

**Basic Stunts and Drills**

Stunt/Drill	Type of Stunt/Skill	Keys	Purpose/Uses
Step-Up Drill	Drill	Base-hold proper position Top-step & lock, hold tight body line	<b>Purpose</b> -to teach the tops to step & lock while keeping a tight body line <b>Uses</b> - as a drill only
Side-Thigh Stand	Basic, Step & Lock	Base-hold proper position Top-step & lock, hold tight body line	<b>Purpose</b> -repetition of step & lock, tight body line <b>Uses</b> -levels & pyramids
Double Base Thigh Stand	Basic, Timing	Bases-stunt posture, stability Top-load in with straight arms	<b>Purpose</b> -lays foundation for elevators, coordinating two bases <b>Uses</b> -transitional stunts, levels and pyramids
Shoulder Straddle -Walk-up	Basic, Step & Lock	Base-stunt posture Top-climbing light	<b>Uses</b> -transitional stunts, levels and pyramids
Shoulder Straddle -Toss	Basic	Base-extending arms in toss Top-push through legs in the jump Back-spot-drive leg	<b>Uses</b> -transitional stunts, levels and pyramid
Shoulder Stand -Pick Ups	Intermediate, Weight Transfer	Base-extending arms/locking arms Top-riding hips, locked arms	<b>Purpose</b> -introduces top to riding hips, helps in teaching new transitional stunts.
Pick-Up Elevator	Intermediate, Timing and Weight Transfer	Bases-timing with the top person's jump Top-jump, riding hips	<b>Purpose</b> -reinforces riding the hips and weight transfer <b>Uses</b> -levels, pyramid, transitional stunts
<b>Elevators</b>			
Hang-Drill	Drill	Bases-hold body position Top-locking arms, tight body position	<b>Purpose</b> -teach top person to stay tight and lock-out arms
Hang-Drill to Elevator	Drill, Timing	Bases-using legs with proper timing Top-arms locked, body position	<b>Purpose</b> -teaches bases importance of using the legs, also teaches the top girl to lock-out arms
Load in Elevator -to shoulder level	Advanced, Timing	Bases-keep proper body position, use legs Top-proper load-in position, lifting chest to stand up	<b>Purpose</b> -builds on load-in double base thigh stand, introduces the basic technique of elevators which enhances other advanced/elite stunts <b>Uses</b> -levels, pyramid, transitional stunts
Elevator Press Extension	Advanced, Timing	Bases-use legs and timing to lock-out arms Top-keeping a tight body position	<b>Purpose</b> -reinforces timing, needed for cradles <b>Uses</b> -levels
Cradle-Drills	Drill	Bases-keep chests up, catch high and use legs to absorb landing Top-stay tight in cradle, holding herself up	<b>Purpose</b> -this is a safe way to teach how to catch the cradle
Elevator Cradle -from shoulders & extension	Advanced, Timing	Bases-use legs, extend arms to the top to begin the cradle Top-ride to the top	<b>Purpose</b> -cradles can be the safest way to dismount <b>Uses</b> -levels, pyramids, transitional stunts
Load in Elevator -to extension	Advanced, Timing	Bases-use legs and drive with arms to the extension Top-tight body position	<b>Purpose</b> -basic motion for most elite stunts <b>Uses</b> -levels, pyramids, transitional stunts
Walk-In/Step-In Elevator	Advanced-Timing	Bases-use legs and drive with arms Top-strong push, step and lock, leaving left foot almost touching the right for the base to grab	<b>Purpose</b> -a different way to get into an elevator and prepares for walk-in and step-in elite stunts <b>Uses</b> -untraditional way loading in for stunt sequences
Half-In Elevator	Advanced, Timing	Bases-grip, use of legs Top-loading-in properly	<b>Purpose</b> -transitional body awareness <b>Uses</b> -levels, pyramids, transitional stunts
Retake Elevator	Advanced, Timing	Bases-ride, timing Top-arms locked, body position	<b>Purpose</b> -the fundamental transitional stunt <b>Uses</b> -to transition from one stunt to another in a stunt sequence or pyramid
Cradle Reload	Advanced, Timing	Bases-catch high, use legs to pop the top girl into the hang-drill position Top-body control in cradle, using arms in hang-drill position	<b>Purpose</b> -transition stunt <b>Uses</b> -to transition from one stunt to another in a stunt sequence or pyramid

Advanced / Elite Stunts			
Stunt/Drill	Type of Stunt/Skill	Keys	Purpose/Uses
Liberty Ground-Up/Step-In/Walk-In	Elite, Timing	Bases-grip, use legs and drive through arms Top-push through shoulders, hollow body position	<b>Purpose</b> -basic technique of one leg stunts <b>Uses</b> -levels, transitional stunts, pyramids
Heal-Stretch Ground-Up/Step-In/Walk-In	Elite, Timing	Base-grip, use legs and drive through arms Top-push through shoulders, pull stretch to the front	<b>Purpose</b> -repetition of one leg stunt technique <b>Uses</b> -levels, transitional stunts, pyramids
Aerobesque Ground-Up/Step-In/Walk-In	Elite, Timing	Base-grip, use legs and drive through arms Top-push through shoulders, proper body position	<b>Purpose</b> - repetition of one leg stunt technique <b>Uses</b> -levels, transitional stunts, pyramids
Cradles			
Cradle Drill	Drill	Bases & back spot-in their catching position Top- holds themselves in a cradle position.	<b>Purpose</b> - to make sure everyone understands how to catch <b>Uses</b> -as a drill only
Straight Cradle	Timing	Bases-using legs they give a pop through an extended position and catching the top in a cradle Top-holding a proper body line, they "ride" the cradle to the top, give a final lift than catch their bases	<b>Purpose</b> - Dismount <b>Uses</b> -from 2 legged and 1 legged stunts
Full Twist Cradle Drill	Drill	Bases-using legs they give a pop through an extended position and catching the top in a cradle Top-arms in a "T" position, holding a proper body line, they "ride" the cradle to the top, then pull their arms to a "touchdown" position, look over their left shoulder completing one twist than catch their bases	<b>Purpose</b> -to teach proper spinning technique <b>Uses</b> -Drill
Full Twist Cradle	Timing	Bases-using legs they give a pop through an extended position and catching the top in a cradle Top-holding a proper body line, they "ride" the cradle to the top, then pull their arms around their body completing one or two twists than catch their bases	<b>Purpose</b> - Dismount <b>Uses</b> -from 2 legged and 1 legged stunts
Baskets			
Basket Toss	Timing	Bases-using a basket toss grip, they throw through the elevator extension position giving a flick with their wrists and leaving their arms up to catch the cradle high Top-jumps into basket with proper form, standing up while the bases through the top person should be in a straight body position, holding this position to the top of the basket toss, hit a trick than catch their bases	<b>Purpose</b> - elevate top person to perform a variety of tricks in the air <b>Uses</b> -in transitions, stand-alone stunt