

B.2 Skill: Nugget Cupie & Liberty

Novice SELECT Level 1 Building

Entry:



Base

Top Person

Spotter

On the performing surface in a nugget position

Start with one foot loaded on the nugget

Hold top person at their waist

Middle:



Base

Top Person

Spotter

Hold

Step and lock out first leg. Then put both feet together on top of the base that's in a nugget for cupie or lift second knee to liberty position

Help support top person at the waist

Exit:



Base

Top Person

Spotter

Hold

Step down, one foot at a time, from the base that's in the nugget position. Can also use a different transition or dismount.

Assist top person off of the base

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats

Drills:

- Top person practicing stepping onto a panel mat and locking out legs.
- Timing drills

Variation(s):

- Single leg stunts
- Different body positions
- 1/4 up to liberty or body positions
- Tick Tocks

Notes:

BUILDING



Safety:

The top's foot placement on the base's back during the entry.

