

B.1 Body Positions on Performance Surface

Drill Skill Module - Stunt

Description: Introduction to body positions used in stunting.
Notes: Proper body positions require flexibility that is developed using progressions over time.



Heel Stretch

Heel Stretch (chest up, both legs straight, knees locked)

Top Person - The Heel Stretch position is hit when:

- Top Person has all of their weight transferred into their right leg and foot.
- The left leg is kicked to High V of the left hand.
- The hips are rolled under.
- The back of the left leg and bottom of shoe are facing forward.
- Toe is pointed.
- Left hand is holding the center of the foot from the outside of foot.
- Shoulder are squeezed together.

Common Mistakes:

- Heel Stretch is pulled to the side not the front.
- Left hip is not rolled under and is out of alignment.
- Support knee bends.
- Top Person drops chest to reach for the heel stretch.
- Top Person allows support leg to turn out to the side.



Arabesque

Top Person - The Arabesque position is hit when:

- Top Person is ¼ turn to the right (left shoulder towards the front).
- Top Person has all of their weight transferred into their right leg and foot.
- The left leg is lifted parallel (or higher) to the ground.
- The left knee is facing the front.
- The left foot shoe laces should face the front.
- Arms hit a T motion, slightly in front of shoulders.
- Chest lifts-head and shoulders should be above waist and hips.
- op Person feels a “pinch” in the lower back /left hip.

Common Mistakes:

- Chest drops.
- Support knee bends.
- Left leg does not open out of the hip to face front and leaves the knee and shoe laces facing the ground.
- T arms “fly” behind the shoulders.

Supplies / Aids:

Video

Equipment Needed:

Recommended - Panel mat for step up drills. Mirror for Top Person to see their technique.

Notes:

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Scale

Top Person - The Scale position is hit when:

- Top Person is ¼ turn to the right (left shoulder towards the front).
- Top Person has all of their weight transferred into their right leg and foot.
- Top Person grabs the left shin with left arm and pulls left leg to Checkmark position.
- Right leg faces side, but shoulder and hips are square to front.
- Right arm is in a High V.
- Right Base leg is locked out and the left leg is completely straight.

Common Mistakes:

- Top Person grabs too close to ankle making straightening the left leg extremely difficult.
- Top Person puts weight backwards into the hips and left leg.
- Support knee bends.
- Right arm is loose and not in a proper High V position.

Notes:

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Tips & Tricks

- 1** Have Spotter or Base assist the Top Person on the floor for balance. Top Person should focus on locked legs and proper body alignment.
- 2** Have Top Person practice stepping up onto a small mat starting with right foot up on slightly raised surface, focusing on pressing through the left foot on the floor and standing quickly to a locked and tight position and hit Target followed by body positions.
- 3** Have Top Person stand on floor and hold body positions for as long as possible unassisted.