

Straight Handstand

Your straight Handstand line is solid. No question. Tiny detail that can help for legs together one arms a lot. Engage your glutes to open your hips a tiny bit more. Bring the weight into your fingertips In general the handstand should always feel as if you were looking down a cliff. Almost falling off but never quite! As soon as the weight is in the heel of the hand you balance and don't have control anymore.



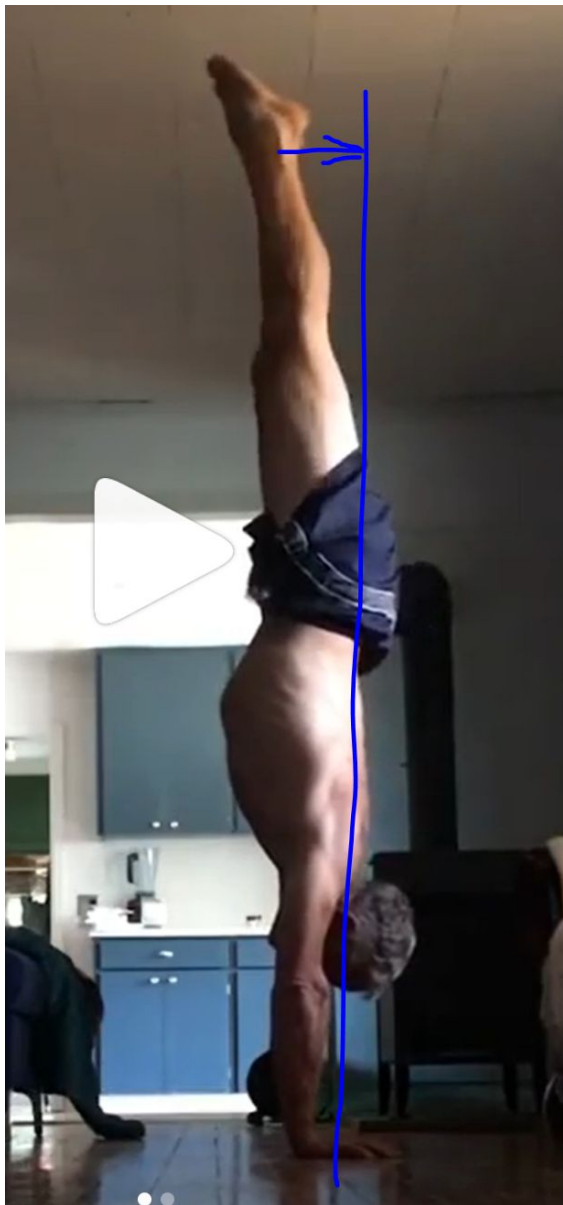
Pike Press

Also not bad at all. Careful! Here you are staying piked when you come up. The small tiny bad habit you have in the straight handstand already now multiplies because you are doing a pike press and really messes with you. Finish the press all the way up!

Engage your lower back on the way down more. Try to keep the lower back straight and don't allow your hips to dip for as long as possible. The lower back holds the hips straight. The hip flexors pull the legs down.

Tuck

The tuck itself is excellent. But here even more you are staying piked at the hips! Engage your glutes!



Handstand in general

Your handstands are good. You got a good line and lots of control. But you already know that ;) You made a post about that extra shoulder push. That is great! Exactly this is what we need even more!

Try keeping your legs engaged more! They have to be rock solid at all times. We like to forget about them sometimes. When I started focusing on hand balancing only after about 10 years of artistic gymnastics my legs would get the most sore after training!