

B.2

Hang Drill - 1 Foot Load

Drill Skill Module - Stunt

Teaching Counts:

| Counts | Main Base | Secondary Base | Top Person | Spotter |
|----------------------------|---|---------------------------|---|---|
| IST 8-COUNT OF STUNT DRILL | | | | |
| 1 | Hold - in set up position - holding Top Person's right foot | Hold - in set up position | Hold - in set up position. Right foot placed in the Main Base's hands, hands on Base's shoulders, lifted on ball of left foot | Hold - in set up position. holding ankle and under buttocks |
| 2 | Hold | Hold | Hold | Hold |
| 3 | Hold | Hold | "DOWN" Dips - bends left knee | "DOWN" Dips with Top Person |
| 4 | Hold | Hold | "UP" - Push off left foot, step up quickly and transfer all your weight into your arms, pushing through until arms are locked out and supporting your weight | Lifts/Pushes Top Person |
| 5 | Hold | Hold | Keep your weight in your arms. Left foot locks in next to the right foot. Do not put weight in the legs. Keep lifting hips and chest. Keep weight in your arms. | Hold |
| 6 | Hold | Hold | Hold | Hold |
| 7 | Hold | Hold | Hold | Grab Top Person's left ankle |
| 8 | Hold | Hold | Hold | Hold |