

Exercise	Example number	Reference score box	Reason	End score	additional NOTE
Stand	1	6	—Balance and Stability: too much weight on toes, heels or one foot during a significant amount of time (~2 canter strides) during any phase of the exercise	6	first observation: knees are too much together, can not be score higher than 8 . And than we focus on how much is he not in balance. For 8 one canter stride out of balance is allowed. It was clearly more, which hbrings us to lower box than 8. In this case to RS box 6. No additional deduction.
Stand	2	6	—Back of absorption, not in rhythm —Balance and Stability: too much weight on toes, heels or one foot during a significant amount of time (~2 canter strides) during any phase of the exercise.	5	RS 5 also due problems with build up
Stand	3	7	—Balance and Stability: small step (shorter than one foot) and immediately back	6,8	problems with build up and down
Stand	4	5	—Balance and Stability: most of the weight I on toes, heels or one foot throughout the whole exercise	4,5	medium deviations in posture it goes directly to box 5, and plus lack of absorption at build down and up
Stand	5	4	—Balance and Stability: major loss of balance	3,7	medium to major problems at the beginning and end of the exercise
Stand	6	6	—Back of absorption, not in rhythm	5,8	missing absorption also influenced the physiological posture

<https://www.youtube.com/watch?v=ujcA1bYpFCc>