

T.3

Skill: Front Tuck (aka Punch Front)

Novice SELECT Level 3 Tumbling

PREREQUISITES: Front handspring, fly spring

DESCRIPTION:

Entry:



Power hurdle or take a few running steps



Straight leg hurdle arriving with feet punching in front of body and arms punching up. Eyes focused in front of you upward

Middle:



Punch up driving legs (initiate drive from the back of thighs) backwards over head in tucked candlestick position

Middle:



Exit:



Spot in front of you



Land in an athletic stance

Supplies / Aids:

Video

Conditioning:

- Hamstrings
- Glutes

Drills:

- Layout drill on floor, forward roll over cheese. Standing front layout to flat back onto a soft landing mat.

Notes:

Safety:

- 1 Keep head in a neutral position (entry, middle, exit)
- 2 Engage core to protect the lower back (entry, middle, exit)
- 3 Protect knees, do not lock them out on the landing/hyper-extend (exit)

