

B.7

Continue

Skill: Teddy Bear/Straddle Sit from Two Foot Waist Stunt

Novice SELECT Level 1 Building

Exit: **Option A** - Teddy Bear/Straddle to Pike Down Dismount



Base

From the sitting straddle hold position, step out side foot towards the center and push the Top Persons legs together in a pike sit. Lower the ankles to the ground so the Top Person stands out of the pike sit.

Top Person

From the straddle sit position, keep legs locked and shoulder in line with hips, core tight. The Top Person assist the bases by squeezing the ankles and thighs together into a pike sit. The Top Person continues to squeeze as the bases lower their feet to the ground.

Spotter

From the sitting straddle hold position with double pizza hands continue to hold while the Bases place the Top Person in a pike sit. As the Bases lower the feet to the ground resist the down and follow. Keeping the Top Persons hips higher than the knees so they can stand.

Exit: **Option B** - Teddy Bear/Straddle Sit back to 'J' to Waist Stand



Base

From the sitting straddle hold position, dip using legs, step back in to starting position with front foot while keeping front hand under toe and scooping the front arm in a "J" position and the back arm up placing the Top Person back to the load position at belly button. Give back pizza hand a small boost and immediately go back to waist level / starting load position under the shoe at belly button.

Top Person

From the straddle sit position, keep legs locked and shoulder in line with hips, core tight while Bases "J" the feet back to Standing Waist Stunt. Squeeze thighs and ankles together on the "up". Slide arms down thighs and grab both bases shoulders — returning to the load position. Step left foot back to the ground.

Spotter

From the sitting straddle hold position with double pizza hands under the seat follow the Bases' dip, using legs, and give a slight pop to move from Pizza Hand position back to lifting and supporting the Top Person in a Standing Waist Stunt high on the thighs. Once the Top person is back to the load position grab their waist and assist them to the ground.

Supplies / Aids:

Video

Equipment Needed:

None

Notes:

Blank lines for notes.