## **Tips & Tricks**



# **Body Positions on Performance Surface**Drill Skill Module - Stunt

**Description:** Introduction to body positions used in stunting and pyramids

1 Step Approach:



### Top Person - The Target position is hit when:

- Top Person has all of their weight transferred into their right leg and foot.
- The left leg is squeezing into the right thigh, ankle and foot but has NO WEIGHT in it.
- · Arms are in clean-up at sides squeezing in.
- · Buttocks squeezes.
- Pull belly button in and up.

The Target will be used from the basic intro skills you teach here all the way through elite level 5 skills. This is one of the most important body positions you can teach your Top Person!



## Top Person - The Lib position is hit when:

- Top Person has all of their weight transferred into their right leg
- The left foot is pulled up near the right knee making the left thigh parallel to the ground. The Top Person should be able to balance a glass of water on their left thigh.
- · Arms can be in clean-up, or hitting a motion.
- Buttocks squeezes.
- · Pull belly button in and up.

## Module IC: Hitch

## Top Person - The Hitch position is hit when:

- Top Person has all of their weight transferred into one of their legs and foot.
- The other leg is pulled up to 90 degrees or higher and can connect to another Top Person for your pyramid.
- Even though the hitched leg will connect to another person the Top Person should NOT put any weight in the leg or stand on it.
- Arms can be in clean-up, or hitting a motion.
- · Buttocks squeezes.
- Pull belly button in and up.

**FUNdamentals 1** 

USASF.NET

