

Basic Stunts



Sponge Thigh Stand

Bases start in a double lunge position. Partner loads in, sponges and stands up to a locked out position, placing arms in a high "V" motion. Bases step out placing the Partner's foot in the pocket of their side lunge keeping contact with the toe of the Partner and grabbing above the Partner's knee. The Spotter will hold on to the Partner's waist throughout the stunt.



Sponge Low Straddle

Bases start in a double lunge position. Partner loads in, sponges and sits in a straddle position, placing arms in a high "V" motion. Bases step out keeping contact with the toe of the Partner and holding under the Partner's hips. The Spotter will support under the Partner's hips.



Sponge Half Extension

Bases start in a double lunge position. Partner loads in, sponges and stands up to a locked out position, placing arms in a high "V" motion. Bases stand up keeping contact with the foot of the Partner. The Spotter will assist at the Partner's waist then support the ankles.

Basic Stunts



Sponge Thigh Stand To Leg Lift

After completing a Thigh Stand, the Partner will lift one leg to a hitch position, the Base holding the lifted leg will turn forward keeping contact with the Partner's foot. The Spotter will hold on to the Partner's waist throughout the stunt.



Sponge Thigh Stand Leg Lift To Half Extension Leg Lift

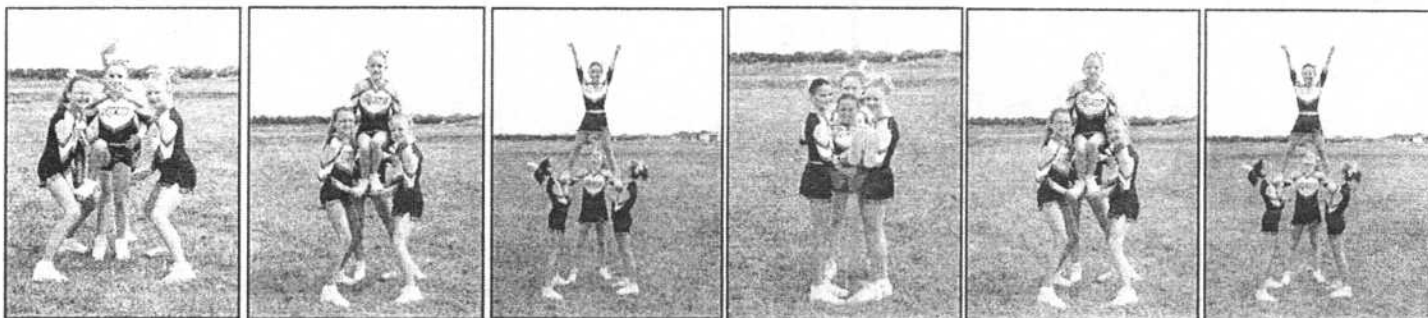
Follow the same steps for performing a sponge thigh stand but progress immediately to the leg lift position. From here, everyone will sponge and stand up to a half extension with the Partner lifting one leg. Spotter will assist at the Partner's waist then support the ankle.



Sponge Thigh Stand To Half Extension

After completing a Thigh Stand, everyone will sponge and stand up to a Half Extension.

Intermediate Stunts



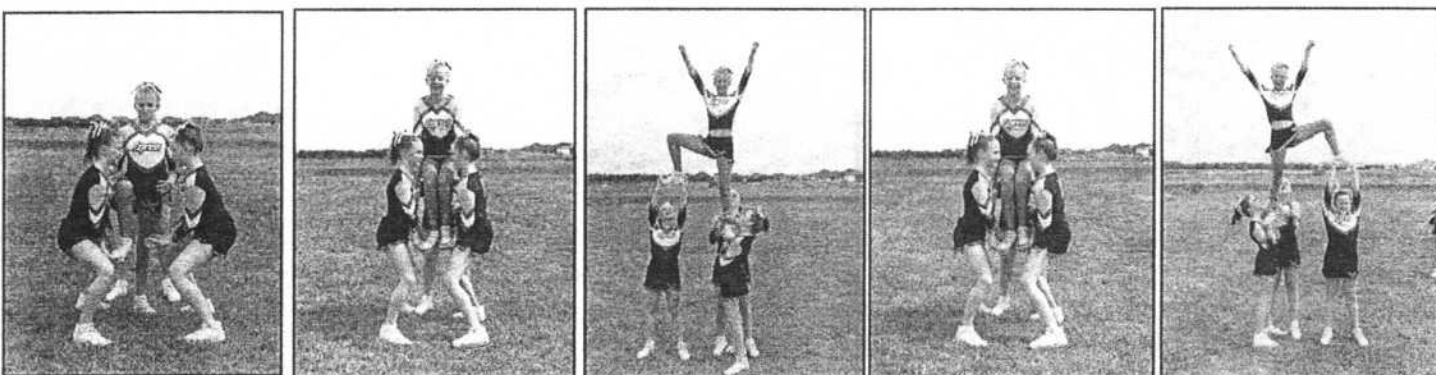
Sponge Half Extension, Cradle, Sponge Half Extension

Bases start in a double lunge position. Partner loads in, sponges and stands up to a locked out position, placing arms in a high "V" motion. Bases stand up keeping contact with the foot of the Partner. The Spotter will assist at the Partner's waist then support the ankles. On a designated count the Bases and Spotter will bend their legs then straighten following through with their arms. The partner will ride the toss with arms in a touchdown motion with toes pointed straight down. The Bases will cradle the Partner with the Spotter assisting. The Bases will pop the Partner to the load in position. From here everyone repeats the same steps for performing a sponge half extension.



Sponge High Straddle

Bases start in a double lunge position. Partner loads in, sponges and sits in a straddle position, placing arms in a high "V" motion. Bases step out keeping contact with the toe of the Partner, extending their arms and holding under the Partner's hips. The Spotter will support under the Partner's hips.



Sponge Half Extension Leg Lift Switch

Bases start in a double lunge position. Partner loads in, sponges and stands up to a locked out position on one leg and lifts the other leg to a hitch position, placing arms in a high "V" motion. Bases stand up keeping contact with the foot of the partner. The Base holding the lifted leg will turn forward keeping contact with Partner's foot. The Spotter will assist at the Partner's waist then support the ankles. From this position everyone will sponge and stand back up to a Half Extension with the other leg lifted.

Intermediate Stunts



Sponge Half Extension Sponge Extension

Bases start in a double lunge position. Partner loads in, sponges and stands up to a locked out position, placing arms in a high "V" motion. Bases stand up keeping contact with the foot of the Partner. The Spotter will assist at the Partner's waist then support the ankles. From this position everyone will sponge and stand back up to an Extension.



Show & Go Sponge Extension

Bases start in a liberty grip lunge position. Partner loads in and stands up to a liberty position, placing arms in a high "V" motion. Bases stand up keeping contact with the foot of the Partner. The Spotter will assist at the Partner's waist then support the ankle. From this position everyone will retake to the ground, the Partner will then sponge into the hands of both bases and stand back up to an Extension.

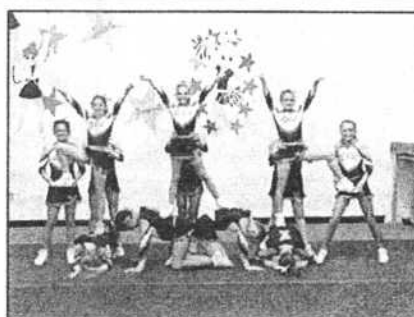
Express

Youth Pyramids/Stunts



Youth Pyramid #1

Outside groups will execute L-Stands while the center executes a Flat Back Prep.



Youth Pyramid #2

Outside groups execute modified Leg Lifts while the center executes a Flat Back Prep.



Youth Pyramid #3

Outside groups execute Shoulder Sits while the center group executes a Flat Back Liberty and Partners connect by touching palms.



Youth Pyramid #4

Outside groups execute Shoulder Sits while the center group executes a Flat Back Liberty hitched to a Thigh Sit and Partners connect by touching palms.



Youth Pyramid #5

Outside athletes are on both knees connected to modified Leg Lifts while the center holds modified Leg Lifts.



Youth Pyramid #6

Outside athletes execute flat back preps while the center group executes a prep

Youth Pyramids/Stunts



Youth Pyramid #7

Outside groups will execute Thigh Stand Hitches while connecting to center Prep.



Youth Pyramid #8

Outside groups execute Preps while the center executes an Extension.



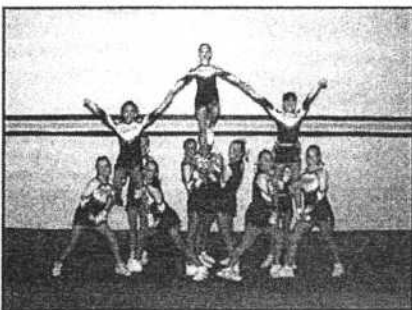
Youth Pyramid #9

Outside groups execute inside Hitches while the center executes a Shoulder Sit.



Youth Pyramid #10

Outside groups execute chest level Straddle Sits while the center executes a Prep.



Youth Pyramid #11

Outside athletes perform Thigh Stands while connected to center chest level Liberty.



Youth Pyramid #12

Outside athletes execute Preps while the center executes a Flat Back Prep.

Youth Pyramids/Stunts



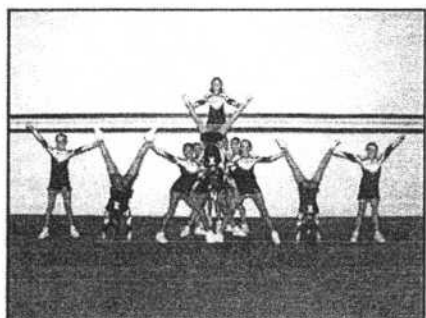
Youth Pyramid #13

Outside groups will execute Preps while connected to center Shoulder Sit.



Youth Pyramid #14

Outside groups execute outside Thigh Stand Hitches while connected to center Prep.



Youth Pyramid #15

Outside groups execute assisted Hand Stands while center group executes Thigh Stand Hand Stands supported by a Prep.



Youth Pyramid #16

An Extension connects to a Prep, while an assisted Hand Stand is performed.



Youth Stunt #17

Belly Button Level Liberty Variation. (Scorpion)



Youth Stunt #18

Belly Button Level Liberty Variation. (Scale)

Basic Pyramids



Basic Pyramid #1

Low Straddle in the center with two Half Extensions on the outside. Partners connect by touching palms.



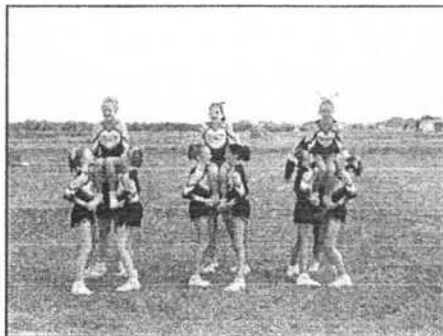
Basic Pyramid #2

Half Extension in the center with two low straddles on the outside. Partners connect by touching palms.



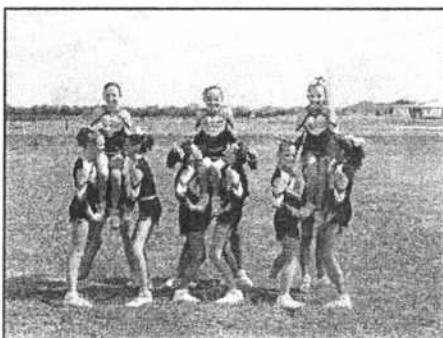
Basic Pyramid #3

Half Extension in the center with two Thigh Stand Leg Lifts on the outside. Everyone sponges and transitions to a Thigh Stand in the center and two Half Extensions on the outside. Partners connect by touching palms.



Basic Pyramid #4

Half Extension in the center with two Thigh Stand Leg Lifts on the outside. Everyone sponges and transitions to a Half Extension in the center and two Half Extension Leg Lifts on the outside. Partners connect by touching palms.



Intermediate Pyramids



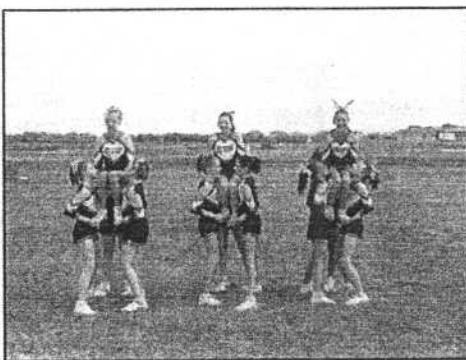
Intermediate Pyramid #1

Half Extension Liberty in the middle with two preps on the outside. Partners connect by touching palms.



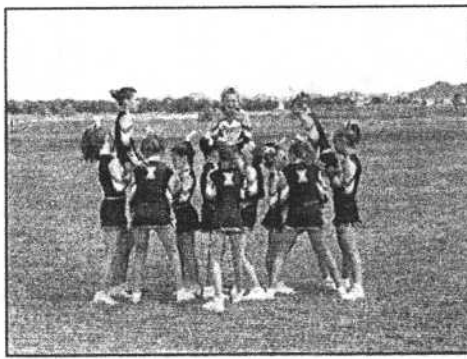
Intermediate Pyramid #2

Extended Awesome in the middle with two extended straddles on the outside.



Intermediate Pyramid #3

Half Extension in the middle with two Leg Lifts on the outside. Everyone sponges and transitions to a prep in the middle and two Extensions on the outside. Partners connect by touching palms.



Intermediate Pyramid #4

Three Half Extensions with the two outside facing into the center. Everyone sponges and transitions to an Extension in the center and two Half Extension Leg Lifts on the outside. Partners connect by touching palms.