

B.3

Show & Go

Drill Skill Module - Stunt



Step 3- Show & Go:

Bases - Stay strong through the core. Remain in set up position. Dip on set count with legs (not arms or back). Power through the legs and drive the Top Person up to eye level height and then resist back to the load position.

Top Person - Place all your weight in the arms NOT in the legs. As the Bases dip on the set count take the dip and explode, pushing through the arms off the Bases' shoulders, sending your body up. Squeeze the feet, knees and thighs together through the entire Show & Go. It is the Top Person's responsibility to send the weight of the head, shoulders, chest, hips and thighs to the top...not the Bases' by pushing through the arms. Extend your arms and stay locked into your sides in the clean-up position.

Spotter - Dip on the set count with the Main and Secondary Base. Drive up through the arms trying to "steal" the Top Person's feet out of the Bases' hands at the top. Step into the stunt as it goes up so arms are going more over your shoulders instead of in front of your shoulders. Do not lean away from the Top Person. Keep your eyes on the Top Person's hips at all times so you can see where they are going. Finish driving to the top with your legs. Do not just use your arms to lift. Resist back to the Load position.

Teaching Counts:

Counts	Main Base	Secondary Base	Top Person	Spotter
1ST 8-COUNT OF STUNT				
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, lift the 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 weight into arms, pushing through until arms are locked out and supporting weight	Assists Top Person into the load position, keeping right hand on ankle and pushing upward (not forward) on the buttocks with the left hand
5	Hold	Grab the bottom of the Top Person's left foot	Keep weight in arms. Left foot locks in next to the right foot, both legs bent. Do not put weight in the legs. Keep lifting hips and chest. Keep weight in arms.	Hold
6	Hold	Hold	Hold	Hold
7	Hold	Hold	Hold	Grab left ankle
8	Hold	Hold	Hold	Hold

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Teaching Counts:

Counts	Main Base	Secondary Base	Top Person	Spotter
2ND 8-COUNT OF STUNT				
1	"DOWN" - Dips with Top Person	"DOWN" - Dips with Top Person	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
2				
3	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level.	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level.	"UP" - Push off arms quickly and send your body up, standing up, squeezing ankle, knees and hips together. Buttocks pulls in under shoulders and squeezes. Arms stay in clean-up by sides	"UP" - "Explode" up using your legs to drive the Top Person's feet to eye level.
4				
5	Resist back to load-in position	Resist back to load-in position	Slide hands down the thighs to just above the knees. Re-catch yourself on the Bases' shoulders.	Resist back to load-in position
6				
7				
8				