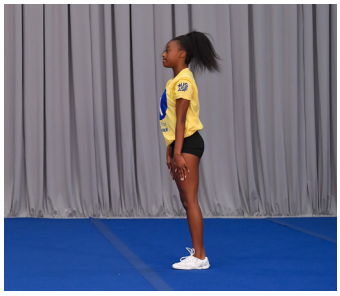
T.1 Skill: Back Handspring Series

Novice SELECT Level 3 Tumbling

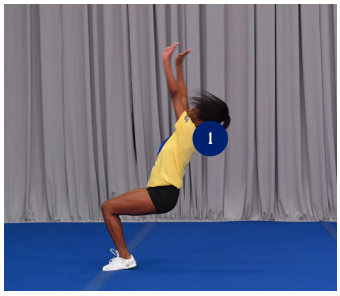
PREREQUISITES: Back handspring, back walkover back handspring

DESCRIPTION:

Entry:



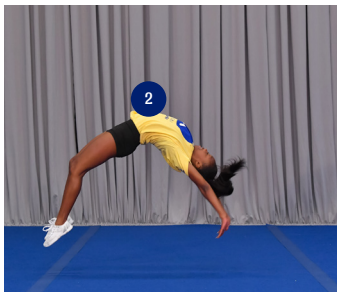
Athletic stance



Sit with hips slightly behind ankles and shoulders over knees

Swing arms behind your ears until you feel them pulling you back and jump by pushing through your toes

Entry:



Stretch through upper back passing through handstand

Middle:

Blocking arms off surface

Snap legs down feet slightly in front of hips and arrive at a standing position with arms reaching behind ears punching into the next handspring

End:

Stretch through upper back passing through Handstand

Blocking arms off surface

Snap legs down to arrive at a standing position with arms by ears

Safety:

1. Keep head in a neutral position (entry, middle, exit)
2. Engage core to protect the lower back (entry, middle, exit)

Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Core
- Glutes
- Shoulders

Drills:

- Handstand step in back handspring
- Handstand snap down from memory handstand to back handspring

Notes:

TUMBLING