

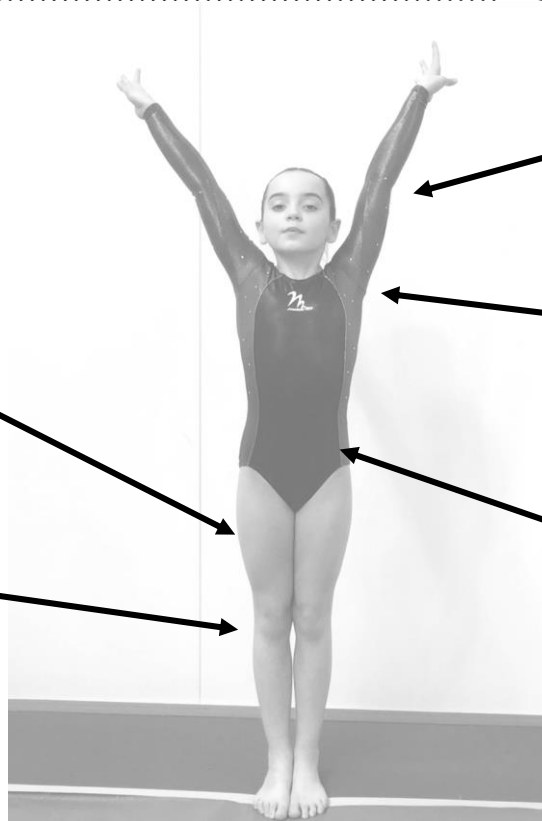
# STRAIGHT SHAPE ETKC

SPORTS  
ACADEMY

Child's name: ..... Class: .....

Tight thigh  
muscles

Legs  
together



Elbows extended &  
arms close to ears

Push upper back  
forward

Tuck hips under &  
clench bottom

**I have been practising my straight shape at home!**

Parent/carer's name: ..... Date: .....