

B.13

Skill: 1/4 Twisting Cradle - Prep Single Leg

Novice SELECT Level 2 Building



Entry

Bases - Looking at the hips of the Top, dip with their legs, drive feet together at the extended position and “flick” at the top.

Top - Stay tight during the dip, squeeze legs together.

Spotter - Looking at the hips, hands are supporting from ankles, assist with the dip driving up to finish the “flick”.



Middle

Bases - Leave arms up, reaching so initial catch contact with the Top is as high up as possible.

Top - As bases release at the top of the toss, snap arms to hips, lifting hips slightly forward to meet the arms, squeezing core and pointing toes.

Spotter - Leave arms up, reaching so initial catch contact with the Top is as high up as possible.



Exit

Bases - Back arm catches lower to mid back, front arm catches upper thigh. Stay in close so Top Persons hips do not fall through. Bend the knees as you catch to absorb the impact of the Top.

Top - Ride the toss as long as possible in a straight body position. Snap toes up to hit a V sit. Arms reach out and back behind hips to catch bases shoulders / upper backs.

Spotter - Catch under the armpits of the Top. Keep arms at chest level or high. Bend knees as you catch to absorb the impact of the Top.

Note: we have shown the stunt with the Top Person performing the lib position. Any of the other body positions shown in B1 can be substituted into the stunt instead of the lib.

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats
- Step Ups (onto a panel mat)

Notes:

Safety:

- 1 The distance/closeness between the bases while the stunt is up
- 2 Catching high
- 3 Spotter is responsible for head and neck safety
- 4 Top catches themselves on the bases upper back / shoulders

BUILDING

