

Body Part Balance

★ Can you balance on 1 body part? 2? 3? 4? 5?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Kimbo Stand

- ★ Stand with your L foot flat on the ground.
- ★ Cross your R leg over the L until the R foot is pointed down and your toe is touching the ground.
- ★ Can you hold it for a count of 5?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Knee Lift Stand

- ★ Stand tall; lift 1 knee up so your thigh is level (parallel) with the ground.
- ★ Point your toes down.
- ★ Can you hold it for a count of 5?

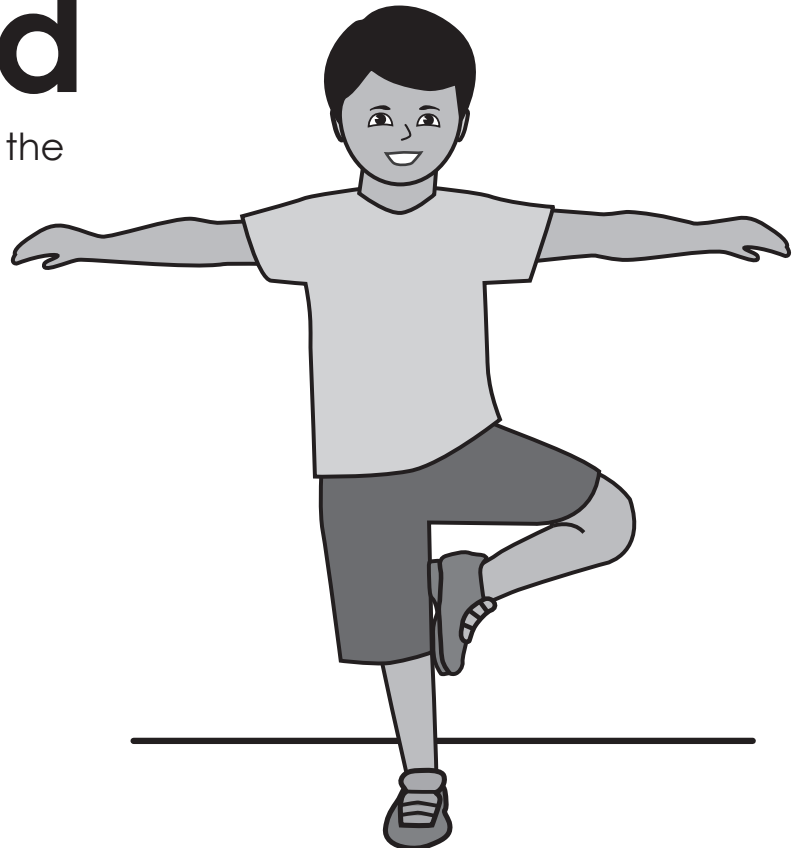


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Stork Stand

- ★ Stand on 1 leg, put the other leg on the side of your knee.
- ★ Extend both arms out to the side.
- ★ Can you hold it for a count of 5?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Double-Knee Balance

- ★ Kneel on both knees; point your feet behind you.
- ★ Lift both feet off of the ground and balance on your knees.
- ★ Can you hold it for a count of 5?

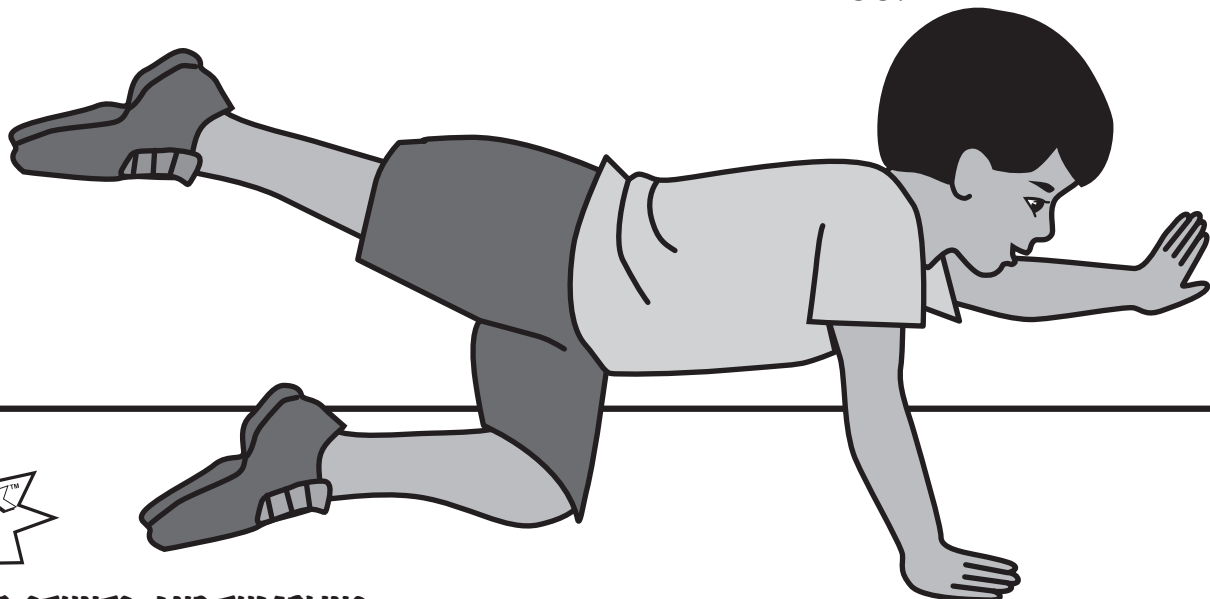


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Hand/Knee Balance

- ★ Balance on hands and knees.
- ★ Make a 2-point bridge with your R hand and L knee.
- ★ Now switch and try L hand and R knee.



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Single-Knee Balance

- ★ Start on both knees.
- ★ Take your arms out to the side and lean one way balancing on 1 knee.
- ★ Can you hold it for a count of 5?

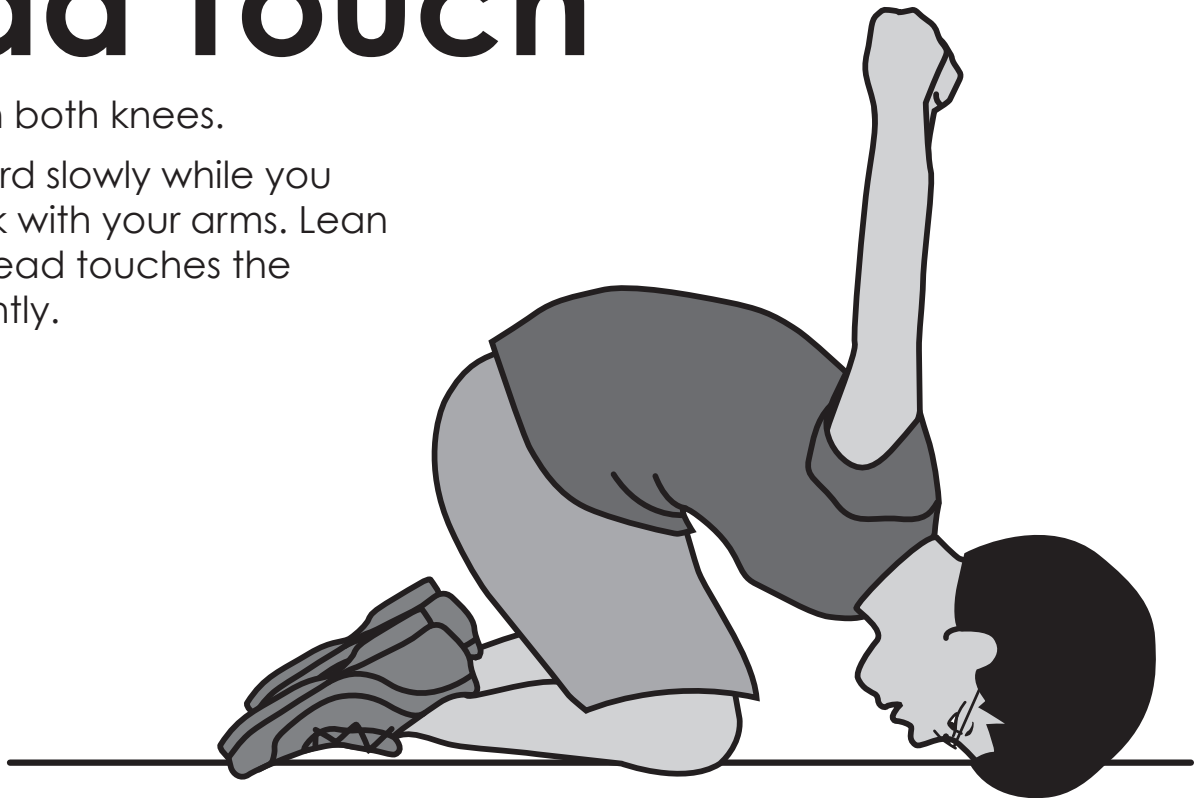


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Head Touch

- ★ Balance on both knees.
- ★ Lean forward slowly while you reach back with your arms. Lean until your head touches the ground gently.



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Shoulder/Feet Balance

- ★ Lie on your back, bend your knees and put your feet flat on the floor.
- ★ Lift your hips so only your shoulders, feet, and arms are touching the floor.
- ★ Do not put any weight on your neck or head.

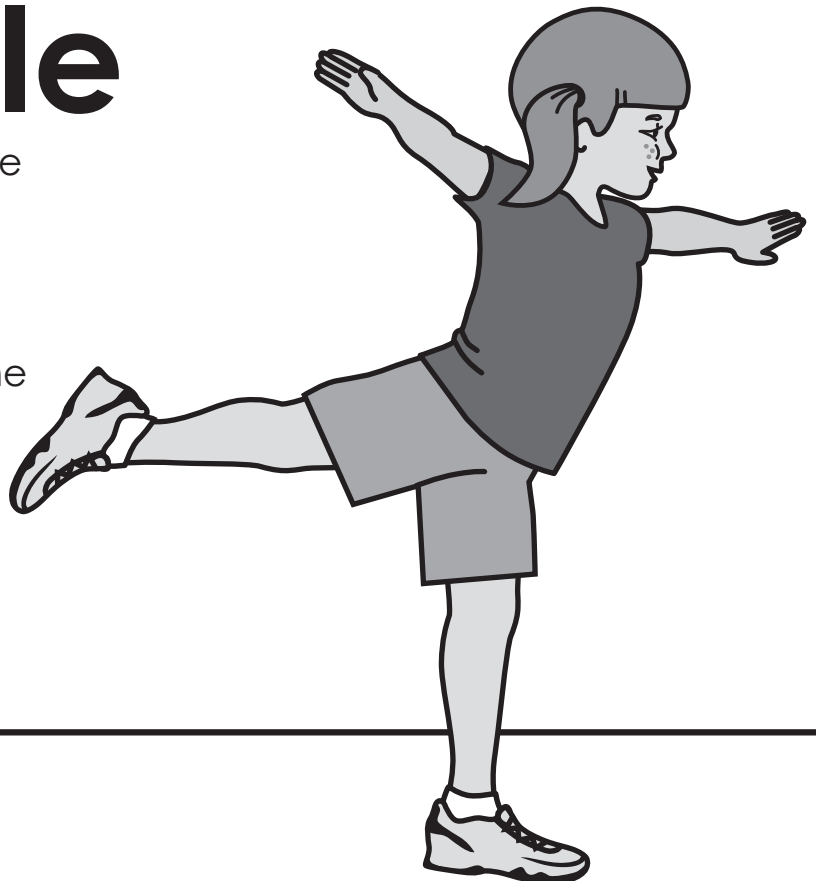


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Front Scale

- ★ Stand and lift your arms out to the sides.
- ★ Lift 1 leg backward until it is level (parallel) with the ground.
- ★ Lean forward and balance on the other leg. Hold your pose!
- ★ Try balancing on the other leg. Which is easier?

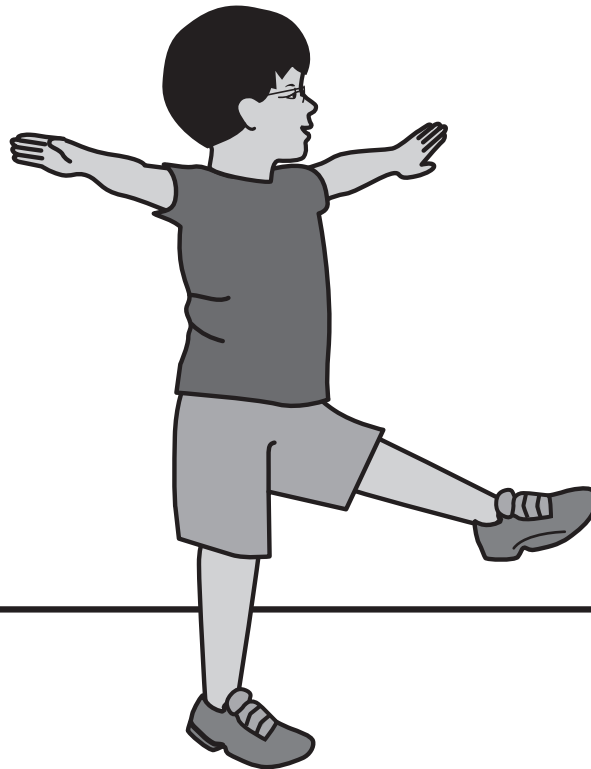


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Forward Balance

- ★ Stand and lift your arms out to the sides.
- ★ Keep one leg straight (don't bend at the knee), raise the other leg straight in front of you. Hold your pose.
- ★ Can you balance on the other leg, too?



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Sideways Balance

- ★ From standing, lift your arms out to the sides.
- ★ Lift 1 leg straight out to the side. Hold your pose.
- ★ Switch legs and try it again. Which is easier?

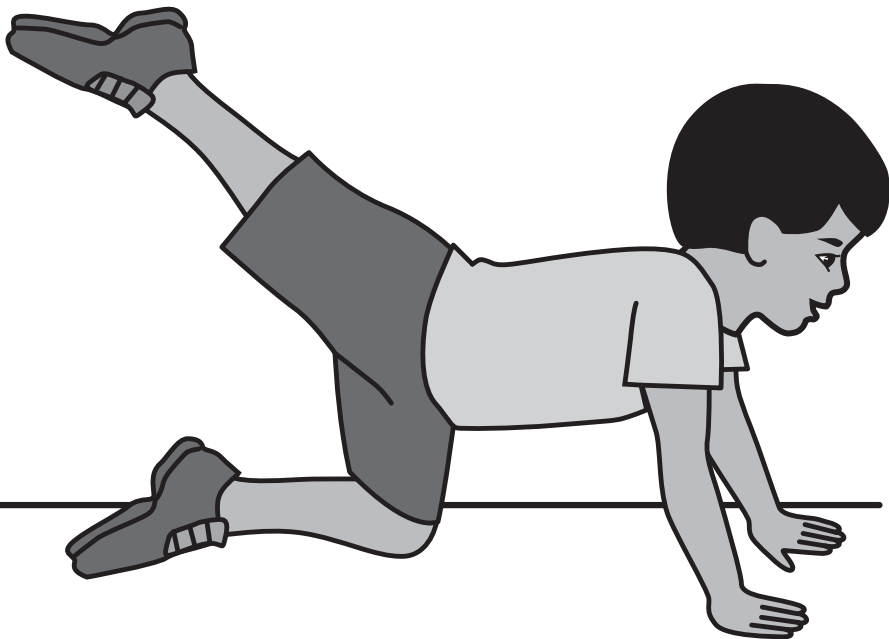


BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Knee Scale

- ★ Balance on both knees and place your hands on the mat.
- ★ Lift 1 leg straight back. Hold your pose.
- ★ Switch legs and try it again. Which is easier?



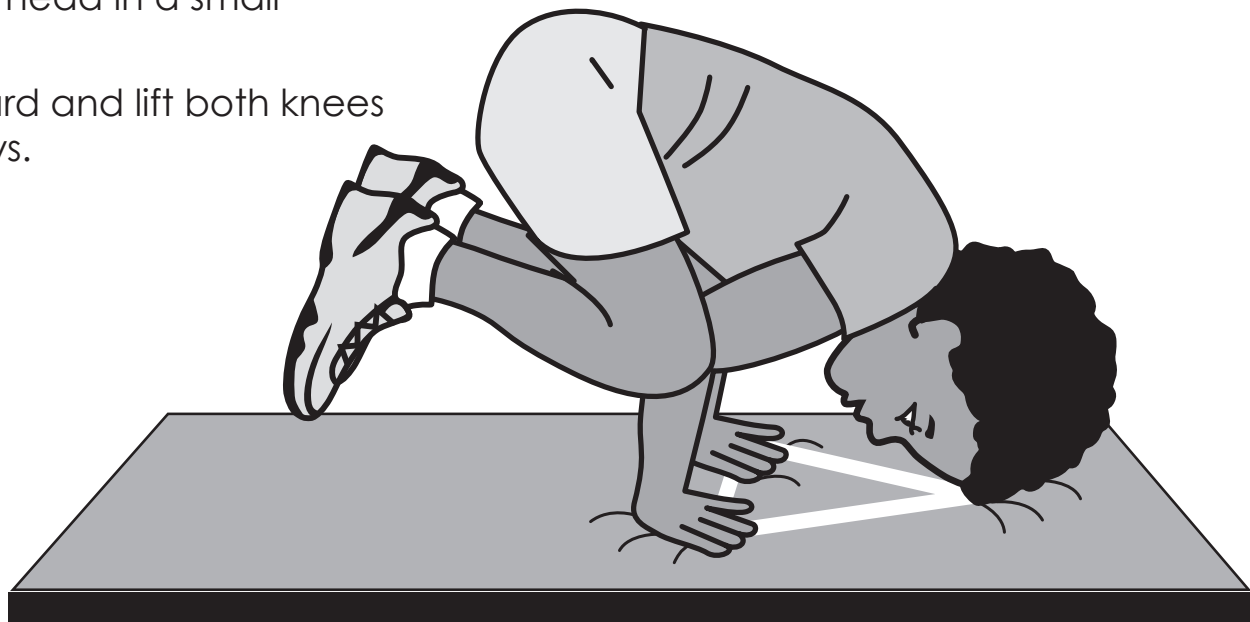
BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES

Tripod

- ★ Kneel on the mat and place hands and head in a small triangle.
- ★ Lean forward and lift both knees onto elbows.

(A mat is required for this stunt. Drawing a triangle on the mat with chalk is a helpful visual aid.)



BALANCE, STUNTS, AND TUMBLING

STATIC BALANCES