

Single Leg Knee Stand

Drill Skill Module - Stunt

2 Step Approach:



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, 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, 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 Base's thigh and 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:

- 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 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.6

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Drills Counts

Counts	Main Base	Top Person	Spotter
1	Hold - in set up position (kneeling on right knee, left leg up) right hand under right toe of Top Person, left arm under 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 High V	Hold