B.5b Skill: Single Leg Knee Stand - Hitch Position

Novice SELECT Level 1 Building

Description: Intro to Body Positions on the Single Leg Thigh Stand - Hitch Position - 1 Base, 1 Spotter, 1 Top Person

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 and then pull the left knee up into hitch position	Help support top person at the waist

Supplies / Aids:

Video/Pictures

Equipment Needed:

Recommended:

1. Stacked panel mats or a block that is the approximate height of the thigh set positon for Top Person step up drills.

Notes:

Tips & Tricks

1. Have Top Person practice stepping up onto a mat starting with right foot up on raised surface focusing on pressing through the left foot on the floor and standing quickly to a locked and tight position - mat should be about the same height as the knee stand stand set up.
2. Make sure Top Person is pushing strongly out of the left foot off the ground to stand quickly and not depending on the Spotter to lift them onto the stunt.

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