

# CORE STUNTS

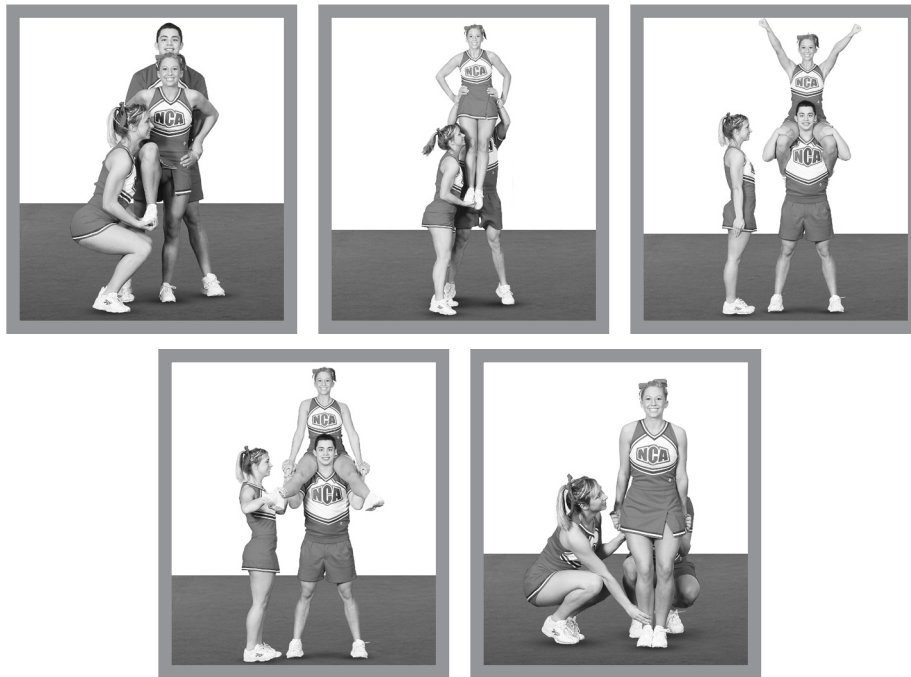


## SHOULDER SIT – ASSISTED; DISMOUNT OFF THE FRONT

**BASE:** Start by holding the waist of the top person and feet shoulder width apart. Dip with the legs, lifting up through the hands until the arms are straight. Place the top person over the head to create the shoulder sit. For the dismount off the front, grab the hands of the top person on the outside of the legs, dip with the legs, drive up through the hands until straight and lower the top person to the ground while keeping the arms by the top person's sides.

**BACK SPOT:** Start in a double lunge facing the top person with the hands on the heel/toe of the foot. Dip through the legs, lifting the hands to the belly button, assisting the base during the shoulder sit. For the dismount, grab the bases wrist with the back hand and under the top person's leg with the front hand. Assist for the pop to the front and assist to the ground.

**TOP PERSON:** Start with one foot up and the hands on the wrist of the base. Push off the ground, while pushing down on the wrist. Lock the base leg and then create the shoulder sit by wrapping the feet behind the bases back and hitting a high V. For the dismount, straighten both legs and grab the bases hands on the outside of the legs. Push down on the hands during the pop while squeezing the arms against the sides to dismount off the front. Keep the chest up and push the hips forward to make sure the dismount lands straight up and down.

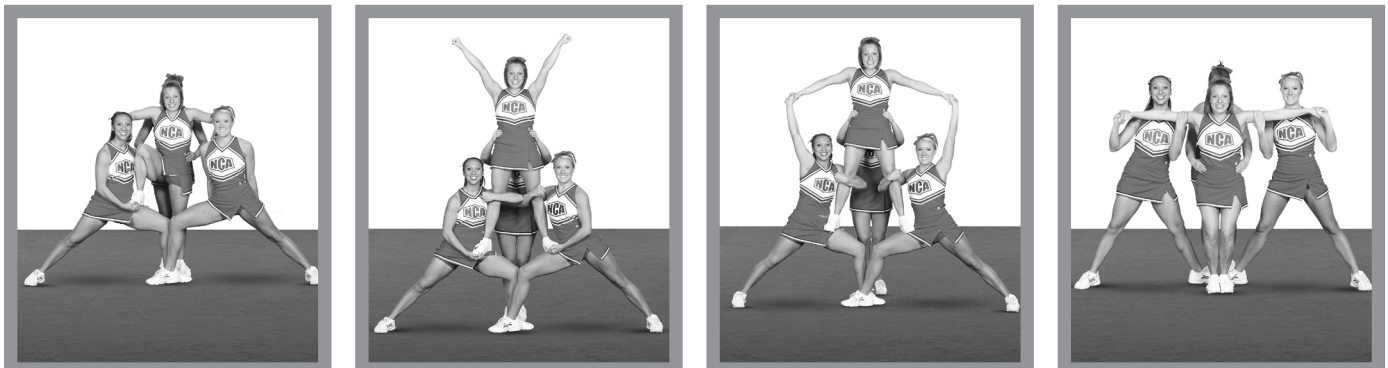


## THIGH STAND

**BASES:** Start in a side lunge toward one another, with the inside toe facing in and the other leg straight and toe facing forward. The outside hand holds under the ball of the foot and the inside arm squeezes the leg into the body with a fist. For the dismount, the outside arm reaches up like looking at a watch and shakes hands with the top person. Dip with the legs, popping off the front and support under the arm of the top person with four fingers forward with the inside hand.

**BACK SPOT:** Start with the feet shoulder width apart and holding on the waist of the top person. Lift through the waist and assist the stunt all the way through the dismount.

**TOP PERSON:** Start with one foot high in the pocket of a base and the hands on the shoulders of the bases with the elbows up. Push off the ground and the shoulders to lock out the base leg as fast as possible, then place the other foot on the other bases leg. For the dismount, shake hands with the bases in a "T" motion. Wait for the pop, push down on the hands of the base and squeeze the feet together. Resist through the hands until landing on the ground and absorb through the legs.



## SHOULDER STAND – ASSISTED; DISMOUNT OFF THE FRONT

**BASE:** Squat down to grab both ankles of the top person. Dip through the legs, lifting through the ankles and place on the back of the shoulders. Release one hand at a time and grab high on the calf of the top person and pull down for support. For the dismount, grab one hand at a time, dip with the legs, popping off the front. Keep the hands close to the top person's side to assist on the way down.

**SECOND BASE:** Start in front of the top person facing the front while shaking the hands and the feet shoulder width apart. Dip with the legs, driving up through the hands until the arms are straight. After the shoulder stand is created step to either side to assist. For the dismount; grab the bases wrist with the back hand and around the shin of the top person with the front hand. Assist for the pop to the front and assist with the landing.

**TOP PERSON:** Start with the feet together and shaking the hands of the second base. Dip with the legs, driving the hips up while pushing down on the hands of the second base until arms are straight. The feet should be on the back of the bases shoulders with the heels and ankles close and the toes facing slightly out. For the dismount, shake the bases hand one at a time, the base will pop, push the hips slightly forward to the hands while squeezing the arms by the side to resist through the hands for the dismount.

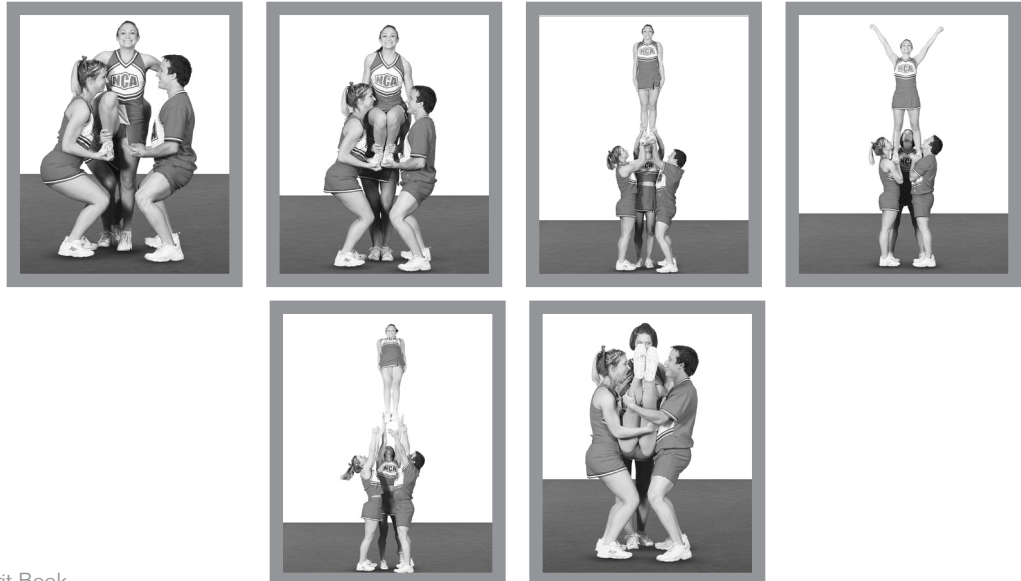


## EXTENSION PREP; CRADLE

**BASES:** Start facing each other in a double lunge with the feet slightly wider than shoulder width apart, with the arms at 90 degrees, elbows back and palms together at the belly button. The main base starts with the foot, on the given count both base dip with their legs, not moving the hands, as the second foot gets to the second base. Keep the arms tight, drive up through the hands as the elbows squeeze in, turn the palms together above eye level to hit the extension prep. The elbows should be close together and not resting the foot on the chest. For the cradle, dip with the legs, pop through the hands at extension level, leaving the hands up to catch at the highest point and absorbing through the legs to slow the cradle down.

**BACK SPOT:** Start with one hand on the ankle, as the other foot gets in, grab the second ankles, lift up as the stunt goes up and support around the ankles at the extension prep level. For the cradle, dip with the legs, pop through the hands at extension level, leaving the hands up in blades to catch the cradle at the highest point, absorbing with the legs to slow the cradle down.

**TOP PERSON:** Start with one foot in the bases hands and the hands on the shoulders with the elbows up. Push off the ground, straighten out the arms, and place the other foot in the bases hands, keeping the ankles and knees together and the head and chest up. There should be no weight in the feet. As the base dip, lift up through the chest and lock the legs as fast as possible, hitting a high V at the top. For the cradle, keep the legs locked as the bases dip, lift up through the chest as the bases pop, clean the arms by the sides, catching the shoulders of the bases while holding the legs in a pike at eye level.



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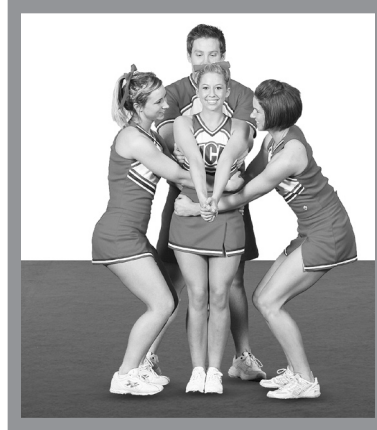
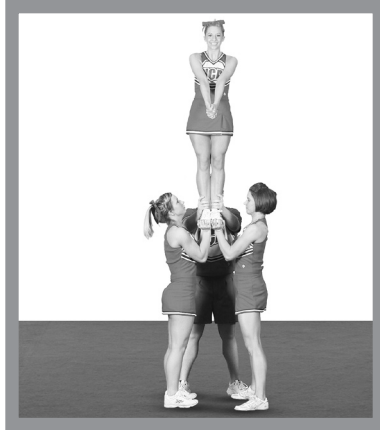


## SHOVE WRAP DISMOUNT FROM EXTENSION PREP

**BASES:** On the given counts, push the feet together and release the foot. Reach up to the top person and catch the front hand around the belly button and the back hand on the middle of the back. Slowing the top person down as much as possible.

**BACK SPOT:** On the given counts, squeeze the feet together and release the ankles. Reach up to the top person and assist around the waist to slow the top person down as soon as possible.

**TOP PERSON:** On the given counts, squeeze the feet together and clasp the hands in front below the belly button. Keep the chest up and absorb the legs after landing on the ground.

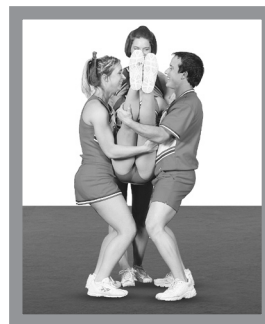
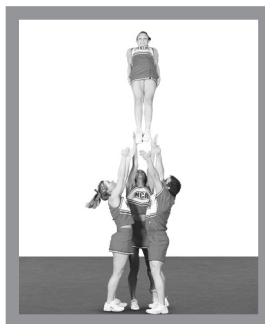
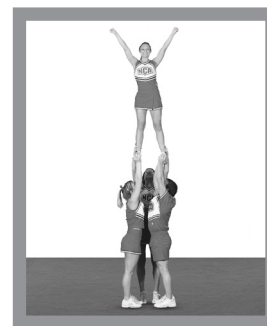
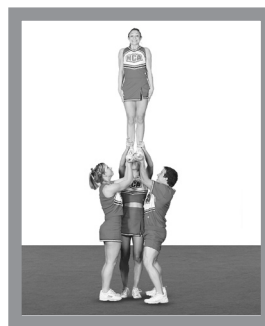
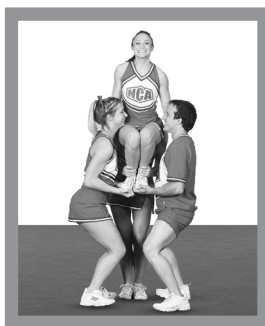
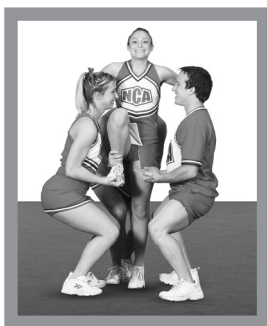


## EXTENSION; CRADLE

**BASES:** Start facing each other in a double lunge with the feet slightly wider than shoulder width apart, with the arms at 90 degrees, elbows back and palms together at the belly button. The main base starts with the foot, on the given count both base dip with their legs, not moving the hands, as the second foot gets to the second base. Keep the arms tight, drive up through the hands as the elbows squeeze in, turn the palms together above eye level and drive the hands to the top. For the cradle, dip with the legs, pop through the hands above extension level, leaving the hands up to catch at the highest point and absorbing through the legs to slow the cradle down.

**BACK SPOT:** Start with one hand on the ankle, as the other foot gets in, grab the second ankles, assist the stunt around the ankles or the highest point possible to the extension level. For the cradle, dip with the legs, pop through the hands above the extension level, leaving the hands up in blades to catch the cradle at the highest point, absorbing with the legs to slow the cradle down.

**TOP PERSON:** Start with one foot in the bases hands and the hands on the shoulders with the elbows up. Push off the ground, straighten out the arms, and place the other foot in the bases hands, keeping the ankles and knees together and the head and chest up. There should be no weight in the feet. As the base dip, lift up through the chest and lock the legs as fast as possible, keeping the legs inside shoulder width, hitting a high V at the top. For the cradle, keep the legs locked as the bases dip, lift up through the chest as the bases pop, clean the arms by the sides, catching the shoulders of the bases while holding the legs in a pike at eye level.



## LIBERTY

**BASE:** Start facing each other in a double lunge with the feet slightly wider than shoulder width apart. The main base starts with the foot, grab the front hand on the ball of the foot and the back hand on the heel. The secondary starts with the back hand in the middle of the foot and the front hand over the shoelaces to create the “boot grip.” On the given counts, the bases dip with the legs, driving the hands to the top. The secondary base steps toward the main base with the back foot and turns the chest slightly to the front to help support the stunt. For the cradle, dip with the legs, popping with the hands leaving the hands up as high as possible to catch the top person, absorbing with the legs.

**BACK SPOT:** Starts with one hand around the ankle of the top person and the other under the seat of the top person. On the given counts, dip with the legs, push through the seat hand to the top while lifting up through the ankle hand. At the top, grab both hands on the ankle or the highest point possible to assist the stunt. For the cradle, dip with the legs, popping through the hands, leaving the hands in blades to catch the top person at the highest point possible, absorbing with the legs.

**TOP PERSON:** Starts with one foot in, the hands on the shoulders of the bases with the elbows up. On the given counts, the partner pushes off the ground and the shoulders of the bases to help lift up through the chest while locking the base leg as fast as possible. At the top hit a liberty position with the other leg flat against the base knee. For the cradle, wait for the bases pop, lift up through the chest and shoulders, squeezing the feet together, catching the bases shoulders while holding the legs in a pike at eye level.

