



ASIAN YOGA FEDERATION

(Regd. Under the Societies Registration Act XXI of 1860, Registration No.-4755 Dated 25.04.2018)

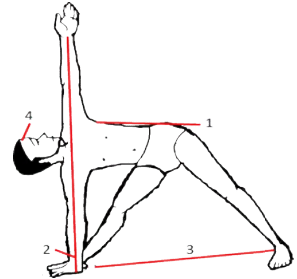
OFFICE : FLAT NO.501, GHS-93, SECTOR-20, PANCHKULA- 134116 (HARYANA), India

E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741 Website:- www.asianyogafederation.com

SYLLABUS AND GUIDELINES FOR ASIAN YOGASANA SPORTS COMPETITION

SUB JUNIOR GROUP-A (8-11 YEARS, BOYS & GIRLS)

1. TRIKONASANA
2. PADAHASTASANA
3. USHTRASANA
4. SASANGASANA
5. AKARNA DHANURASANA
6. GARABHASANA
7. EKA PADA SIKANDHASANA
8. CHAKRASANA
9. SARVANGASANA
10. DHANURASANA



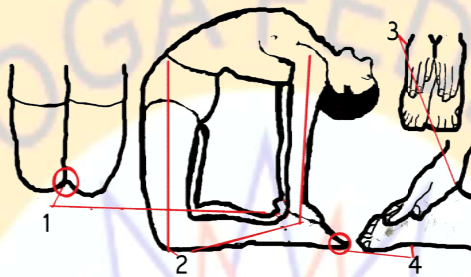
TRIKONASANA

1. Waistline to be parallel to the ground.
2. Position of palm adjacent to heel & both arms in a straight line.
3. Both heels in alignment to each other.
4. Face towards sky.



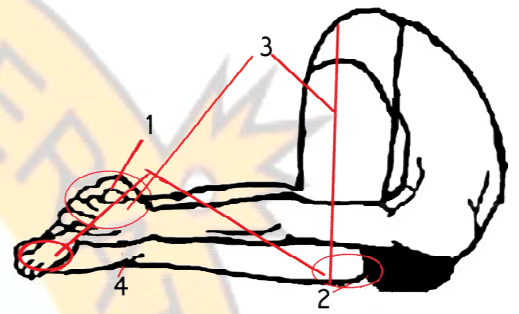
PADAHASTASANA

1. Legs to be straight.
2. Abdomen, chest & forehead touching legs.
3. Back maximum stretched & forearms touching legs from the side.
4. Hands on the side of feet with alignment of toes.



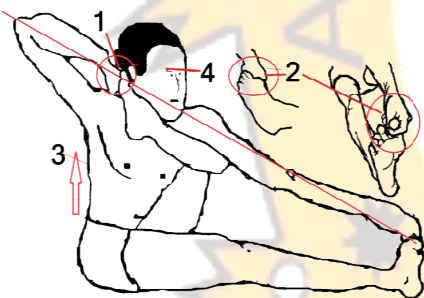
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



SASANGASANA

1. Toes, heels and knees together.
2. Forehead touching knees, cranium on ground.
3. Thighs perpendicular to the ground & Palms on the heels from the sides.
4. Ankles touching ground.



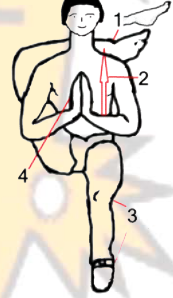
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



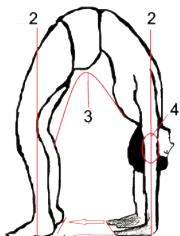
GARABHASANA

- Note: - If only one arm in between thigh and calf then marks to be given out of 5**
1. Both arms in between thigh and calf.
 2. Back, neck and head maximum straight.
 3. Ears to be covered by palms.
 4. Face in front.



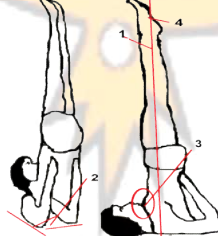
EKA PADA SIKANDHASANA

1. Heel touching opposite side shoulder & toe of folded leg stretched out.
2. Back, neck & head to be maximum straight.
3. Toe of the stretched leg pointing up with knee pit touching ground.
4. Hands joined in front of chest.



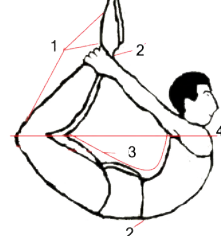
CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.



SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



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SYLLABUS AND GUIDELINES FOR ASIAN YOGASANA SPORTS COMPETITION

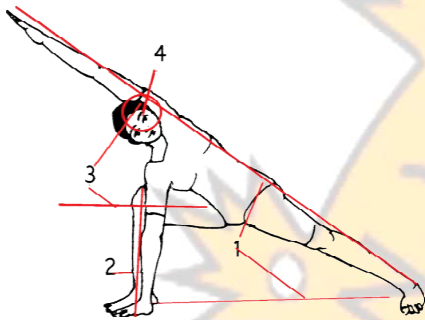
SUB JUNIOR GROUP-B (11-14 YEARS, BOYS & GIRLS)

1. GARUDASANA
2. PARSVAKONASANA
3. PASCHIMOTTHANASANA
4. BAKASANA
5. PURNA SUPTA VAJRASANA
6. UTTHIT EKA PADA SIKANDHASANA
7. YOGA NIDRASANA
8. EKA PADA CHAKRASANA
9. MATSYASANA
10. PURNA DHANURASANA



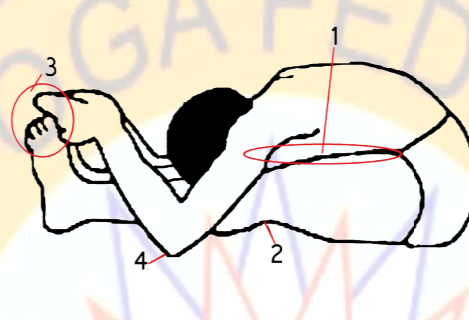
GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.



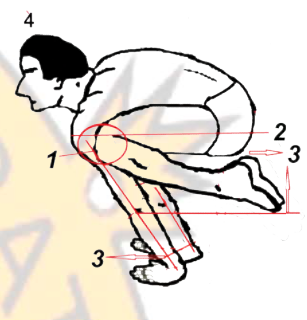
PARSVAKONASANA

1. Arm, waist and leg in straight line with heels in alignment.
2. Folded leg and arm perpendicular to ground.
3. Thigh parallel to ground & arm (biceps) touching ear.
4. Face forward.



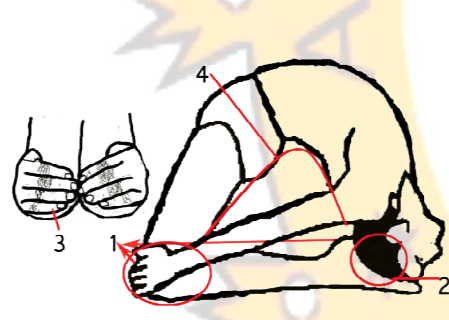
PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs.



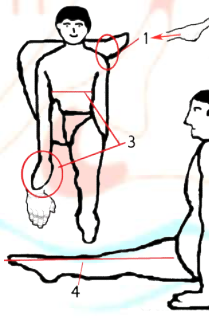
BAKASANA

1. Elbows straight with knees in armpit.
2. The buttocks to be in alignment to the shoulder, thigh parallel to ground
3. Gap in hands up to shoulder width with fingers together & heels together near to buttocks.
4. Face forward.



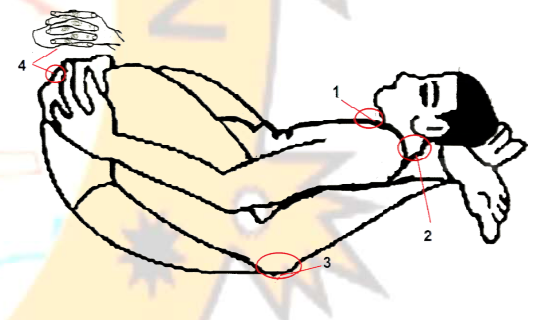
PURNA SUPTA VAJRASANA

1. Knees, heels & toes together.
2. Cranium placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back.



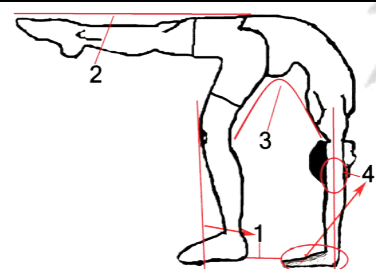
UTTHIT EKA PADA SIKANDHASANA

1. Heel touching opposite side shoulder with toe of folded leg stretched out.
2. Back, neck and head to be straight.
3. Palms (fingers together) placed on ground at shoulder width & body lifted up with arms straight.
4. Lifted leg straight with toe stretched out.



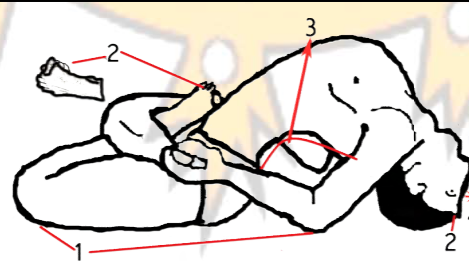
YOGA NIDRASANA

1. Shoulders to be taken out from the crossing of legs.
2. Neck to rest on the crossing of ankles. Toes not touching ground.
3. Knees on ground with weight to be placed on middle of back.
4. Interlock gripping of fingers at buttock.



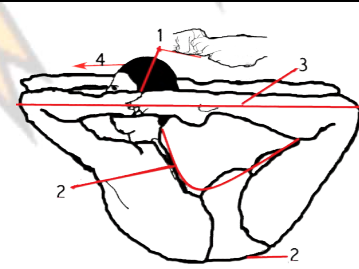
EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward.
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.



PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on naval with thighs, hips & back making maximum arch.
3. Legs(knee) & arms (elbow) in straight line.
4. Face in front.



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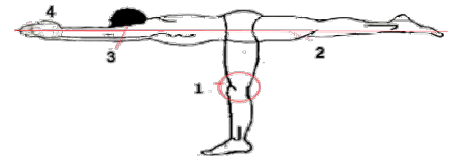
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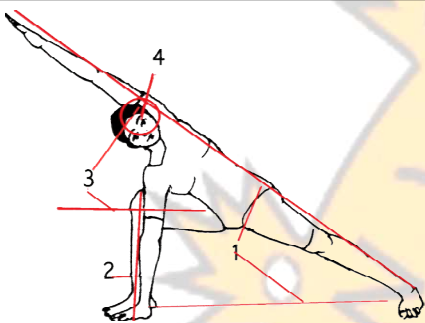
JUNIOR GROUP– (14-17 YEARS, BOYS & GIRLS)

1. VIRBHADRASANA
2. PARVA KONASANA
3. ARDHA BADDHA PADMOTTASANA
4. VIBHAKTA PASCHIMOTTANASANA
5. KOUNDINYASANA
6. PURNA SUPTA VAJRASANA
7. CHAKRA BANDHASANA
8. PURNA BHUJANGHASANA
9. PADANGUSHTH DHANURASANA
10. PADMA SARVANGASANA



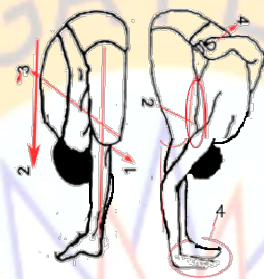
VIRBHADRASANA

1. Leg on the ground to be straight.
2. Both arms, back and lifted leg in straight line, parallel to the ground with toe stretched.
3. Head in between both arms, biceps touching ears.
4. Hands joined together without locking thumbs.



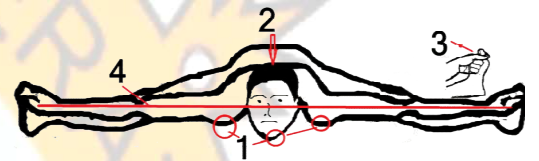
PARSVAKONASANA

1. Arm, waist and leg in straight line with heels in alignment.
2. Folded leg and arm perpendicular to ground.
3. Thigh parallel to ground & arm (biceps) touching ear.
4. Face forward.



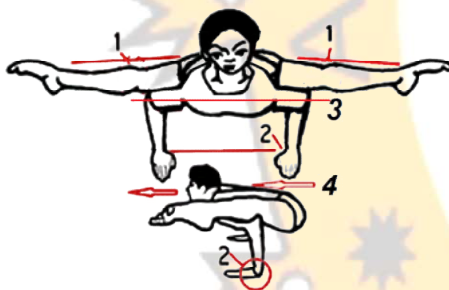
ARDHA BADDHA PADMOTTASANA

1. Thigh of the folded knee to be parallel to the straight grounded leg with both knees aligned.
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching leg.
3. Both knees on the same line.
4. Big toe of the folded leg gripped with thumb & index finger, other fingers folded inside. Other hand on the side of feet, touching leg.



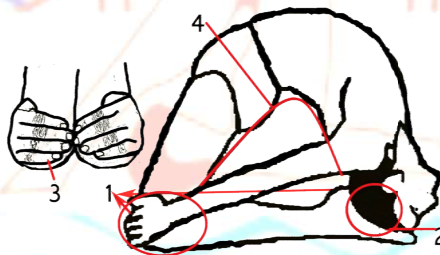
VIBHAKTA PASCHIMOTTANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and index finger, other fingers folded inside.
4. Arms in straight line.



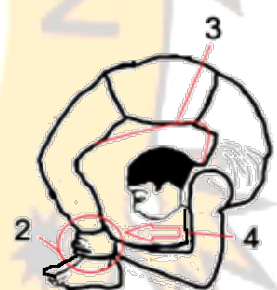
KOUNDINYASANA

1. Both legs maximum stretched & straight and parallel to ground.
2. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
3. Upper arms to be parallel to the ground.
4. Back maximum stretched & face in front.



PURNA SUPTA VAJRASANA

1. Knees, Heels & toes together.
2. Cranium placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back.



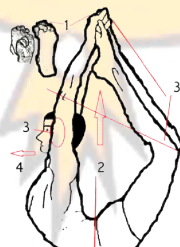
CHAKRA BANDHASANA

1. Gap in elbows and feet with each other at shoulder's width,
2. Holding front ankle with both palms, thumbs on the back with fingers in front.
3. Thighs, hips, back & neck making maximum arch, but not to be touched with buttock or calf.
4. Face in front.



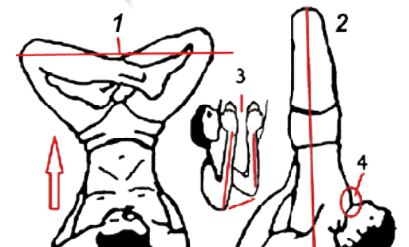
PURNA BHUJANGHASANA

1. Cranium to be placed in the arch of the feet.
2. Knees, Heels & Toes together.
3. Naval on Ground.
4. Palms on ground, with elbows touching the waist.



PADANGUSHTH DHANURASANA

1. Big toes together gripped with index & middle finger, other fingers folded inside.
2. Legs and arms stretched upward with balance on naval.
3. Knees with alignment to arms and arms (biceps) touching ears.
4. Head in between both arms touching ears, face in front.



PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana & crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



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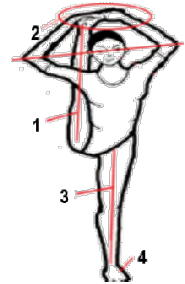
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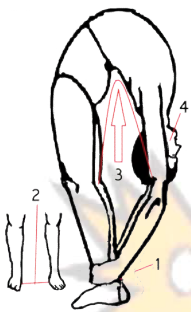
SENIOR GROUP-A (17 - 21 YEARS, MEN & WOMEN)

1. TRIVIKRAMASANA
2. PURNA CHAKRASANA
3. VIBHAKTA PASCHIMOTTASANA
4. KOUNDINYASANA
5. PARIVARTITA PARSVAKONASANA
6. PADAM BAKASANA
7. PURNA MATSYENDRASANA
8. SETU BANDH SARVANGASANA
9. PURNA DHANURASANA
10. SIRSHASANA



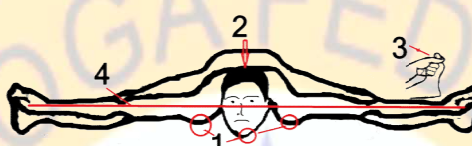
TRIVIKRAMASANA

1. Lifted leg to be straight touching waistline and side of the head, with neck straight.
2. Both elbows in alignment, placing palm of same hand on the heel and gripping toe with palm of other hand.
3. Leg on the ground to be straight.
4. Foot on ground to be straight.



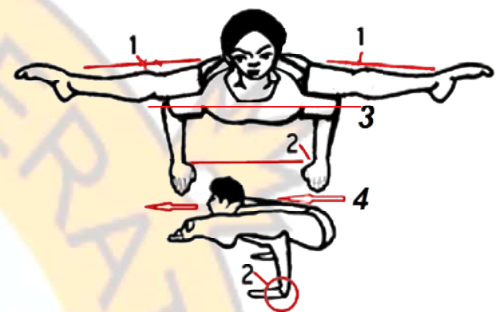
PURNA CHAKRASANA

1. Gripping from ankles with thumb inner side & fingers outside.
2. Gap in both legs approx. ½ feet with toes parallel to each other.
3. Legs to be straight with body stretched upward to make arch.
4. Head placed in between arms touching ears.



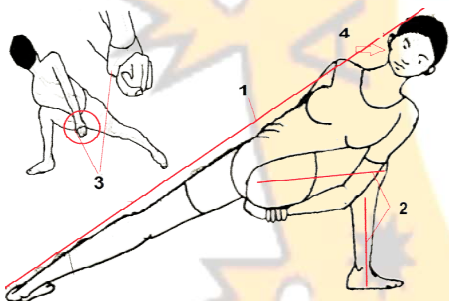
VIBHAKTA PASCHIMOTTANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Index finger, other fingers folded inside.
4. Arms in straight line.



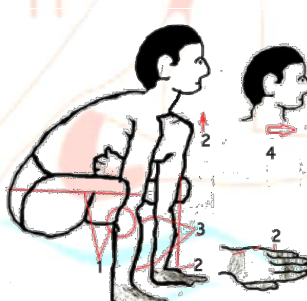
KOUNDINYASANA

1. Both legs maximum stretched & straight and parallel to ground.
2. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
3. Upper arms to be parallel to the ground.
4. Back maximum stretched & face in front.



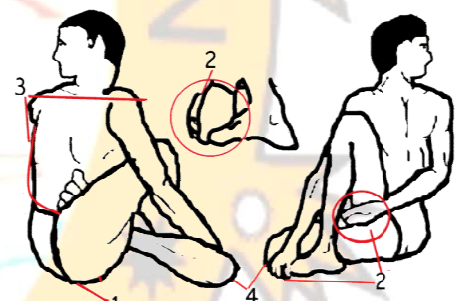
PARIVARTITA PARSVAKONASANA

1. Leg, waist and head in straight line after twisting body.
2. The folded leg up to knee perpendicular to ground & thigh parallel to ground.
3. Wrist of the front hand to be gripped by hand on the back.
4. Face in front.



PADAM BAKASANA

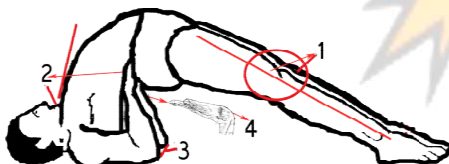
1. Knees to be raised up to elbow line after assuming padmasana, with thighs up to knees parallel to the ground.
2. Head to be straight, palms placed on ground with thumbs & fingers together.
3. Arms to be straight and parallel at shoulders width.
4. Gaze forward.



PURNA MATSYENDRASANA

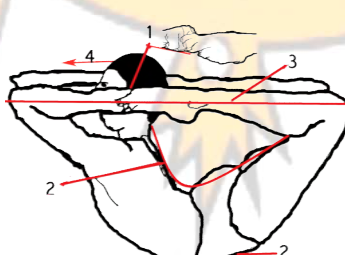
Note :- No marks to be given, if Ardhamatsyendrasana performed.

1. Both buttocks on the ground.
2. One hand gripping other thigh from back side. & other hand gripping big toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in straight line.
4. Big toe on ground, in line with folded knee.



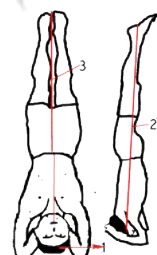
SETU BANDH SARVANGASANA

1. Legs must be stretched and straight with soles touching the ground.
2. Trunk maximum straight with chin locked.
3. Shoulders up to elbows parallel to each other.
4. Palms on the back with thumb & fingers together.



PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on naval with thighs, hips & back making maximum arch.
3. Legs (knee) & arms (elbow) in straight line.
4. Face in front.



SIRSHASANA

1. Front portion of the head to be placed on ground.
2. Head, back, hips and legs in straight line.
3. Toes pointing upward in alignment to center of body.
4. Upper arms upto elbows parallel to each other.



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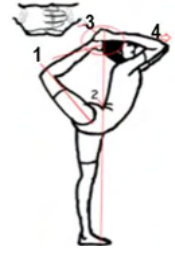
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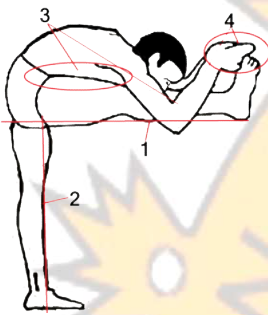
SENIOR GROUP-B (21-25 YEARS, MEN & WOMEN)

1. NATRAJASANA
2. DANDYAMAN JANUSIRSHASANA
3. SETU BANDHA CHAKRASANA
4. UTTHITA PASCHMITTONASAN
5. ARDHA BADHA PADMOTTANASANA
6. PURNA MATSYENDRASANA
7. PADAM BAKASANA
8. EKA PADA SETU BANDHA SARVANGASANA
9. PADANGUSHTH DHANURASANA
10. PADAM SIRSHASANA



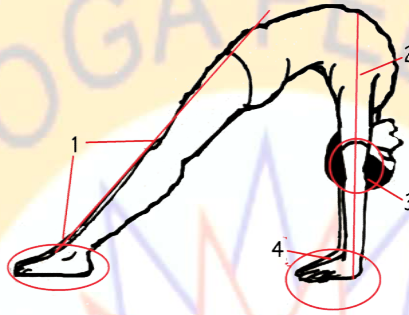
NATRAJASANA

1. Arch of foot placed on back of head with knee in alignment with buttock.
2. Toe of straight leg, hip and head in one line.
3. Toe gripped by both palms, fingers overlapping each other with elbows at shoulder width.
4. Face straight.



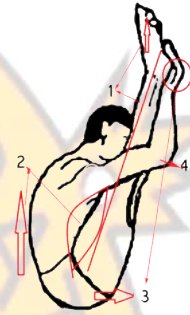
DANDYAMAN JANUSIRSHASANA

1. One leg stretched straight parallel to the ground with toe pointing upward.
2. Leg on ground to be straight.
3. Back maximum stretched with abdomen, chest, shoulders and chin touching the leg and elbows bending near leg.
4. Gripping of toe with both thumb and Index fingers, other fingers folded inside.



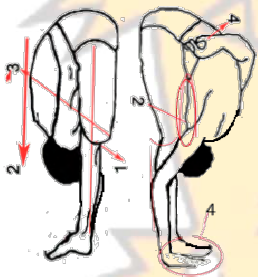
SETU BANDHA CHAKRASANA

1. Legs straight & soles touching ground with heels and toes together.
2. Arms & trunk perpendicular to the ground.
3. Head between arms touching ears.
4. Fingers together.



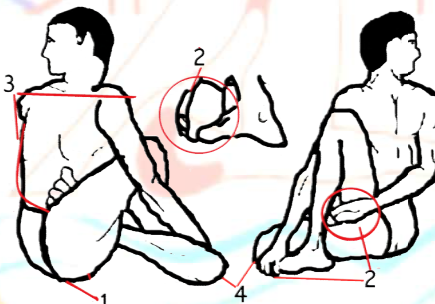
UTTHITA PASCHIMOTTANASANA

1. Both Legs straight with toes pointing upward.
2. Back maximum stretched with abdomen, chest, shoulders and forehead touching the legs.
3. Palms holding the heels with balance on buttocks.
4. Biceps touching shin (side calves).



ARDHA BADHA PADMOTTANASANA

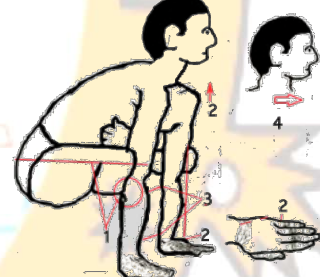
1. Thigh of the folded knee to be parallel to the straight grounded leg with both knees aligned.
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching leg.
3. Both knees on the Same line.
4. Big toe of the folded leg gripped with thumb & index finger, other fingers folded inside. Other hand on the side of feet, touching leg.



PURNA MATSYENDRASANA

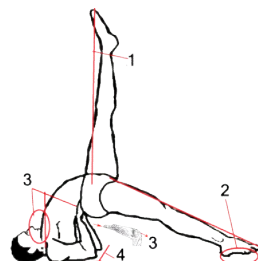
Note :- No marks to be given, if Ardhamatsyendrasana performed.

1. Both buttocks on the ground.
2. One hand gripping other thigh from back side. & other hand gripping big toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in straight line.
4. Big toe on ground, in line with folded knee.



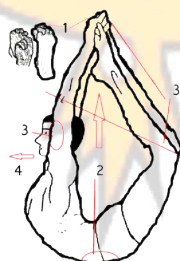
PADAM BAKASANA

1. Knees to be raised up to elbow line after assuming padmasana, with thighs upto knees parallel to the ground.
2. Head to be straight, palms placed on ground with thumbs & fingers together.
3. Arms to be straight and parallel at shoulders width.
4. Gaze forward.



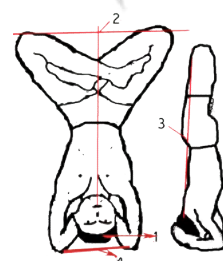
EKA PADA SETU BANDHA SARVANGASANA

1. One leg straight with toe pointing upward.
2. Second leg straight with sole touching the ground.
3. Trunk maximum straight with chin locked & palms on the back with thumb & fingers together.
4. Elbows up to shoulders parallel to each other.



PADANGUSHTH DHANURASANA

1. Big toes together gripped with index & middle finger, other fingers folded inside.
2. Legs and arms stretched upward with balance on naval.
3. Knees with alignment to arms and arms (biceps) touching ears.
4. Head in between both arms touching ears, face in front.



PADAM SIRSHASANA

1. Padamasana to be assumed after going into position of Sirshasana & crossing of legs in center with knees aligned.
2. Front portion of the head should be placed on the ground.
3. Crossing of legs, hips, back & head in straight line.
4. Elbows up to shoulder parallel to each other.



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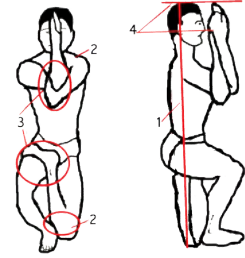
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E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741 Website:- www.asianyogafederation.com

SYLLABUS AND GUIDELINES FOR ASIAN YOGASANA SPORTS COMPETITION

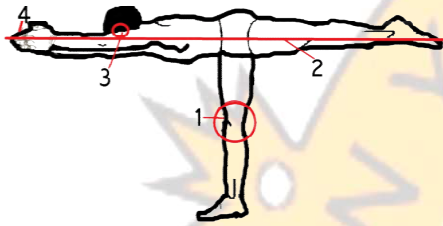
SENIOR GROUP-C (25-35 YEARS, MEN)

1. VATAYANASANA
2. VIRBHADRASANA
3. HANUMANAASANA
4. ARDH BADH PADAM PASCHIMOTTANASANA
5. BADDHA PADAMASANA
6. PADAM MAYURASANA
7. ARDHA MATSYENDRASANA
8. SETU BANDH SARVANGASAN
9. EKA PADA CHAKRASANA
10. PADAM SIRSHASANA



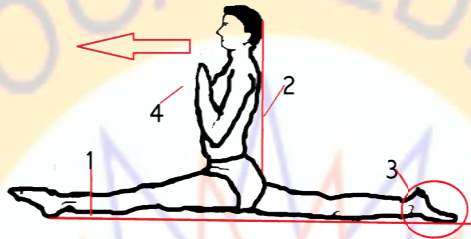
VATAYANASANA

1. Grounded knee, hips, back up to head to be in a straight line.
2. Grounded knee to touch the heel of the other foot, shoulders maximum straight.
3. If right arm is above left arm, left foot on the right thigh.
4. Hands together in front of nose & fingers at level of forehead.



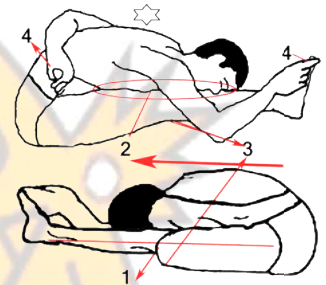
VIRBHADRASANA

1. Leg on the ground to be straight.
2. Both arms, back and lifted leg in straight line, parallel to the ground with toe stretched.
3. Head in between both arms, biceps touching ears.
4. Hands joined together without locking thumbs.



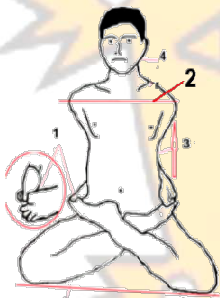
HANUMANA ASANA

1. Both legs stretched straight, touching ground, toes pointing outside.
2. Back, neck and head straight.
3. Ankle of the back leg touching the ground.
4. Hands joined in front of chest, face forward.



ARDHA BADHA PADAMA PASCHIMOTTANASANA

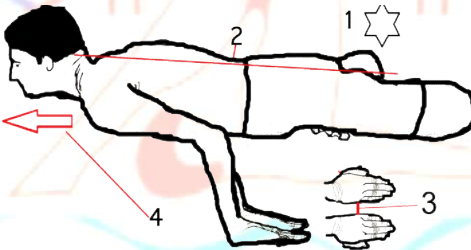
1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned.
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching leg.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb & index finger, other fingers folded inside.



BADDHA PADAMASANA

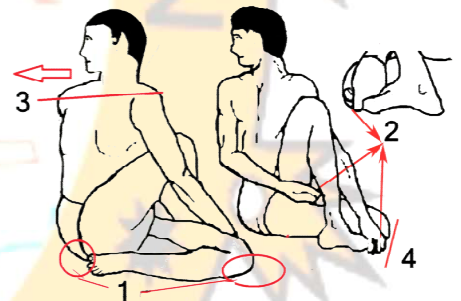
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.



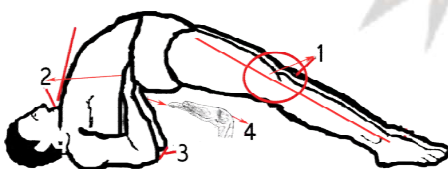
PADAM MAYURASANA

1. Padmasana to be assumed after assuming Mayurasana.
2. Crossing of legs, hips, back & neck in straight line.
3. Palms on ground with maximum gap of approx 4" to each other & fingers together.
4. Face forward.



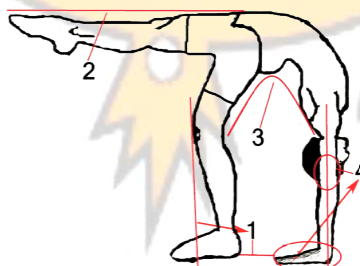
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



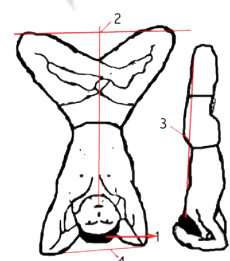
SETU BANDH SARVANGASANA

5. Legs must be stretched and straight with soles touching the ground.
6. Trunk maximum straight with chin locked.
7. Shoulders up to elbows parallel to each other.
8. Palms on the back with thumb & fingers together.



EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward.
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



PADAM SIRSHASANA

1. Padmasana to be assumed after going into position of Sirshasana & crossing of legs in center with knees aligned.
2. Front portion of the head should be placed on the ground.
3. Crossing of legs, hips, back & head in straight line.
4. Elbows up to shoulder parallel to each other.



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SYLLABUS AND GUIDELINES FOR ASIAN YOGASANA SPORTS COMPETITION

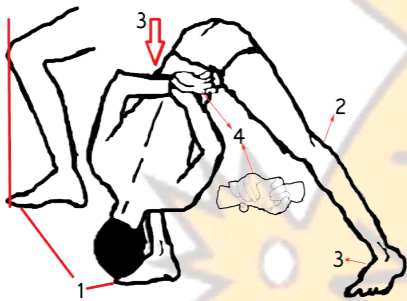
SENIOR GROUP-C (25-35 YEARS, WOMEN)

1. GARUDASANA
2. SIRSHA PADANGUSTHASAN
3. USHTRASANA
4. VIBHAKTA PASCHIMOTTANASANA
5. BADDHA PADAMASANA
6. MARICHYASANA
7. ARDHA MATSYENDRASANA
8. PADMA SARVANGASAN
9. EKA PADA PURNA DHANURASANA
10. EKA PADA CHAKRASANA



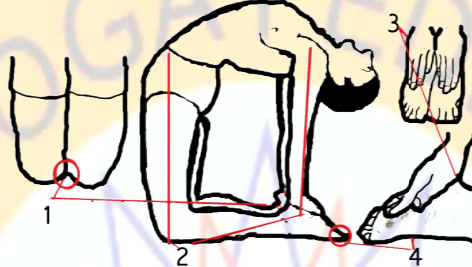
GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.



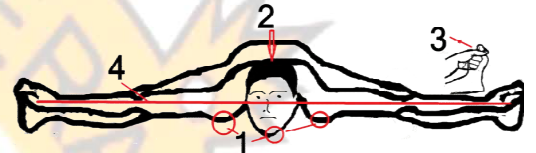
SIRSHA PADANGUSTHASAN

1. Forehead touching the big toe with knee aligned with big toe.
2. Other leg straight with weight equally distributed on both legs.
3. Back maximum straight with soles completely touching the ground.
4. Wrist of the hand on the side of folded leg to be gripped by the other hand on back, fingers folded to make a fist.



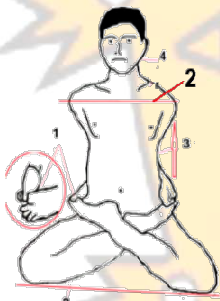
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms Perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



VIBHAKTA PASCHIMOTTHANASANA

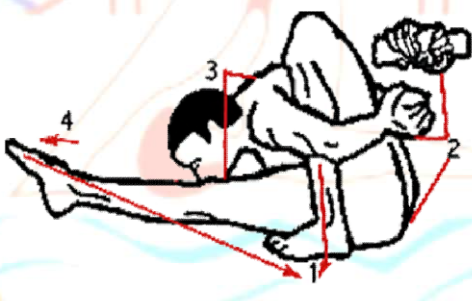
1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Index finger, other fingers folded inside.
4. Arms in straight line.



BADDHA PADAMASANA

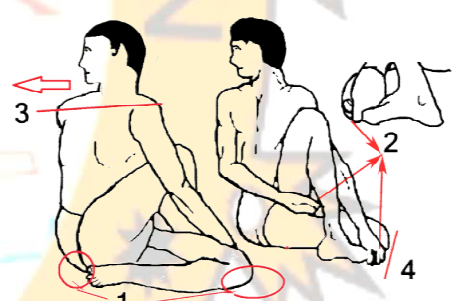
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.



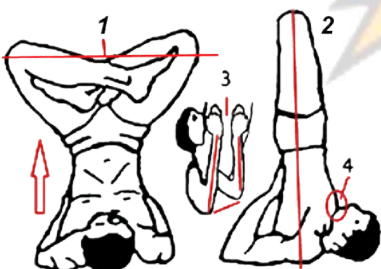
MARICHYASANA

1. One leg bent and foot near the thigh with leg perpendicular to the ground & second leg stretched straight with knee pit touching the ground.
2. Both buttocks on ground. Gripping of wrist of the hand (towards straight leg) with other hand from back with fingers folded to make a fist.
3. Chin on knee, making arch of chest & abdomen.
4. Toe of the straight leg stretched forward.



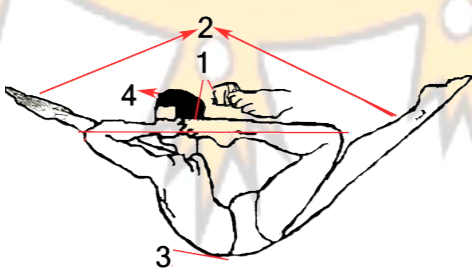
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



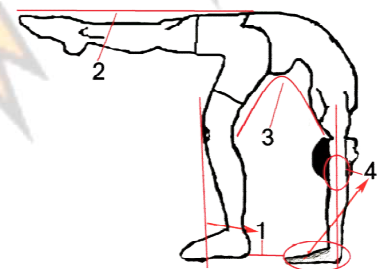
PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana, crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



EKA PADA PURNA DHANURASANA

1. Big toe gripped with index & middle finger with fist closed, stretched up to ear, knee & elbow in one line, parallel to ground.
2. Other leg and arm stretched in alignment to each other.
3. Balance on naval.
4. Face straight.



EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



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SYLLABUS AND GUIDELINES FOR ASIAN YOGASANA SPORTS COMPETITION

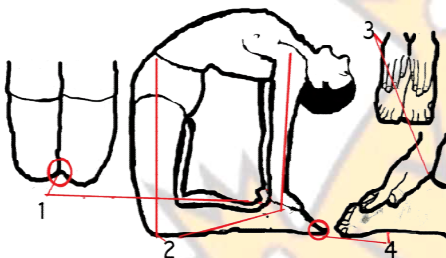
SENIOR GROUP– D (ABOVE 35 YEARS, MEN & WOMEN)

1. VRIKSHASANA
2. USHTRASANA
3. PASCHIMOTTANASANA
4. BADDHA PADAMASANA
5. AKARNA DHANURASANA
6. ARDHA MATSYENDRASANA
7. HALASANA
8. MATSYASANA
9. DHANURASANA
10. CHAKRASANA



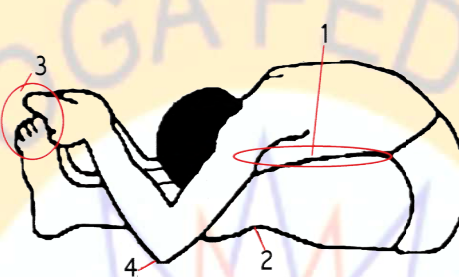
VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg & straight leg toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.



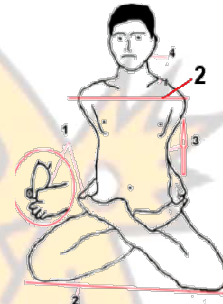
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



PASCHIMOTTANASANA

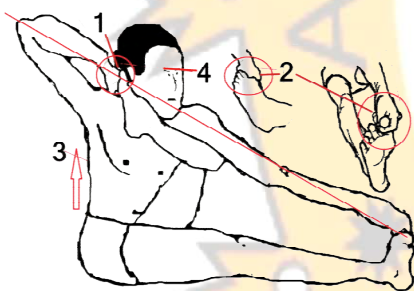
1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs



BADDHA PADAMASANA

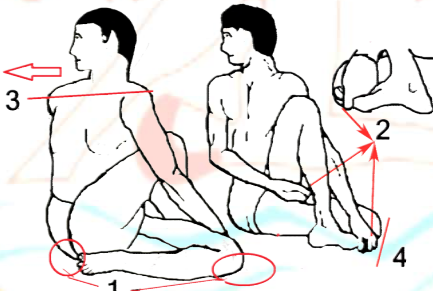
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line
3. Back, neck and head straight.
4. Face forward.



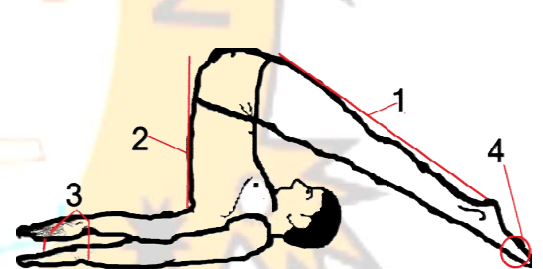
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



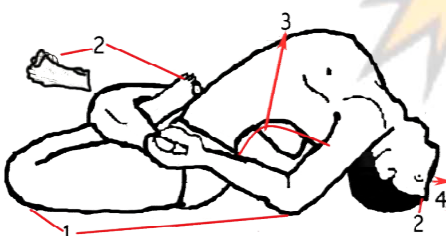
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



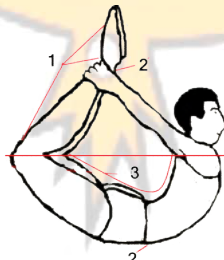
HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders width palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.



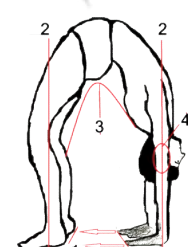
MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.



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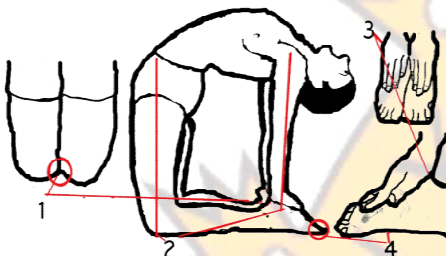
PROFESSIONAL YOGASANA (MEN & WOMEN)

1. VRIKSHASANA
2. USHTRASANA
3. PASCHIMOTTANASANA
4. BADDHA PADMASANA
5. AKARNA DHANURASANA
6. ARDHA MATSYENDRASANA
7. HALASANA
8. MATSYASANA
9. DHANURASANA
10. CHAKRASANA



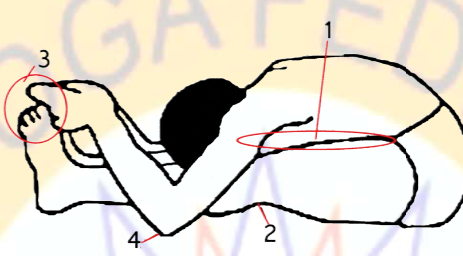
VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg & straight leg toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.



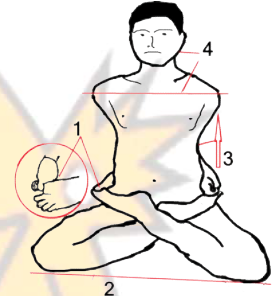
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



PASCHIMOTTANASANA

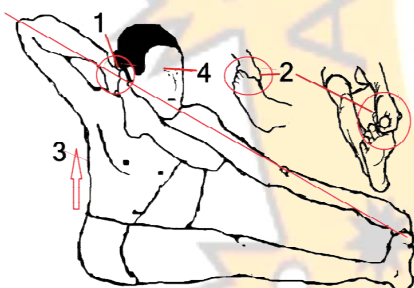
1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs.



BADDHA PADMASANA

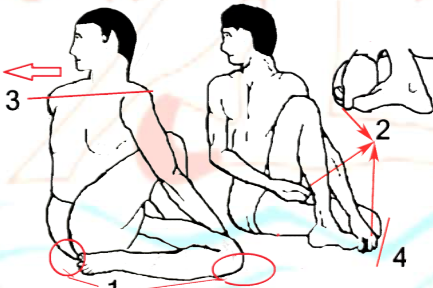
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.



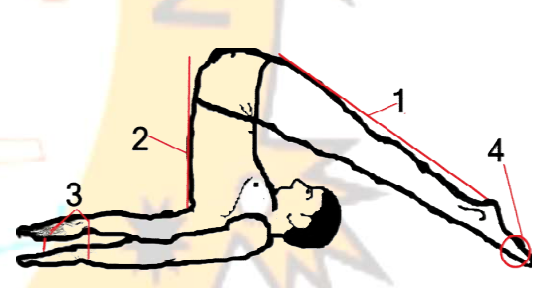
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



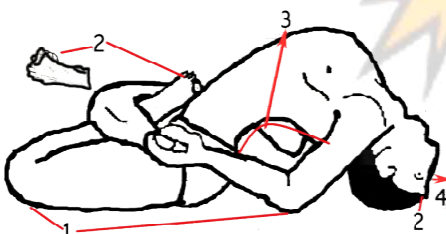
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



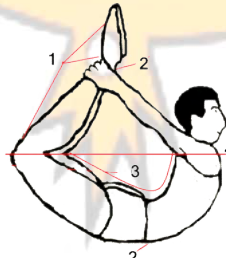
HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders with palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.



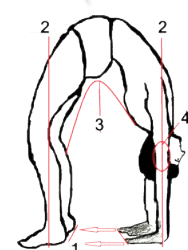
MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.