

Mastering Single Leg Knee Stand - Hitch Position

Drill Skill Module - Pyramid Drill

Description: Mastering the Body Positions on the Single Leg Thigh Stunt Knee Level - 1 Base, 1 Spotter, 1 Top Person

This is the same approach and techniques used in Building Module 7 - "Single Leg Thigh Stand". We are adding new body position for the Top Person and then this can be added into pyramid sequence of Building Module 13.



Step 1: Teach Top Person Lib / Hitch Position on Floor (Building Modules 10)

Top Person - Stands on locked and tightened right leg and lifts left leg and points toes, pulling the knee up and opening it out. The left leg in the hitch position should have the knee slightly higher than the hip.

Step 2: Step, Lock, Tighten Drill - Hitch Position

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 hugging 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 will 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 bases thigh. Bring the left leg to hit Target, then pull left leg up to a strong hitch position, return to Target and then step back down to the starting position.

Spotter - With hands on the Top Person's waist will 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

Notes:

Counts	Main Base	Top Person	Spotter
5	Transition	Transition	Transition
6	Transition	Transition	Transition
7	Hit clean-up position	Hit clean-up position	Hit clean-up position
8	Hold	Hold	Hold
1ST 8-COUNT OF STUNT			
1	Hold - in set up position (kneeling on floor) right hand under right toe, left arm wrapped around right leg, pulling it tight into your core.	Hold - in set up position (right foot placed in the Base's pocket, grab Spotter's wrists)	Grab 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. Clean arms to side.	Lifts Top Person
6	Hold	"LOCK" / "TIGHTEN" 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
2ND 8-COUNT OF STUNT			
1	Hold	Hit Hitch with left leg Hit High V	Hold
2,3,4	Hold	Hold	Hold
5	Hold	Hit Target position with left leg Clean arms to side	Hold
6	Hold	Hold	Hold
7	Hold	Grab Spotter's wrists	Hold
8	Hold	Hold	Hold
3RD 8-COUNT OF STUNT			
1	Hold	Step left foot off base	Resists Top Person on the way down, never releasing the hips
2	Hold	Hold	Hold
3	Hold	Step right foot to left foot Clean arms at side	Clean arms to side
4	Hold	Hold	Hold
5	Stand up bringing right foot to left	Hold	Hold
6	Hold	Hold	Hold
7	Clean to the front	Hold	Hold
8	Hold	Hold	Hold