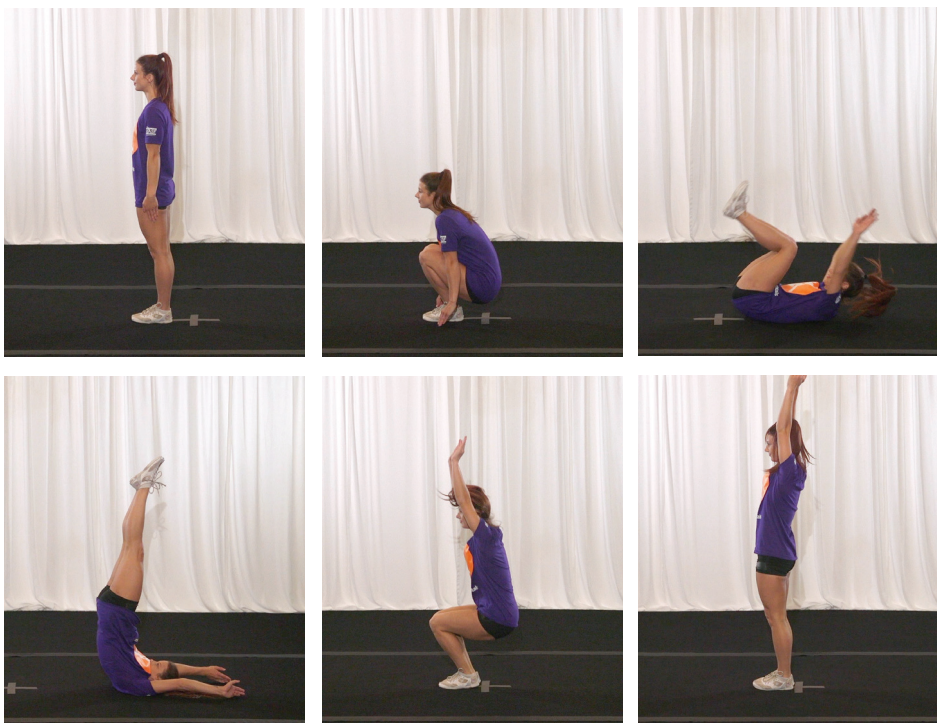


# C.25

## Candlestick Roll

Drill Skill Module - Full Body Conditioning



- 1 Stand tall.
- 2 Bring arm up straight by ears.
- 3 Squat. Roll backward from hips to lower back to upper back to a hold with straight legs in a candlestick.
- 4 Roll up to a stand.
- 5 Arms stay by the ears the entire time.

### Supplies / Aids:

Video

### Equipment Needed:

None Required

### Notes:

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### Tips & Tricks

- 1 To make it more difficult roll to stand and do a tuck jump
- 2 To make it really difficult roll up to one leg

