

# Tumbling/Double Balances

## Study Guide

### Benefits of Tumbling/Double Balances

Increases  
Flexibility



#### Benefits of Flexibility

- Decreases risk of injury
- Improves posture
- Increases blood supply to the joints (this makes you feel loose and not stiff)

Improves  
Balance



#### Benefits of Balance Training

- Improves athletic performance
- Enhances the strength of the core muscles
- Improves muscular coordination

Improves  
Muscular Strength



#### Benefits of Muscular Strength

- Strengthens your tendons, ligaments, bones, and muscles
- Decreases heart disease, blood pressure and cholesterol

Enhances  
Teamwork



#### Benefits of Teamwork

- Improves communication
- Builds trust
- Improves the ability to solve problems

### Safety rules during tumbling and balances

- Stay focused at all times and never distract your partner
- Check your starting and ending area before you begin
- Adjust all of your movements slowly and never assume that your partner knows what you want to do.

### Techniques for achieving **balance**

- Find your center of gravity
- Engage your core muscles
- Adjust slowly

**Base** - The person **not moving** during balances and their job is to support the top.

- Never drop your top!
- Communicate with the top. Let them know if you need them to adjust their position
- Stay serious and focused until the top is safely on the ground.

**Top**- The person moving during the balances

- Contract your body and let the base balance you.
- Stay focused on the skill
- Communicate with the base
- Let them know if you need them to make adjustments.

### Basic Tumbling Positions

Closed  
Pike

Open  
Pike

Tuck

Straddle

Lay-out





### Bridge

#### Technique Cues

- Lay down and place your hands on the floor next to your ears.
- Elbows and knees extend and push abdomen to the ceiling.

### Tripod

#### Technique Cues

- Form triangle between hands and head.
- Get your hips back and head in line.
- Balance knees on tricep.

### Head Stand

#### Technique Cues

- Same as the Tripod
- Slowly straighten legs while contracting the abdomen.

### Tip-Up

#### Technique Cues

- Put knees on your triceps
- Lean forward and balance on your hands.



### Double Knee

#### Technique Cues

- Keep weight over chest.
- Keep arms straight

### Scale on Back

#### Technique Cues

- Base in table top position.
- Top- places hands on shoulders and knee on hips
- No weight should be placed on the bases spine.
- Lift leg straight

### Stand on Back

#### Technique Cues

- The top stands on bases shoulders and hips and does not put any weight on the bases spine.

### Double Box

#### Technique Cues

- Crab position for both top and base
- Keep hips up
- Straighten arms
- Eyes are looking up.



### Sit on Shoulder

#### Technique Cues

- Top stands behind base and steps onto the pocket of the lunge. Base stays connected to the top at all times.
- Base helps lift top straight onto lunge and then waits as top places feet around shoulders
- **Dismount:** Base places hands under tops straddled legs. Base pops top and turns to face the top.



### Front Bird

#### Technique Cues

- Base keep legs straight
- Top- keeps shoulders and legs up and lets the base balance them.



### Back Bird

#### Technique Cues

- Base keep legs straight
- Top- keeps shoulders, legs, and head back while letting the base balance them.



### Sit on Feet

#### Technique Cues

- Get into the back bird position.
- Top- wraps feet around the base and contracts their abdomen into a sitting position.
- Base- maintains a steady position.



### Stand on Thigh

#### Technique Cues

- Base stands in wall sit position with hands on the tops waist.
- Top- places their hands on bases wrist.
- Top- pushes down on wrists and steps up.
- Base moves hands up to the top's quadriceps to help balance



### Knee Shoulder Stand

#### Technique Cues

- Top- Stands over the base and puts hands on the knees of the base.
- Both partners keep arms straight.
- Base- Keeps their head and shoulders on the ground.
- Top- Leans forward and presses or jumps to handstand. Keep legs slightly piked while learning



### Straddle on Thigh

#### Technique Cues

- Top- Stands in front of base and places hands on knees of base
- Base reaches under the tops legs and holds their legs.