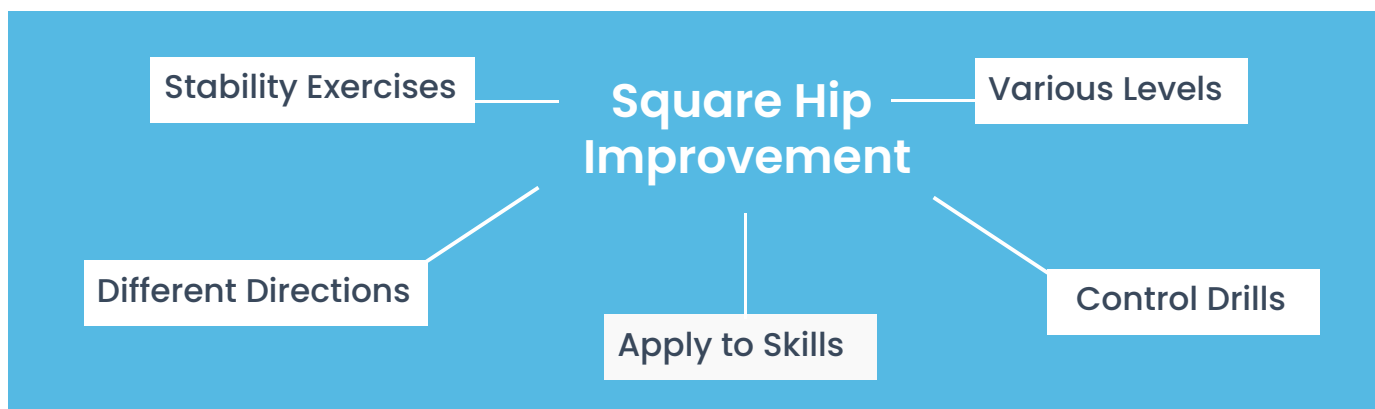


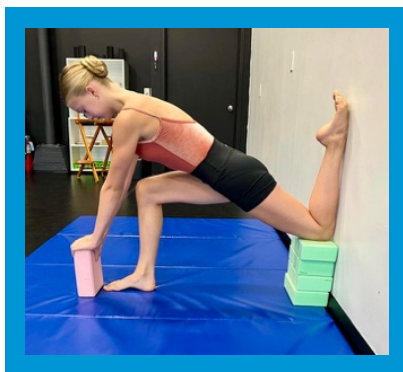
Take Control of Your SQUARE HIPS

Square hips are important for hip/hamstring safety, overall hip stability & control, and good technique in skills.

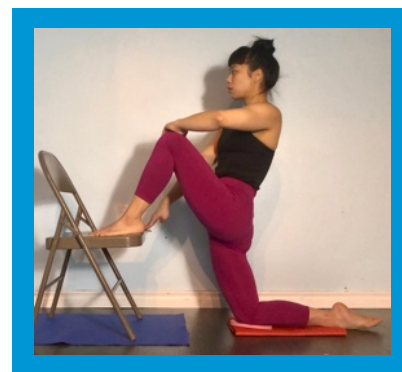
When you have the strength, flexibility, and alignment to control your square hips... it is easier to improve & results will come faster!



Various Levels



It's important to work on stretches that incorporate various height levels, as well as different hip angles. This helps gain flexibility in every area of the hips, and catch any tight/restricted places. This will make it easier to square your hips with lightness & ease.



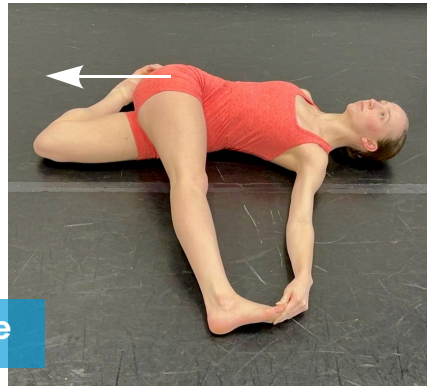
Different Directions



Always practice how to square your hips in different directions. This will give you the ability to square in any skill, balance, or element. **That is very important for good safety and technique!**

Up & Down Direction:

Gently lift the top hip up towards the shoulder, then bring it down towards the bottom knee into square.



Square



Unsquare

Two Way Squaring:



Allow your front leg to splay/overextend forward - at the same time the back hip opens into unsquare.



Gently pull back front leg into position, while squaring back hip around at same time.

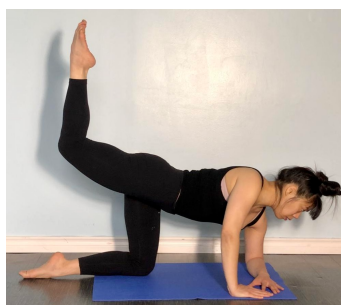


Stability Exercises

Make sure to practice hip & glute stability exercises. This will improve your squaring control as well as hip strength. In skills you will see a difference in your:

Strength Balance Control Overall Safety

Exercise 1



On 1 elbow, with opposite leg: 10 pulses in square & 10 pulses unsquare.

Exercise 2



Top leg crossed in front, with bottom leg: 10 slow lifts & 10 fast lifts.

Control Drills

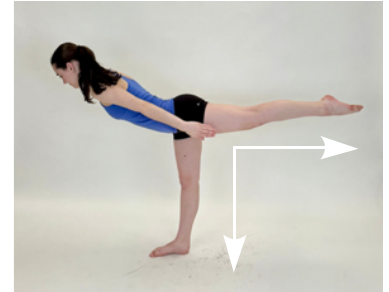
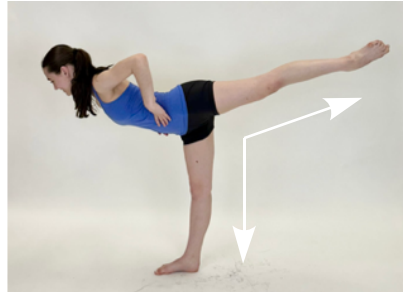
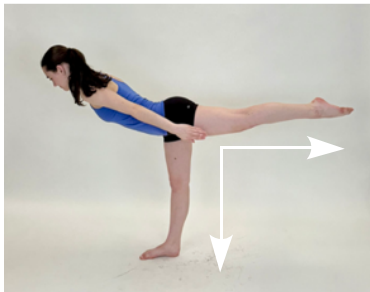
Doing different hip squaring drills will help improve your **body awareness & coordination**. This will directly translate into more stable skills and faster gains!

Drill #1



From a lunge position, bend back leg & hold. Practice carefully allowing the core to release & hips fall into a small unsquare hip position. Then engage the core to control the hips back into square.

Drill #2



From a standing back scale, practice wrapping your back hip down into square, open up into unsquare, then back down into square..

Apply Hip Squaring to Skills

Now begin to transition your hip squaring gains to different elements & skills. Warm up with a stretch exercise that will open your hip flexibility, set you up for correct alignment, and stabilize your squaring. Then apply that to the element you are working on!

