



Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

APSTIPRINĀTS:

*LSJF prezidents Aleksejs Pavlovs
Rīgā, 2016. gada 20. maijā*

SACENSĪBU ĀSANU SARAKSTS (*pielikums Nr. 1*)

1. (Part 1) HALF MOON WITH HANDS TO FEET POSE

Difficulty Rating: 7



1. (Part 2) HALF MOON WITH HANDS TO FEET POSE

Difficulty Rating: 7



1. (Part 3) HALF MOON WITH HANDS TO FEET POSE

Difficulty Rating : 7





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2. FISH

Difficulty Rating: 5



3. RABBIT

Difficulty Rating: 6



4. SPINE TWIST

Difficulty Rating: 6





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5. STANDING HEAD TO KNEE POSE

Difficulty Rating: 7



6. TORTOISE – FULL/ LIFTING

Difficulty Rating: 8



7. BOW POSE

Difficulty Rating: 6





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8. STANDING BOW PULLING POSE

Difficulty Rating: 7



9. DANCER POSE

Difficulty Rating: 8



10. STRETCHING

Difficulty Rating: 6





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11. UPWARD STRETCHING

Difficulty Rating: 7



12. STANDING SPLITS

Difficulty Rating: 8



13. WIDE ANGLE TWIST

Difficulty Rating: 7





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14. FULL SPINE TWIST

Difficulty Rating: 8



15. FULL COBRA POSE

Difficulty Rating: 7



16. FULL BOW POSE

Difficulty Rating: 8





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17. FULL CAMEL POSE

Difficulty Rating: 7



18. WHEEL POSE

Difficulty Rating: 5

**1.un 2. vecuma kateg. sportisti var izpildīt āsanu no apakšas*



19. ONE LEGGED WHEEL POSE

Difficulty Rating: 6





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20. FULL WHEEL POSE

Difficulty Rating: 8



21. LOCUST SCORPION

Difficulty Rating: 7



22. PIGEON

Difficulty Rating: 5





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23. LEG BEHIND HEAD

Difficulty Rating: 5



24. SLEEPING YOGI

Difficulty Rating: 6



25. OM

Difficulty Rating: 9





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26. GOOD BYE

Difficulty Rating: 9



27. GUILLOTINE

Difficulty Rating: 5



28. LIFTING LOTUS

Difficulty Rating: 6





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29. BOUND LOTUS

Difficulty Rating: 5



30. FETAL LOTUS

Difficulty Rating: 5



31. MOUNTAIN

Difficulty Rating: 8





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32. SHORT PERSON

Difficulty Rating: 7



33. SPLITS (SIDE)

Difficulty Rating: 6



34. FROG

Difficulty Rating: 5





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35. SPLITS (STRAIGHT)

Difficulty Rating: 5



36. SPLITS (WITH BACKBEND)

Difficulty Rating: 7



37. SPLITS (WITH FORWARD BEND)

Difficulty Rating: 7





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38. SPLIT ARM

Difficulty Rating: **8**



39. FULL STANDING BOW

Difficulty Rating: **9**



40. ARCHER

Difficulty Rating: **7**





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41. FOUR ANGLE

Difficulty Rating: 5



42. COWFACE

Difficulty Rating: 5



43. CROW

Difficulty Rating: 7





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44. CRANE

Difficulty Rating: 8



45. COCK

Difficulty Rating: 7



46. FINGERSTAND

Difficulty Rating: 7





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47. PEACOCK

Difficulty Rating: 7



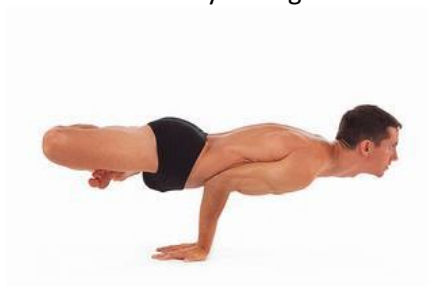
48. ONE LEGGED PEACOCK

Difficulty Rating: 6



49. LOTUS PEACOCK

Difficulty Rating: 6





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50. FOLDING UNFOLDING PEACOCK LOTUS

Difficulty Rating: 8



51. ONE ARMED PEACOCK

Difficulty Rating: 8





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52. BOW LEGGED PEACOCK

Difficulty Rating: 9



53. SHOULDERSTAND

Difficulty Rating: 5



54. SHOULDERSTAND LOTUS

Difficulty Rating: 5





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55. HEADSTAND

Difficulty Rating: 6



56. HEADSTAND LOTUS

Difficulty Rating: 6



57. TIGER

Difficulty Rating: 7





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58. TIGER SCORPION

Difficulty Rating: 8



59. HANDSTAND

Difficulty Rating: 8



60. HANDSTAND LOTUS

Difficulty Rating: 9





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61. HANDSTAND SCORPION

Difficulty Rating: 9



62. PALM TREE

Difficulty Rating: 9



63. MULABANDHASANA

Difficulty Rating: 8





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64. FLAG POSE

Difficulty Rating: **8**



65. REVERSE STRETCH

Difficulty Rating: **8**



66. HANDSTAND LOTUS SCORPION

Difficulty Rating: **10**





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67. BOW LEG HANDSTAND SCORPION

Difficulty Rating: 10



68. TWO LEGS BEHIND THE HEAD HANDSTAND

Difficulty Rating: 10



69. ONE LEG BEHIND THE HEAD HANDSTAND / GOODBYE HANDSTAND

Difficulty Rating: 10





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70. BOW LEG MOUNTAIN

Difficulty Rating: 10



71. ONE ARMED HANDSTAND

Difficulty Rating: 10





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Saraksts (List) +

Nr.	Asana	Difficulty Rating
73.	Trikanasana (Bikram)	4
74.	Tuladandasana	4
75.	Dandayamana - Bibhatapada Paschimotthanasana	5
76.	Dandayamana Bibhatapada Janushirasana	4
77.	Bhujangasana	4
78.	Salabhasana	5
79.	Ustrasana*	4 5 (only category 1)
80.	Padangustasana (Hands Namaskar position)	5
81.	Garurasana	4
82.	Bakasana (saliektas rokas)	5
83.	Eka Pada Koundinyasana	5
84.	Eka Pada Bakasana	5
86.	Astavakrasana	5
87.	Urdhva Mukha Svanasana (only category 1)	4
88.	Adho Mukha Svanasana (only category 1)	5
89.	Half Splits with Namaskar (only category 1)	5