

B.2

Double Leg Thigh - Target Position

Drills Counts

Counts	Main Base	Top Person	Spotter
1ST 8-COUNT OF STUNT DRILL			
1	Hold - in set up position (kneeling on floor) right hand under right toe, left arm wrapper around right leg, pulling it tight into your core.	Hold - in set up position (right foot placed in the Base's pocket) grab Spotter's wrists.	Hold - in set up position (holding Top Person's waist).
2	Hold	Hold	Hold
3	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4	Hold	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
5	Hold	"STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg	Lifts Top Person
6	Hold	"LOCK" / "TIGHTEN" Hit Target. Keep your weight in your right leg and foot. Left foot locks in next to the right foot. Do not put weight in the left foot.	Hold
7	Hold	Hold	Hold
8	Hold	Step left foot back to ground	Resists Top Person on the way down never releasing the hips
2ND 8-COUNT OF STUNT DRILL			
1	Hold	Hit High V	Hold
2	Hold	Hold	Hold

BUILDING