

Balance technique:

PARTNER BALANCE



COUNTER TENSION



COUNTER BALANCE



WEIGHT ON BALANCES

Balance technique:

COUNTER TENSION BALANCE



FACE TO FACE



SIDE BY SIDE



BACK TO BACK

Balance technique:

WEIGHT-ON BALANCE



KNEELING COUNTER TENSION



STANDING COUNTER TENSION



Balance technique:

GROUP BALANCE



Balance technique:

GROUP BALANCE

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