

Special Report

The Ten “Big Mistakes” People Make When Learning The Handstand

What *everyone* needs to know before starting hand balancing

By Logan Christopher

DISCLAIMER

The exercises and advice contained within this book may be too strenuous or dangerous for some people, and the reader should consult with a physician before engaging in them.

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Handstand Mistake #1:

STARTING WITH THE HANDSTAND

Starting with the handstand is like trying to deadlift 500 lbs. your first time out. Its just not going to happen. What you have to do is build up to it using moves like the frogstand, headstand and other valuable lead-up stunts.

These moves will teach you how to use your body efficiently and effectively so that you can replicate the position and abilities in the handstand itself when you come to it.

If you start with the handstand your first time out, because of the difficulty, you are bound to not do it correctly. If you keep practicing you will set yourself in bad habits that take months to break and will further stall your progress down the line.

Not to mention that you will be frustrated trying to find the 'balance' in a handstand. Much easier to work on the simpler moves first and build up to the handstand.

Handstand Mistake # 2:

WORRYING ABOUT KEEPING STRAIGHT OR ARCHING IN THE BACK

A very common question I receive is should you maintain a straight back or let it arch? What are the differences between these two positions and why should I prefer one over the other?

Instead of rehashing the old arguments I will just point you to two articles on the site that discuss this at length.

<http://www.lostartofhandbalancing.com/articles/styles.html>

<http://www.lostartofhandbalancing.com/articles/perfecthandstand.html>

Handstand Mistake #3: **USING THE ELBOWS OR SHOULDERS INSTEAD OF BALANCING WITH THE HANDS**

Its called hand balancing for a reason. Because you must maintain your balance from your hands as much as possible. That is why the handstand is so hard. You have a tiny base of support when compared to your feet, plus you are upside down with the majority of your mass (i.e. your legs) way up in the air.

It takes lots of practice to learn how to balance. That's what makes the frogstand such a great move. With a low base of support you can learn this skill in a much easier manner. To watch a short clip from the Secrets of the Handstand Quickstart Guide go to:

<http://www.lostartofhandbalancing.com/blog/how-to-do-the-frogstand/>

The truth is you can use a shoulder weave, bend in the elbows, or dip the head to help you keep balanced when you fall outside the range of what your hands and wrists can do, but you must not rely on these. In fact, you should avoid using them in the beginning just to make sure you don't.

Handstand Mistake #4: **WALKING AROUND INSTEAD OF HOLDING STILL**

Walking around on the hands is easier than holding still. Since its easier you should practice it first, right? WRONG

You must not do this for a couple reasons. In *Walking and Jumping on Your Hands* Professor Orlick describes a schoolmate of his that could walk circles around him literally and figuratively. The thing was, as good as this boy was at walking on his hands, he couldn't stay still for the life of him.

The reason for this is simple. A body in motion stays balanced easier than something still. Think about a bike. Staying on it when riding is easy but not when you are at a dead stop.

When you walk on your hands you are not relying on using your hands for balance which is the skill you have to learn. Instead you just step towards where your body is falling.

Don't worry, after you master a stationary handstand you will be very able to walk around on your hands in every direction then move on to running and jumping but learn to stand still first!

Handstand Mistake #5: **NOT KEEPING THE BODY TIGHT**

Simple. If you don't keep your body tight you will not be able to maintain the balance by pushing to and fro with your hands. The shift in balance will not transfer from your hands to your feet.

I go into more details about the science of balancing in this article:

<http://www.lostartofhandbalancing.com/articles/scientific.html>

Suffice to say if you can keep your body tight and balance with your hands well then you can hold a handstand.

Handstand Mistake #6:

MOVING ON TO MORE ADVANCED TRICKS BEFORE MASTERING THE HANDSTAND

Everyone wants to do the cool tricks. Presses, the one hand handstand and many more. And I don't blame you, because this is where it starts to really get fun.

But you need to focus on the basic handstand first and foremost. This is the foundation for all hand balancing skills. Without a firm foundation you will not be able to do all the bigger and better tricks.

Better to spend time really mastering this move first before moving up. Can you hold a handstand for 30 seconds? How about a minute long?

Though the handstand is the basis of all future skills, like stated earlier it can be difficult so you should primarily work on even easier skills to start with.

Handstand Mistake #7: **NOT WORRYING ABOUT SAFETY**

I have received a few emails from people telling me how they hurt themselves practicing handstands. Obviously it can be a dangerous sport. If you lose control while upside down you may come crashing down. Besides being injured you will take time away from further practice.

For the 5 guidelines to follow to reduce hazards and injuries check out:
<http://www.lostartofhandbalancing.com/articles/safety.html>

Handstand Mistake #8: NOT PRACTICING THE KICK-UP ITSELF

The kick-up is as important as keeping tight and balancing with the hands. It is a must learn skill. There are several ways to do it but as long as you can do it consistently you are on the right path.

My favorite kick-up method was taught to me by Bob Jones in The True Art and Science of Hand Balancing. To view a short clip explaining it go to:

<http://www.lostartofhandbalancing.com/blog/how-to-kick-up-into-a-handstand>

When you can kick-up with the same force every single time then getting into a handstand is a breeze. When you can't you will only get lucky every 1 out of 10 attempts. You must work on your kick-up!

Handstand Mistake #9: **GIVING UP OR BEING IMPATIENT**

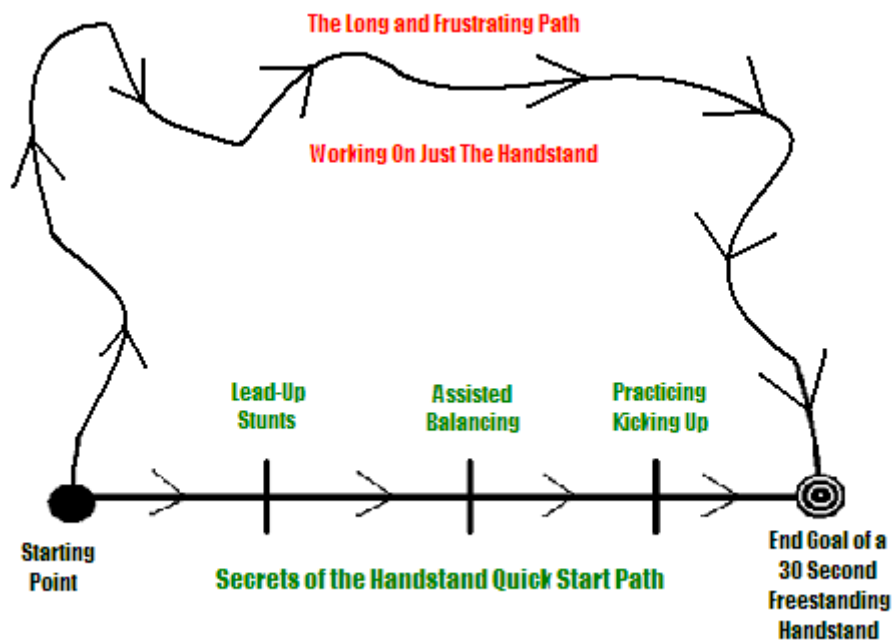
You will never be able to hold a handstand if you give up trying. I can't promise you will learn it overnight but with the right help you can drastically cut down on the amount of time it will take. Though it will still take time and effort.

There will be times when you get frustrated, when you just can't seem to make any progress, but you have to push through these. You will succeed in the long run if you stick to it. In the future you'll be able to look back and wonder how you weren't able to do it before.

Handstand Mistake #10: NOT USING LOSTARTOFHANDBALANCING.COM TO ITS FULLEST POTENTIAL

This one is optional but highly recommended. There are many resources on the site and in this Special Report I pointed you to just a few of the articles and videos up. Read through them all and be sure to look through the blog archives to find a wealth on information.

My biggest recommendation if you are just beginning is to get your hands on the Secrets of the Handstand Quickstart Guide. If you want a full and detailed system that will get you standing on your hands fast this is it. Instead of taking the long, frustrating path to the handstand use this guaranteed system.



Check out the full details at: <http://www.lostartofhandbalancing.com/video.html>

There are many other books and courses to look through as well which you can view at <http://www.lostartofhandbalancing.com/products.html>. Whether you're just starting out or a master hand balancer you are sure to learn from some of the best in the past.

As long as you stay a subscriber on the Lost Art of Hand Balancing email list you will here about all the new updates. New articles, videos, products, the latest tips and tricks, old stories and pictures from the past and much more.

Feel free to send all your comments and questions my way at:

info@lostartofhandbalancing.com

In the words of Professor Orlick...

Good Luck and Good Hand Balancing,

A handwritten signature in black ink, appearing to read "Logan Christopher". The signature is fluid and cursive, with the first name "Logan" being more prominent and the last name "Christopher" following in a similar style.

Logan Christopher