

**3. SUB JUNIOR GROUP C (12-14 YEARS : BOYS AND GIRLS)**

G = Gross &amp; S = Silly

**1. GARUDASANA**

UNLESS / OTHERWISE

3. If right arm is above left arm, left thigh on the right thigh.	<b>G</b>
4. Ankle completely touching calf, Shoulders maximum straight	<b>G</b>
5. Standing leg should be straight	<b>Silly</b>

**2. PARSVAKONASANA**

UNLESS / OTHERWISE

1. Arm, Waist and leg in straight line.	<b>G</b>
2. Second leg and Arm perpendicular to ground.	<b>G</b>
4. Ear touching Arm, Gaze forward.	<b>G</b>
5. Palm Placed on the Ground fully	<b>G</b>

**3. VIBBKTA PASCHIMOTTANASANA**

UNLESS / OTHERWISE

1. Toe pointing upward.	<b>G</b>
2. Knees on the ground.	<b>G</b>
4. Chest, shoulders, abdomen and chin should touch the ground.	<b>G</b>
5. Start from lying & Finish to Lying	<b>G</b>

**4. BAKASANA**

UNLESS / OTHERWISE

2. Fingers closed & Hands Straight	<b>G</b>
3. Hips, back and head in maximum straight line, Legs parallel to ground	<b>G</b>
5. Knees touching Armpit ( with heels together )	<b>G</b>

**5. PURNA SUPTA VAJRASANA**

UNLESS / OTHERWISE

1. Knees together.	<b>G</b>
2. Gripping of knees with both palms touching each other.	<b>G</b>
3. Cranium of head placed on the arch of feet.	<b>G</b>
4. Heels & toes together.	<b>G</b>

**6. UTTHTIT EKA PADA SIKANDHASANA**

UNLESS / OTHERWISE

2. Heel touching opposite side of shoulder joint.	<b>G</b>
3. Lifted leg straight & parallel to the ground	<b>G</b>

**7. EKA PADA CHAKRASANA**

UNLESS / OTHERWISE

2. Neck placed in between two arms, ear touching arms.	<b>G</b>
3. Raised leg should be parallel to ground.	<b>G</b>

**8. PADAAM SARVANGASANA**

UNLESS / OTHERWISE

3. Chin touching chest.	<b>G</b>
4. Padamasana to be assumed after going into the position of Sarvangasana.	<b>G</b>
5. Neck & Shoulder touching the Ground	<b>G</b>

**8. MATSYASANA**

UNLESS / OTHERWISE

1. Both knees on the ground.	<b>G</b>
2. Both elbows touching ground.	<b>G</b>
3. Gripping of toes with thumb and index finger. (Palms upward facing )	<b>G</b>
4. Cranium of the head touching ground, not the forehead.	<b>G</b>

**10. PURNA DHANURASANA**

UNLESS / OTHERWISE

1. Legs & arms in straight line ( and Parallel to the ground )	<b>Silly</b>
3. Big toes in between first and second finger with fist closed.	<b>G</b>
4. Toes stretched upto ears, Gaze forward.	<b>G</b>