

Acro Survival

Guide!

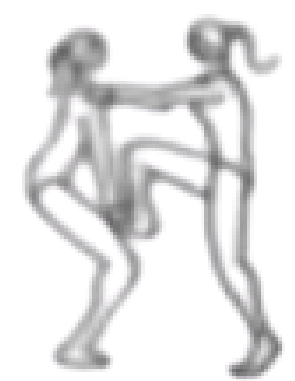
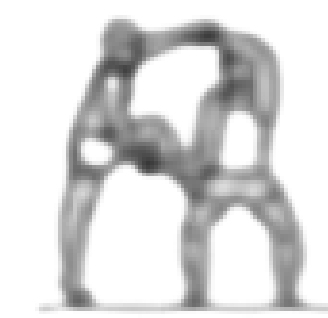
S

T

U

N

T



How Acro Difficulty is Determined



Here is the Checklist of Difficulty:

How many bases are being used to get into the acro stunt?

How many bases are used during the hold portion of the acro stunt?

How high is the flyer in the acro stunt?

Is the Flyer Body Movement or position basic, intermediate or advanced?

How many bases are used for the dismount?

Is the flyer dismount non flipping, twisting, flipping, flip and twist?

There are typically 3 parts to an acro movement. They are the mount (how the flyer gets into the stunt), the top (what the skill or body position the flyer does during the hold part of the acro movement), and the dismount (how the flyer comes down out of the acro movement).

A lower valued stunt would utilize the max bases throughout the entire stunt, a low height for flyer, flyer executing a basic body position, and a basic non flipping dismount.

An extremely high value would use one base throughout, an extended height position w/ adv. body position, and a flip and twist dismount.

WHAT'S

that



What is considered Beginning & Advanced Movements - Positions

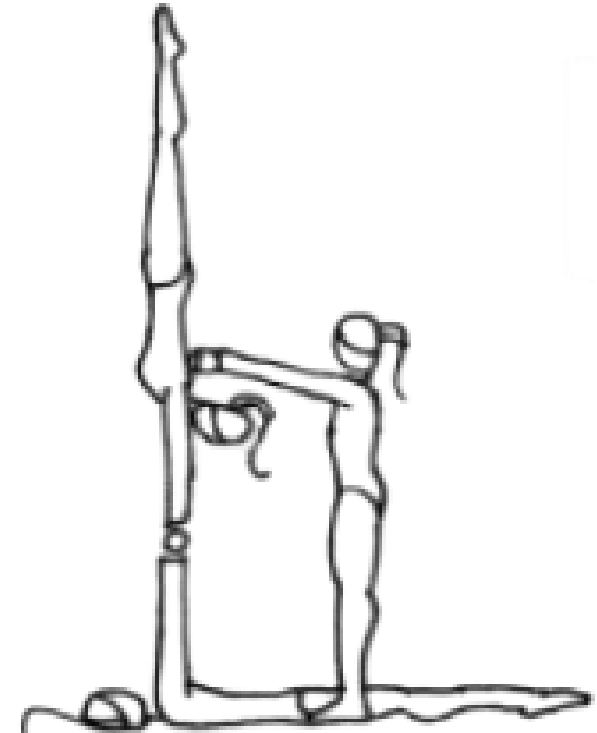
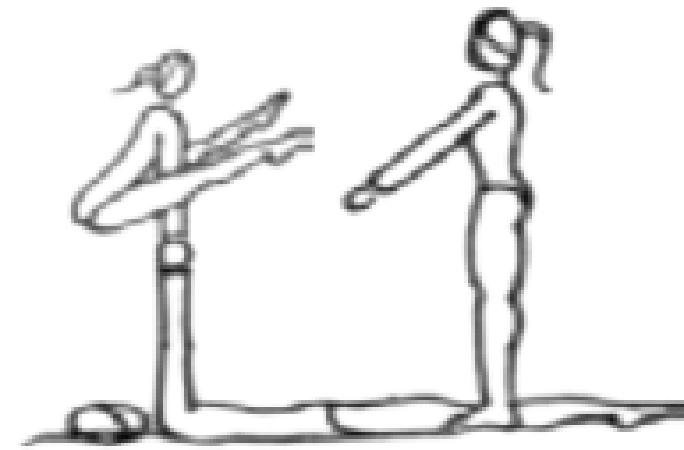
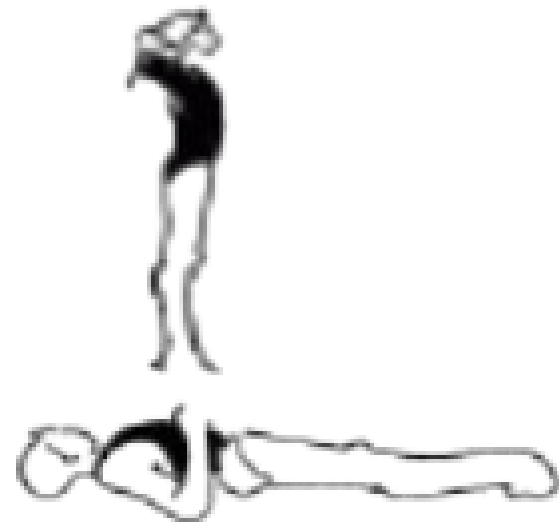
Beginning Flyer Movement consist of: Straight stands, basic support Holds, and seated positions on shoulders.

Intermediate Postions consist of: tuck holds, straddle holds, low height level single leg skills, and low height level assisted HS throughout entire hold.

Advanced Positions consist of: L holds, V Holds, Pressing Skills within stunts, handstands minimal or no assistance, extended single leg skills, extended HS, single arm HS, single base arm supports, straddles or HS.

Laying Down Stunts

Laying Down - Stunts where bases lay on their backs; this could be one or two bases laying down with an additional back base and/or side bases to assist flyer entry and stability throughout the stunt and dismount.



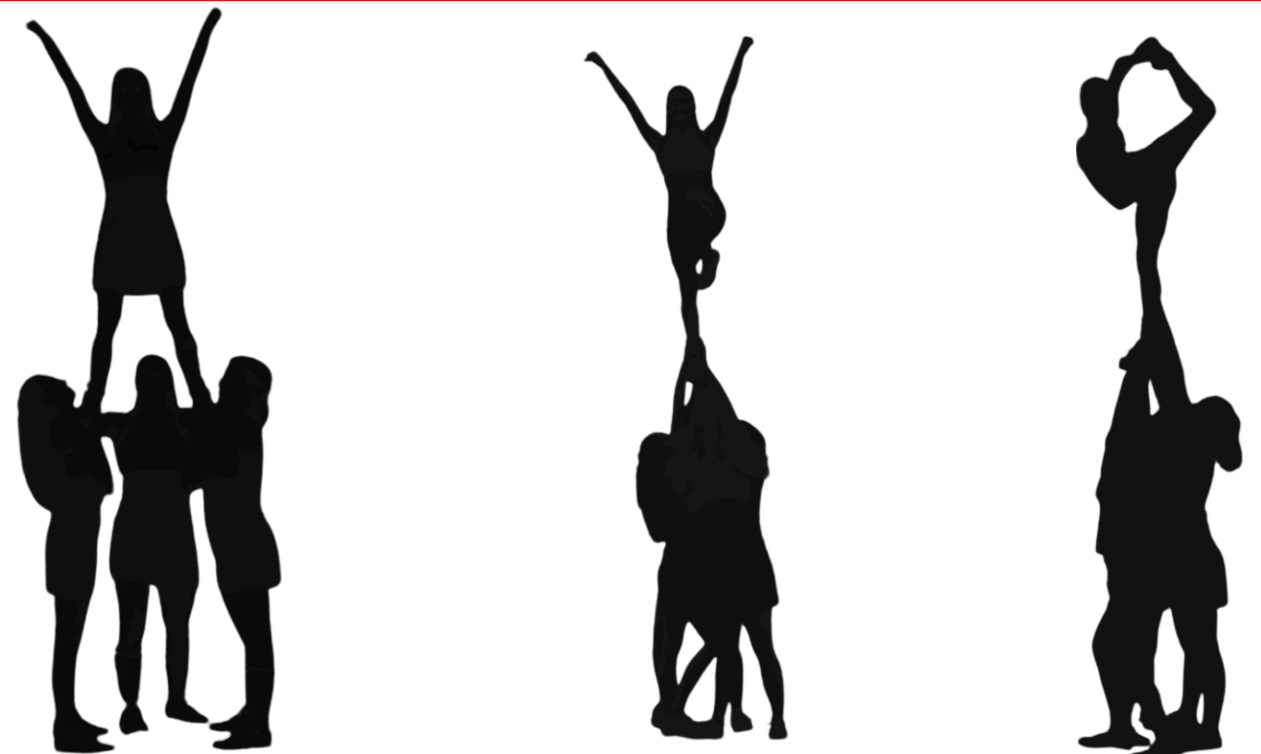
Flyers would usually execute a tuck, straddle, L, V, handstand, single arm stand, or Manna position gripping the hands of the laying down bases; flyers can also execute standing skills on the bases' hands such as straight stand, lib, single leg straight stand, and arabesque, etc.

Square Base Standing position

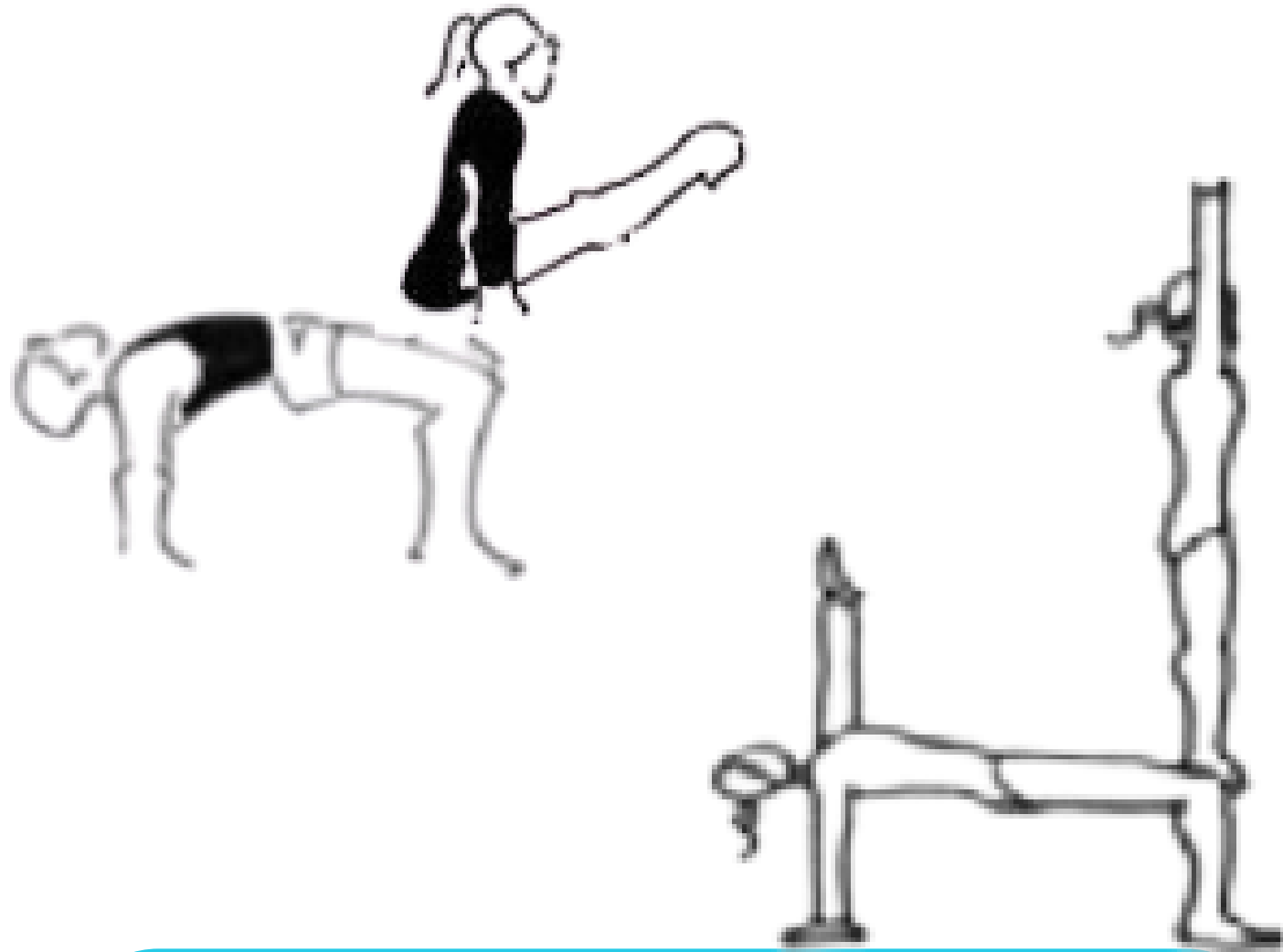
Square Base Standing position - This stunt type can be done with 2, 3, or 4 bases. Two side bases facilitate the feet of the flyer while an additional base can assist from behind, known as a Back Base, and a final base can assist the front of the stunt.

Example of stunts for this formation are straight stands, lib, arabesque, handstands, support holds with hands, tuck hold, L hold, V hold, plank hold, and punk moves.

This stunt can facilitate three height levels for a flyer: sponge (flyer's feet or hands are held at stomach/waist level by bases), prep/shoulder height (flyer's feet or hands are held at bases' shoulder height), and extension (flyer's feet or hands are held above bases' head height, with bases' arms in an extended position).



Bridge/Table



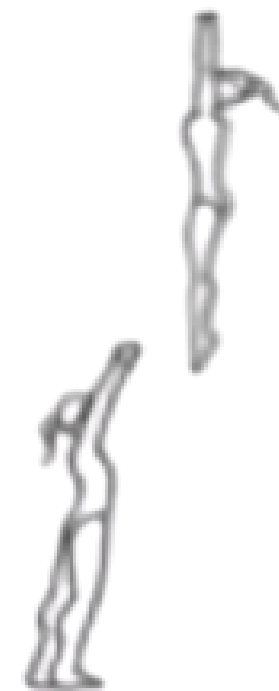
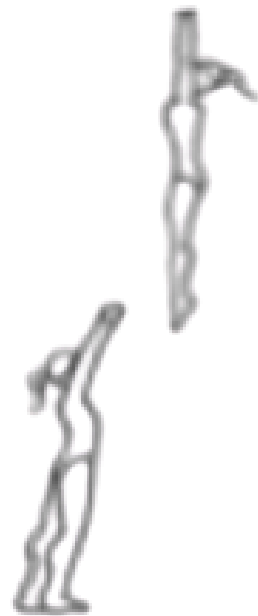
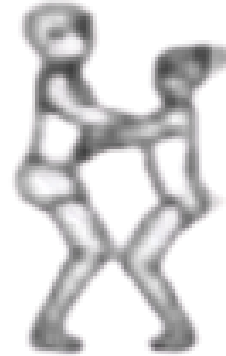
Bridge/Table - Bases form a flat standing surface with thighs in a bridge or table position; this surface can be formed by one or two bases with additional back and/or side bases to assist stunt entry and stability throughout the stunt and dismount.

Flyers can perform holding a body position such as tuck, straddle, L, V, handstand, single-arm handstand, manna by placing hands on thighs of the base or bases; flyers can also execute standing skills such as straight stands, single-leg stands, arabesque, lib, etc. by placing feet on thighs of bases.



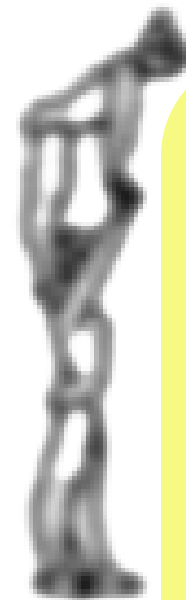
Toe Pitch Stunts

Toe pitch stunts utilize up to 4 bases. The main base cradles the foot of the flyer while the back base places one hand on the ankle of the cradled foot and one hand on the flyer's seat. Side bases can assist stability throughout the stunt with the flyer's arms and ankles. The flyer presses through the stunt while bases provide additional lift propelling the flyer upward, free rides with no catch or catch of the feet at the shoulder or extended arms of bases.

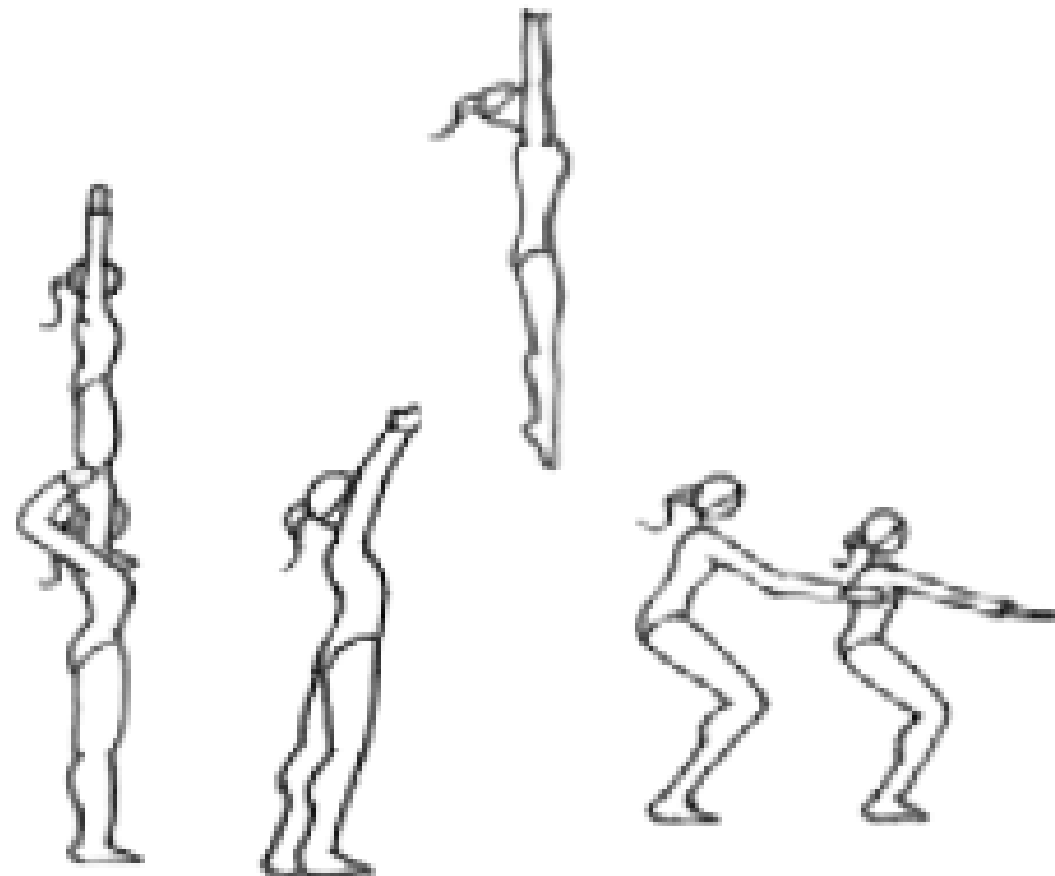


Walk Up

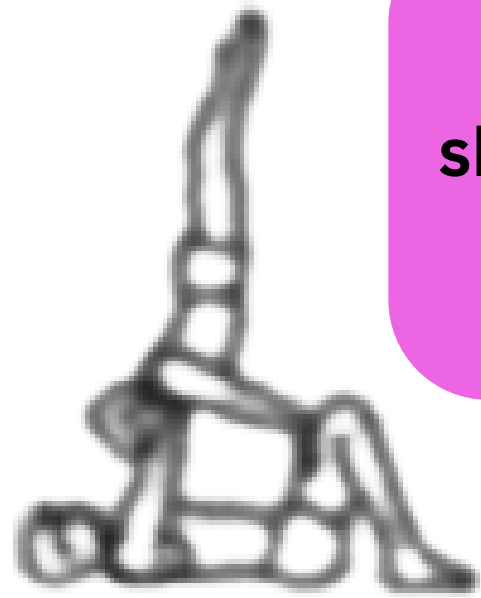
Walk Up: This stunt stems from one base in a deep squat or lunge position with hands at shoulder level. The flyer places both hands in the base's hands and uses one foot on the right leg of the base to push off the ground and then walk their next foot to the base's shoulder.



This stunt can utilize a back spot to help the flyer climb up and can also be done as a duo stunt using just the base and the flyer. A front spot can also be utilized if the flyer dismounts towards the front of the base.



This stunt can be the beginning of many progressional stunts, such as hand to foot pop-offs and extensions, hand to hand handstands, etc.



This stunt can be loaded from a shoulder stand, from the ground, or from a hand-to-hand stunt.

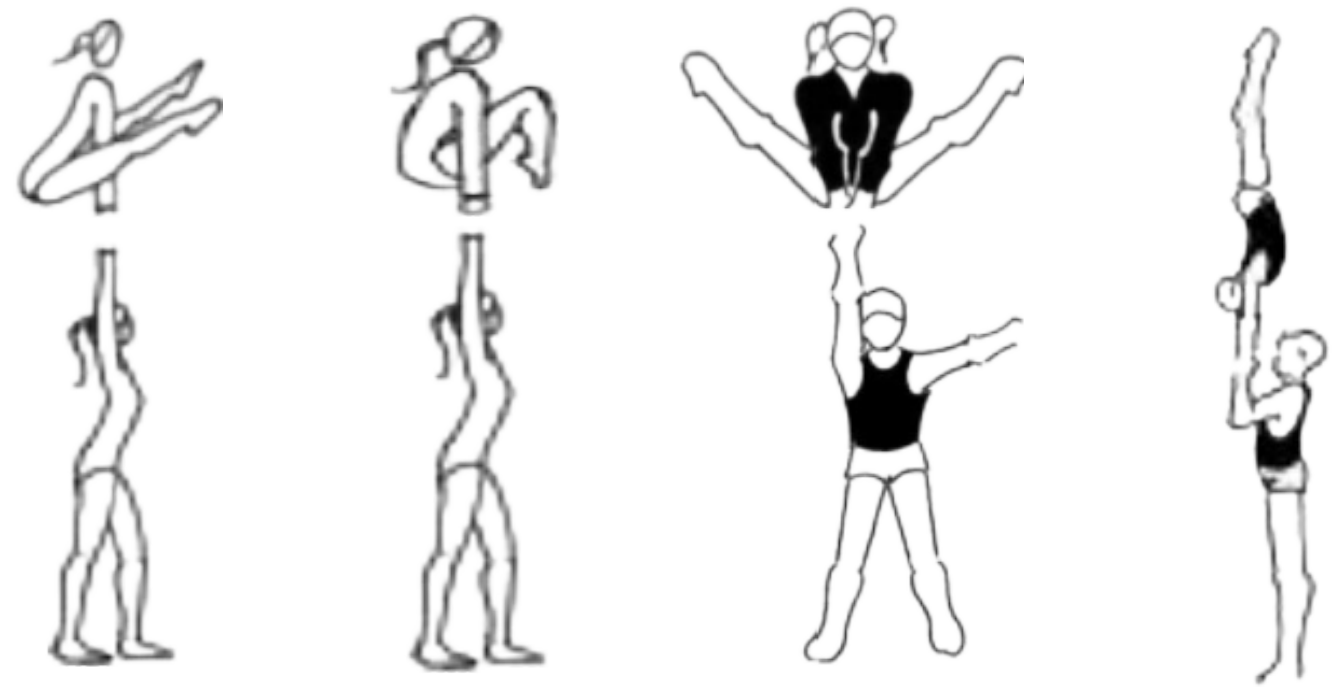
Punk Move Stunts

When the flyer is using assistance, her arms should be parallel to the ground while her body is perpendicular to the ground.



Punk Move Stunts: This stunt results in a flyer “inverted” directly above a base. Progressionally it can start laying down and move to standing with bases.

Hand to Hand Support Stunts



Hand-to-hand stunts facilitate one to four bases. The flyer can have one or two hands on a single base, or one hand on each base when two bases split the load, or even interlocked like the picture at the bottom right. Additional bases can help support main load bases and/or the flyer to help stabilize the stunt. These skills can range from simple support to single-arm handstands.



Base Chair Structure



Base chair structures can use one to four bases. The main load base or bases can form a chair position or stand lunge position to hold the flyer. The flyer can execute a variety of standing skills or handstand skills.

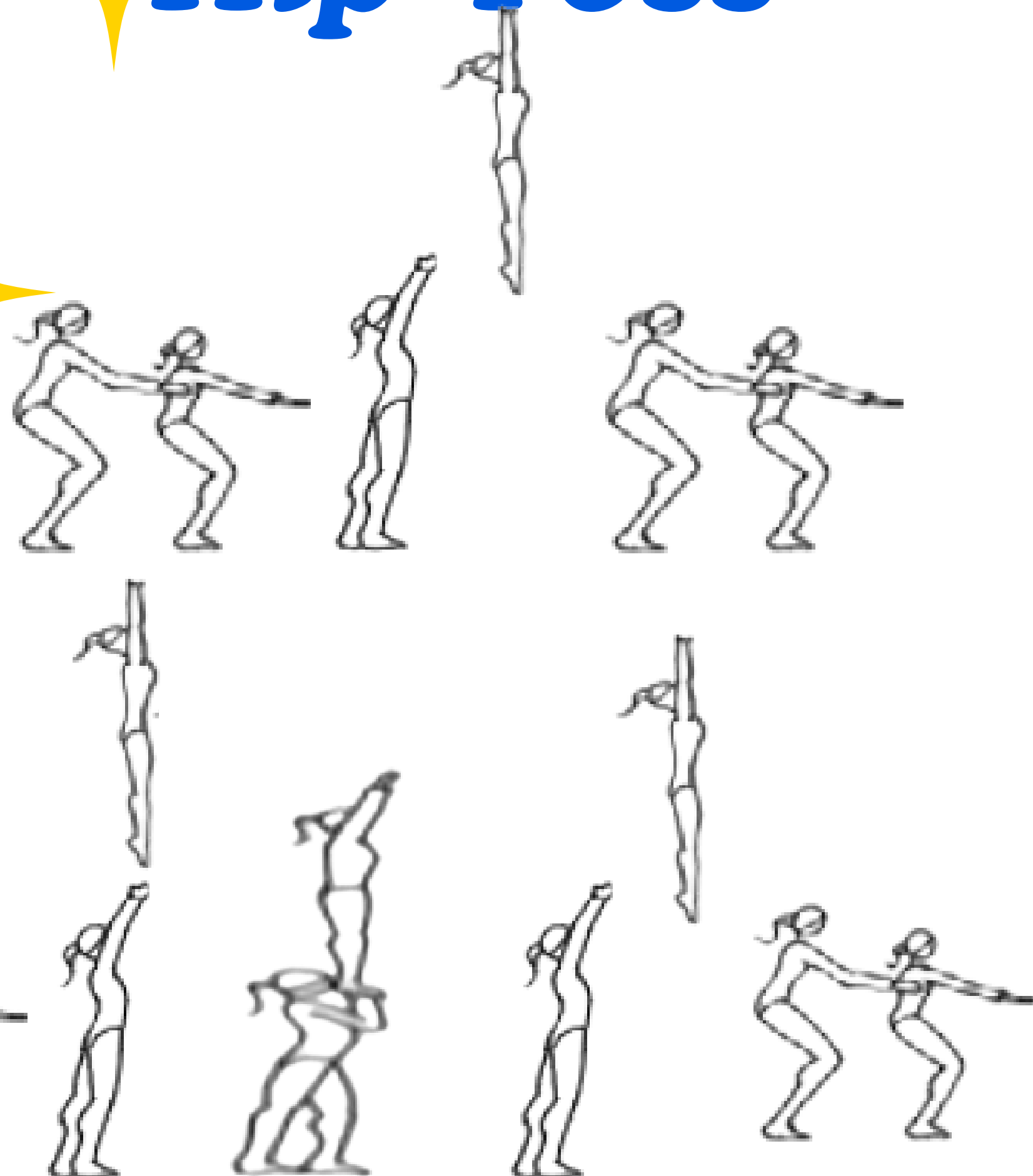
Kneeling Bases



Kneeling Base Structure is formed when one or two bases form the main support structure by kneeling on one knee. Two additional flyers can assist the flyer throughout the stunt. The flyer can split the load between two bases on knees or a single base. These stunts can facilitate standing and inverted movements by the flyer.


Hip Toss

The Hip Toss, commonly referred to as a one-person toss, is executed when a base stands behind the flyer and grabs the flyer's hips while the flyer grabs the base's wrists. The movement is executed when the flyer jumps and the base pushes the flyer upward, utilizing the flyer's momentum, propelling the flyer where the base can release the hips at the top of the flight and the flyer continues upward. This stunt can facilitate progressional straight rides and even the base to catch the feet of the flyer at shoulder height or even extension height. Extremely advanced skills can facilitate some inversion and catching in a handstand position or even flips that catch at the flyer's feet.



Basket Toss

Entry to Stunt

 This stunt combines the power of a basket toss with the hold and dismount phase of an acro movement. The entry of this stunt requires a minimum of 2 bases and can use up to four. The flyer can be tossed from a seat, stand, or HS and be caught by 1-4 bases in an upright or inverted position.

