Description: Intro to Double leg thigh stunt - 1 Base, 1 Spotter, 1 Top Person

2 Step Approach:











Step I: Set up

Main Base - Kneels on the floor in a sitting position (bottom on heels) with a straight back and solid core and places right hand under the toe of the Top Person.

Top Person - Starts standing on the floor 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 her 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 good sitting posture and right hand on the toe of the Top Person's right foot. 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 Base's thigh, left foot pulls in next to the right foot - do NOT transfer weight into the left foot - hit Target, hold 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

Equipment Needed:

Recommended - Panel mat for step up drills

Notes:

Tips & Tricks



Have Top Person practice

step up drill in a row with

FUNdamentals 1

B.2 | Double Leg Thigh - Target Position Drills Counts

Counts	Main Base	Top Person	Spotter			
IST 8-COUNT OF STUNT DRILL						
1	Hold - in set up position (kneeling on floor) right hand under right toe, left arm wrapper 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.	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	Step left foot back to ground	Resists Top Person on the way down never releasing the hips			
2ND 8-COUNT OF STUNT DRILL						
1	Hold	Hit High V	Hold			
2	Hold	Hold	Hold			

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