

Novice SELECT Level 2 Building

Description: Learning how to perform a Tic Toc - A stunt that is held in a static position on one leg, Base(s) dip and release Top Person in an upward fashion, as the Top Person switches their weight to the other leg and lands in a static position on their opposite leg.



Step 1: Review Module 3

Review Module 3 to ensure that the stunt group has a solid opposite leg thigh stunt Lib before moving on to Step 2



Step 2: Step, Lock, Tighten Drill in Lib Position

Starting in a single leg thigh stunt level Liberty as taught in Module 3.

Base - Keep thigh stunt lunge posture with right hand under the toe of the Top Person's left foot. Place left arm high on the thigh of the Top Person's left support leg. Maintain strong core during the stunt. Provide a "pop" using the right hand that is under the toe and will immediately grab the right toe with the right hand and wrap the left arm around the left thigh, hugging the thigh to the core as Top Person replaces from Lib to Lib.

Top Person - Start in a locked out strong Lib position, standing on left with right leg pulled to Lib. Feel initiation of the dip from the Back Spotter and and switch to the other leg Lib, focusing on replacing foot in the exact same spot in the pocket of the Base being sure to place foot gently and pull up not stomp down.

Spotter - Place hands on the Top Person's waist, initiate a slight dip, using legs, being careful not to pull downwards on the Top Person's waist. Lift up through the waist trying to give the Top Person a moment of air time to complete the Tic Toc and resist the stunt gently to the other leg Lib, keeping contact with the waist of the Top Person the entire time.



Supplies / Aids:

Video/Pictures

Equipment Needed:

None Required

Notes:

Safety:

- 1 Teach Top Person how to replace the foot in the same spot - it is very important the Top Person does not stomp down, but gently replaces the foot that is in the Liberty position in the same spot that the left leg was. We want to replace pocket to pocket of the Base, pulling up and replacing gently.
- 2 Have Top Person practice on the floor replacing their foot from Lib to Lib in the same spot using a line, x, dot, or piece of tape on the floor.

