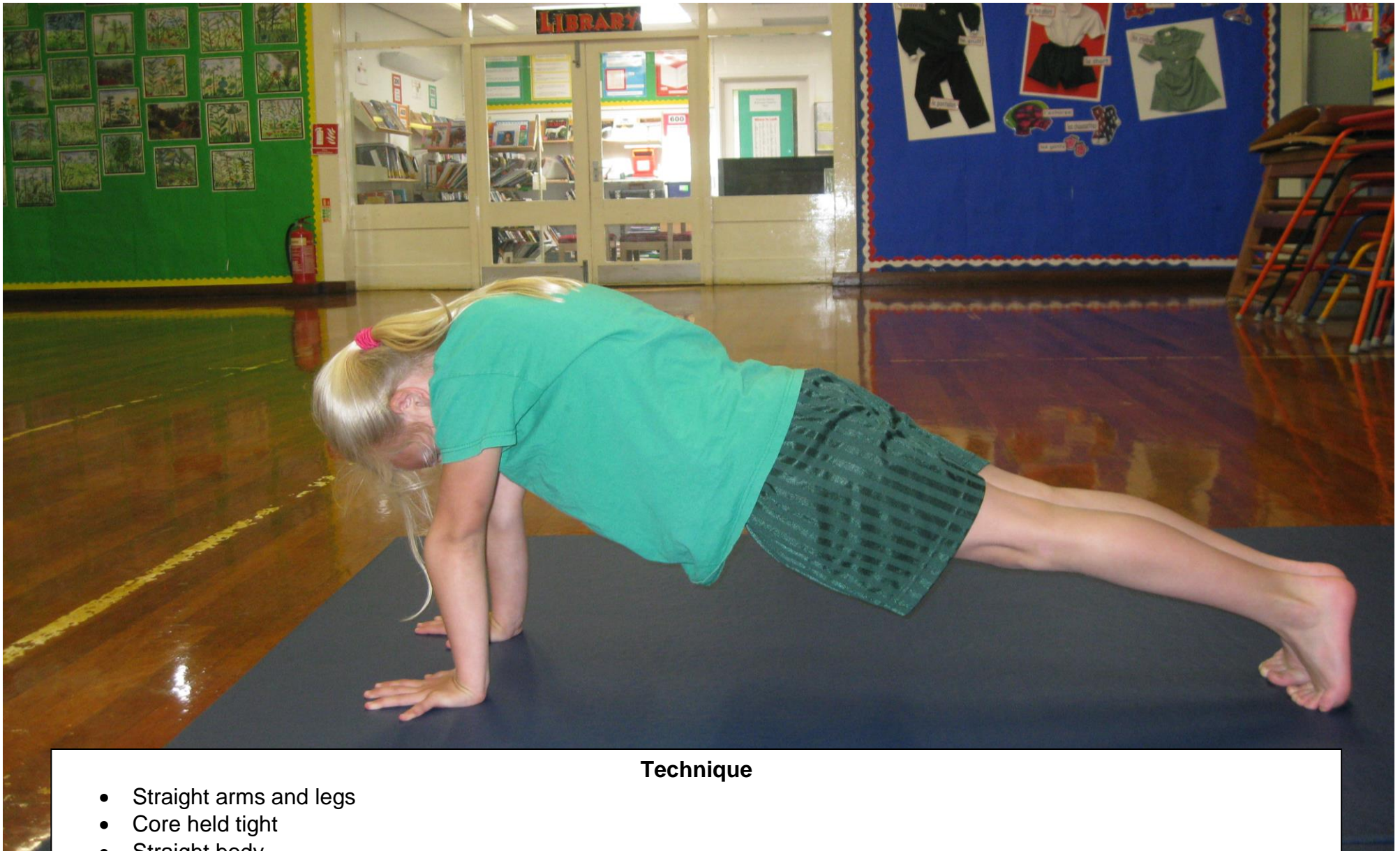


# Individual Skill - Front Support



## Technique

- Straight arms and legs
- Core held tight
- Straight body