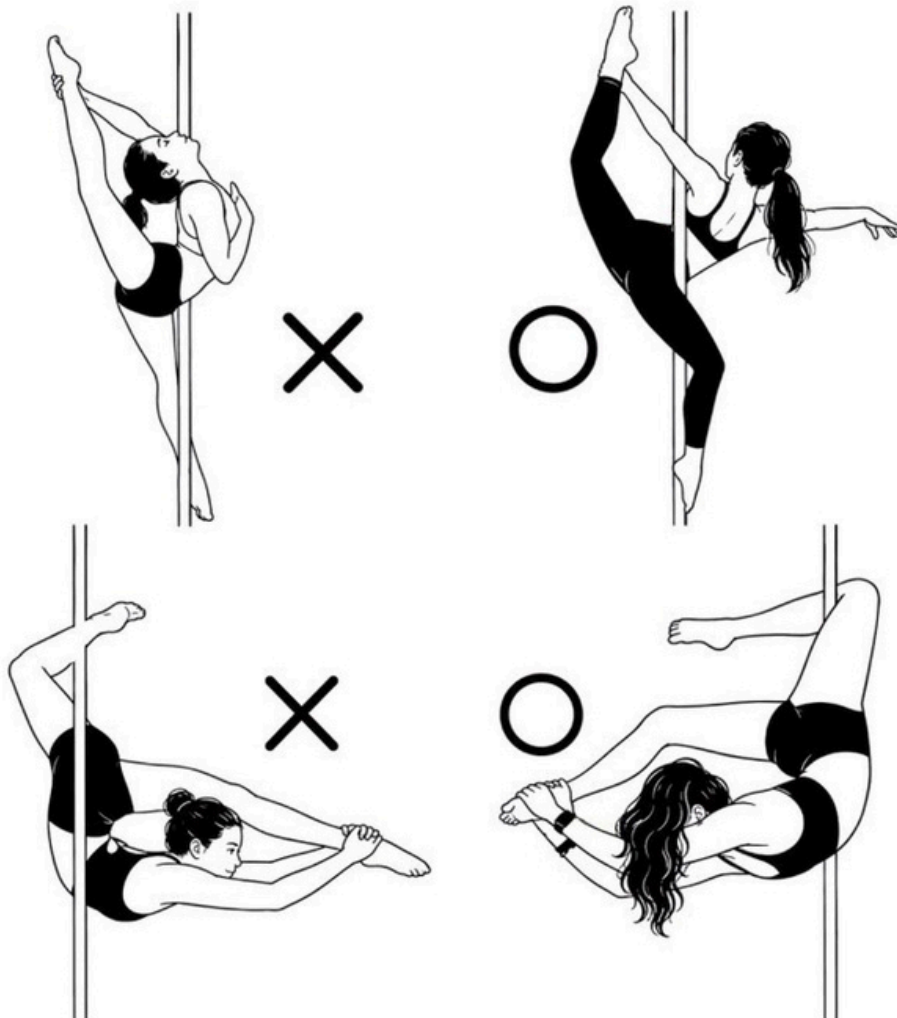


Debut Competition – Prohibited Move: Candle Position

デビューコンプ 禁止技：キャンドルポジション



• An advanced flexibility technique in which the performer holds one foot with one hand (*1) or both hands, and executes a backbend position while connecting both knees in a split (*2) reaching an angle of 180 degrees or more.

(*1) In this case, grabbing the foot with the opposite hand is prohibited. Using the same-side hand is allowed.

Example: Right foot × Right hand → OK / Right foot × Left hand → NG

(*2) This rule also applies even if one or both knees are bent.

• 足を片手(※1)または両手で保持し、後屈姿勢で両膝を結ぶ角度が180度およびそれ以上になるスプリット(※2)を行う高度な柔軟技

(※1)の場合足を対側の手で掴むことを禁止とします。同側は可能とします。例) 右足×右手→ok / 右足×左足 →NG

(※2)膝が片方ないし両方曲がっている場合も同条とします