



YOGASANA SPORTS

DIFFICULTY LEVEL CHART

LEG BALANCE FORWARD BEND (LBF)

Sr. No.	LBF - A Mark/0.3	LBF - B Mark/0.4	LBF - C Mark/0.5	LBF - D Mark/0.7	LBF - E Mark/1.00
1					
2					
3					
4					

LEG BALANCE
LEG BALANCE BACKWARD BEND (LBB)

Sr. No.	LBB- A Mark/0.3	LBB - B Mark/0.4	LBB - C Mark/0.5	LBB - D Mark/0.7	LBB - E Mark/1.00
1					
2					
3					
4					
5					

HAND BALANCE FORWARD BEND (HBF)

Sr. No.	HBF - A Mark/0.3	HBF - B Mark/0.4	HBF - C Mark/0.5	HBF - D Mark/0.7	HBF - E Mark/1.00
1					
2					
3					
4					

HAND BALANCE BACKWARD BEND (HBB)

Sr. No.	HBB- A Mark/0.3	HBB - B Mark/0.4	HBB - C Mark/0.5	HBB - D Mark/0.7	HBB - E Mark/1.00
1					
2					
3					
4					
5					

BACKBEND
BACK BEND STANDING(BBS)

Sr. No.	BBS- A Mark/0.3	BBS - B Mark/0.4	BBS - C Mark/0.5	BBS - D Mark/0.7	BBS - E Mark/1.00
1	---				
2					
3	---				

BACKBEND
BACK BEND FLOOR(BBF)

Sr. No.	BBF- A Mark/0.3	BBF- B Mark/0.4	BBF - C Mark/0.5	BBF - D Mark/0.7	BBF - E Mark/1.00
1					
2					
3					
4					

FORWARD BEND STANDING(FBS)

Sr. No.	FBS- A Mark/0.3	FBS - B Mark/0.4	FBS - C Mark/0.5	FBS - D Mark/0.7	FBS - E Mark/1.00
1					
2		---			
3					

FORWARD BEND

FORWARD BEND FLOOR(FBF)

Sr. No.	FBF- A Mark/0.3	FBF - B Mark/0.4	FBF - C Mark/0.5	FBF - D Mark/0.7	FBF - E Mark/1.00
1					
2					
3					
4					
5					

TWISTING BODY BALANCE(TBB)

Sr. No.	TBB- A Mark/0.3	TBB - B Mark/0.4	TBB - C Mark/0.5	TBB - D Mark/0.7	TBB - E Mark/1.00
1					
2					
3					

BODY TWISTING

TWISTING BODY FLOOR(TBF)

Sr. No.	TBF- A Mark/0.3	TBF - B Mark/0.4	TBF - C Mark/0.5	TBF - D Mark/0.7	TBF - E Mark/1.00
1					
2					
3		---		---	---