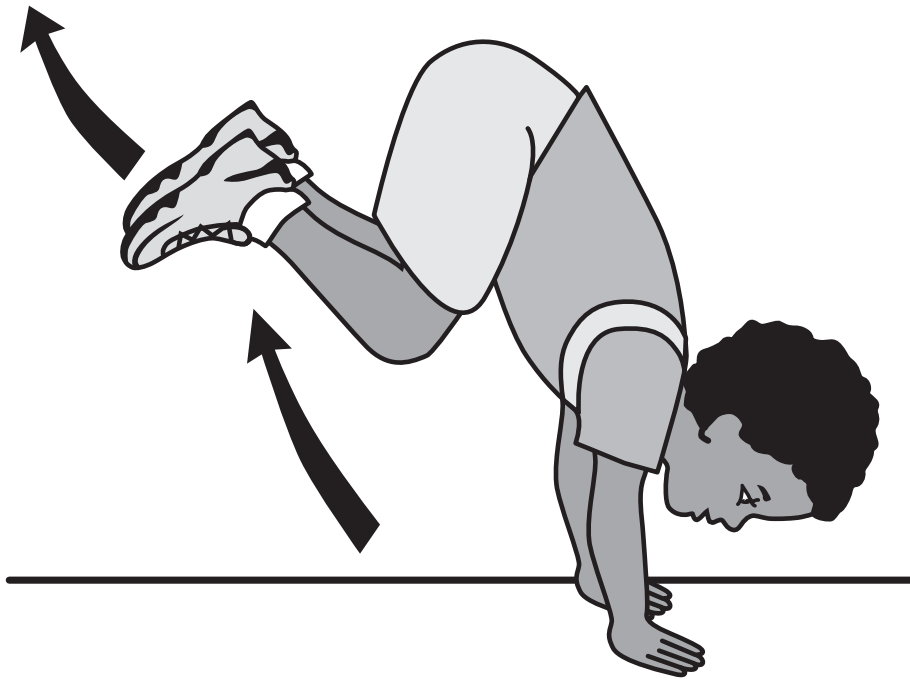


Coz de Mula

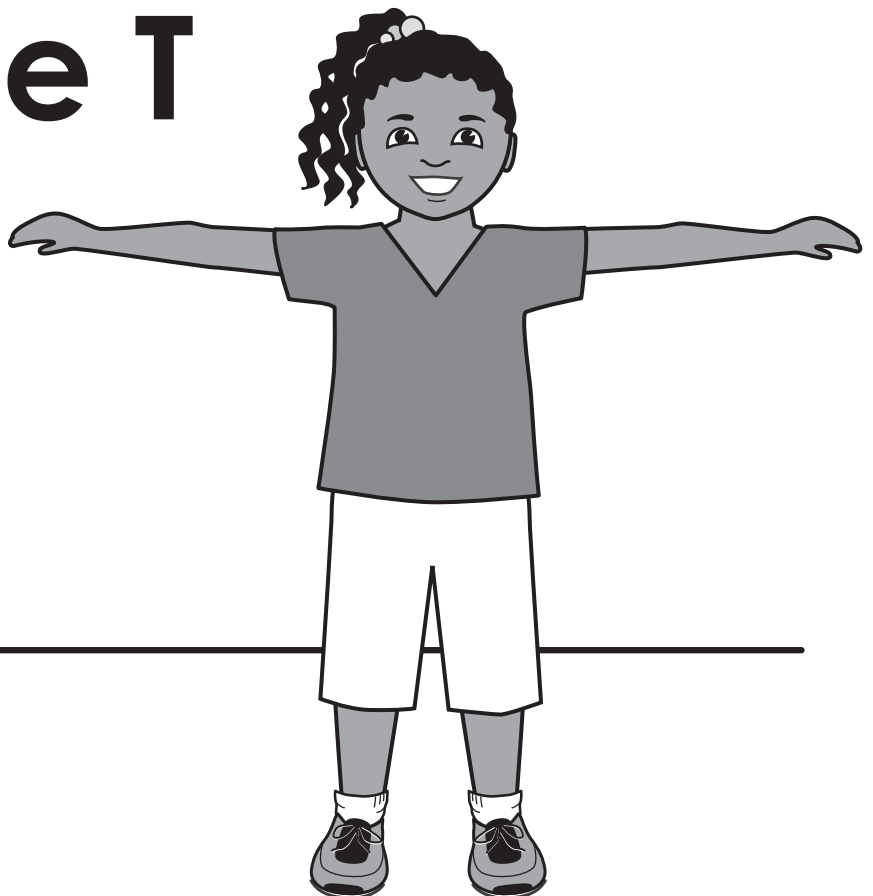


BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Forma de T

- ★ Stand with your body straight and stretched, lifting your arms to make the letter "T."

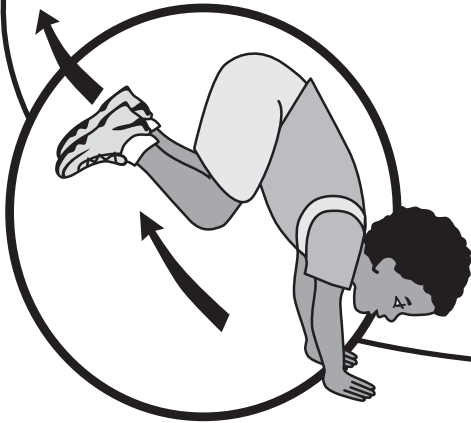


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Coz de Mula

- ★ Lean forward with hands on the ground. Keep arms straight.
- ★ Lift your feet off the ground, then kick them back and up like a donkey.



Chant:

A donkey can pack a powerful kick.
If I practice real hard, I'll learn this trick.

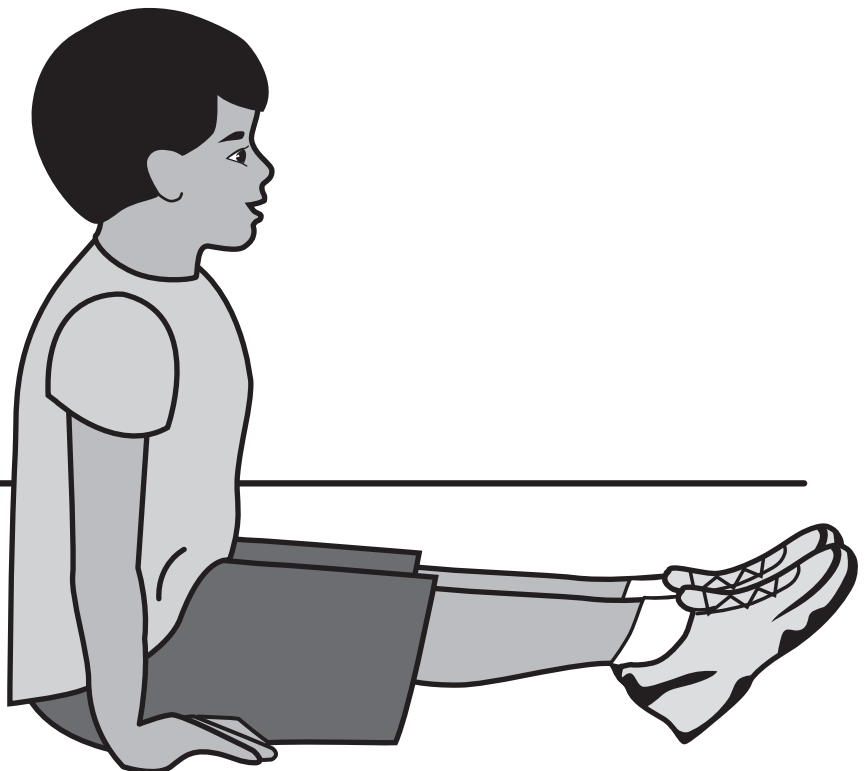


BALANCE, STUNTS, AND TUMBLING

ANIMAL WALKS

Pike

- ★ Sit on the floor with your back upright, your legs straight, toes pointed, and your hands flat beside your hips.



BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Salto Doblado

- ★ Sit with your knees tucked up to your chest and your arms wrapped around your knees.

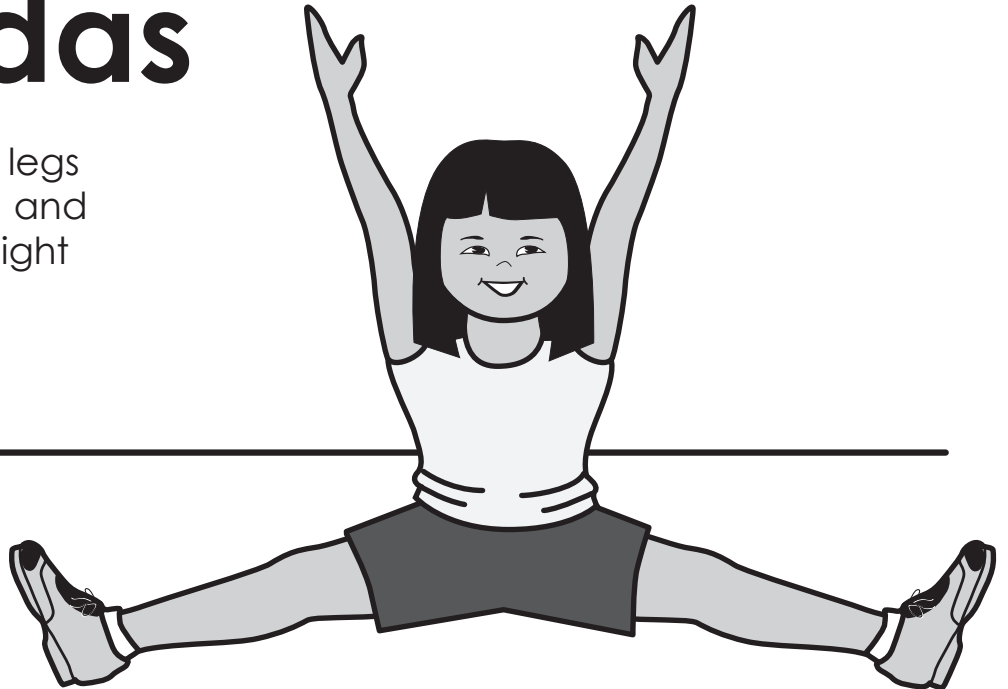


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Sentarse con las Piernas Separadas

- ★ Sit on the floor with your legs apart (straddle position) and your arms stretched straight overhead.

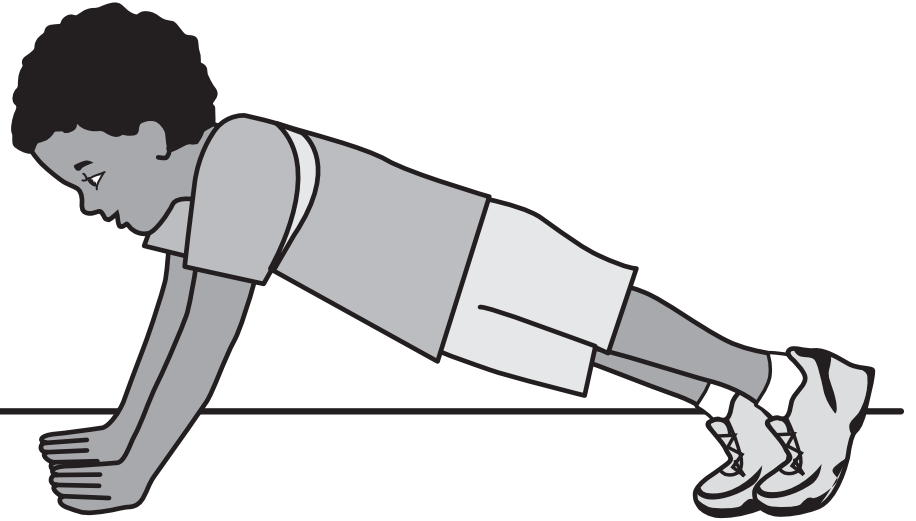


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Apoyo Delantero

- ★ Get into a push-up position with straight arms and a straight back.
- ★ Keep your legs together and your eyes looking straight down.

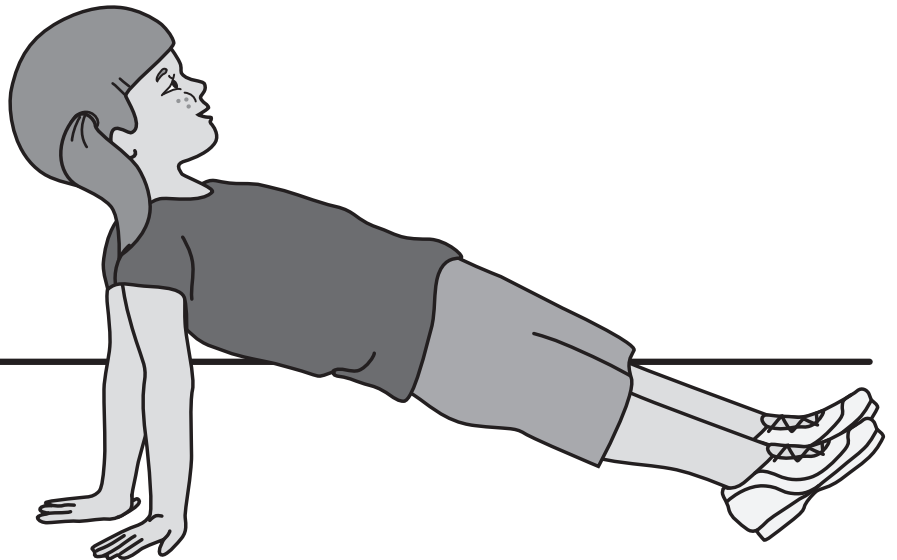


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Apoyo Trasero

- ★ Sit on the floor with your hands by your sides and your legs straight and together.
- ★ Straighten your arms and lift your bottom off the floor.
- ★ Keep your body straight and stiff like a board.

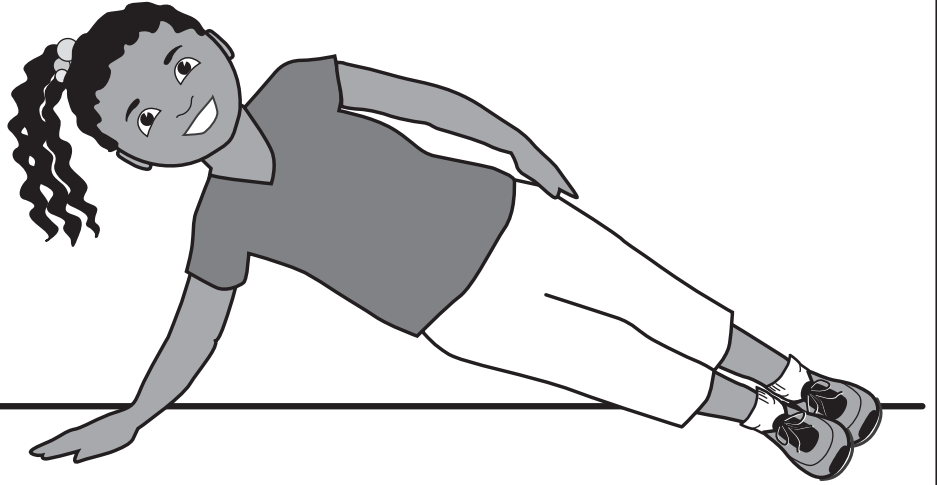


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

Apoyo Lateral

- ★ Sit on the floor with your legs straight and together, and both hands on one side of your body.
- ★ Turn sideways towards your hands, straightening your arms and lifting your hips off the floor.
- ★ Balance on the arm that is straight, and keep your body straight from your shoulders to your toes.

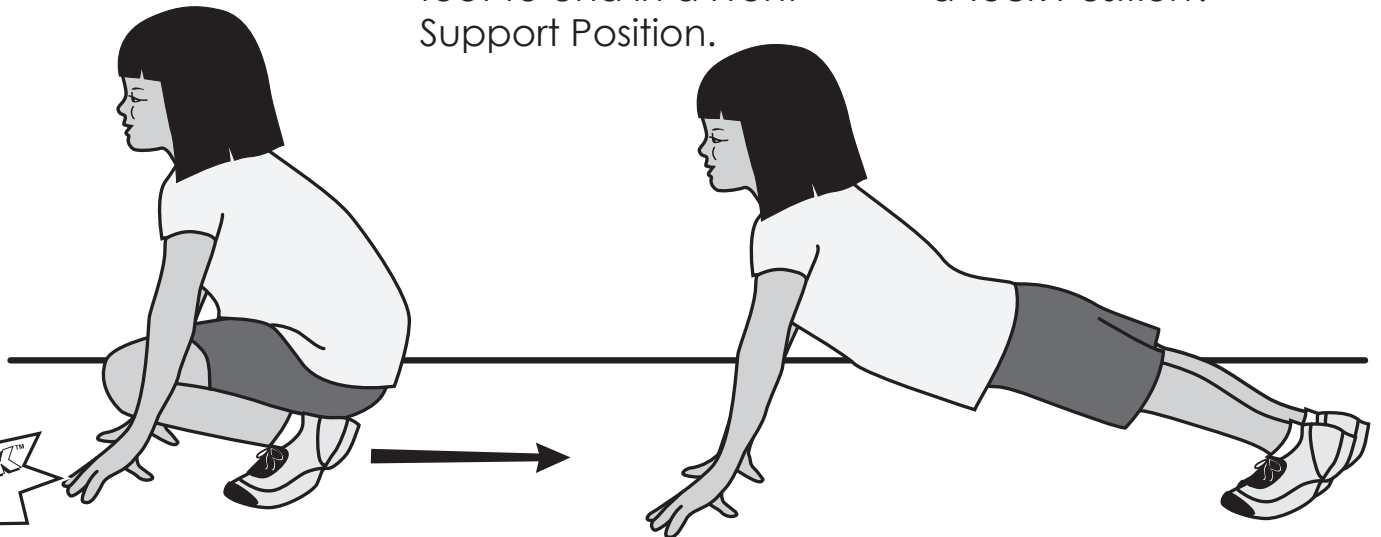


BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS

De Agachado a Apoyo Delantero

- ★ Start by squatting in a Tuck Position with your hands flat on the mat.
- ★ Lean forward on your hands while you jump backward with your feet to end in a Front Support Position.
- ★ Can you reverse this move and jump your feet forward back into a Tuck Position?



BALANCE, STUNTS, AND TUMBLING

BODY POSITIONS AND SUPPORTS