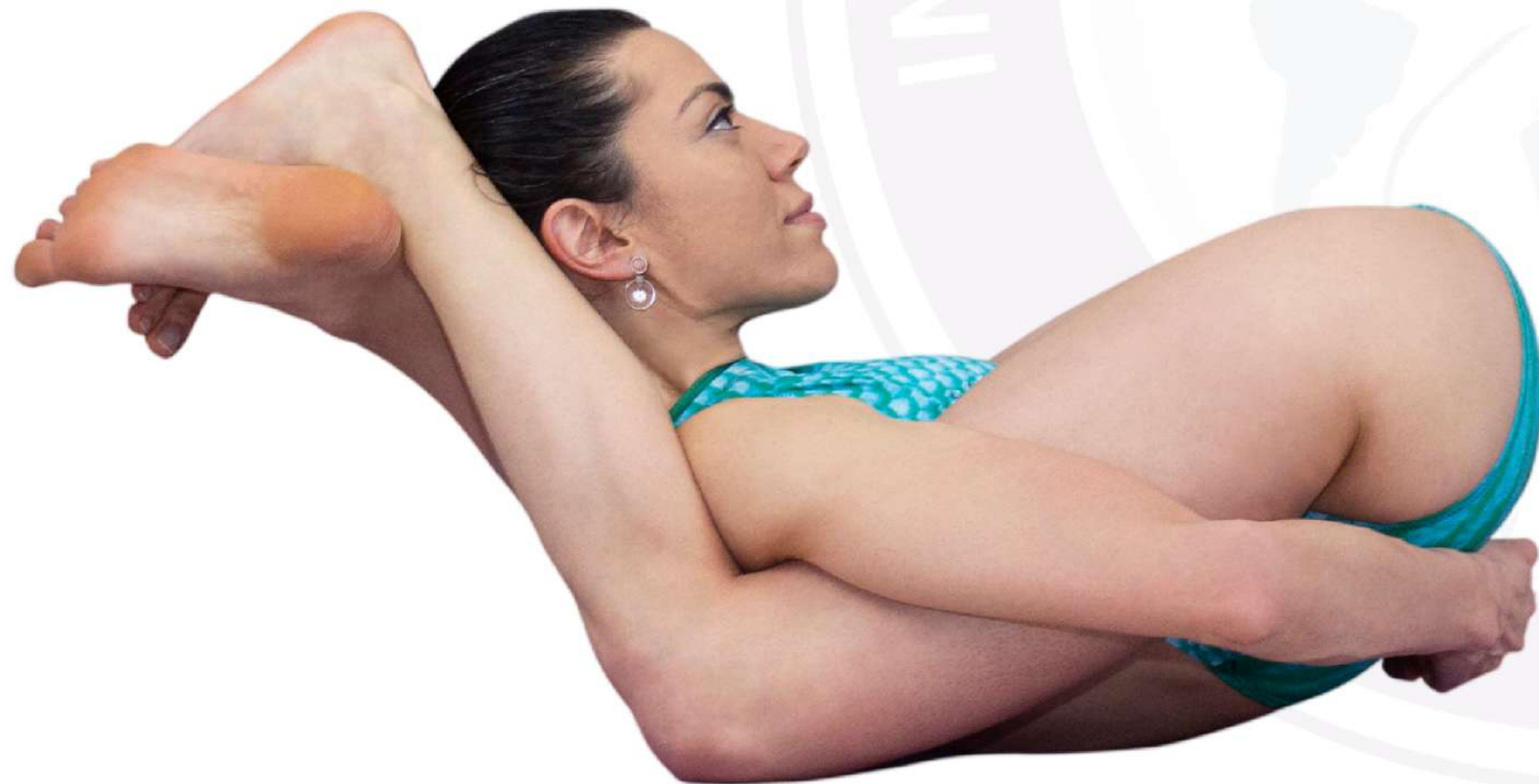
## 2.19.SLEEPING YOGI



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.20.ONE LEGGED STRETCHING FORWARD

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Forwardbend



## 2.21. ONE LEG BALANCING FORWARD BEND



## 2.22. FORWARD BEND GOOD BYE

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

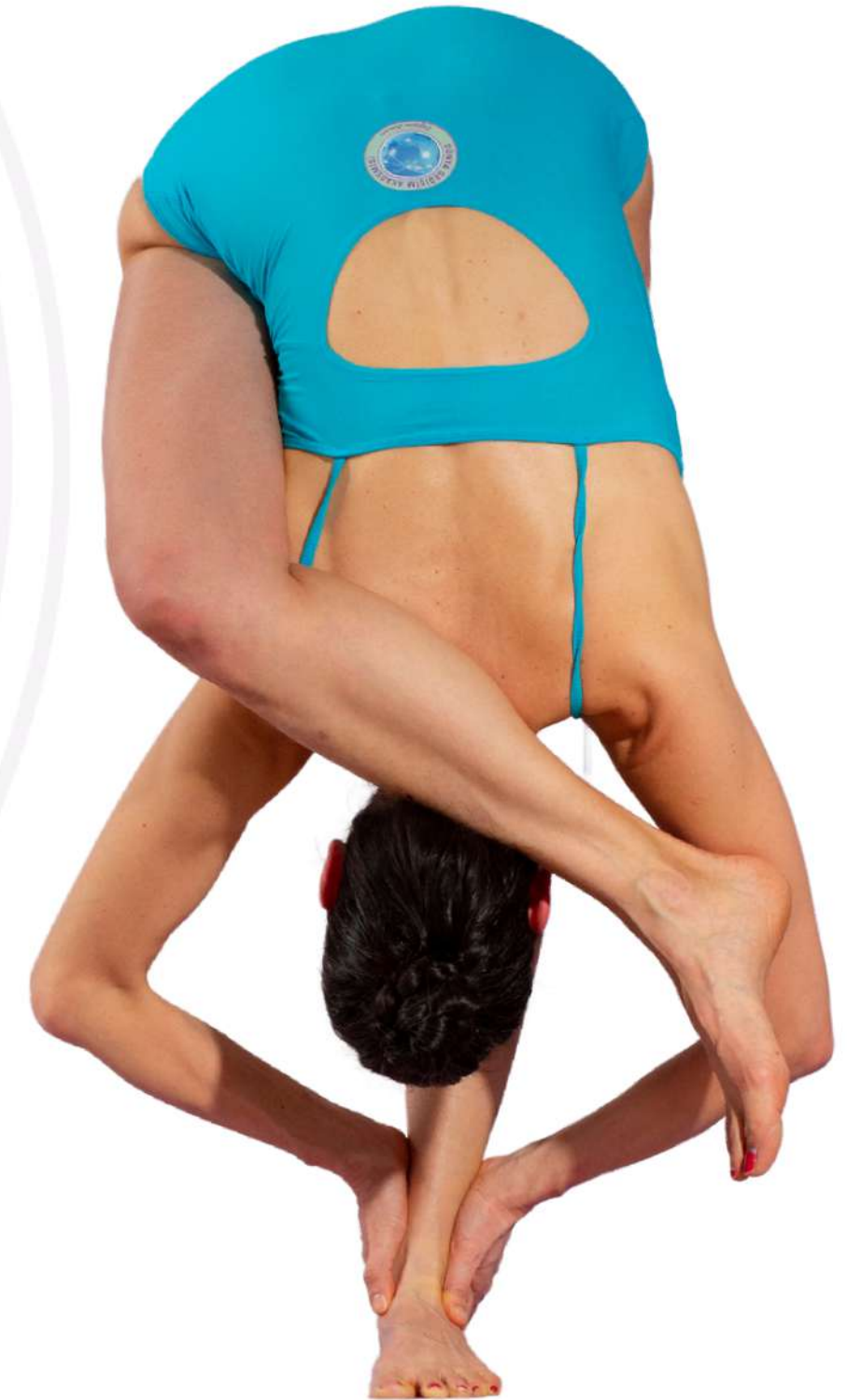
**GROUP:**  
Forwardbend



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Forwardbend



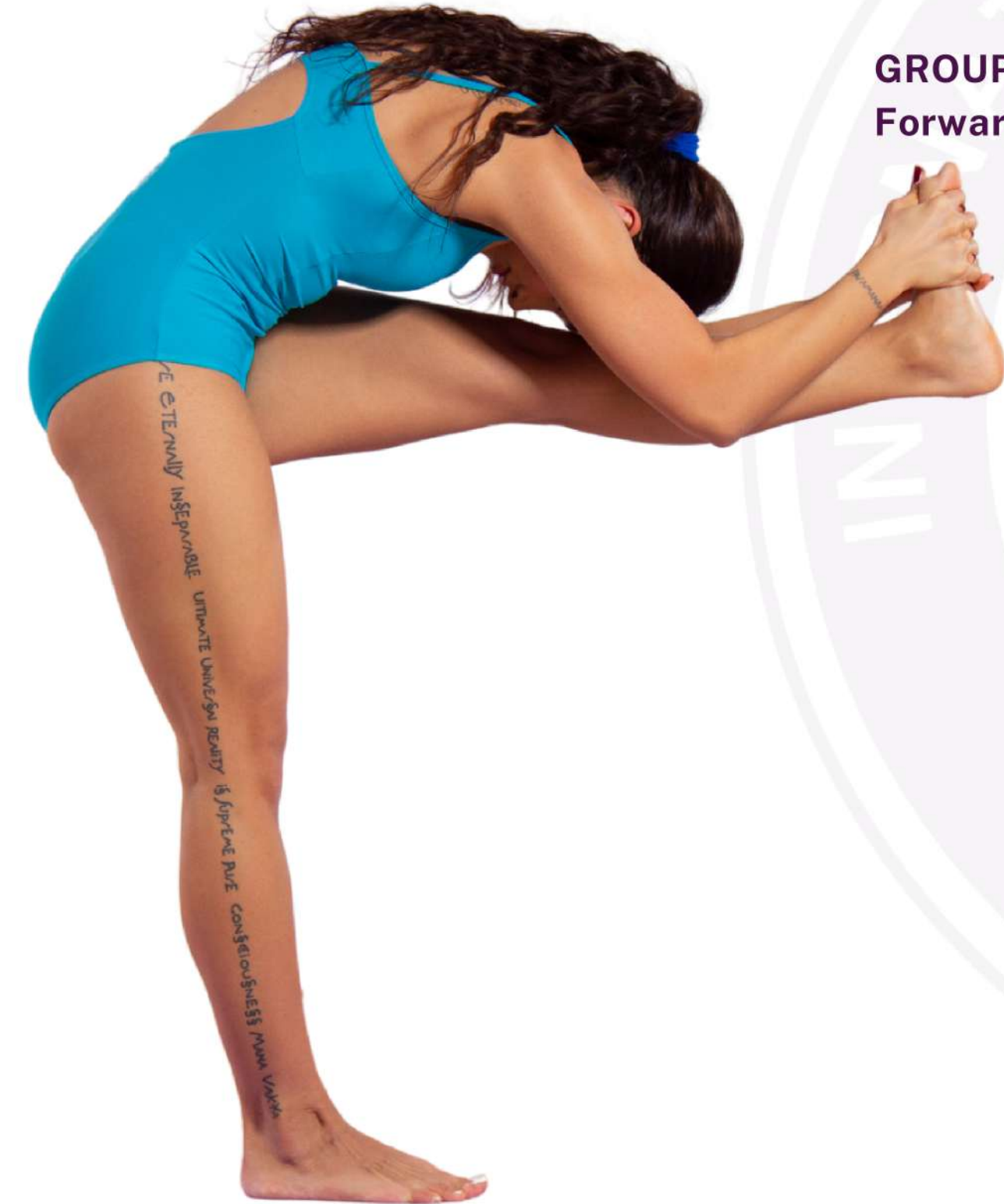
## 2.23. STANDING HEAD TO KNEE



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Forwardbend



## 2.24. BOUND LOTUS

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.25.BOUND INVERTED TORTOISE



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



## 2.26.TORTOISE

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend





## 2.27.TORTOISE LIFTING



## 2.28.LOTUS PLOW POSE

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Forwardbend

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Forwardbend



# 3. Twists



	POSTURE	DIFFICULTY	CHARACTERISTIC
3.1.	ONE LEGGED STANDING	3	Balance
3.2.	TWISTED TRIANGLE	3	Flexibility
3.3.	SPINE TWIST LONG LEG	3	Flexibility
3.4.	REVOLVED INTENSE STRETCHING	4	Flexibility
3.5.	TWISTED STRETCHING	4	Flexibility
3.6.	SPINE TWIST	5	Flexibility
3.7.	BOUND TRIANGLE	5	Balance, Flexibility
3.8.	REVOLVED BOUND SIDE ANGLE	6	Flexibility
3.9.	MARICHYASANA C	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
3.10.	BOUND SPINE TWIST	6	Flexibility
3.11.	TWISTED WIDE LEG	7	Flexibility
3.12.	PASASANA	7	Flexibility
3.13.	REVOLVED BIRD OF PARADISE	7	Balance, Flexibility, Strength
3.14.	BOUND HALF MOON	7	Balance, Flexibility, Strength
3.15.	REVOLVED BOUND HALF MOON POSE	8	Balance, Flexibility, Strength
3.16.	WIDE ANGLE TWIST	8	Flexibility, Strength
3.17.	FULL SPINE TWIST	8	Flexibility
3.18.	MARICHYASANA D	8	Flexibility

## 3.1. ONE LEGGED STANDING



## 3.2. TWISTED TRIANGLE



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Twists

**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists



### 3.3.SPINE TWIST LONG LEG



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists



### 3.4.REVOLVED INTENSE STRETCHING

**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists



### 3.5.TWISTED STRETCHING



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists

### 3.6.SPINE TWIST



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists

## 3.7. BOUND TRIANGLE

**DIFFICULTY:** 5

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Twists



## 3.8. REVOLVED BOUND SIDE ANGLE

**DIFFICULTY:** 6

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists



## 3.9. MARICHYASANA C

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists



## 3.10. BOUND SPINE TWIST

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists



## 3.11. TWISTED WIDE LEG

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists

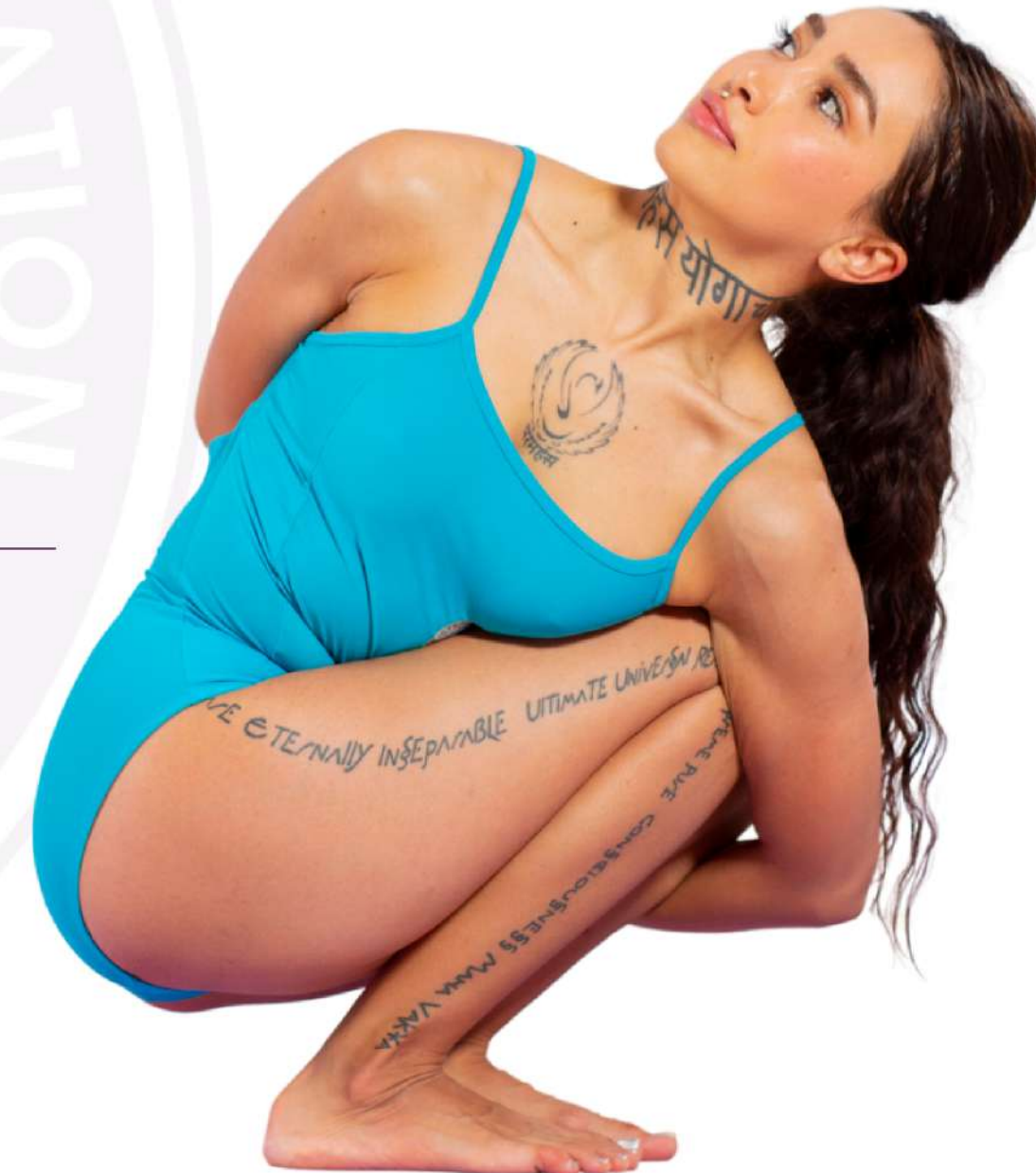


## 3.12. PASASANA

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists





### 3.13. REVOLVED BIRD OF PARADISE



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Twists



### 3.14. BOUND HALF MOON



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Twists

### 3.15. REVOLVED BOUND HALF MOON POSE



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Twists

### 3.16. WIDE ANGLE TWIST



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Twists

## 3.17. FULL SPINE TWIST



## 3.18. MARICHYASANA D



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Twists

# 4. Traction



	POSTURE	DIFFICULTY	CHARACTERISTIC
4.1.	ANGLE	3	Balance, Flexibility
4.2.	ONE LEG BALANCING STICK	3	Balance
4.3.	COWFACE IN TREE	3	Balance
4.4.	SITTING MOUNTAIN	3	Flexibility
4.5.	HALF LOTUS MOUNTAIN	3	Balance
4.6.	DYNAMIC ENERGY	4	Strength
4.7.	SHORT PERSON	4	Balance
4.8.	ONE LEG RAISED	4	Balance, Flexibility
4.9.	ARROW	4	Flexibility
4.10.	HERON	4	Flexibility
4.11.	HALF LOTUS LEG STRETCHING	5	Balance, Flexibility
4.12.	SITTING FLAG	5	Flexibility
4.13.	STRETCHING	5	Flexibility
4.14.	TOE STAND	5	Balance
4.15.	COWFACE	5	Flexibility
4.16.	FOUR ANGLE	5	Flexibility
4.17.	BOUND LOTUS	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
4.18.	BIRD OF PARADISE	6	Balance, Flexibility
4.19.	ARCHER	6	Flexibility
4.20.	SPLIT (STRAIGHT)	6	Flexibility
4.21.	SPLITS (SIDE)	7	Flexibility
4.22.	STANDING HANDS TO BIG TOES	7	Balance, Flexibility, Strength
4.23.	LEG BEHIND HEAD	7	Flexibility, Strength
4.24.	UPWARD STRETCHING	7	Balance, Flexibility
4.25.	SIDE ANGLE	7	Balance, Flexibility, Strength
4.26.	SIDE ANGLE (COMPASS)	8	Balance, Flexibility, Strength
4.27.	SIDE ANGLE (LEG BEHIND HEAD)	8	Balance, Flexibility, Strength
4.28.	FLAG	8	Balance, Flexibility, Strength
4.29.	STANDING SPLIT FOOT TO HEAD	8	Balance, Flexibility, Strength
4.30.	STANDING SPLITS	8	Balance, Flexibility
4.31.	MOUNTAIN	8	Balance
4.32.	BOUND STANDING SPLIT	9	Balance, Flexibility, Strength
4.33.	GOOD-BYE	9	Balance, Flexibility

## 4.1. ANGLE



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Traction



## 4.2. ONE LEG BALANCING STICK



**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Traction

## 4.3. COWFACE IN TREE

**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Traction



## 4.4. SITTING MOUNTAIN

**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction



## 4.5. HALF LOTUS MOUNTAIN



## 4.6. DYNAMIC ENERGY

**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Traction



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Traction



## 4.7. SHORT PERSON



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Traction

## 4.8. ONE LEG RAISED



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Traction



## 4.9. ARROW

**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction



## 4.10. HERON

**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction

## 4.11. HALF LOTUS LEG STRETCHING



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Traction



## 4.12. SITTING FLAG



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction

## 4.13. STRETCHING



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction



## 4.14. TOE STAND

**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Traction

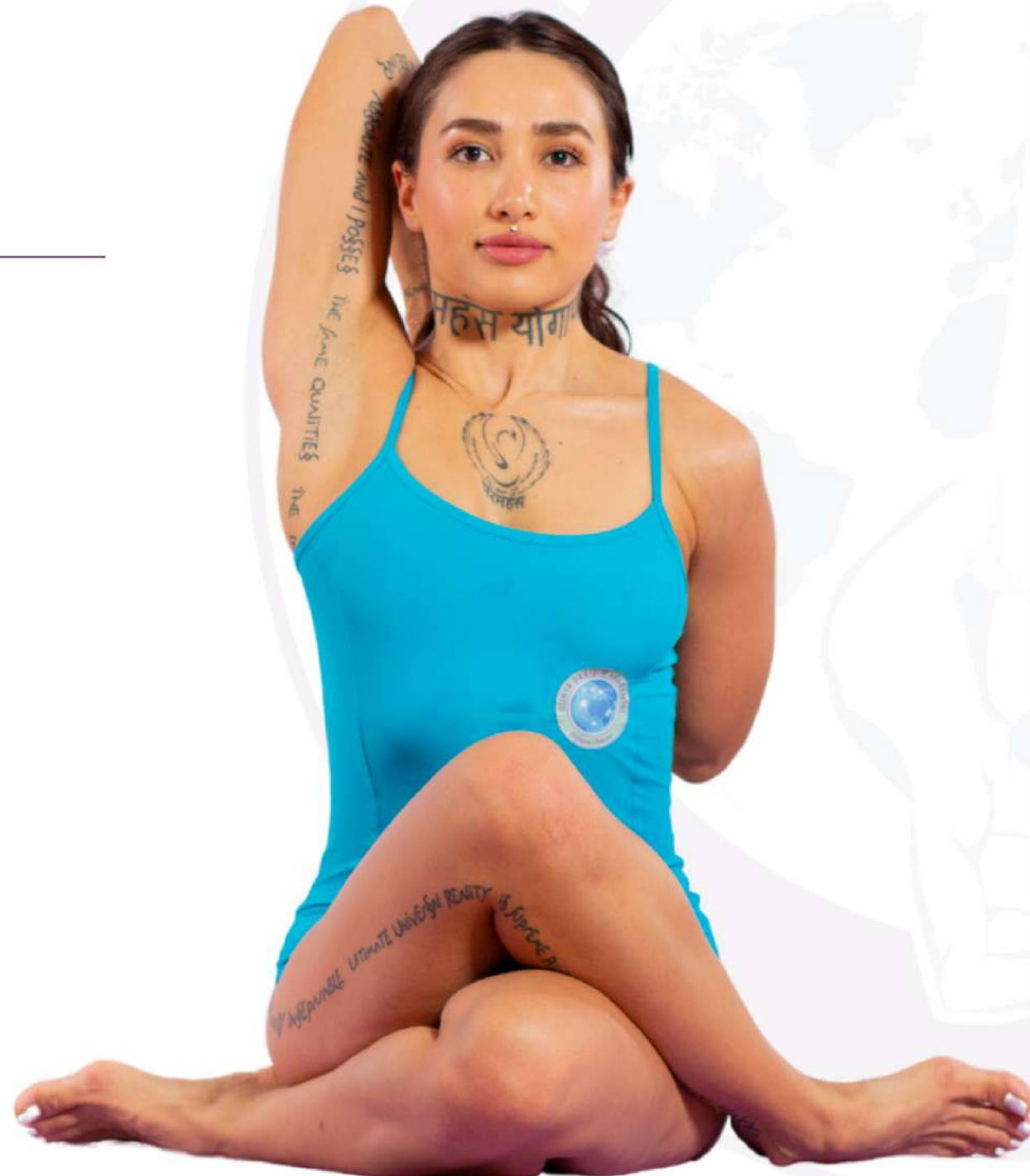


## 4.15. COWFACE

**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction



## 4.16. FOUR ANGLE

**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction



## 4.17. BOUND LOTUS



## 4.18. BIRD OF PARADISE



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Traction



## 4.19. ARCHER

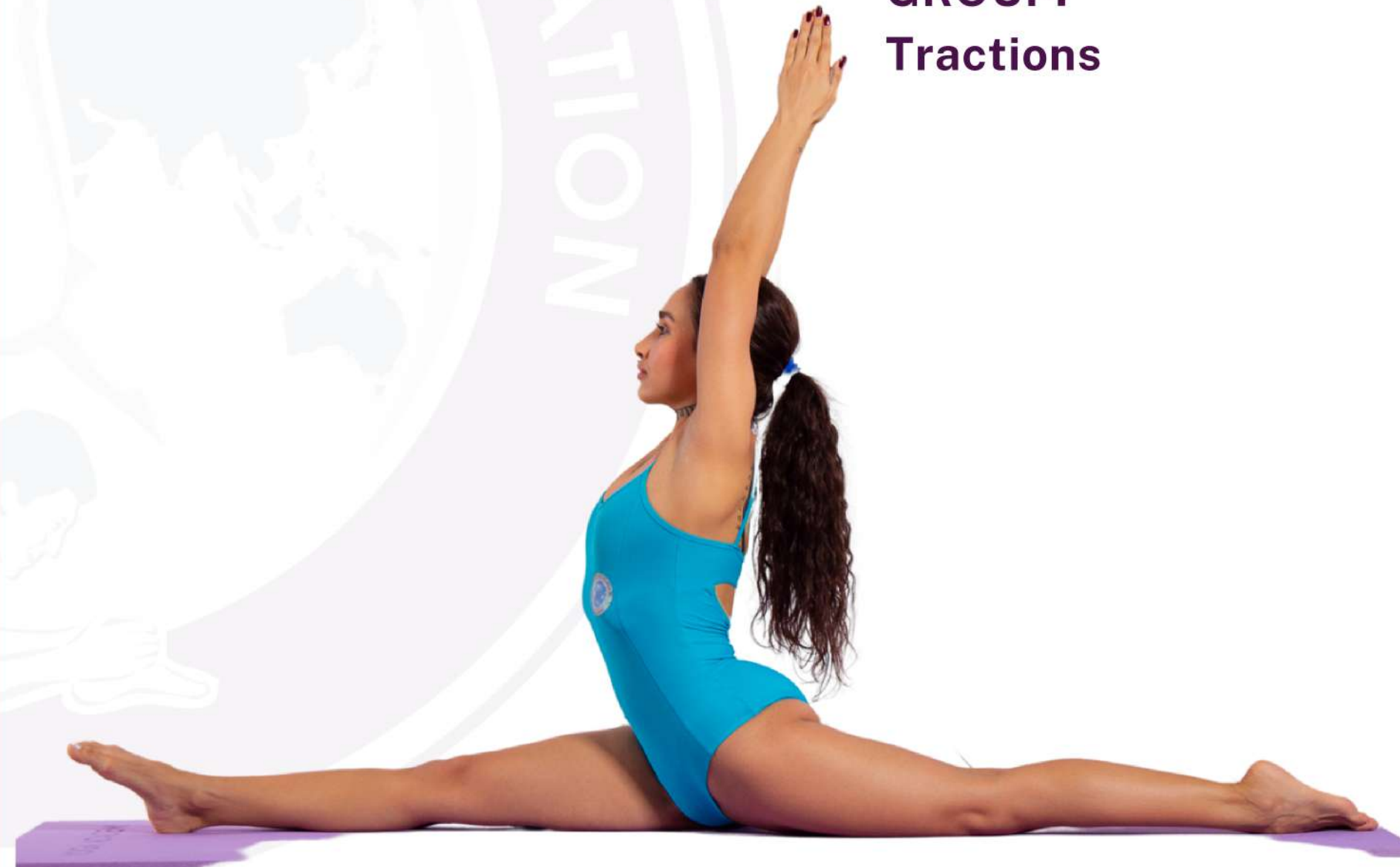


**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Tractions

## 4.20. SPLIT (STRAIGHT)



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Tractions

## 4.21. SPLITS (SIDE)



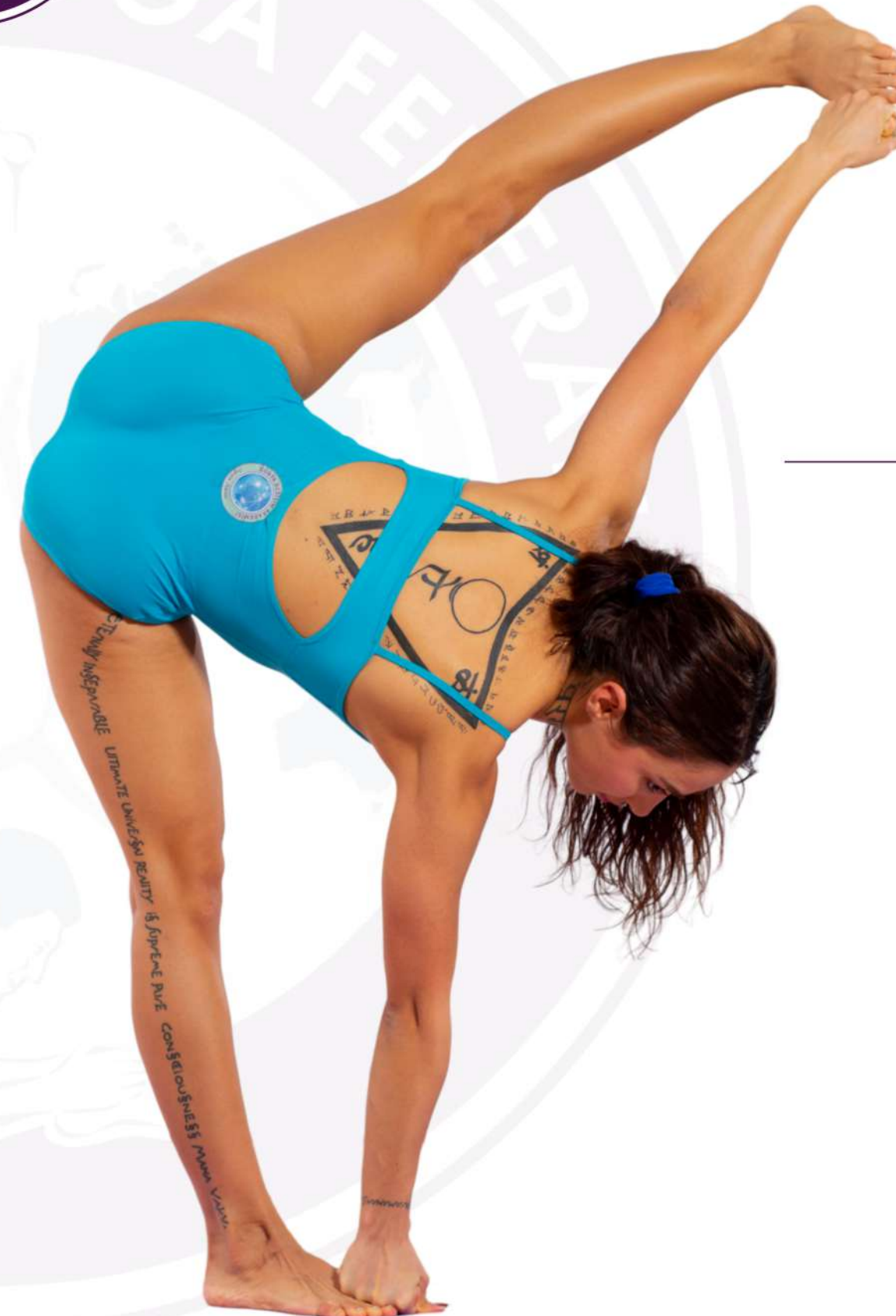
**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Tractions



## 4.22. STANDING HANDS TO BIG TOES



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Tractions

## 4.23. LEG BEHIND HEAD

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Flexibility

**GROUP:**  
Traction

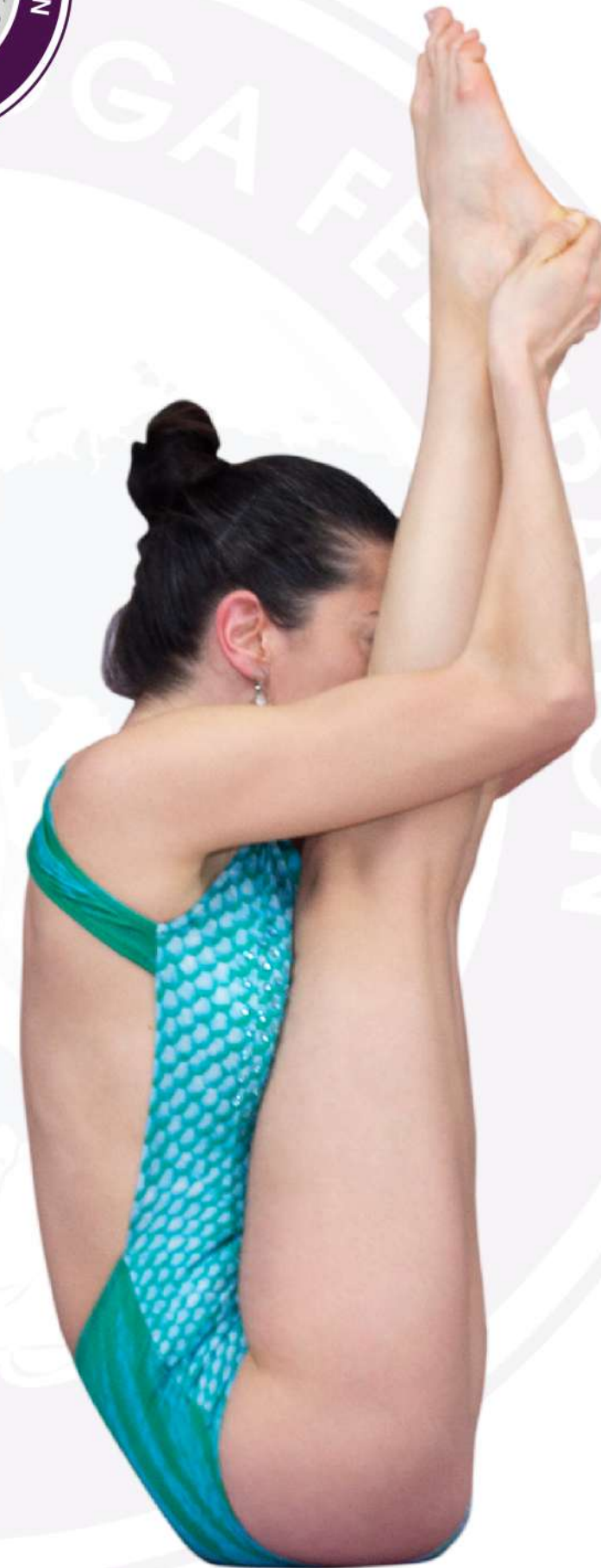


## 4.24. UPWARD STRETCHING

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Traction





## 4.25. SIDE ANGLE



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Traction



## 4.26. SIDE ANGLE (COMPASS)

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Traction



## 4.27. SIDE ANGLE (LEG BEHIND HEAD)



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Traction

## 4.28. FLAG

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Traction



## 4.29. STANDING SPLIT FOOT TO HEAD



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Traction



## 4.30. STANDING SPLITS



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Traction

## 4.31. MOUNTAIN



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Traction



## 4.32. BOUND STANDING SPLIT



**DIFFICULTY: 9**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Traction

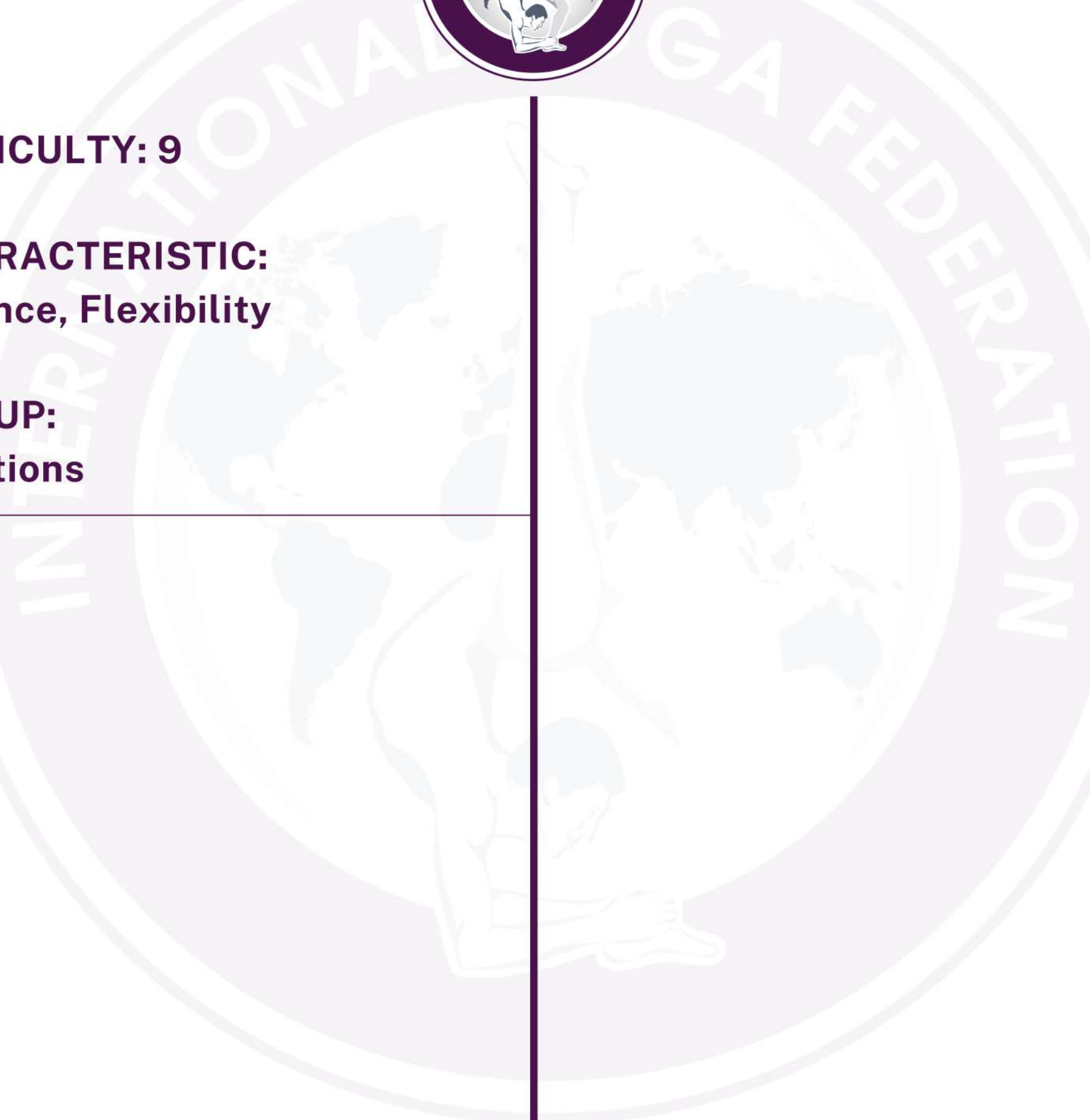
## 4.33. GOOD-BYE



**DIFFICULTY: 9**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Traction



# 5. Lifts



	POSTURE	DIFFICULTY	CHARACTERISTIC
5.1.	HALF LOTUS SIDE BALANCE	3	Strength
5.2.	TWO POINTED BALANCE	3	Balance, Strength
5.3.	LIFTING LOTUS	4	Strength
5.4.	ELEPHANT'S TRUNK	4	Strength
5.5.	BABY CROW	4	Strength
5.6.	CROW	5	Balance, Strength
5.7.	SIDE CROW	5	Balance, Strength
5.8.	EIGHT ANGLE	5	Balance, Strength
5.9.	ONE LEGGED PEACOCK	5	Strength
5.10.	FIREFLY	6	Flexibility, Strength
5.11.	FIREFLY (BENT ARM)	6	Flexibility, Strength
5.12.	DRAGON FLY	6	Balance, Flexibility, Strength
5.13.	ONE LEGGED CROW	6	Balance, Strength

	POSTURE	DIFFICULTY	CHARACTERISTIC
5.14.	UNEVEN ONE LEGGED CROW	6	Balance, Strength
5.15.	FLYING SPLITS A	6	Strength
5.16.	FLYING SPLITS B	6	Strength
5.17.	PEACOCK LOTUS	6	Strength
5.18.	PEACOCK	7	Strength
5.19.	FLOATING STICK	7	Strength
5.20.	LIFTED LEG BEHIND HEAD	7	Flexibility, Strength
5.21.	LOTUS CRANE	7	Strength
5.22.	CRANE	8	Strength
5.23.	ONE HAND ONE FOREARM LIFTED PEACOCK	8	Balance, Strength
5.24.	FOLDING UNFOLDING PEACOCK LOTUS	8	Balance, Flexibility, Strength
5.25.	TWISTED STAFF	8	Balance, Flexibility, Strength
5.26.	OM	9	Balance, Flexibility, Strength

## 5.1. HALF LOTUS SIDE BALANCE



**DIFFICULTY: 3**

**CHARACTERISTIC:  
Strength**

**GROUP:  
Lifts**



## 5.2. TWO POINTED BALANCE



**DIFFICULTY: 3**

**CHARACTERISTIC:  
Balance, Strength**

**GROUP:  
Lifts**

## 5.3. LIFTING LOTUS



**DIFFICULTY: 4**

**CHARACTERISTIC:  
Strength**

**GROUP:  
Lifts**



## 5.4. ELEPHANT'S TRUNK



**DIFFICULTY: 4**

**CHARACTERISTIC:  
Strength**

**GROUP:  
Lifts**



## 5.5. BABY CROW



**DIFFICULTY: 4**

**CHARACTERISTIC:  
Strength**

**GROUP:  
Lifts**



## 5.6. CROW



**DIFFICULTY: 5**

**CHARACTERISTIC:  
Balance, Strength**

**GROUP:  
Lifts**

## 5.7. SIDE CROW



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Lifts



## 5.8. EIGHT ANGLE



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Lifts

## 5.9. ONE LEGGED PEACOCK



## 5.10. FIREFLY



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Lifts

## 5.11. FIREFLY (BENT ARM)



## 5.12. DRAGON FLY

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Lifts



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Lifts



## 5.13. ONE LEGGED CROW



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Lifts



## 5.14. UNEVEN ONE LEGGED CROW

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Lifts



## 5.15. FLYING SPLITS A



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts

## 5.16. FLYING SPLITS B



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts

## 5.17. PEACOCK LOTUS



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts



## 5.18. PEACOCK



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts

## 5.19. FLOATING STICK

**DIFFICULTY:** 7

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts



## 5.20. LIFTED LEG BEHIND HEAD

**DIFFICULTY:** 7

**CHARACTERISTIC:**  
Flexibility, Strength

**GROUP:**  
Lifts





## 5.21. LOTUS CRANE



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts



## 5.22. CRANE



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Strength

**GROUP:**  
Lifts

# 5.23. ONE HAND ONE FOREARM LIFTED PEACOCK



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Lifts



# 5.24. FOLDING UNFOLDING PEACOCK LOTUS



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Lifts

## 5.25. TWISTED STAFF



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility, Strength

**GROUP:**  
Lifts

---



## 5.26. OM

**DIFFICULTY: 9**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Lifts

---

# 6. Inversions



	POSTURE	DIFFICULTY	CHARACTERISTIC
6.1.	ONE LEGGED SHOULDERSTAND	3	Balance
6.2.	HALF HEADSTAND on FOOT	3	Balance
6.3.	HALF HEADSTAND	4	Balance, Strength
6.4.	TRIPOD	4	Balance
6.5.	SHOULDERSTAND	4	Balance
6.6.	SHOULDERSTAND LOTUS	5	Balance
6.7.	UNSPORTED SHOULDERSTAND	5	Balance
6.8.	HEADSTAND	5	Balance
6.9.	HEADSTAND LOTUS	6	Balance, Flexibility
6.10.	HEADSTAND WIDE ARMS	6	Balance
6.11.	HEAD STAND WIDE LEGS	6	Balance, Flexibility
6.12.	ONE ARM ONE FOREARM STAND TIGER	6	Balance, Strength
6.13.	HEADSTAND WITH BACKBEND	7	Balance, Flexibility
6.14.	HEADSTAND FETAL	7	Balance, Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
6.15.	FOREARM STAND STRAIGHT	7	Balance, Strength
6.16.	FOREARM STAND	7	Balance, Strength, Flexibility
6.17.	FOREARM STAND WITH SPLITS	8	Balance, Strength, Flexibility
6.18.	FOREARM STAND HALLOW BACK	8	Balance, Strength, Flexibility
6.19.	ONE ARM HEADSTAND	8	Balance
6.20.	FOREARM STAND LOTUS	8	Balance, Strength, Flexibility
6.21.	FOREARM STAND SCORPION	8	Balance, Strength, Flexibility
6.22.	HANDSTAND	8	Balance, Strength
6.23.	HANDSTAND WITH SPLIT	8	Balance, Strength, Flexibility
6.24.	HANDSTAND SCORPION	9	Balance, Strength, Flexibility
6.25.	HANDSTAND LOTUS	9	Balance, Strength, Flexibility
6.26.	PALM TREE	9	Balance, Strength
6.27.	FOREARM STAND LOTUS SCORPION	9	Balance, Strength, Flexibility
6.28.	UNSPORTED HEADSTAND	10	Balance, Strength

## 6.1. ONE LEGGED SHOULDERSTAND

**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Inversions



## 6.2. HALF HEADSTAND ON FOOT

**DIFFICULTY: 3**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Inversions



## 6.3. HALF HEADSTAND



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Inversions



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Inversions

## 6.4. TRIPOD



## 6.5. SHOULDERSTAND



**DIFFICULTY: 4**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Inversions



## 6.6. SHOULDERSTAND LOTUS



**DIFFICULTY: 5**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Inversions

## 6.7. UNSPORTED SHOULDERSTAND



**DIFFICULTY: 5**

**CHARACTERISTIC:  
Balance**

**GROUP:  
Inversions**



## 6.8. HEADSTAND

**DIFFICULTY: 5**

**CHARACTERISTIC:  
Balance**

**GROUP:  
Inversions**



## 6.9. HEADSTAND LOTUS



## 6.10. HEADSTAND WIDE ARMS



**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Inversions

**DIFFICULTY: 6**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Inversions



## 6.11. HEAD STAND WIDE LEGS



### MUST

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### NOT TO DO

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aliquip ex e.

**DIFFICULTY: 6**

**CHARACTERISTIC:  
Balance, Flexibility**

**GROUP:  
Inversions**



## 6.12. ONE ARM ONE FOREARM STAND TIGER

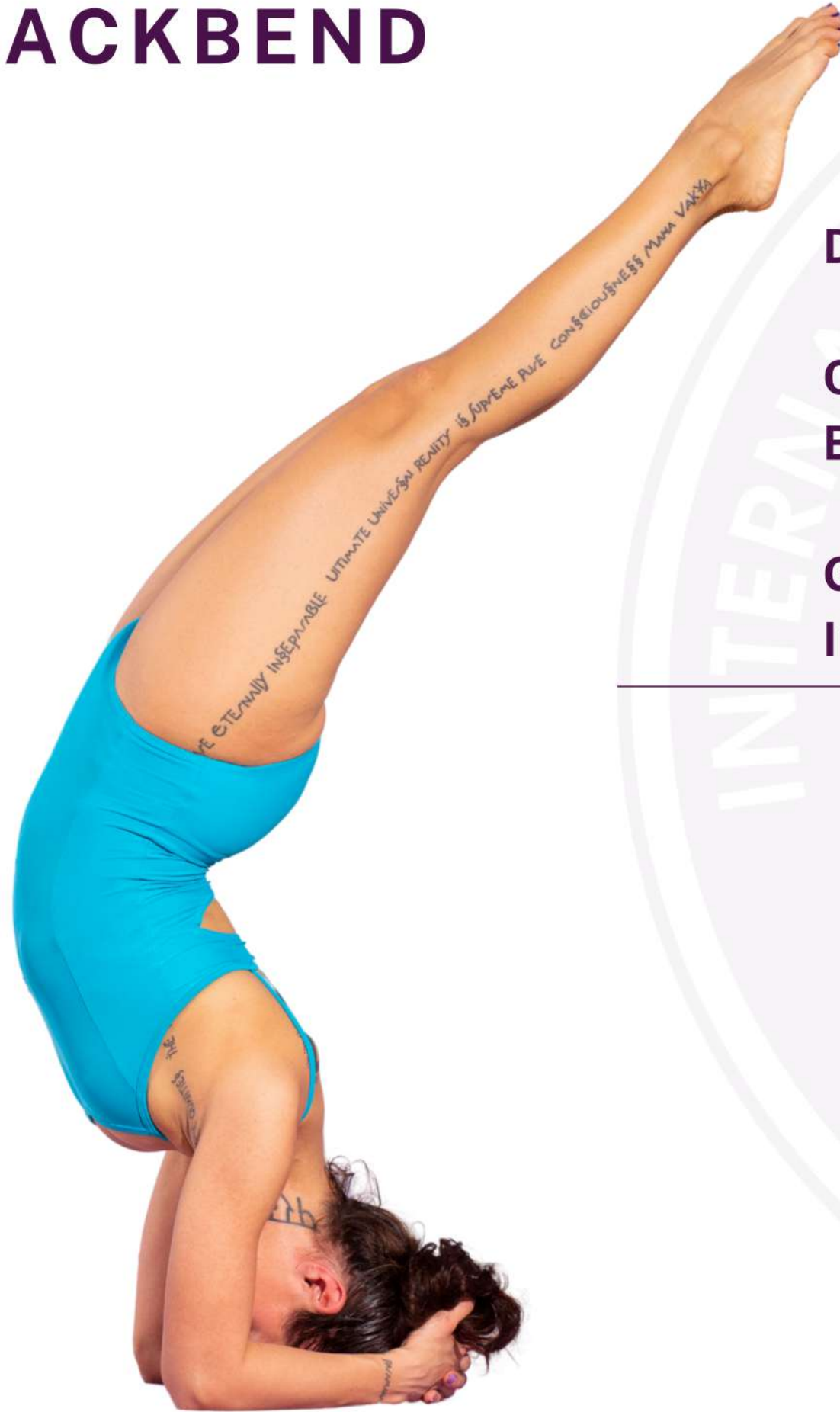
**DIFFICULTY: 6**

**CHARACTERISTIC:  
Balance, Strength**

**GROUP:  
Inversions**



## 6.13. HEADSTAND WITH BACKBEND



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Inversions



## 6.14. HEADSTAND FETAL



**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility

**GROUP:**  
Inversions

## 6.15. FOREARM STAND STRAIGHT

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Inversions



## 6.16. FOREARM STAND

**DIFFICULTY: 7**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions



## 6.17. FOREARM STAND WITH SPLITS

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions



## 6.18. FOREARM STAND HALLOW BACK

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions



## 6.19. ONE ARM HEADSTAND



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance

**GROUP:**  
Inversions



## 6.20. FOREARM STAND LOTUS



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions

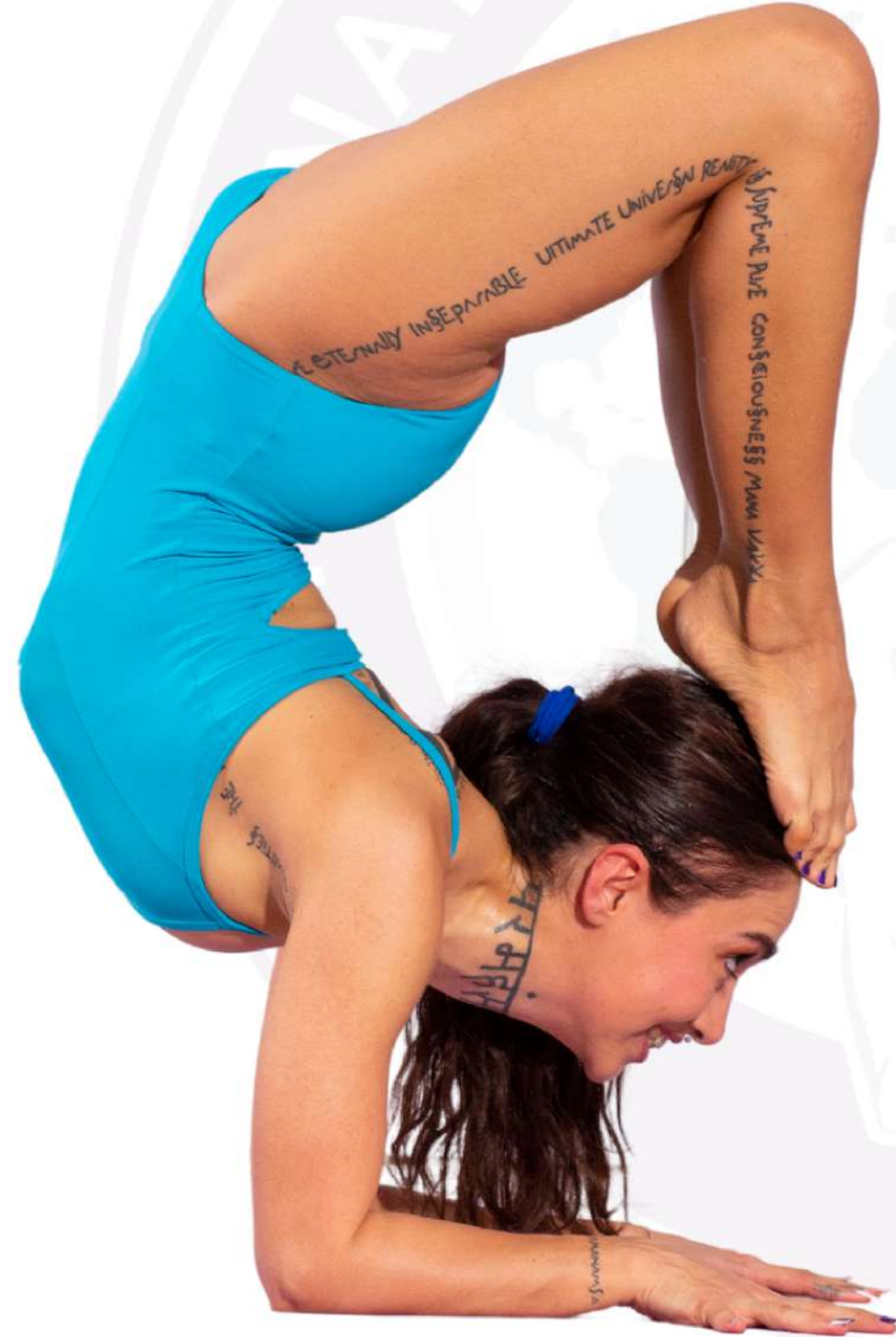
## 6.21. FOREARM STAND SCORPION



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions



## 6.22. HANDSTAND

**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Inversions



## 6.23. HANDSTAND WITH SPLIT



## 6.24. HANDSTAND SCORPION



**DIFFICULTY: 8**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions

**DIFFICULTY: 9**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions



## 6.25. HANDSTAND LOTUS

**DIFFICULTY: 9**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions

---



## 6.26. PALM TREE

**DIFFICULTY: 9**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Inversions

---



## 6.27. FOREARM STAND LOTUS SCORPION



**DIFFICULTY: 9**

**CHARACTERISTIC:**  
Balance, Flexibility,  
Strength

**GROUP:**  
Inversions



## 6.28. UNSPORTED HEADSTAND

**DIFFICULTY: 10**

**CHARACTERISTIC:**  
Balance, Strength

**GROUP:**  
Inversions