T.4 Skill: Aerial Cartwheel

Novice SELECT Level 3 Tumbling

PREREQUISITES: Cartwheel, one-arm cartwheel, dive cartwheel

DESCRIPTION:

Entry:

Hurdle or step into a hurdle lunge

Drive back leg to needle keeping chest over front knee and high

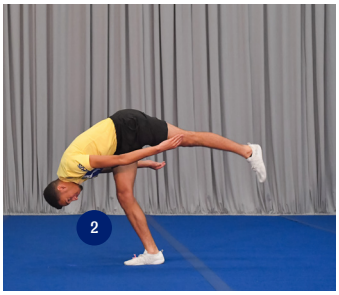
Push off front leg

Middle:

Drive arms either up backwards or forwards to initiate rotation around the shoulders

End:

Drive lead leg/foot to land under the body



Second leg steps back to finish landing in a lunge

Safety:

1. Engage core to protect the lower back (entry, middle, exit)
2. Protect knees, do not lock them out on the landing/hyper-extend (exit)

Supplies / Aids:

Video

Conditioning:

- Calves
- Hamstrings
- Glutes

Drills:

- Calf raises
- Heel drives
- Single arm cartwheels
- Far arm cartwheel
- Dive cartwheels over a panel mat

Notes: