

NOVICE LEVEL 2 RULES

BUILDING



The rules listed below are those for Novice level 2 and are stated as they appear in the USASF Rule Book.

Please note: each rule listed has the specific section number or letter as well as the page number where you can find it in the USASF rule book.

General Rule Book Section:

- 1 All skills allowed in a level encompass all skills allowed in the preceding level. If a skill is not allowed in a level, it is also not allowed in the preceding level(s).
- 2 Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill level with regard to proper performance level placement. **Athlete safety must be considered with all skills.**
- 13 Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

Page 14

All Level Stunts Rule Book Section:

A. ALL LEVEL STUNTS - GENERAL

- 1 Single based or assisted single based EXTENDED stunts are not allowed in Tiny, Mini and Youth divisions but may immediately pass through an extended position.

B. ALL LEVEL STUNTS - RELEASE MOVES

- 1 Release moves:
 - a. Must return to original bases
 - b. May not land on the performing surface without assistance.
 - c. May not intentionally travel.
 - d. May not land in an inverted position.
 - e. May not pass over, under or through other stunts, pyramids, individuals or **props**.
 - f. That land in a non-upright position must have:
 - (1) 3 catchers for a multi-based stunt.
 - (2) 2 catchers for a single-based stunt.
 - g. The height of a release move is determined by:
 - (1) The highest point of the release
 - (2) The distance from the top person's hips to the extended arms of the bases (**not the back spot**)
- 2 Free flipping or assisted flipping stunts and transitions are not allowed.
- 3 Single based split catches are not allowed.

C. ALL LEVEL STUNTS - INVERSIONS

- 1 **An athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.**

Page 15

All Level PYRAMIDS Rule Book Section:

A. ALL LEVEL STUNTS - GENERAL

- 1 Pyramids must follow Stunts and Dismounts rules and are allowed up to 2 high
- 2 Top person must receive primary support from a base. Exception: Release Moves
- 3 Any skill legal as a Pyramid Release Move is also legal if it remains connected to a base and required bracer(s).

NOVICE LEVEL 2 RULES

BUILDING



A. ALL LEVEL STUNTS - GENERAL CONTINUED

- 4 Primary weight may not be borne at second level. Transitions must be continuous.
- 5 Required brace/connection must be made prior to the initiation of the skill.

Page 16

All Level DISMOUNTS Rule Book Section:

A. ALL LEVEL DISMOUNTS

- 1 Movements are only considered "Dismounts" if released to a cradle or released and assisted to the performing surface.
- 2 Cradles from single based stunts must have a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- 3 Cradles from multi-based stunts must have two catchers and a spotter with at least one hand-arm supporting the waist to shoulder region to protect the head and shoulder area through the cradle.
- 4 All multi-based waist level cradles in which the bases begin underneath the top person's feet must follow toss rules.
- 5 Dismounts must return to original base(s).

Exception: Dismounts to the performing surface must be assisted by either an original base and/or spotter. Exception: Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. Clarification: An individual may not land on the performing surface from above waist level without assistance.

Exception: Dismounting single based stunts with multiple top persons.

- 6 No stunt, pyramid, individual, or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- 7 No free flipping or assisted flipping dismounts allowed.
- 8 Dismounts may not intentionally travel.
- 9 Top persons in dismounts may not come in contact with each other while released from the bases.

Exception: Dismounting single based stunts with multiple top persons.

- 10 Tension drops/rolls of any kind are not allowed.

Page 16

LEVEL 2 STUNTS Rule Book Section:

A. SPOTTERS

- 1 A spotter is required for each top person:
 - a. Above prep level.
 - b. In a floor stunt. The spotter may grab the top person's waist.

NOVICE LEVEL 2 RULES

BUILDING



B. STUNTS - GENERAL

- 1 During transitions, at least one base must remain in contact with the top person.
- 2 Single based stunts with multiple top persons are not allowed.
- 3 No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual
- 4 A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.

C. STUNTS - LEVELS

- 1 Single leg stunts above prep level are not allowed.

Exception: Single leg stunts may immediately pass through an extended position.

D. STUNTS-TWISTING

- 1 Up to 1/4 twist allowed.

Exception: A single full twisting log/barrel roll is allowed but must:

- a. Start and end in a cradle position.
- b. Be assisted by a base.
- c. Not be assisted by another top person.
- d. Not include any other skill than the twist.

E. STUNTS- RELEASE MOVES

- 1 No release moves allowed other than those allowed in Level 2 Dismounts and Tosses.

Exception: A single full twisting log/barrel roll is allowed but must:

- a. Start and end in a cradle position.
- b. Have 2 catchers for single-based log rolls. Multi-based log rolls have 3 catchers.
- c. Return to original bases
- d. Not be assisted by another top person.
- e. Not include any skill other than the twist.

F. STUNTS-INVERSIONS

- 1 Transitions from ground level inversions to non-inverted positions are the only inversions allowed.
- 2 Inverted athletes must maintain contact with the performance surface unless the top person is being lifted directly to non-inverted position.

Page 17

LEVEL 2 PYRAMIDS Rule Book Section:

A. PYRAMIDS - GENERAL

- 1 Required brace/connection(s) must remain the same and stay connected throughout the entire transition.
- 2 No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.
- 3 A top person may not pass over or under the torso/head of another top person regardless if the stunt or pyramid is separate or not.
- 4 Extended stunts may not connect to other extended stunts.

NOVICE LEVEL 2 RULES

BUILDING



B. PYRAMIDS- LEVELS

- 1 Extended single-leg stunts must:
 - a. Be braced to a top person at prep level or below with hand-arm connection.
 - b. Have prep level top persons bracers in a shoulder sit, flat back, straddle lift, shoulder stand or have both feet in the bases' hands.

C. PYRAMIDS-RELEASE MOVES

- 1 Anytime a top person is released by the bases, the top person must land in a cradle or dismount to the performing surface and follow dismount rules.

Page 20

LEVEL 2 DISMOUNTS Rule Book Section:

A. DISMOUNTS TO CRADLES

- 1 Only basic straight cradles and 1/4 twist cradles are allowed.
- 2 Body positions (toe touch, pike, etc.) are not allowed.

B. DISMOUNTS TO THE PERFORMANCE SURFACE

- 1 Only **straight pop downs** are allowed.

Page 20

All Star Novice Divisions Rule Book Section:

B. NO TOSSES PERMITTED

Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.

Clarification: All waist level cradles are illegal.

Page 40

NOVICE LEVEL 2 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Prep Level Liberty

Novice Level 2 Building

Novice Level 2 Building

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts) [Page 8](#)

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg [Page 7](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base /athlete in a backbend or inverted position on the performance surface may not be in contact with a top person. [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Prep Level Liberty

Novice Level 2 Building



Entry

Main Base - Begin with legs about shoulder width apart, knees bent, straight back and hands together with palms up and arms at a 90 degree angle. The right hand is on the top person's toe and left hand is under the heel.

Side Base - Begin with their legs about shoulder width apart knees bent, straight back and hands together with palms up and arms at a 90 degree angle. The right hand is in the middle of the foot and left hand is on shin of top person or the wrist of main base.

Top - Begin with one foot loaded into bases' hands with hands on each base's shoulder. Weight should be in hands. The foot that's on the performance surface should be on the ball of the foot.

Spotter - Squat down to be positioned where the top person's hips are located. Spotter should have right hand on top person's ankle and left hand underneath top person's seat.



Middle

Bases - Dip with legs. Bases should drive through the center of the body. Main base turn hands out above the head and settle down at prep level. Wrists should connect to the side base's wrist. Side base should be positioned underneath the stunt. The foot should be right above the side base's shoulder. Side bases left hand could be positioned on the top person's shin, under the top person's foot, or grabbing the main base's wrist.

Top - Dip with the base and lock out the leg being supported by the bases. Top person should push off the bases' shoulder to assist them with standing up and locking out their leg. Once leg is locked, the top person can execute the liberty. (STEP, LOCK, LIBERTY)

Spotter - Assist by pushing up through the seat. Be mindful not to push top person forward. Once at prep, the spotter should use the left hand to either pull up at the top person's ankle or to hold the top person's thigh.



Exit

Bases - Bases should dip with their legs, keeping their backs straight, drive top person above their heads and slowly bring them back to the set or load-in position.

Top - Once the bases extend, top should clean with the liberty leg passing through the platform position, and catching the bases' shoulders (just like they started)

Spotter - Assist bases by having the top person pass through the extended position. Spotter should use the left hand to slow the top girl down, either under the seat or at the waist. Assisting back to the load-in/set position.

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats
- Step Ups (onto a panel mat)

Drills:

- Top person practicing stepping onto a panel mat and locking out legs
- Timing drills
- Show & Go

Variation(s):

- Different body positions
- 1/2 up to liberty or body positions
- Tick Tocks
- Inversion to single leg stunts

Notes:

Safety:

The minimal to no arch in the base's back at entry



NOVICE LEVEL 2 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Prep Level Liberty to Prone Position

Novice Level 2 Building

Novice Level 2 Building

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts) [Page 8](#)

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg [Page 7](#)

Prone Position: A face down, flat body position. [Page 8](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base/athlete in a backbend or inverted position on the performance surface may not be in contact with a top person. [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Prep Level Liberty to Prone Position

Novice Level 2 Building



Entry

All - The transition starts in a prep level liberty.



Middle

Bases - Bases dip together and toss high. While arms are extended, catch top girl and hug the top person into their body. Making sure they don't past their chest area. Catch top as if you were catching a cradle.

Top - From prep level liberty, top person rides up, dropping leg to platform position, squeezing legs together. Keep chest and head up the entire time. (Arm position can vary.)

Spotter - Drive up above head and guide top person down. Maintains contact with top's ankle throughout transition.

Exit



Base - While arms are extended, catch top girl and hug the top person into their body, making sure they don't past their chest area. Catch top as if you were catching a cradle.

Top - Keep chest and head up the entire time. (Arm position can vary.)

Spotter - Hold top person at their ankles.

Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats
- Step Ups (onto a panel mat)

Drills:

- Catching high cradles
- Timing drills with bases and spotter

Variation(s):

- Twisting to prone variation
- Prone from extended stunt

Notes:

Safety:

- 1 Bases catching high and absorbing with legs



- 2 Top keeping head and chest up at catch



NOVICE LEVEL 2 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Prep Press Extension

Novice Level 2 Building

Novice Level 2 Building

Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit.

A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift.

If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level.

A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts) [Page 8](#)

Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs. [Page 6](#)

Extended Arm: The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". [Page 5](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base/athlete in a backbend or inverted position on the performance surface may not be in contact with a top person. [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Prep Press Extension

Novice Level 2 Building



Entry

All - Skill begins in a prep.

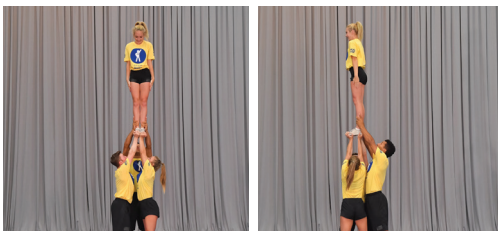


Middle

Bases - Together, bases dip with their legs. Drive top person above head, locking out their arms above their heads. At the top, rotate hands out to where the wrist are together. The top person's foot should be positioned above the base's face.

Top - Top should be in a straight body, squeezing legs together and keeping their arms by their side. Top should stay as tight as possible.

Spotter - Hands on top's ankles. Dip with bases, push to the top. Hands should shift to ankles at top. Pulling up and assisting the bases.



Exit

Bases - Bases dip with their legs, drive feet together at the extended position and slowly settling the stunt back to load-in/sponge. Releasing the feet to place out.

Top - Stay tight during the dip, squeeze legs together at the top of the extended position, and catching the shoulder of the bases when they bring the top down to load-in/sponge position. Maintaining contact with shoulder, land with feet together and knees slightly bent.

Spotter - From ankles, assist to the extended position. Spotter can either remain holding at the ankles or catch the top person's seat or waist when bases bring top person to load-in/sponge. Assist top person at the waist from stunt to the performance surface.



Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats
- Step Ups (onto a panel mat)

Drills:

- Top person practicing stepping onto a panel mat and locking out legs
- Timing drills
- Show & Go

Variation(s):

- Different body positions
- 1/2 up to liberty or body positions
- Tick Tocks
- Inversion to single leg stunts

Notes:

Safety:

The distance/closeness between the bases while holding the extension



NOVICE LEVEL 2 GLOSSARY

USASF CHEER GLOSSARY TERMS



Skill: Extension Straight Up

Novice Level 2 Building

Novice Level 2 Building

Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs. [Page 6](#)

Extended Arm: The highest point of a base's arm(s) (not spotter's arms) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "extended stunt". [Page 5](#)

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. **If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base/athlete in a backbend or inverted position on the performance surface may not be in contact with a top person.** [Page 4](#)

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss. [Page 11](#)

Spotter: A person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt, pyramid or toss. All "Spotters" must be your own team's members and be trained in proper spotting techniques.

The spotter:

- Typically stands to the side or the back of the stunt, pyramid or toss to protect the head, neck, back and shoulder area of a top person
- Must be standing on the performing surface.
- Must be attentive to the stunt being performed.
- Must not be involved in anything that could prevent them from spotting. *Example: A required spotter holding a sign.*
- Must be able to touch the base of the stunt in which they are spotting but does not have to be in direct physical contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- May not have both hands under the sole of the top person's foot/feet or under the hands of the bases.
- a top person's foot, regardless of hand placement, that person is considered a base. *Example: In a two-leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip).*

If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. [Page 10](#)



Skill: Extension Straight Up

Novice Level 2 Building



Entry

Bases - Begin with legs about shoulder width apart. The bases should be positioned no wider than the top person's shoulders, bent knees, straight back and hands together with palms up and arms at a 90 degree angle. Bases should put their wrists where their belly button is located.

Top - Begin with either one foot loaded into a base's hand or both feet on the performance surface. Top should have a hand on each of the bases' shoulder and weight in arms/hands.

Spotter - Hold top person at their waist.



Middle

Bases - Together, bases dip with their legs. Drive top person above head, locking out their arms above their heads. At the top, rotate hands out to where the wrist are together. The top person's foot should be positioned above the base's face.

Top - Bend through elbows. Push off bases' shoulders, standing up as quick as possible and locking out their legs. Top should be in a straight body, squeezing legs together and keeping their arms by their side. Top should stay as tight as possible.

Spotter - Hands on top's waist, under top's seat, on top's ankle or some combination of those 3 options. Dip with bases, push to the top. Hands should shift to ankles at top. Pulling up and assisting the bases.



Exit

Bases - Bases dip with their legs, drive feet together at the extended position and slowly settling the stunt back to load-in/sponge. Releasing the feet to place out.

Top - Stay tight during the dip, squeeze legs together at the top of the extended position and catch the shoulder of the bases when they bring the top down to load-in/sponge position. Maintain contact with shoulder, land with feet together and knees slightly bent.

Spotter - From ankles, assist to the extended position. Spotter can either remain holding at the ankles or catch the top person's seat or waist when bases bring top person to load-in/sponge. Assist top person at the waist from stunt to the performance surface.



Supplies / Aids:

Video

Conditioning:

- Pushups
- Squats
- Step Ups (onto a panel mat)

Drills:

- Show & Go
- Timing drill
- Hang drill

Variation(s):

- 2-Man variation
- Walk-in variation
- 1/2 up to extension
- Inversion to extension

Notes:



Safety:

The minimal to no arch in the base's back at entry

