

Advice for children practicing pull-ups

Demon of theory



Physically, the center of rotation is the horizontal bar... so imagine touching your hips to the bar ➔ tight turns

No matter how high you lift your legs to try and rotate, it's impossible

The rotation is complete when your hips are on top of the bar

Forget the idea of jumping with your legs

Even gymnasts wouldn't be able to do it that way

Therefore, it's best to start with the bar as close to your body as possible; the same principle applies to the kip-up.

Listing on Ekiten

[Together with Hirokun](#)

- ① To get off welfare
- ② I don't know when, but to save the 3 million yen needed to pay to the Legal Affairs Bureau when running for office

My goal remains unwavering and consistent

*By the way

- ① No need to worry
- ② No help needed