



## EDUCATION ZONE

Sickling or a sickled foot is the most common error of the feet in dance and baton.

So, what is a sickle and why is it bad?

Sickling in its most basic form is when your heel drops behind your leg. This breaks the line of the leg and it can also be unsafe if you are in releve because it is very unstable and will likely roll and injure your ankle.

Let's take a look at some sickled feet in the pictures. Pay particular attention in training to your lovely leg and foot lines to ensure correct technique is applied and prevent injury.

