

## Single Leg Knee Stand - Hitch Position

### Drill Skill Module - Pyramid Drill

**Description:** Intro to Body Positions on the Single Leg Thigh Stand - Hitch Position - 1 Base, 1 Spotter, 1 Top Person

This is the same approach and techniques used in Building Module 6 - "Single Leg Knee Stand". We are adding new body position for the Top Person and using this to add into a pyramid sequence.



## Step 1: Set Up

**Main Base** - Place right knee on the ground with shoelaces facing the ground and left foot flat on floor bent at the knee to create a 90 degree angle / table top position for Top Person to stand on. Straight back and strong core.

**Top Person** - Starts standing on the floor behind the Base with the right foot placed high on the thigh near the hip (pocket) of the Base and hands holding the wrists of the Spotter who is on their waist.

**Spotter** - Starts standing directly behind the Top Person with both hands firmly placed on the Top Person's waist.

After you have reviewed the set up position multiple times and the athletes have learned how to set up the stunt confidently move on to step 2.

## Step 2: Step, Lock, Tighten Drill

**Main Base** - Keeps knee level lunge posture with right hand under the toe of the Top Person's right foot. Left arm will be anchored around the thigh of the right leg above the knee lugging the thigh close to the body. Maintains strong core while Top Person does a step and lock drill back to the starting position.

**Top Person** - With right foot set in the pocket of the base, Top Person, dip down through the left leg on the floor pressing strongly off the ground with the left foot to stand and lock the right leg out on the Base's thigh, left foot pulls in next to the right foot - do NOT transfer weight into the left foot - hit Target, hold, hit a motion/Lib, hold, hit Target, hold, hit Hitch, hold, hit Target and then step back down to the starting position.

**Spotter** - With hands on the Top Person's waist, follow the dip of the Top Person and assist the Top Person to the standing position on the Base's thigh by lifting up through the Top Person's waist. The Spotter never releases the stunt. The Spotter assists the stunt up to the standing position and then assists gently back down to the starting position resisting the Top Person on the way down.

**Supplies / Aids:**

Video/Pictures

**Equipment Needed:**

Recommended:

- 1 Stacked panel mats or a block that is the approximate height of the thigh set position for Top Person step up drills.

**Notes:**

## Tips & Tricks



- 1 Have Top Person practice stepping up onto a mat starting with right foot up on raised surface focusing on pressing through the left foot on the floor and standing quickly to a locked and tight position - mat should be about the same height as the knee stand set up.
- 2 Make sure Top Person is pushing strongly out of the left foot off the ground to stand quickly and not depending on the Spotter to lift them onto the stunt.

# B.10

## Single Leg Thigh Stand - HITCH Position

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| Counts | Main Base  | Top Person   | Spotter  |
|--------|--|--|--|
| 1      | Hold - in set up position (kneeling on right knee, left leg up) right hand under the right toe of the Top Person, left arm under the right thigh | Hold - in set up position (right foot placed in the Main Base's left leg pocket) Grab Spotter's wrist  | Hold - in set up position (holding Top Person's waist) |
| 2      | Hold   | Hold   | Hold   |
| 3      | Hold   | "DOWN" - Dips - Bends left knee  | "DOWN" - Dips with Top Person                          |
| 4      | Hold   | "DOWN" - Dips - Bends left knee  | "DOWN" - Dips with Top Person                          |
| 5      | Hold   | "STEP" - Push off left foot, step up quickly and transfer all your weight into your right leg  | Lifts Top Person                                       |
| 6      | Hold   | "LOCK" / "TIGHTEN" / Hit Target. Keep your weight in your right leg and foot. Left foot locks in next to the right foot. Do not put weight in the left foot. | Hold   |
| 7      | Hold   | Hold   | Hold   |
| 8      | Hold   | Hold   | Hold   |
| 1      | Hold   | Hit left leg to Hitch position<br>Hit High V   | Hold   |
| 2      | Hold   | Hold   | Hold   |