

B.4

Traditional Prep Drill Skill Module - Stunt



Step 3- Traditional Prep:

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 extended height and then resist back to chest height. Roll hands under the feet and end up being wrist to wrist once the feet settle at chest level. Make sure the entire bottom of the foot is covered. You do NOT wrap your fingers up over the toes.

Top Person - Place all of the weight in the arms NOT in the legs. As the Bases dip on the set count, take the dip and then explode, pushing through your arms off the Bases' shoulders, sending your body up. Squeeze your 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 the 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 Base's 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 chest level. While in the prep you need to continue to lift and try and "steal" the Top Person out of the Bases' hands.

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
3			"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4			"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		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
7			Hold	Grab left ankle
8			Hold	Hold

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B.4

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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 extension level.	"UP" - "Explode" up using your legs to drive the Top Person's feet to extension 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 extension level.
4				
5	Resist back to chest level	Resist back to chest level	Squeeze legs and stay tight. Hit High V.	Resist back to chest level. Continue to lift the Top Person up off the Bases
6	Hold	Hold	Hold	Hold
7	Hold	Hold	Hold	Hold
8	Hold	Hold	Hold	Hold
3RD 8-COUNT OF STUNT - RE-LOAD FOR DISMOUNT OUT OF PREP				
1	"Clean" - Move Top Person's foot to the center, at chest level so it is squeezing in a Target Position with the left foot	"Clean" - Move Top Person's foot to the center, at chest level so it is squeezing in a Target Position with the right foot	"Clean" - Squeeze legs together in a Target Position. Clean arms to side.	"Clean" - Hold - in Prep - lifting the entire time (chest level), help squeeze the feet together
2				
3	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
4				
5				
6				
7				
8				

BUILDING