

## Cat Balance Tutorial

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Wednesday, 27 February 2008 00:38 - Last Updated Wednesday, 18 January 2012 16:48

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by [Travis Noble](#) - The "Cat Balance" or quadrupedal balance is a great drill for developing wrist strength and stability, core stability, and balance as well as overall body-awareness. It is important to note that you take as much time as needed between steps in this tutorial. It is much more beneficial to take it slow and be comfortable than rush things and risk injury. The video shows a progression for training.