

# B.1 Body Positions on Performance Surface

Novice SELECT Level 1 Building

**Description:** Introduction to body positions used in stunting and pyramids

1 Step Approach:



### Module 1A: Target

**Top Person - The Target position is hit when:**

- Top Person has all of their weight transferred into their right leg and foot.
- The left leg is squeezing into the right thigh, ankle and foot but has NO WEIGHT in it.
- Arms are in clean-up at sides squeezing in.
- Buttocks squeezes.
- Pull belly button in and up.

The Target will be used from the basic intro skills you teach here all the way through elite level 5 skills. This is one of the most important body positions you can teach your Top Person!



### Module 1B: Liberty (Lib)

**Top Person - The Lib position is hit when:**

- Top Person has all of their weight transferred into their right leg and foot.
- The left foot is pulled up near the right knee making the left thigh parallel to the ground. The Top Person should be able to balance a glass of water on their left thigh.
- Arms can be in clean-up, or hitting a motion.
- Buttocks squeezes.
- Pull belly button in and up.



### Module 1C: Hitch

**Top Person - The Hitch position is hit when:**

- Top Person has all of their weight transferred into one of their legs and foot.
- The other leg is pulled up to 90 degrees or higher and can connect to another Top Person for your pyramid.
- Even though the hitched leg will connect to another person the Top Person should NOT put any weight in the leg or stand on it.
- Arms can be in clean-up, or hitting a motion.
- Buttocks squeezes.
- Pull belly button in and up.

### Supplies / Aids:

Video

### Equipment Needed:

Recommended - Panel mat for step up drills

### Notes:

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### Tips & Tricks

- 1 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.
- 2 Upon mastery of the step up Target drill then have them step up onto a mat, hit Target, hold then hit a Lib or a Hitch, hold, Target, step down. Have them work on holding the skills without moving.