

# Trouble-shooting Stunts

## Basic building techniques:

- bases: stability and use of legs
- tops: supporting weight with arms and tightening of body
- backs: anticipate potential problems and spot continuously

## Avoiding problems:

- learn in a progression (muscle memory for progression to elite stunts)
- master body positions on the ground before attempting them in the air
- don't rush ahead or skip steps
- use stunt qualification sheets

**Always emphasize responsibility of bases and tops for correctly performing their own parts**

## Fixing problems:

- on the ground
- with drills
- with level I stunts

## Drills:

- lower body awareness
- wall handstands/push-ups
- lifting hips/transferring weight to hands
- chair hang/presses
- elev squish/release feet/re-grab feet/elevator
- grounded cradle/tricks practice
- extension and cradle timing check (visual aid)
- counting through stunts with tension

## Common elevator issues:

### Tops

- feet pushing out
- arms bent too far
- seat dropping too low
- shoulders in front of hips/reverse
- legs too wide in stunt
- bending at knees/hips

### Bases

- shoulders not in line with hips
- hands too high
- moving hands to feet
- legs too wide/feet pointing out

- timing problems
- ankle grip for backs

### Common cradle issues:

#### Tops

- jumping out of bases
- piking early
- maintaining T
- relaxing early

#### Bases

- timing problems
- not using legs
- arms not up
- bases too far apart

### Learning liberties:

- step up with posts
- ground up
- walk in
- quick-toss or express up
- twist-up
- pyramid options

### Tops:

- easy and confident walk-in elevators/extensions
- lower body awareness in lib position
- weight in bases' shoulders
- ride to straight leg (target) before pulling lib
- pull up with stomach
- hips under, centered over heel
- staggered leg parallel to ground
- toe against side of knee, heel touching thigh
- push down with toes to tighten ankle

### Bases:

- use shortest as main, tallest as back
- begin with ending grip
- extend arms ahead of legs
- rub tummys
- block through shoulders

- keep focus up on top
- make a flat platform for top
- back pushes seat up, keeps lifting up and squeezing ankle
- watch spinal alignment
- keep top centered between bases