

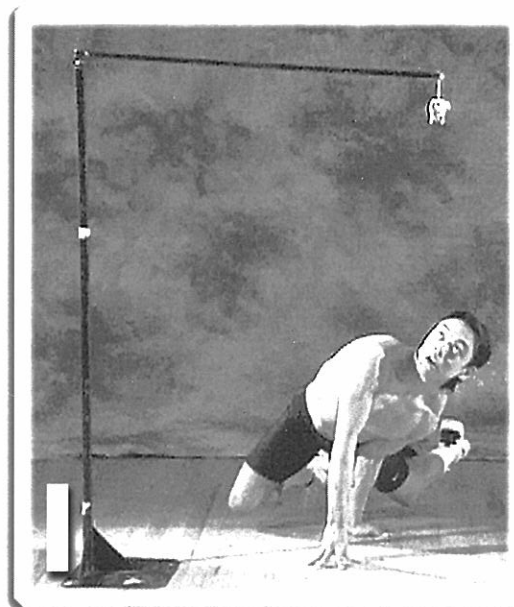
One-Hand Reach

The Game

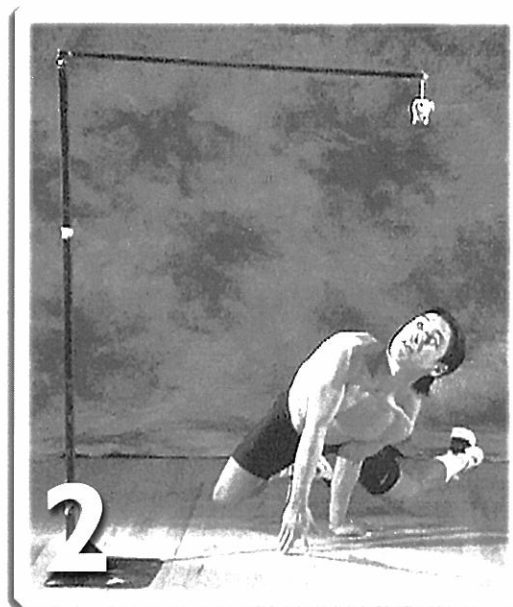
The One-Hand Reach is a test of the athlete's physical strength and sense of balance. He has to lift himself off the floor and touch the target seal while supporting himself on one hand and arm only. The One-Hand Reach is also a 'mind game,' because the athlete's ability to block out external distractions can greatly influence the outcome.

How to Play

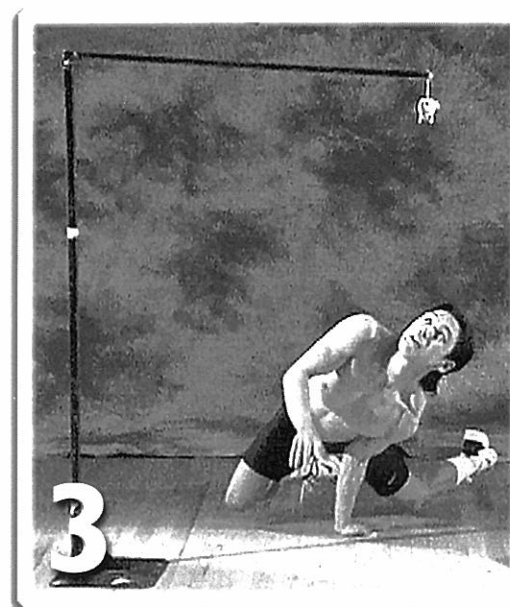
Place the supporting hand on the floor, with the thumb pointing away from the body. Bend the supporting arm to an angle of almost 90 degrees, and firmly tuck the elbow into the side of the body. Raise yourself off the floor, balancing on the supporting hand. Slowly raise your reaching hand towards the target and touch it, then complete a controlled landing.



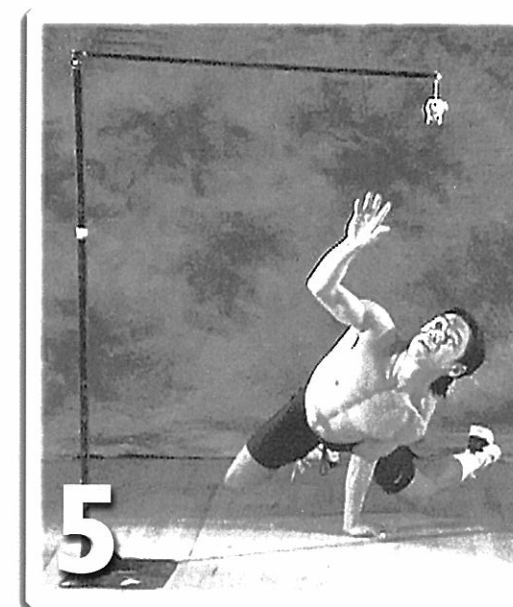
Focus on the target. Determine the start position. The supporting hand is flat.



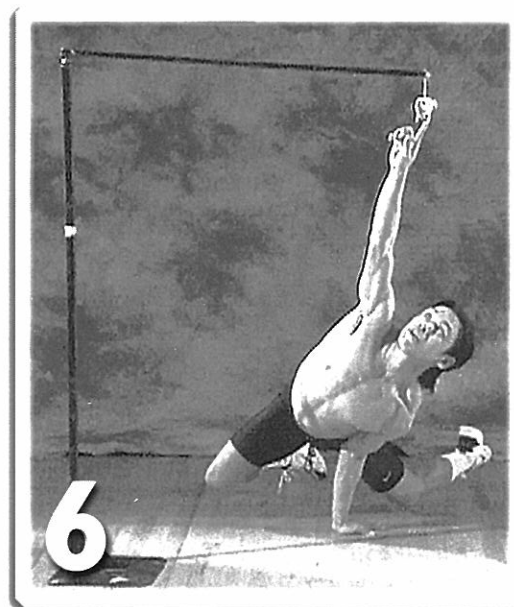
(#2): Raise your legs off the floor while using the fully extended reaching hand to balance your body. (#3): Now begin the controlled rise of the reaching hand.



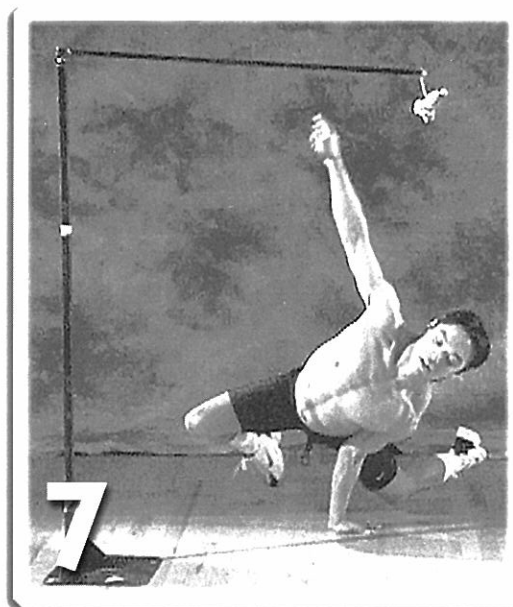
The attempt counts when the reaching hand is raised above shoulder height.



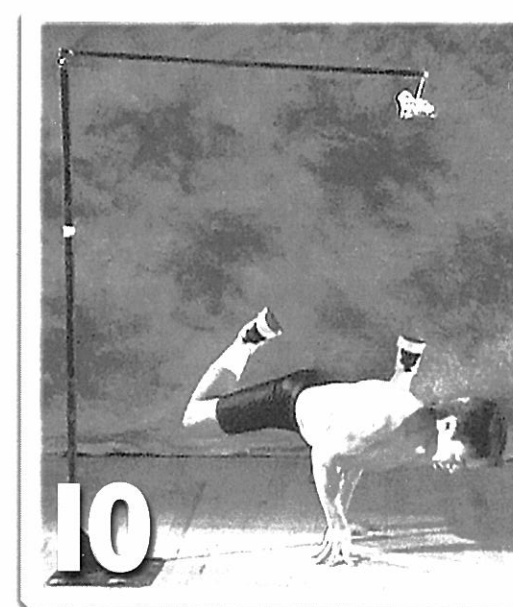
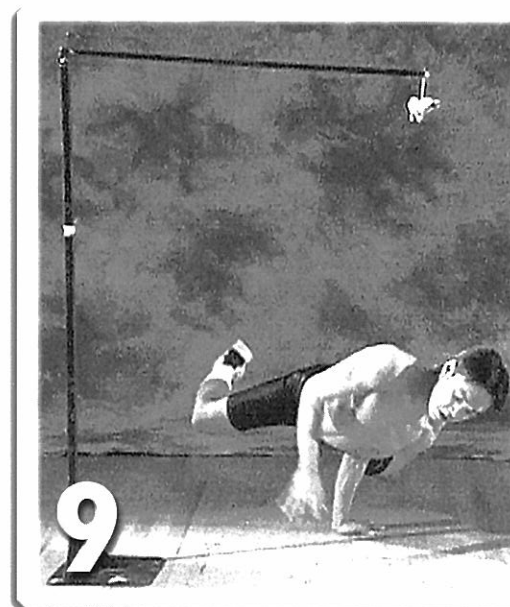
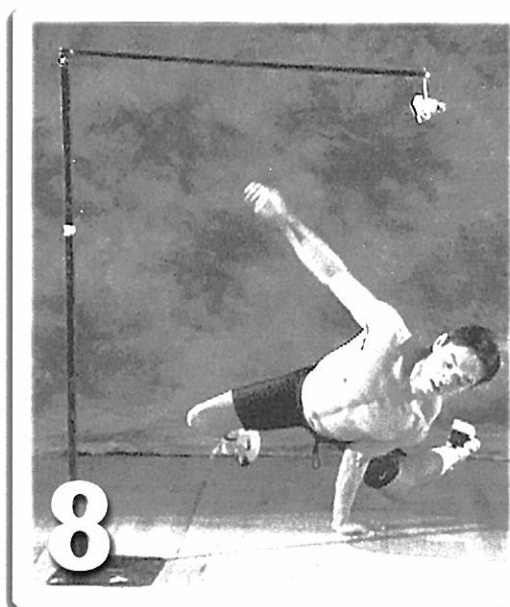
Gradually straighten the reaching arm and hand towards the target.



Valid attempt! The athlete touches the target seal, arm and hand are extended.



Follow-through: Maintain balance and carefully lower the reaching hand towards the floor. Prepare for the two-hand landing position. Do not touch the floor with any part of the body other than the supporting hand, at any time.



Landing: Demonstrate control and balance while supporting yourself on both hands.