

B.9

Prep Level Liberty With Brace

Drill Skill Module - Stunt

Teaching Counts - Prep Level Lib with Bracer:

Counts	Main Base	Secondary Base	Top Person	Spotter
1ST 8-COUNT OF STUNT				
1	Hold - in set-up position - both hands under right foot	Hold - in set-up position - right hand under the foot, left hand on shin	Hold - in set-up position- right foot in Base's hands, both arms locked out squeezing into the body, hands back/palms up to grab Spotters hands, lifted onto ball of left foot	Hold - in set-up position - holding Top Person's hands
2				
3	"DOWN"- Dip with legs	"DOWN"- Dip with legs	"DOWN" - Dips - Bends left knee	"DOWN" - Dips with Top Person
4				
5	Stand through legs, keeping hand placement the same as set-up and arms at belly button level	Stand through legs, keeping right hand under the foot and driving upwards with the left hand on shin	"STEP" - Push off left foot, and strongly through the arms using the spotter to help with the lift. Step up quickly and transfer all your weight into your right leg.	Lift Top Person by pushing up through the Top Person's arms
6	Hold	Hold	"LOCK" / "TIGHTEN" Hit Lib. Keep your weight in your right leg and foot. Left legs lifts to Liberty position.	Hold
7	Hold	Hold	Hold	Hold
8	Hold	Hold	Hold	Hold
2ND 8-COUNT OF STUNT				
1	Hold	Hold	Hold	Hold
2	Hold	Hold	Hold	Hold
3	Hold	Hold	Hold	Hold
4	Hold	Hold	Hold	Hold
5	Hold	Hold	Hold	Hold
6	Hold	Hold	Hold	Hold
7	Bend legs back to set position keeping arms at belly button level	Bend legs back to set position keeping arms at belly button level	Steps left foot back to set position. Maintain hand to hand connection with the Spotter, resist weight through the arms as you return back to set-up position	Resist Top Person on the way down, never releasing the hands
8	Stand and clean arms to side	Stand and clean arms to side	Step right foot down tand and clean arms to side	Stand and clean arms to side