BEGINNING STANCE
Feet together, hands down by the side in blades

CHEER STANCE
Feet more than shoulder width apart, hands down by the side in blades

CLASP
Hands clasped, at the chin, elbows in

CLAP
Hands in blades, at the chin, elbows in

HIGH V
Arms extended up forming a “V”, relax the shoulders

LOW V
Arms extended down forming a “V”

TOUCHDOWN
Arms extended straight and parallel to each other, fist facing in

LOW TOUCHDOWN
Arms extended straight down and parallel to each other, fist facing ind

BOW AND ARROW
One arm extended to side with other arm bent at elbow in a half “T” motion

OVERHEAD CLASP
Arms are straight, above the head in a clasp and slightly in front of the face

TABLETOP
Arms bent at elbow, fists in front of shoulders

LOW CLASP
Arms extended straight down, in a clasp and slightly in front of the body

PUNCH
One arm extended straight up, one arm on hip, in a fist

L MOTION
One arm extended to the side with other arm extended in a punch motion, (Left L shown)

DIAGONAL
One arm extended in a high “V” and the other arm extended in a low “V” (Right Diagonal shown)

T MOTION
Both arms extended straight out to the side and parallel to the ground, relax the shoulders

HALF T
Both arms parallel to the ground and bent at the elbows, fists into shoulders

SIDE LUNGE
Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other

FRONT LUNGE
Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other