

B.8

Skill: 1 Leg Waist Stunt - 2 Bases

Novice SELECT Level 1 Building

Description: Intro to Single Leg Waist Stunt with 2 Bases.

Entry: THE INTRO TO THIS STUNT WILL START IN THE TWO FOOT STANDING WAIST STUNT



Base

Main Base - Start with the right foot of the Top Person exactly as taught for load position. Bend at knees to a comfortable level for the Top Person to be able to place their right foot. Bend the knees slightly (do NOT squat or stick your buttocks out). Keep hips under shoulders and over feet. Elbows "locked" into sides with elbow and forearm creating a 90 degree angle. Place hands directly in front of belly button with a slight space for Secondary Base to support under the center of the foot.

Secondary Base - Start with right foot staggered in front of left foot facing the Main Base. Place the right hand under the center of the right foot of the Top Person- fingers facing towards Main Base and thumb staying on the inside of the foot. The hand should be shaped like the letter "U", it is important to have the fingers on one side of the shoe and the thumb on the other so that you can squeeze the Top Person's



Top Person

Start standing on the floor with hands on the two Bases' shoulders, elbows up. Place the right foot in the Main Base's hands. Lift onto ball of left foot.

Spotter

Stand directly behind Top Person with hands firmly on Top Person's waist.

Supplies / Aids:

Video/Pictures

Equipment Needed:

Recommended:

- Stacked panel mats or a block that is the approximate height of waist position for Top Person step up drills.

Notes:



BUILDING

Middle:



Base

Main Base - Dip using legs, being careful not to drop arms below the 90 degree belly button level on the dip. Stand up through legs then resist the Top Person by squeezing elbows into sides..

Secondary Base - Dip using legs with Main Base, being careful not to drop the arm on the dip. Stand up through legs, supporting under the foot with the right hand and driving upward with the left hand on the shin.

Top Person

With right foot set in hands of the main, dip down through the left leg on the floor, pressing strongly off the ground with the left foot and strongly off the Bases' shoulders to stand and lock out right leg to standing position with left leg in Target position.

Spotter

With hands on the Top Person's waist, follow the dip of the Top Person and assist the Top Person to the standing position by lifting up through the Top Person's waist. The Spotter never releases the stunt. The Spotter assists the stunt up to the standing position.



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Continue

Middle:

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Equipment Needed:

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Notes:

Base

- Main Base** - Hold
- Secondary Base** - Hold

Top Person

From the left leg in the Target position and the right leg locked out in standing position hit the chosen body position. Keeping support leg locked and all weight in the support leg.

Spotter

Hold

Note: we have shown the stunt with the Top Person performing the lib position (top photo). If your Top Person is able to perform any of the other body positions on the floor as shown in the bottom three photos to the left they can then be substituted into the stunt instead of the lib.

