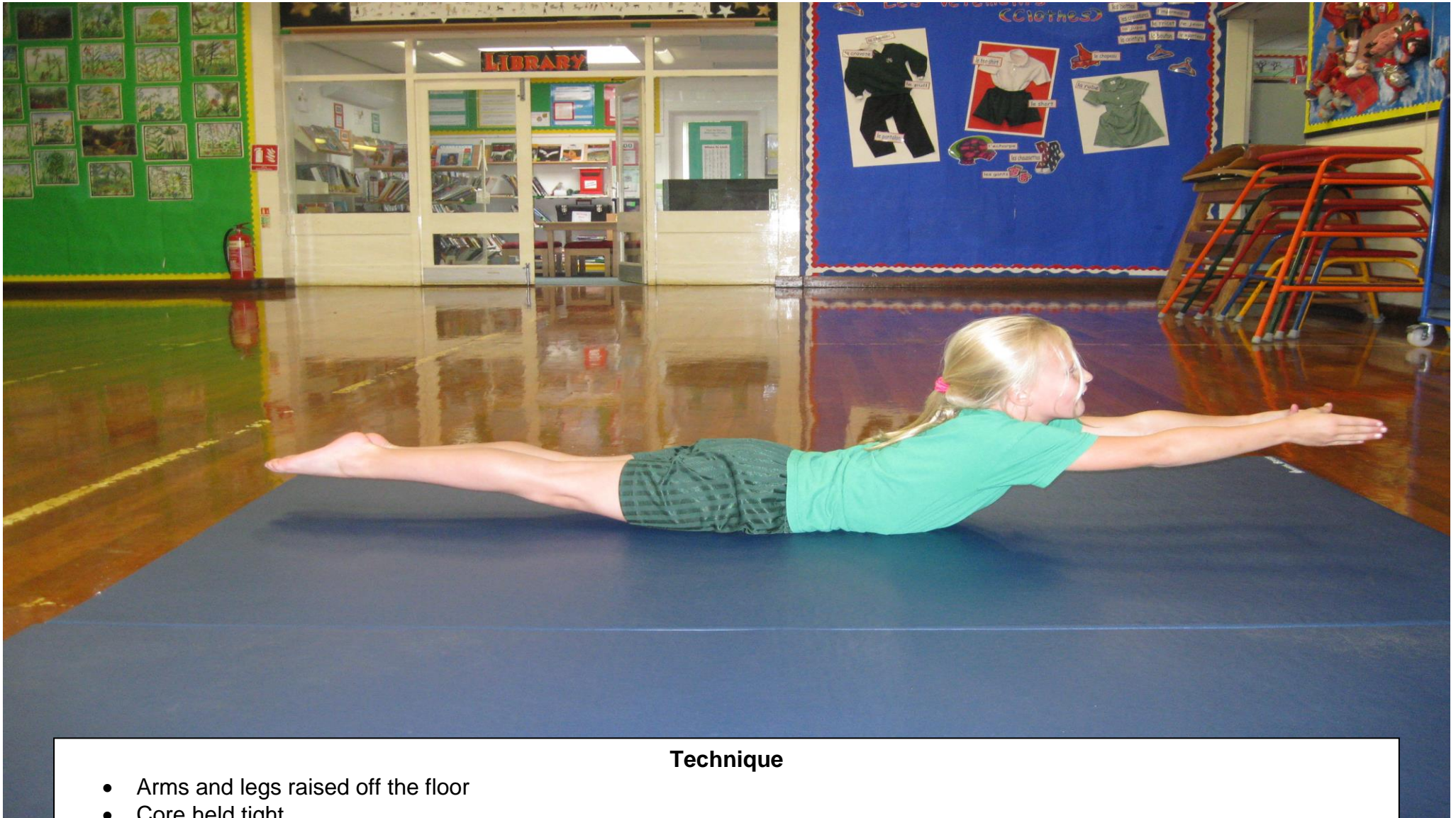


Individual Skills - Arch Hold



Technique

- Arms and legs raised off the floor
- Core held tight
- Legs squeezed together
- Fingers and Toes pointed