# Skill: Teddy Bear/Straddle Sit from Two Foot Waist Stunt

Novice SELECT Level 1 Building

**Description:** Introduction to a fun prep level stunt that can be used in many levels as both a stunt and a transition. In this Module we are going to teach the Teddy Bear Stunt from the Two Foot Waist Stunt. Please be sure that your athletes are comfortable with the load and Two Foot Waist Stunt.

#### Entry: THE INTRO TO THIS STUNT WILL START IN THE TWO FOOT STANDING WAIST STUNT



#### Rase

Face each other close together, shoulder width apart with backs straight, holding underneath the Top Person's feet, fingertips towards one another with elbows locked into sides and hands at belly button level creating a 90 degree angle of the arm. Keep front hand underneath the foot, back hand reaching up to grab high on the thigh (but below Spotter's hands). The back hand should be palms up as if holding a pizza. Bases' back hand fingers will face each other.

#### Top Person

Stand on both feet ankles squeezed together, legs locked, core tight, buttocks squeezed and belly button pulled in and up.

#### Spotte

Assist the stunt by squeezing and lifting through the Top Person's thighs.

#### Middle:





#### APIN

Give a little dip with the legs to drive momentum of the stunt slightly upwards keeping front hand on the toe of the Top Person gently pull the Top Person to a seated straddle position. Place back hand high on the thigh, palm up at shoulder level like they are carrying a pizza-fingers facing the back! **IMPORTANT-**

# SUPPORT IN THIS STUNT COMES PRIMARILY FROM THE BASE'S PIZZA HAND SUPPORTING THE STUNT AT SHOULDER

**LEVEL HIGH ON THE THIGH.** Keep front hand under the shoe. Assist the stunt to the straddle position as the Bases slightly step out with the front foot so that the torso is angled to the

#### Ton Person

Stand on both feet ankles squeezed together, legs locked, core tight, buttocks squeezed and belly button pulled in and up. Keep legs locked the entire stunt. Allow the Bases to pull legs to straddle position. It is very important the Top Person does not try to sit- allow the Bases to do the work for you! Keep chest up and shoulders in line with the hips. Point toes as they hit the straddle sit position.

#### Spotte

Follow the Bases' small dip and support under the seat of the Top Person when they hit the straddle position. While supporting the straddle have both hands on the upper thigh / under the bottom at shoulder level, palms up to the ceiling (double pizza hands), fingers facing backwards providing a solid foundation for the Top

# Supplies / Aids:

Video

#### **Equipment Needed:**

None

#### Notes:

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# Exit: Option A - Teddy Bear/Straddle to Pike Down Dismount









#### Basi

From the sitting straddle hold position, step out side foot towards the center and push the Top Persons legs together in a pike sit. Lower the ankles to the ground so the Top Person stands out of the pike sit.

#### Top Person

From the straddle sit position, keep legs locked and shoulder in line with hips, core tight. The Top Person assisst the bases by squeezing the ankles and thighs together into a pike sit. The Top Person continues to squeeze as the bases lower their feet to the ground.

#### Spotter

From the sitting straddle hold position with double pizza hands continue to hold while the Bases place the Top Person in a pike sit. As the Bases lower the feet to the ground resist the down and follow. Keeping the Top Persons hips higher then the knees so they can stand.

# Exit: Option B - Teddy Bear/Straddle Sit back to 'J' to Waist Stand











#### Base

From the sitting straddle hold position, dip using legs, step back in to starting position with front foot while keeping front hand under toe and scooping the front arm in a "J" position and the back arm up placing the Top Person back to the load position at belly button. Give back pizza hand a small boost and immediately go back to waist level / starting I oad position under the shoe at belly button.

#### Top Person

From the straddle sit position, keep legs locked and shoulder in line with hips, core tight while Bases "J" the feet back to Standing Waist Stunt. Squeeze thighs and ankles together on the "up". Slide arms down thighs and grab both bases shoulders — returning to the load position. Step left foot back to the ground.

#### Spotte

From the sitting straddle hold position with double pizza hands under the seat follow the Bases' dip, using legs, and give a slight pop to move from Pizza Hand position back to lifting and supporting the Top Person in a Standing Waist Stunt high on the thighs. Once the Top person is back to the load position grab theri waist and assit them to the ground.

### Supplies / Aids:

Video

## **Equipment Needed:**

None

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