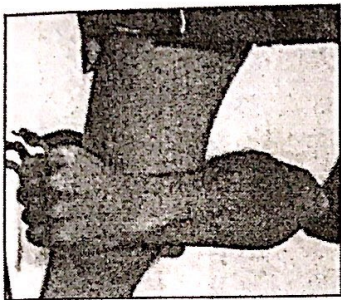


# GRIP TECHNIQUE



**THIGH STAND:**

Base's inside arm wraps above the partner's knee in a fist. Base's outside hand holds under the toe.

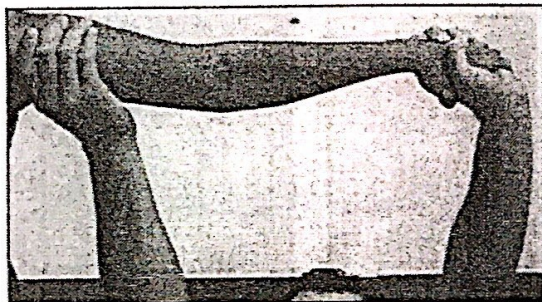


**HANDSHAKE:** Partner and base interlock hands as if they were shaking hands.



**EXTENSION PREP:**

Bases grab the heel and the toe of the partner and holds at chest level.



**FOUR FINGERS FORWARD:** Base supports under the arm of the partner with one hand, keeping fingers forward. Other hand is in a handshake position.



**WALK IN:** Partner's right foot rests in the base's right hand with index finger behind heel for extra grip. The base's left hand rests underneath the right hand for extra support and lift.

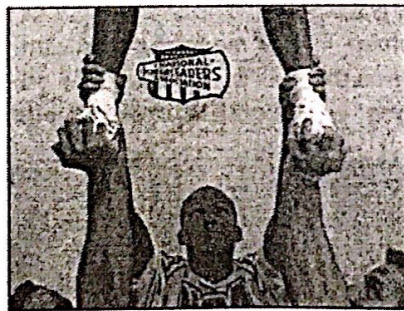


**BASKET TOSS GRIP:** Two bases each grabbing their own left wrist and the other's right wrist. This grip should be held below the waist level and should be relaxed so that it creates a trampoline or slingshot effect.



**SHOULDER STAND:**

Base grabs around the partner's calves just below the knee, pulling down while keeping the elbows forward.

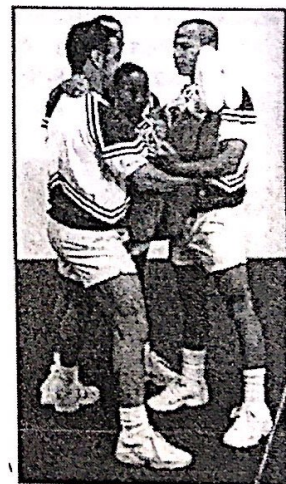


**EXTENSION:** Bases grab the heel and the toe of the partner, while the back spotter grabs at the ankles or base's wrists.



**CRADLING ARM POSITION:**

Bases reach up with straight arms. One base's arms are narrow and one base's arms are wide.



**CRADLE:** Bases wrap their arms around the partner's lower back and legs. Partner wraps her arms around the bases' shoulders.

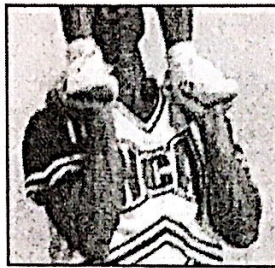
# BUILDING TECHNIQUE



**CHAIR:** Base places right hand in the center of the partner's seat with arm locked. The left hand grabs the partner's left ankle and pushes upward for support.



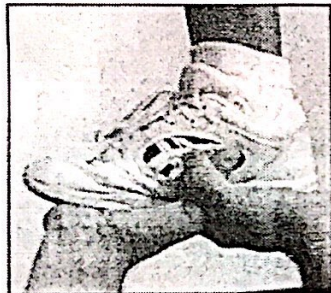
**TORCH:** Base grabs under the foot with the left hand, while the right hand is placed on the partner's right thigh and pushes upward for support.



**HANDS:** Partner stands in base's hands. Base grabs the heel and middle of the partner's feet and holds position at shoulder level.



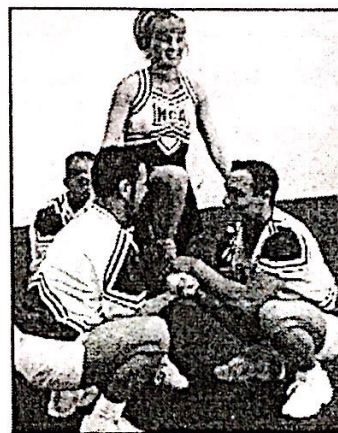
**LIBERTY:** One hand supporting the toe and one hand supporting the heel with a thumb on each side of the foot.



**HIGH TORCH:** Base grabs partner's heel and toe with both thumbs facing front. Hands should be touching in order to provide solid support for the partner.



**AWESOME:** Partner stands in base's hand with feet tightly together. Base provides a solid platform for partner by grabbing the heel and middle of foot, allowing the fingers to grab the sides and back of the feet.

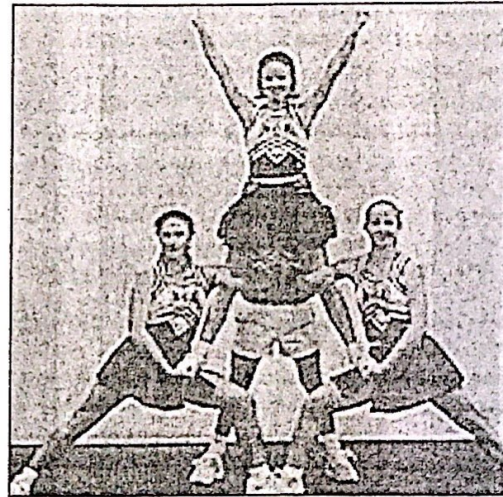
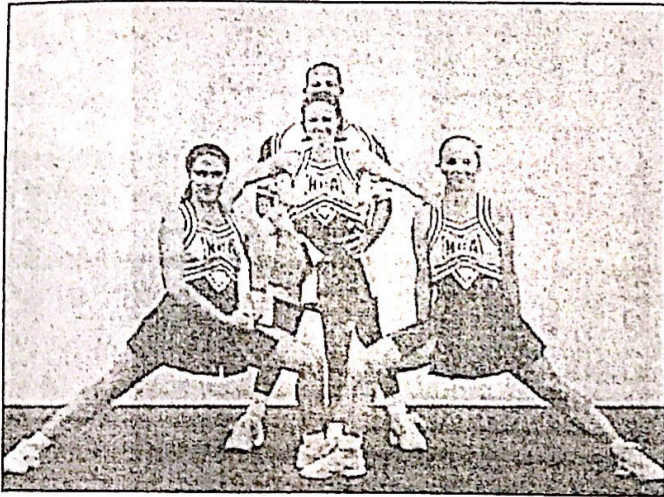


**GROUND UP LIBERTY:** Bases start in double lunge. Main base grabs the heel and toe. Secondary base grabs the bottom of the foot with the inside hand and wraps the outside hand around the top of the shoe with the thumb in the palm of the hand underneath. The back base grabs the partner's ankle and places the other hand under the partner's seat for a boost. Partner may push off of the base's shoulders or heads.



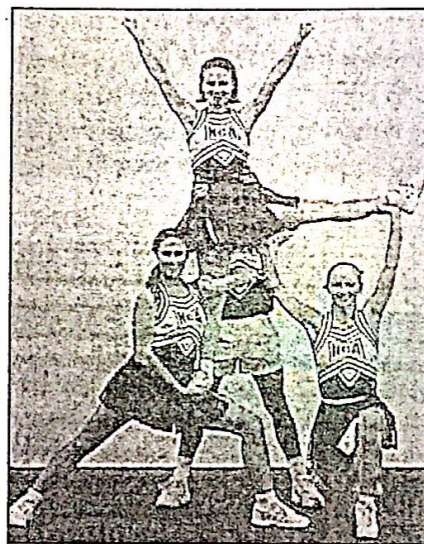
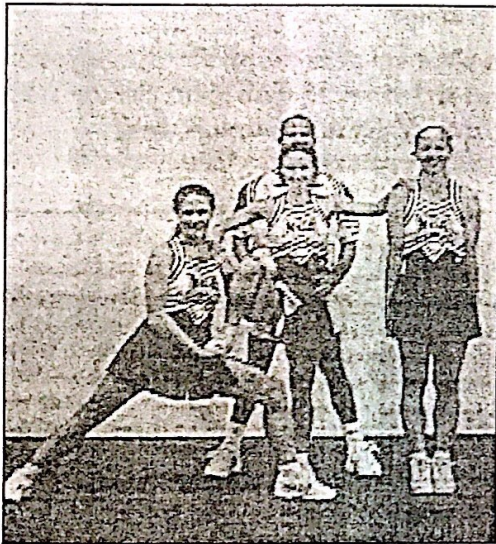
**PROGRESSION IN BASKET TOSS:** Step #1-Partner places one foot into basket grip. Spotter grabs at waist. Step #2-Partner places other foot on the designated counts. For correct partner body position, the heels, hips, and shoulders are in line. Do not sit too much. Spotter may continue to support at the waist or throw from the seat or under the basket grip once partner is balanced. Step #3-Partner rides the toss with arms in a touchdown position and toes pointed straight down. The bases leave their arms up in the air in order to catch high. Step#4-Bases cradle the partner, absorbing the catch with their legs.

# BASIC STUNTS DAY 1



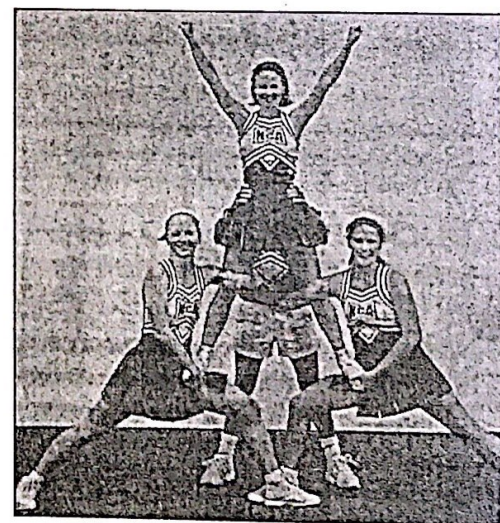
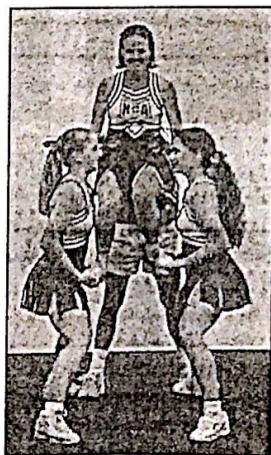
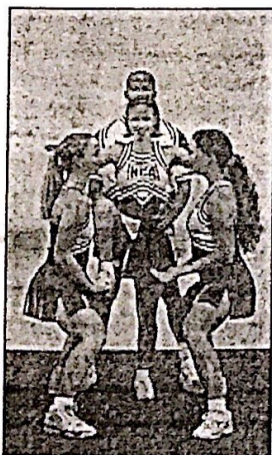
**THIGH STAND:**

Bases-lunge to the inside; make sure that you have a nice deep pocket for the partner. Once the partner steps into the stunt, grab the toe and the inside thigh. Partner-step, lock, and tighten. Spotter-support the partner at the waist throughout the stunt.



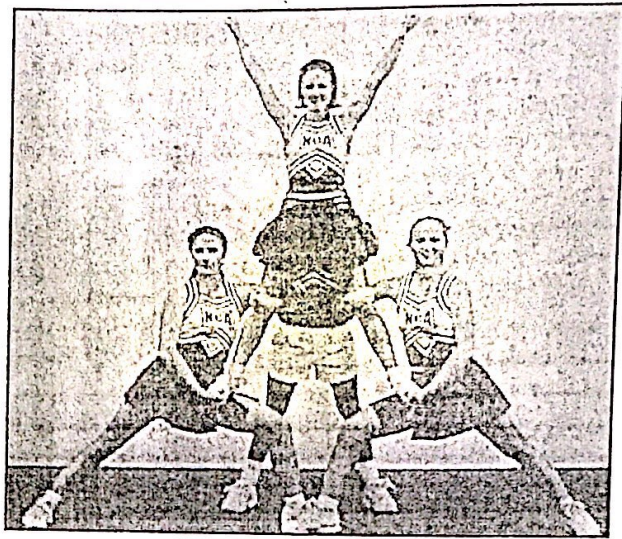
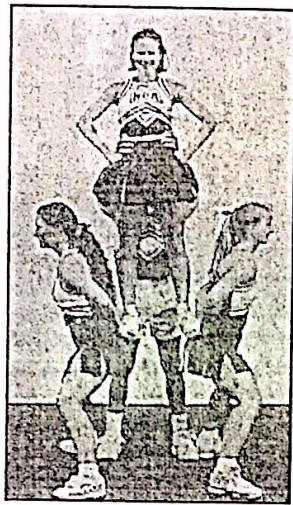
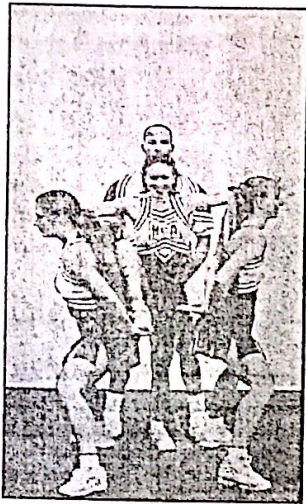
**L STAND:**

Bases-lunge to either side, creating a nice deep pocket for the partner, chest facing lunge. Partner-step, lock, and tighten. Do not put weight on the outside post. Spotter-support the partner at the waist throughout the stunt.



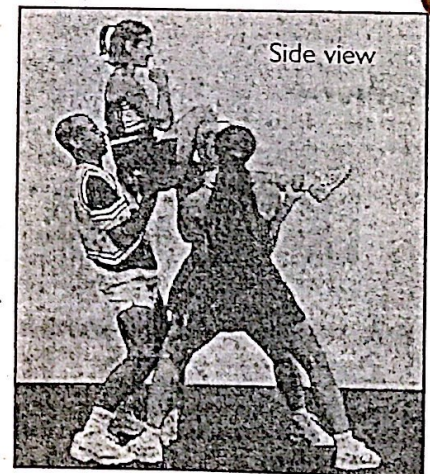
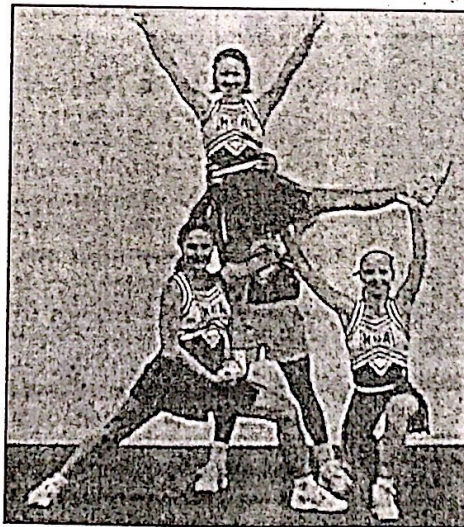
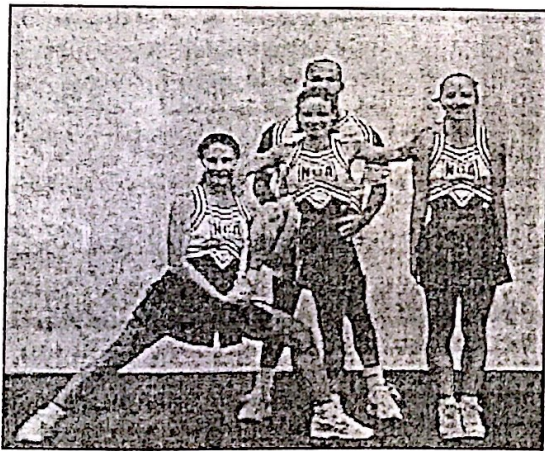
**HURDLER TO THIGH STAND:**

Bases-double lunge facing inwards. Sponge up. One base steps out to catch the partner's toe and seat. Sponge again to thigh stand. Partner-step in to counts, riding the sponge to a hitched position with arms in tabletops. Sponge again to thigh stand. Spotter-ass partner at the waist on the mount. Catch the seat on the sponge, and back to waist on the thigh stand.



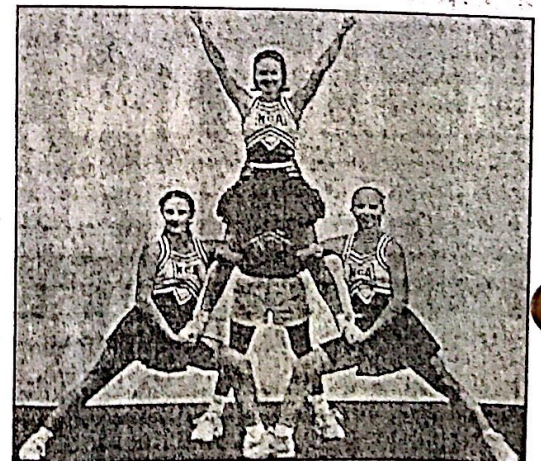
**REVERSE TO THIGH STAND:**

Bases-start in double lunge facing away from each other. Dip to counts, releasing to pivot and place the partner in a thigh stand. Partner-start with foot in base's hands. Dip to counts, pushing off the base's shoulders and mount to thigh stand. Spotter-assist at the waist continuously. Note: Spotter must remain in constant contact with the partner or the stunt becomes illegal.



**DUCK THROUGH TO THIGH STAND:**

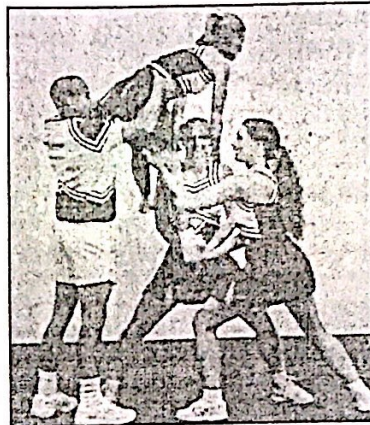
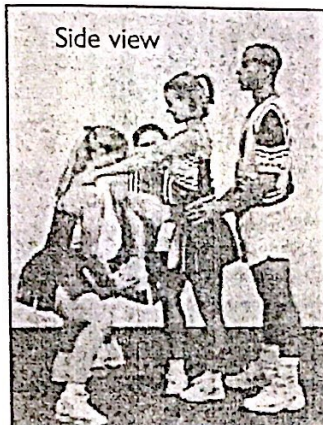
Bases-start for the L Stand stunt. On counts, bases will dip, pivoting stunt to the side and sponging through to a thigh stand. Stunt is held at prep level during the duck through. Partner-start in an L Stand. On counts, sit in a front hitch position, hands in tabletops. Spotter-assist at the waist. On the seated hitch, be sure to spot at the seat while remaining behind the stunt.



# BASIC STUNTS DAY 2

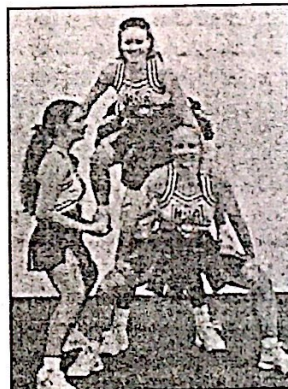
## WALK UP SHOULDER SIT:

Bases-main base starts in a front double lunge walk in position. On counts, the base lifts the partner on to the shoulders. Partner-start with foot in base's hands and arms on shoulders. Push off shoulders, swing leg around to the shoulder sit position. Wrap legs behind base once seated. Spotter-assist at the waist, following the stunt around to become the back spotter.



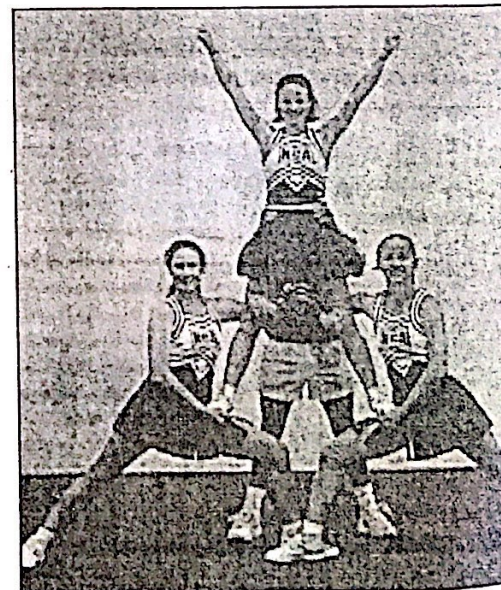
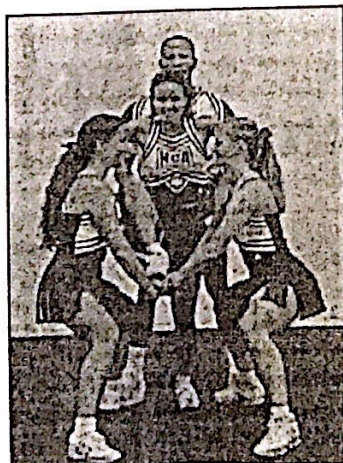
## TARZAN TO THIGH STAND:

Bases-side double lunge facing front double lunge. Side lunge catches partner's foot on counts, sponges to thigh stand. Front lunge will sponge on counts and step out into side lunge for the thigh stand. Partner-starts with foot on outside pocket of front base. Climbs to counts into side base, sponges to front base into thigh stand. Be sure to push off of shoulders of both bases. Spotter-assist at the waist throughout stunt.



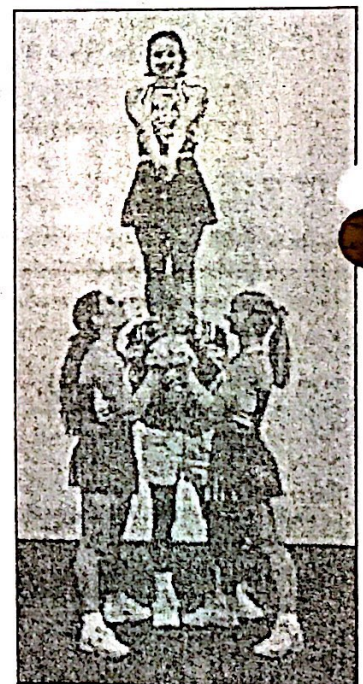
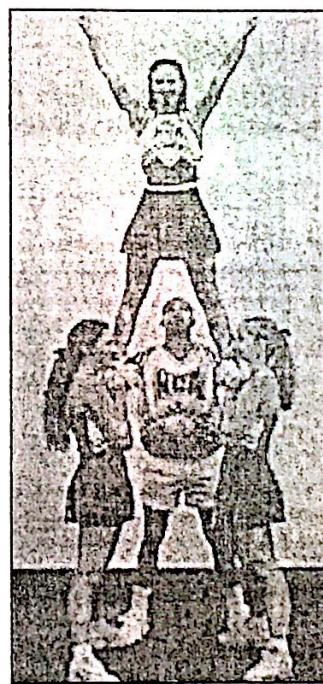
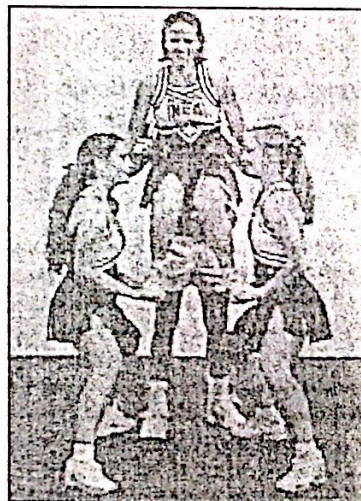
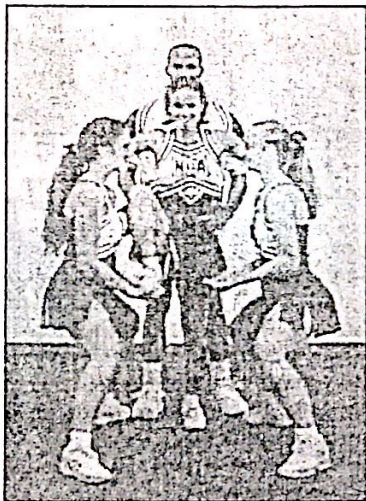
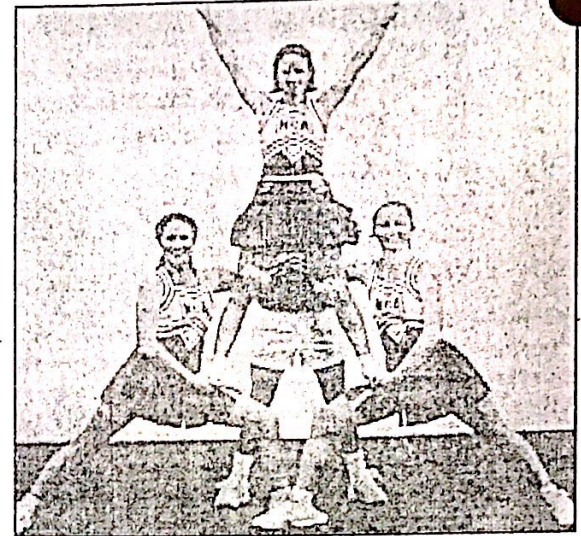
## BASKET TO THIGH STAND:

Bases-start in a basket toss grip position. Sponge to thigh stand. Partner-one foot in basket to start. On counts, step in with other foot and sponge to thigh stand. Spotter-assist at the waist throughout stunt.



**TOE PITCH TO THIGH STAND:**

Bases-main base will start in walk in position. Second base will start behind partner at the waist. Second base will pivot to a side lunge for the thigh stand. Partner-step into base with hands on the shoulders. Sponge up and pivot with bases to thigh stand. Spotter-start on the side assisting on the lift at the ankle and under the thigh. Pivot to the back and catch partner at the waist.



**EXTENSION PREP:**

Bases-double lunge position, sponging on given counts to shoulder level prep. Partner-keep weight in the shoulders and push off bases to execute the stunt. Spotter-support at waist until stunt hits prep level, then support at the ankles. For shove wrap, bases join partner's feet and release together on given counts, wrapping around partner to support the dismount. Partner stays in a tight, clean position and absorbs the landing in the knees.

