

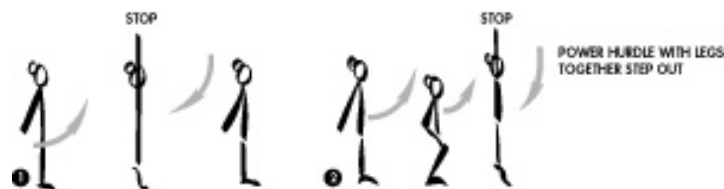
Drills for Power Hurdle with Legs Together Step Out

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Having a powerful hurdle is so important to becoming a great tumbler. Here are some drills and exercises for creating a powerful hurdle!

Picture 1

Straight body position. Head straight. Arms behind body. Swing arms down forward and up to ears together with rising to tip toes, heels high off the floor. Hold on toes with arms up for 2-3 seconds. Exercise should be done quickly on the way up and finishing stretching very tall. Then slowly return to the start position.



Picture 2

The same exercise as in picture #1 except this is done with bent knees. Knees bend when arms start to move down. Knees do not pass the toes (you can see toes while the knees are bent). Finish the exercise like picture #1.

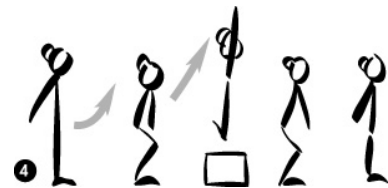
Picture 3

The same exercise as the previous pictures just adding a jump in this step. Arm swing and leg work must be fast and powerful and the movement must be finished at once.



Picture 4

Same exercise but now you will add jumping over a block. Always show stretched body position at the end of the jump, arms staying tight by the ears during the flight.



Picture 5

How to step out from the hurdle. Using a small block between 20-30 centimeters. Stretch tall with arms by ears on the block, legs straight, push to tip toes and continue stretching. You then begin to lean forward stretching tall (follow the fingers). As you lean forward you will begin to separate your legs and you will continue to move forward away from the block. The



back leg remains straight. The step must be bigger than a regular step. You will continue moving forward until the front leg steps to the floor. You can continue moving forward to handstand, cartwheel, front handspring, etc.

Picture 6

Now combine together jump and step out. You can use the regular floor, spring board, or block to try to be as long in the air as you can. Longer in the air gives you more potential power to continue to do skills after hurdle.



Picture 7



Same as picture #6. The difference between the two: one is going over the block to see how the body is working. And #6 shows an easier way. Both exercises give you the same power from the hurdle. Using picture #6 you are already using extra height and picture #7 you have to get that height. Always the body must be stretching tall during flight and on the step out to connect to the next skill and also keep the head neutral.

Additional Drills

1) Step hurdle: The gymnast begins with the leg extended straight in front off the ground about 45 degrees.



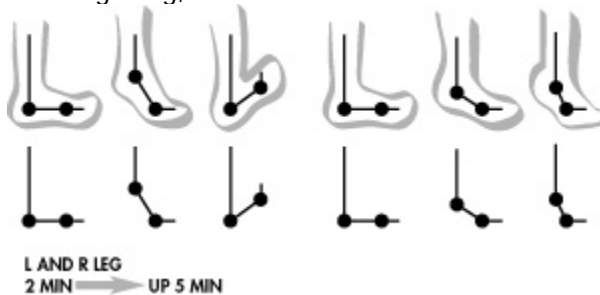
The gymnast will step forward, body moving forward, arms behind the body.



The body will be moving forward about 15 degrees from the vertical.

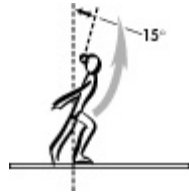
2) Walk on tip Toes (from heel all the way up to toe)

Left and right leg, 2 minutes to 5 minutes.



You may use with or without weight on shoulders. Weights should be 20-60% of the body weight.

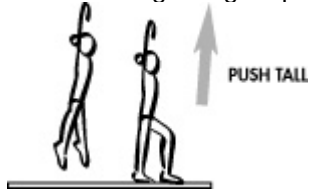




The jump up is also 15 degrees from the vertical, legs together, a short pause in the air. Arms stretch tall behind the ears.



Step forward with the leg that was behind after the beginning steps.



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