

B.5 Skill: Single Leg Knee Stand - Target

Novice SELECT Level 1 Building

Entry:



Base

Top Person

Spotter

Right knee on the performance surface and left knee up with top of left foot flat on the floor. Right hand under top person's foot with the left arm wrapped around the top's leg, around the knee.

Start with one foot loaded onto the left leg of base. And either both hands on the shoulders of the base or grabbing the spotter's wrist.

Hold top person at their waist

Middle:



Base

Top Person

Spotter

Make sure top person's foot is in the base's pocket. Base should squeeze the foot into their body, while supporting under the toe with the right hand. Left arm should assist in squeezing the leg into the body.

Step up and lock out both legs. Putting both feet together on top of the base's knee or pulling left knee up into liberty position

Help support top person at the waist

Exit:



Base

Top Person

Spotter

Hold

Step down, one foot at a time. First with the foot that's not being supported by the base.

Assist top person off of the base by supporting the top's waist.

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 alignment of the base's up knee being over their ankle and hips being over their down knee

