

RINGS

Still Rings

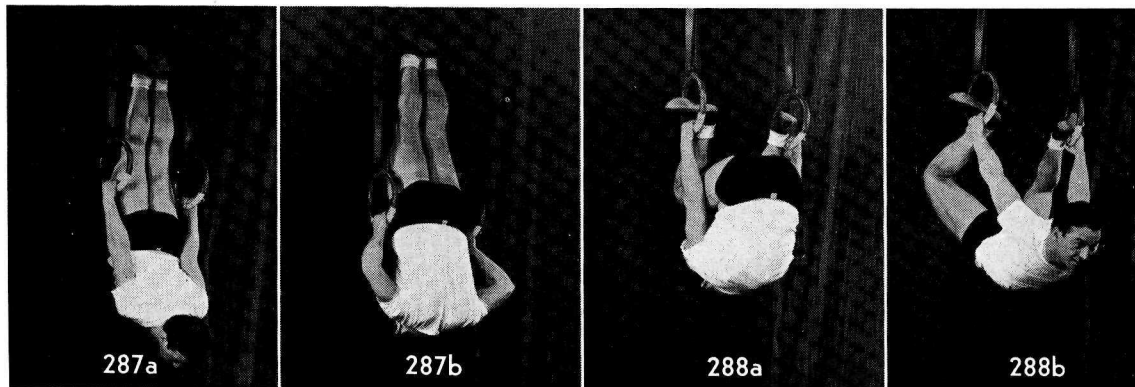
283—*Chins*.—Keep a firm grip—Keep rings close to chest!

284—*Chin, One Arm to Side, Alternate Arms*.—Keep rings close to chest—Turn hand of extended arm downward!

285—*Chins, Legs in Half Lever*.—Keep legs parallel to deck—Lean back while chinning!

286—*Chins, Holding Medicine Ball*.—Hold ball between insteps!

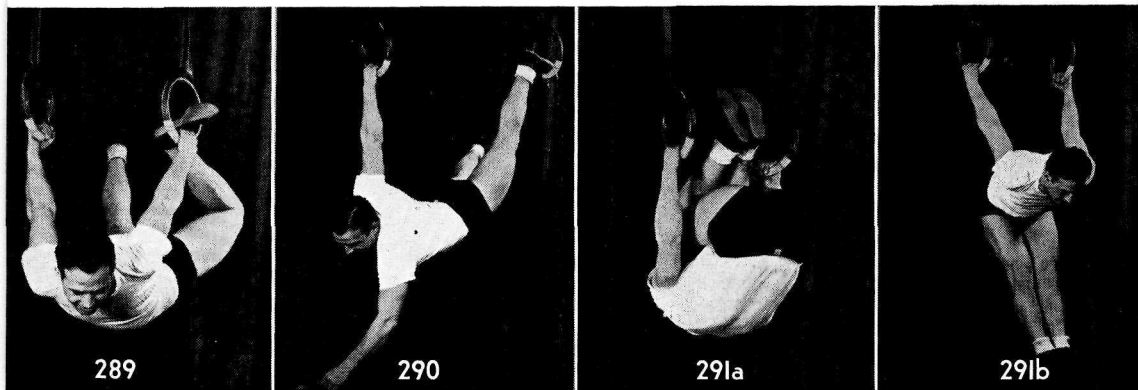
Variations.—Chin, Hold One Wrist—Half-Lever with Medicine Ball.



287—*Inverted Hang*.—(a) Body arched—Head back—Feet together—Keep rings close to sides; (b) Feet together—Head forward—Look at toes and pull!

Variation.—Pull-ups in Inverted Hang Position.

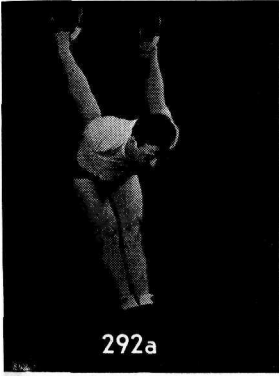
288—*Bird's Nest*.—(a) Hook toes; (b) Arch back—Head up!



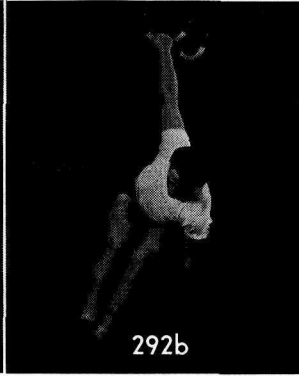
- 289—*Bird's Nest, One Foot.*—Grip firmly—Hook toe!
 290—*Bird's Nest, One Foot, One Arm.*—Arch back—Head up!
 291—*Skin the Cat.*—(a) Legs through arms—Chin first to help lift the legs;
 (b) Reach down as far as possible—Head up!
Variations—Combine with chins.

★ ★ ★

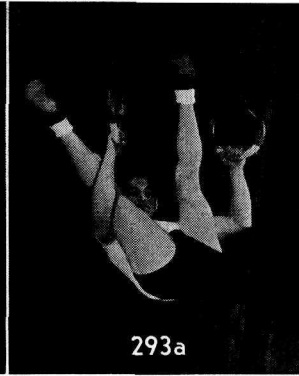
- 292—*Monkey Hang.*—(a) *Skin the Cat*—Feet all the way down before letting go of hand; (b) Grip tightly—Complete a full turn before regrasping!
- 293—*Single Leg Cut Off, Right and Left Leg.*—(a) Pull up with arms—Keep eyes on rings; (b) Bring leg downward, regrasp—Shift weight toward hand that holds the ring!
- 294—*Double Leg Cut Off, Backward.*—(a) Swing legs up—Hold on until feet are over the head; (b) Head back—Eyes open—Shoulders back; (c) Land on balls of feet!
- 295—SAFETY HINTS.—Spotting—Support under shoulder—Do trick from a bent arm hang!
- 296—*Dislocate.*—(a) Kip position; (b) Kick legs up and back; (c) Head back—Turn arms outward; (d) Pull up on arms to take shock!
- 297—SAFETY HINTS.—Use Roll to land on at first!
- 298—*Method of Spotting.*—(a) Push up under shoulders as the arms are extended sideward; (b) Tackle around waist to prevent the breaking of the grasp!



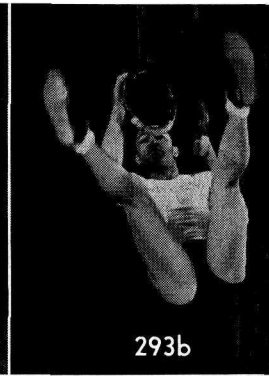
292a



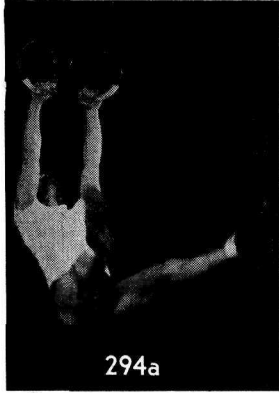
292b



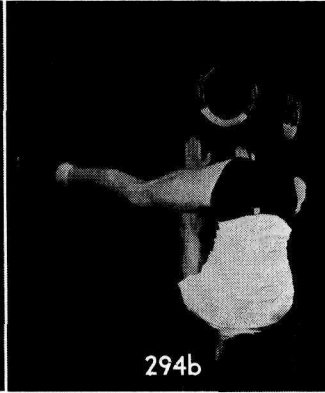
293a



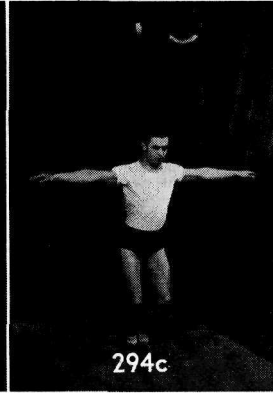
293b



294a



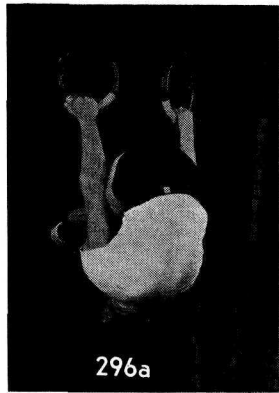
294b



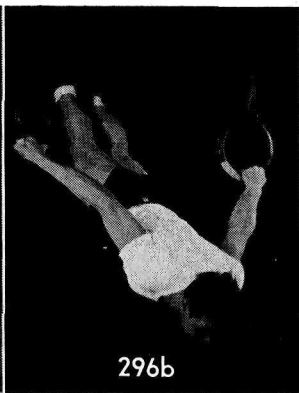
294c



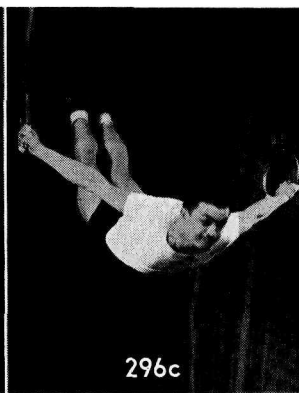
295



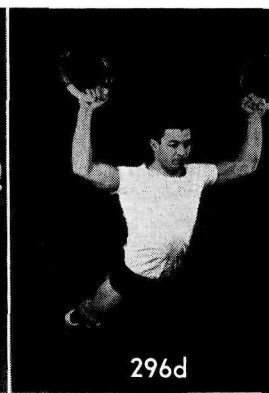
296a



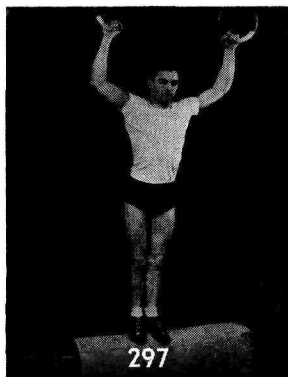
296b



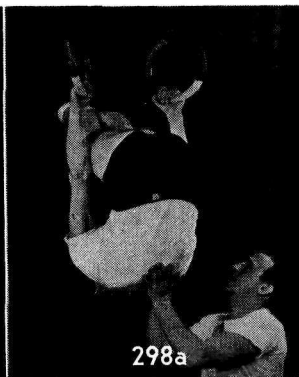
296c



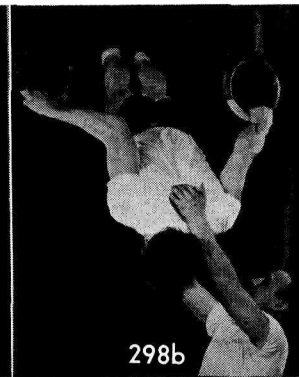
296d



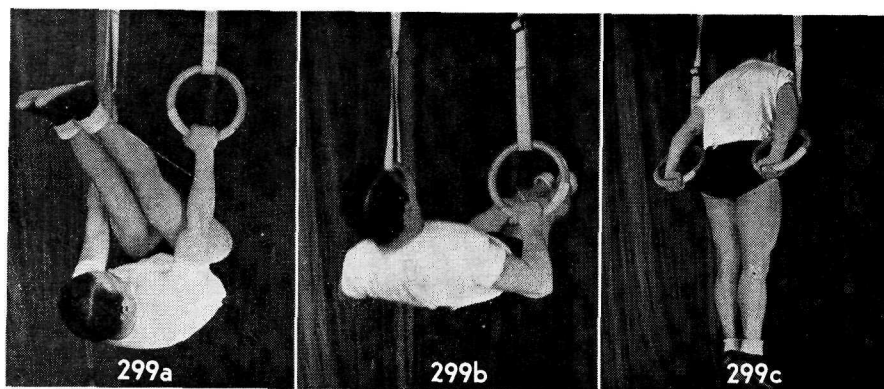
297



298a



298b



299—*Kip*.—(a) Kip position; (b) Kick legs out and downward, pull with arms close to hips; (c) Rings behind back—Keep body arched!

The reverse kip is done by kicking the legs up the ropes, lifting the head and pulling hard with the arms.

★ ★ ★

300—*Muscle Up* (Pull up both hands leading).—(a) Hang—Get false or over grip; (b) Pull quickly and lean forward to push up—Keep elbows close together—Flex legs slightly when pulling up; (c) Raise elbows as legs swing back; (d) Rings in back—Body arched!

301—*Teaching Procedure*.—Use roll first.

302—*Shoulder Balance*.—Keep shoulders in rings and balance with elbows—Keep body arched—Head up and back—Toes pointed!

303—*Hand Balance*.—Head up—Keep body arched—Press elbows against straps!

Suggestions for Advanced Stunts on Still Rings

Roll Kip—Shoulder Balance, Roll Forward and Roll Back to Shoulder Balance—Hand Balance—Reverse Kip to Shoulder Balance—Back Lever—Front Lever—Crucifix—Inlocate.

Flying Rings

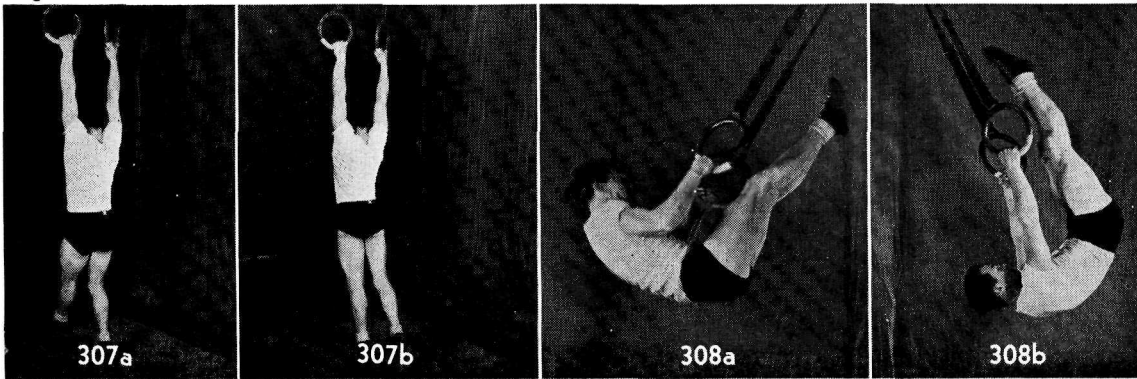
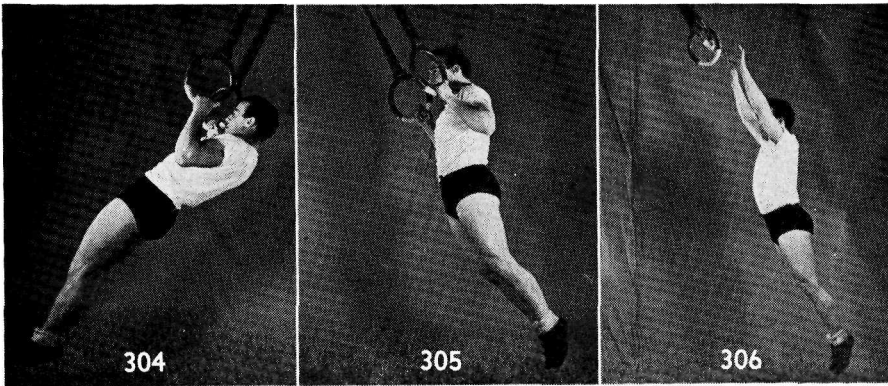
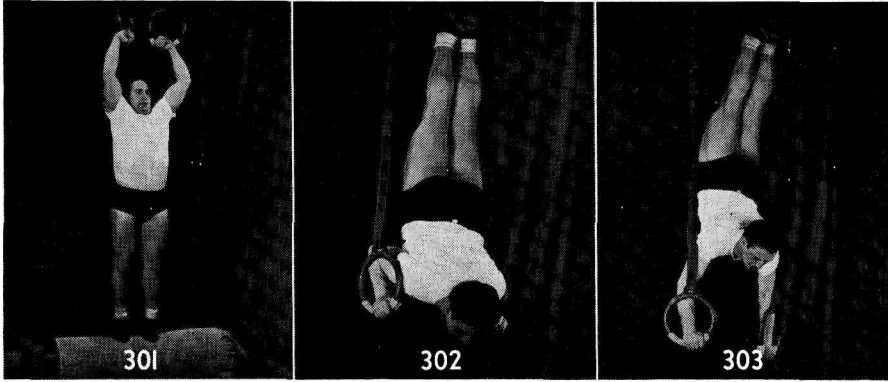
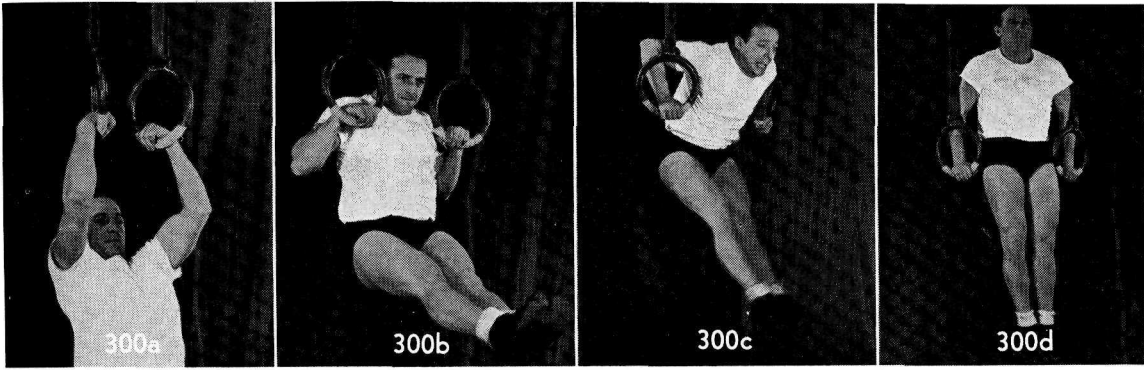
304—*Chins (Front Swing)*.—Chin at front end of swing!

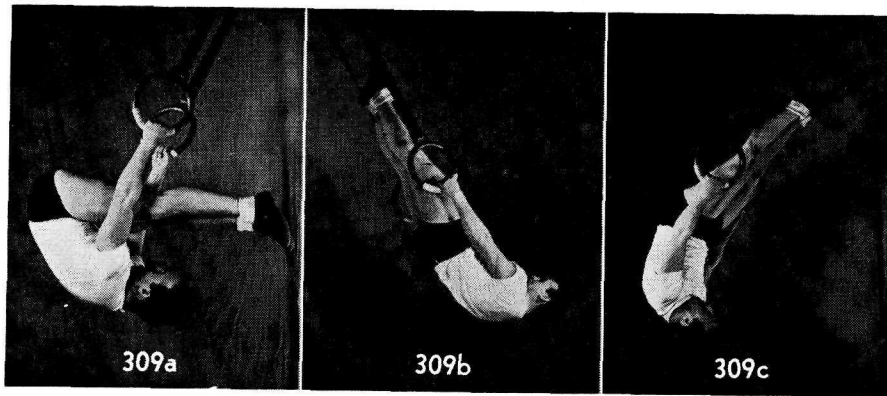
305—*(Back Swing)*.—Hold bent arm hang for entire swing!

306—*Dismount (Back Swing)*.—Dismount at back end of swing—Pull toward rings to get back in vertical position—Drop straight—Land, balls of feet!

307—*Methods of Swinging: Beat from Floor*.—(a) Rings should be adjusted so that the performer can touch floor with toes—Keep feet in a feet stride position—Reach forward for mat—Double tap with feet—Extend body forward as high as possible; (b) Reach backward for mat—Double tap with feet—Extend body backward as high as possible!

308—*Kip Position on Back, Stretch on Front Swing*.—(a) Arms straight—Pull up in a kip position on backward swing; (b) Reach upward and outward with feet on front swing—Swing from shoulders!





- 309—*Pump in a Kip Position.*—(a) Kip position; (b) Kick up with feet along the same arc as backward swing—Pull with shoulders; (c) Kick up with feet along the same arc as forward swing—Pull with shoulders!

★ ★ ★

310—*Other Methods of Getting a Swing.*—Push straight—Run through!

311—Pull legs back—Throw them forward into regular beat!

312—Spring slightly from platform!

Method of Getting Beat to Execute Stunts:

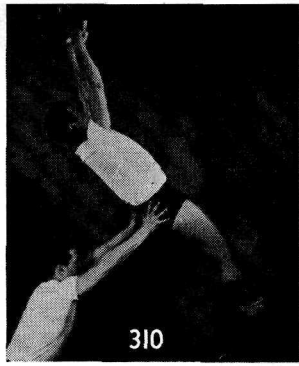
313—*Center Beat, Showing forward, back, forward on forward swing.*—(a) Forward swing (read left to right) "Forward, back, forward with legs"—Swing from shoulders; (b) Reach for center—Feet move forward, back, forward on front swing; (c) Feet go back; (d) Feet forward!
Backward Swing (read right to left) "Back, forward, back with legs"—Feet move back, forward, back on back swing!

314—*Early Beat.*—If beat is ahead of the center on either forward or backward swing!

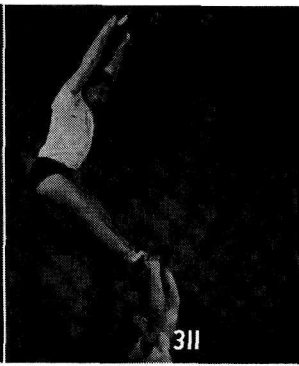
315—*Late Beat.*—If beat is beyond the center on either forward or backward swing!

316—*Bird's Nest.*—(a) Roll in on front swing—Use late beat to lift legs; (b) Arch back—Hook insteps to rings—Lift head; (c) Roll out again on front swing!

317—*SAFETY HINTS.*—Spotting—Three spotters: One on front end of swing—one in middle—and one at back end of swing—Be careful that the insteps do not slip out of rings!



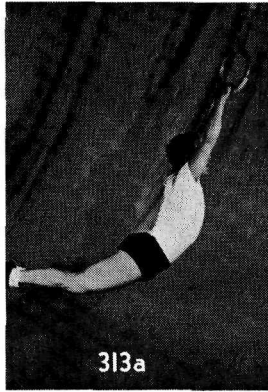
310



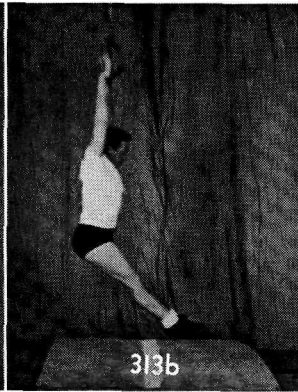
311



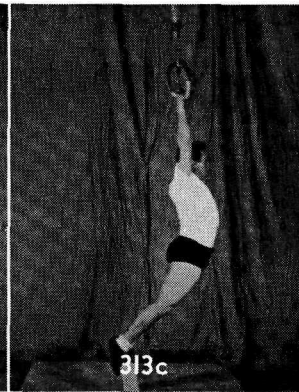
312



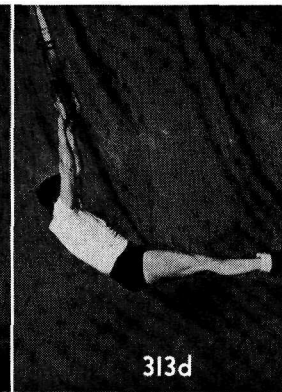
313a



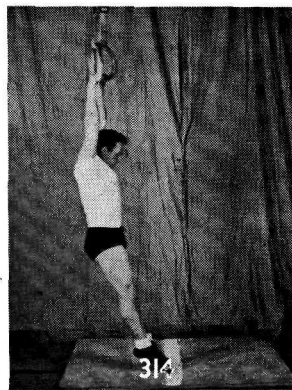
313b



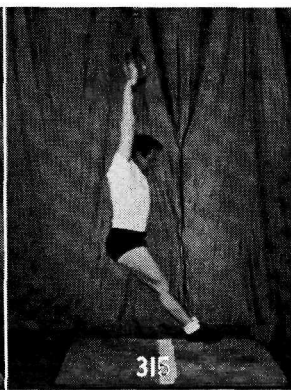
313c



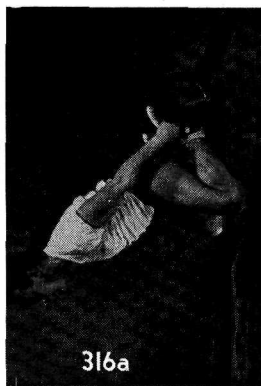
313d



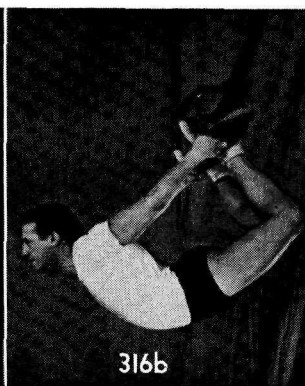
314



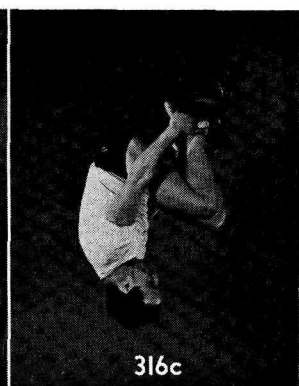
315



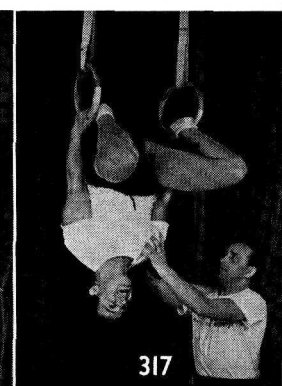
316a



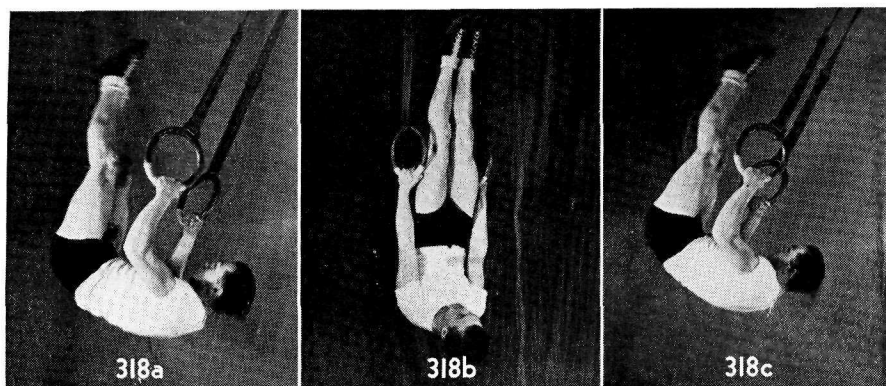
316b



316c



317



318—*Inverted Hang*.—(a) Use late beat; (b) Hold rings close to sides; (c) Roll out to a hang on front swing!

SAFETY HINTS.—Do not swing too high—Spot closely!

★ ★ ★

319—*Single Leg Cut at Rear End of Swing*.—(a) Cut late—Do not push ring away; (b) Regrasp ring!

320—*Single Leg Cut at Front End of Swing*.—(a) Cut at dead point of front swing—Do not push ring away; (b) Regrasp ring!

321—*Double Leg Cut on Front or Back Swing*.—(a) Wait for dead point of swing; (b) Roll legs down on arms—Keep eyes on rings; (c) Cut at dead point of swing—Do not push ring away; (d) Regrasp ring!

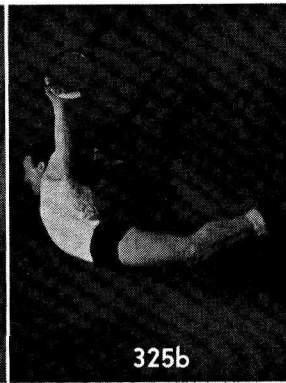
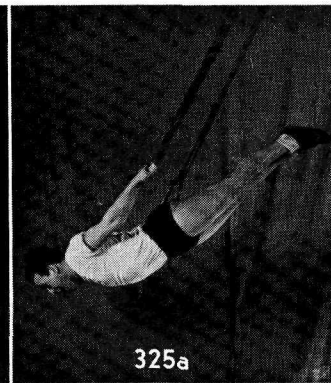
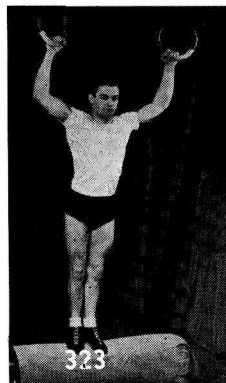
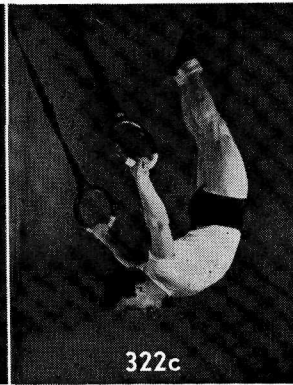
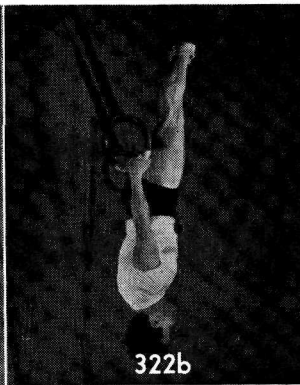
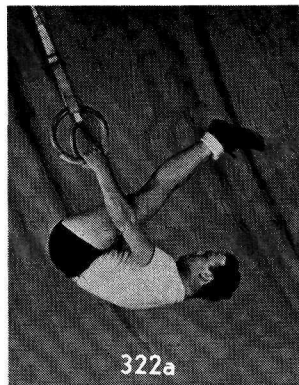
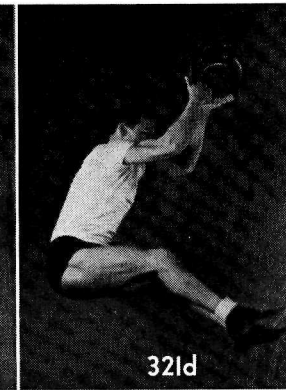
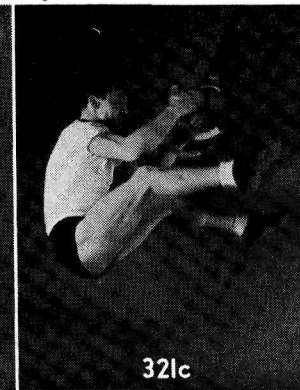
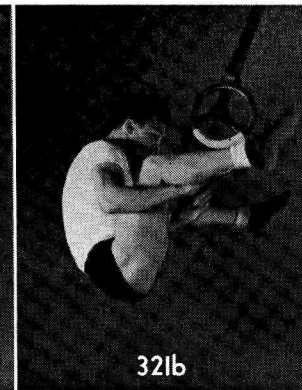
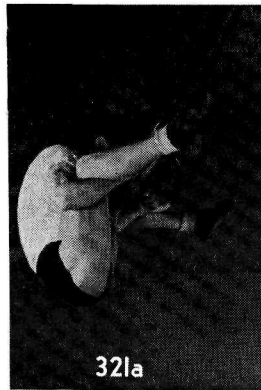
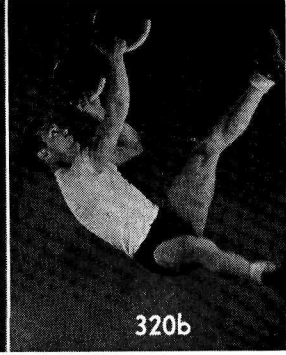
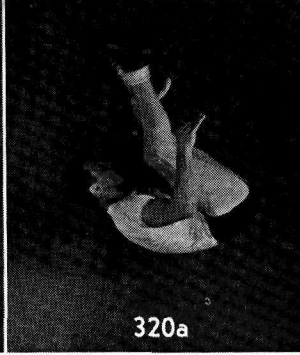
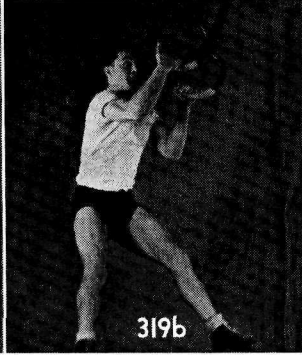
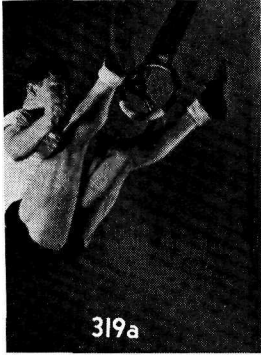
Variations.—Same as above without regrasps.

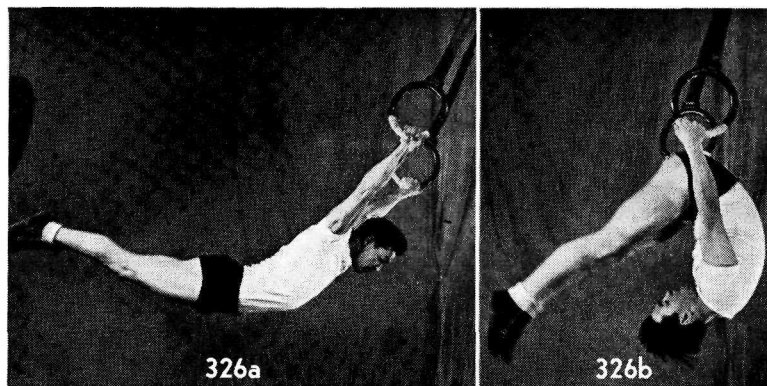
322—*Dislocate Rear End of Swing*.—(a) Wait till end of swing; (b) Kick legs up at a 45° angle—Arch the back—Lift the head—Extend arms side-ward and keep them straight; (c) Until control is gained return to a bent arm hang—Learn to keep arms straight through entire trick after control is gained!

323—SAFETY HINTS.—Work on still rings at first—Work on roll at first!

324—Push under shoulders—Tackle around waist when weight is almost at bottom to prevent grasp from being broken—Three spotters when trying this stunt on the swing!

325—*Dislocate Front End of Swing*.—(a) Go for the trick just before the end of forward swing—Don't kick hard; (b) Shoot legs out straight—Arms slightly bent—Float through the trick!





326—*Inlocate*.—(a) Use a late beat; (b) Kick high and roll forward—Arms sideward!

★ ★ ★

327—*Kip at Front End*.—(a) Kick up and outward at dead point of swing—Legs straight; (b) Pull with straight arms—Rings in back of buttocks until control is mastered!

328—*Kip at Back End*.—(a) Do not kick too hard—Go for trick at dead point of swing; (b) Arms straight—Transfer arms to back of buttocks!

SAFETY HINT.—A beginner is more apt to slip through the rings on the back end of swing than on the front end.

329—*Front Uprise*.—(a) Get an early beat and then raise legs and pull with arms; (b) Lean forward—Bring rings down to hips; (c) Shoulders forward—Rings in back to support position!

Variations.—Drop legs from kip position and uprise on back swing—Drop legs from kip position and uprise on front swing.

330—*Front Cutaway*.—Roll high on elbows—Execute at dead point!

SAFETY HINT.—Do on Still Rings at first!

331—*Spotting, On Still Rings*.—Support under neck!

332—*Spotting, On Swinging Rings*.—Spot neck!

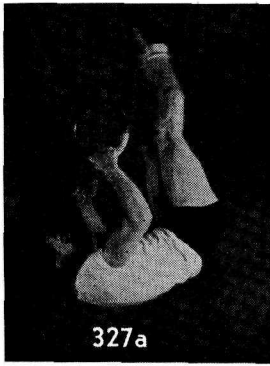
333—*Back Cutaway*.—(a) Use a late beat on front swing; (b) Pull with arms as legs are cut!

SAFETY HINT.—Do on Still Rings at first!

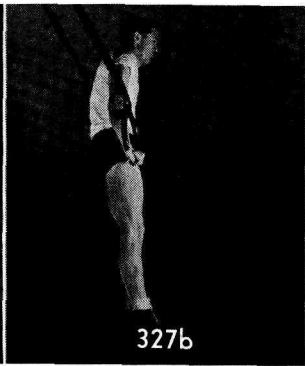
334—Support under shoulders!

Suggestions for Advanced Stunts on Flying Rings

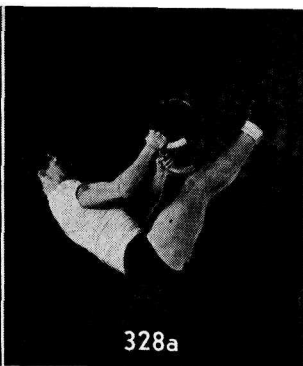
Roll, Kip, Roll—Kip, Roll, Kip—Reverse Kip at Front End of Swing—Reverse Kip at Back End of Swing—Reverse Kip with Beat (Bird-up) on Front Swing—Reverse Kip with Beat (Bird-up) on Back Swing—Drop Back from Support, Back Kip on Front Swing—Drop Back from Support, Back Kip on Back Swing—Shoulder Balance on Swing—Hand Balance on Swing—Bird-up to Shoulder Balance—Reverse Kip to Shoulder Balance—Bird-up to Hand Balance—Reverse Kip to Hand Balance—Double Leg Cut-off at Rear End of Swing and Regrasp (Cut and Catch)—Double Leg Cut-off at Front End of Swing and Regrasp (Cut and Catch)—Front Cut-off on Front End of Swing—Back Cut-off on Back End of Swing—Back Flyaway—Front Flyaway.



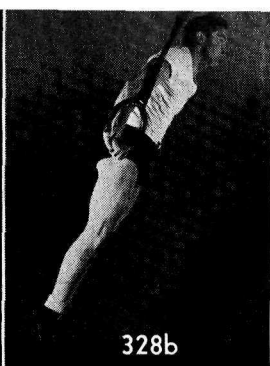
327a



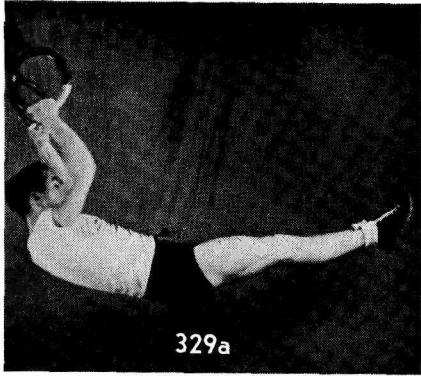
327b



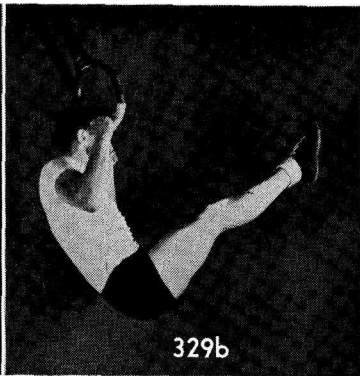
328a



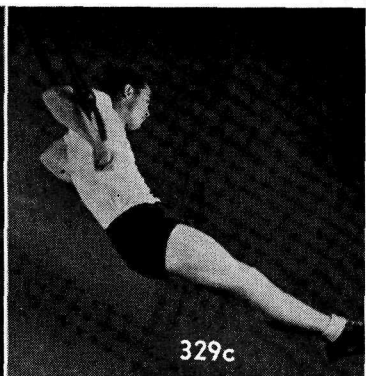
328b



329a



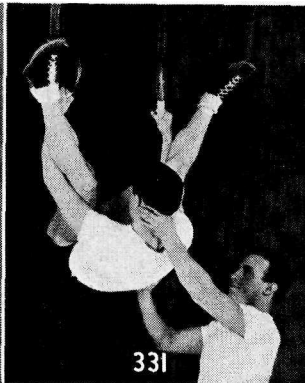
329b



329c



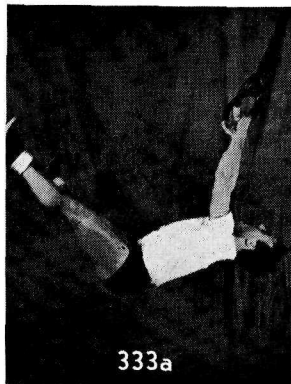
330



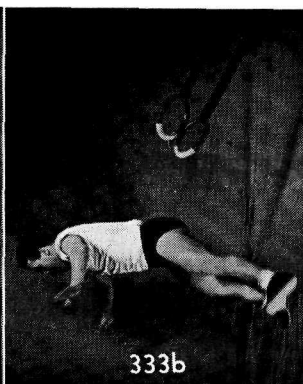
331



332



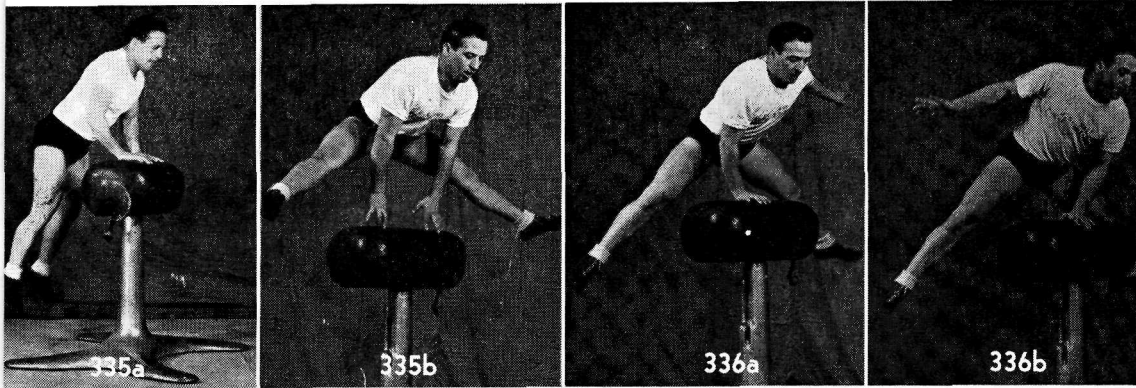
333a



333b



334



BUCK

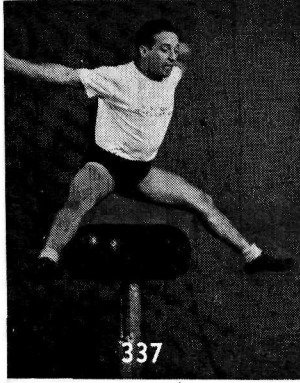
Vaulting

General Hints.—Spring from both feet—Push hard with hands—Keep the head up!

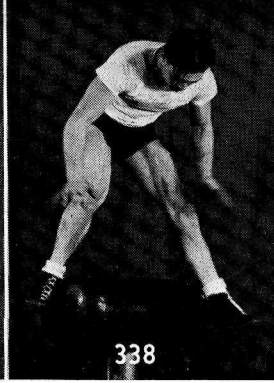
- 335—*Straddle Vault (Both Hands).*—(a) Double foot take off; (b) Push hard with hands—Head up!
 336—*Straddle Vault.*—(a) Right Hand—Push with right hand—Head up; (b) Left Hand—Push with left hand—Head up!

★ ★ ★

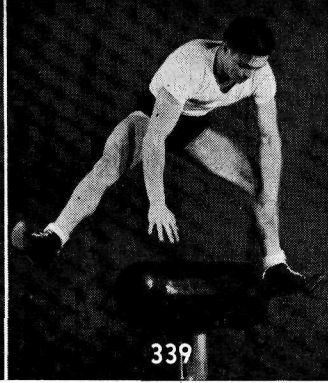
- 337—*Straddle Jump.*—Leap over buck—Head up—Shoulders back—Use hands and arms to get maximum height!
 338—*Straddle Spur Vaults.*—Straddle Vault, Spur with Right Foot—Kick right heel to buck!
 339—*Straddle Vault, Spur with Left Foot.*—Kick left heel to buck!
 340—*Straddle Vault, Spur with Both Feet.*—Kick both heels to buck!
 341—*Squat Vault.*—Legs between arms—Bring knees to chest—Push with hands—Head up!
Variations.—Squat Vault with Turns on Dismount—Squat Vault with Forward Rolls on Dismount—Squat Vault with Backward Rolls on Dismount—Squat Vault with Forward and Backward Rolls on Dismount.
 342—*Knee Vault.*—(a) Start from kneeling position; (b) When off balance lift with arms and shoulder—Lift head upward!
Variations.—Jump to Saddle and Dismount Forward—Jump to Saddle and Dismount Forward with Turns!
 343—*Flank Vault, Right or Left.*—(a) Keep body straight—Keep legs and trunk in a straight line; (b) Supporting arm straight—Lean over on supporting arm!
 344—*Front Vault, Low.*—Double foot take-off—Arch back—Head up—Body at about a 45° angle!
 345—*Front Vault, High.*—Double foot take-off—Push with arms—Arch back—Head up—Body about to a hand balance position!
 346—*Back Scissors Vault, One Hand.*—(a) Place hand on buck before twisting—Left leg goes to the right side—Swing other leg around backward; (b) Lift hips high as legs are straddled—Push with hand!



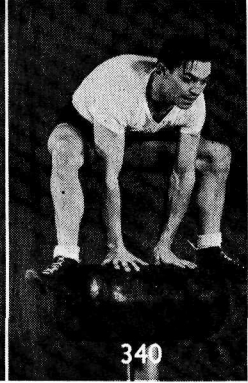
337



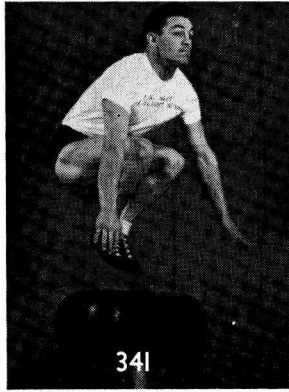
338



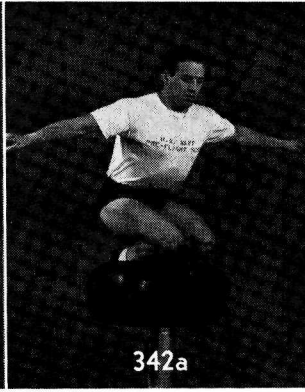
339



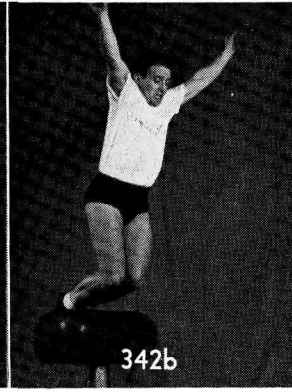
340



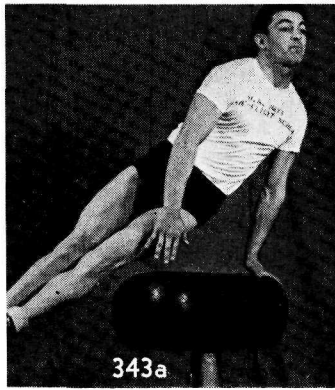
341



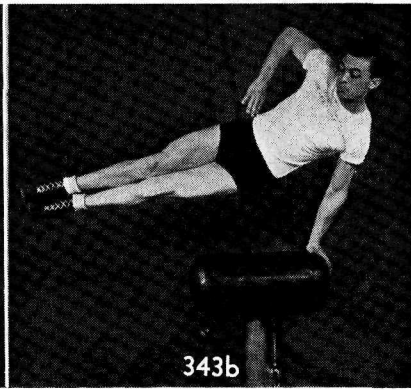
342a



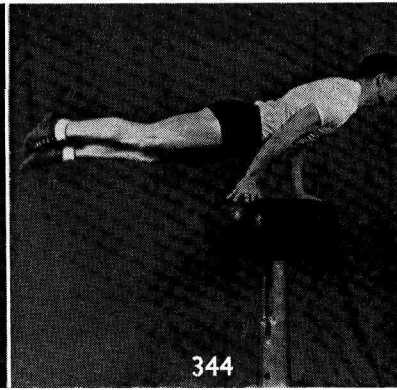
342b



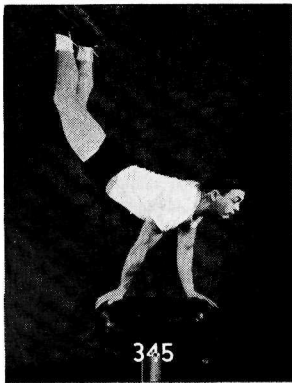
343a



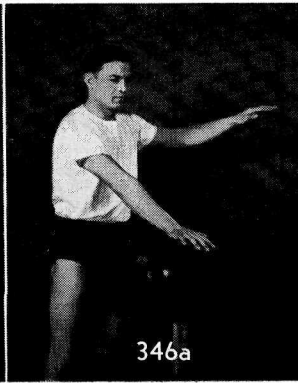
343b



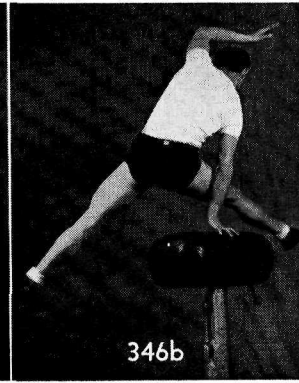
344



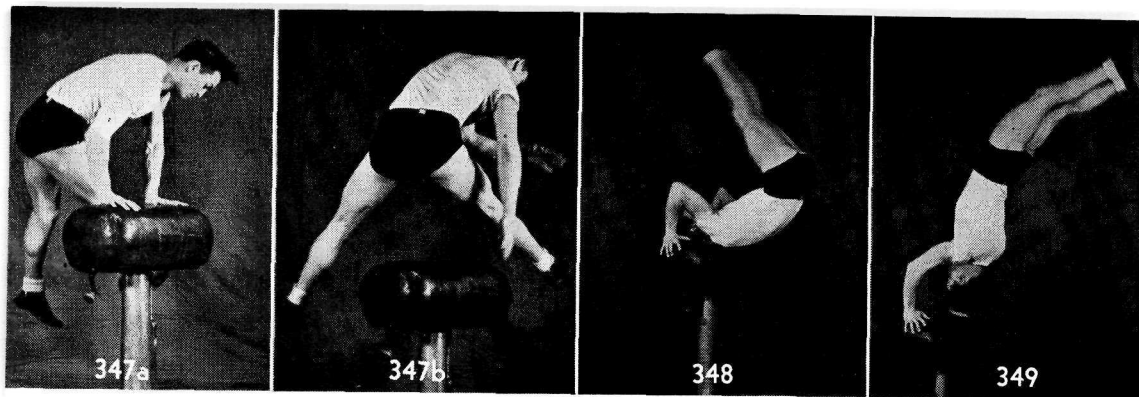
345



346a



346b



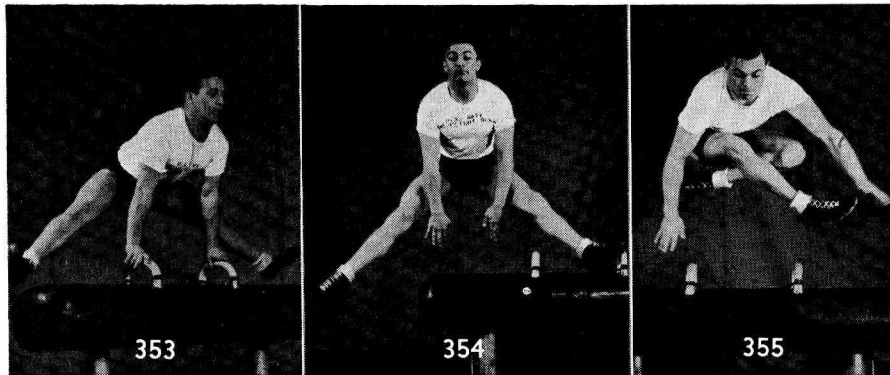
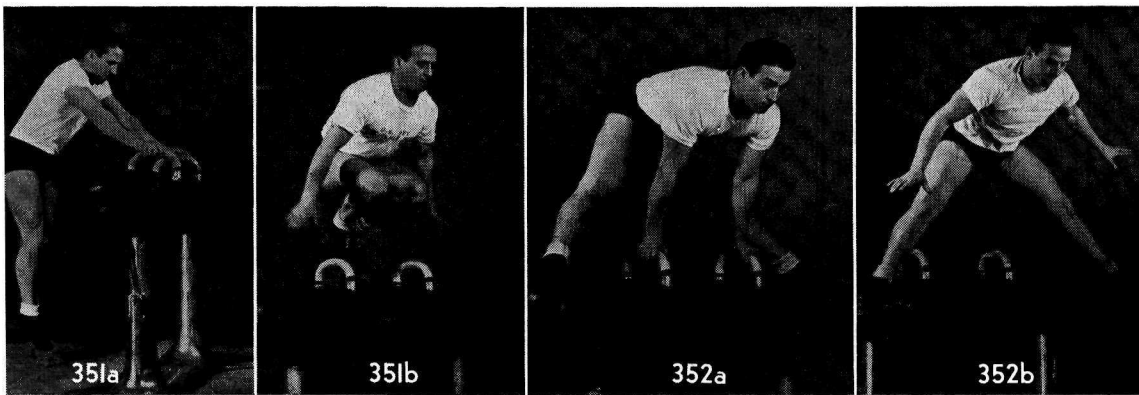
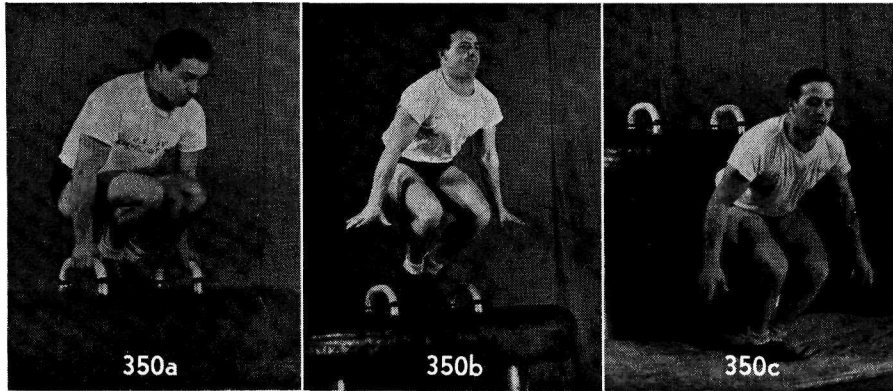
- 347—*Back Scissors Vault, Two Hands.*—(a) Place both hands on buck—Left leg goes to the right side—Swing other leg around backward; (b) Lift legs high as legs are straddled—Push with hands!
- 348—*Neckspring.*—Double foot take off—Hips high—Tuck nape of neck to horse—When hips are off balance push with hands!
- 349—*Handspring.*—Double foot take off—Extend feet upward—Get as close to momentary hand balance as possible—When off balance push with hands!
- Variations.*—Use rolled mats in line with bucks. After each vaulting stunt perform forward rolls, backward rolls or dives over the rolled mats. Rolls can also precede the vaults.

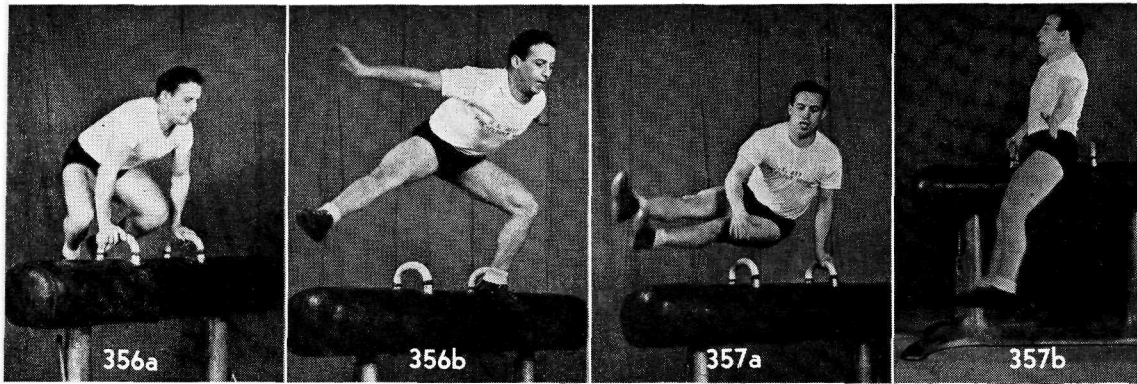
Teaching Procedure.—For large classes (50-75) teach stunts which are performed quickly, one performer immediately following another. Divide the group into equal squads (with a leader used as spotter). Use a double thickness of mats for dismounts. Demonstrate the stunt to be performed.

★ ★ ★

SIDE HORSE

- 350—*Jump to a Squat Stand in Saddle, Dismount Forward.*—(a) Hips high—Knees to chest; (b) Release pommels and dismount forward; (c) Land on balls of feet—Flex knees in landing!
- 351—*Squat Vault.*—(a) Double foot take off; (b) Hips high—Knees to chest—Push hard with hands to lift head—Head high—Release pommels while momentum is moving upward!
- Variations.*—Same with Turns on Dismounts—Same with Forward and Backward Rolls after Dismounts—Same with Turns on Dismounts followed by Rolls—Squat Vault over Neck—Squat Vault over Croup—Squat Vault over Pommels.
- 352—*Jump to a Straddle Stand in Saddle, Dismount Forward.*—(a) Hips high—Legs straight; (b) Release pommels, lift head and dismount forward!
- 353—*Straddle Vault.*—Double foot take off—Hips high—Legs straight—Push hard with hands to lift head—Head high—Release pommels while momentum is moving upward!
- Variations.*—Straddle Vault over Neck—Straddle Vault over Croup (Plate 354)—Straddle Vault in Saddle over Pommels—Straddle Vault Holding One Pommel—Cross Straddle Vault (Plate 355).

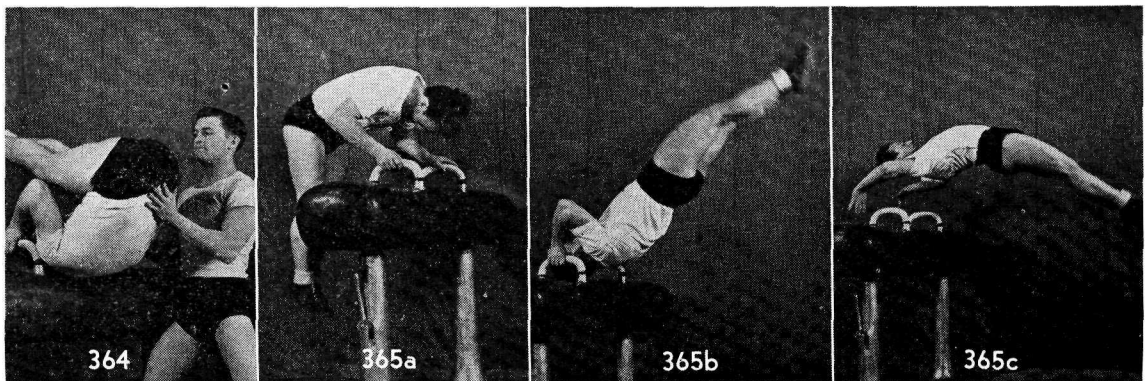
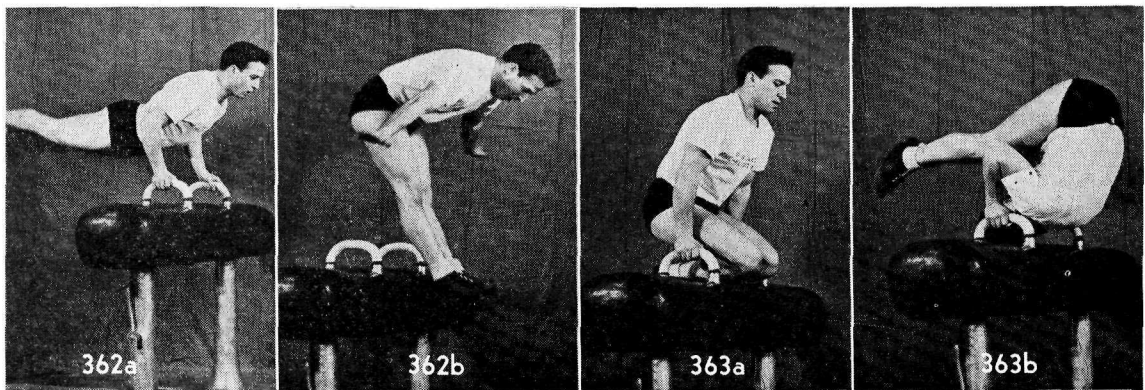
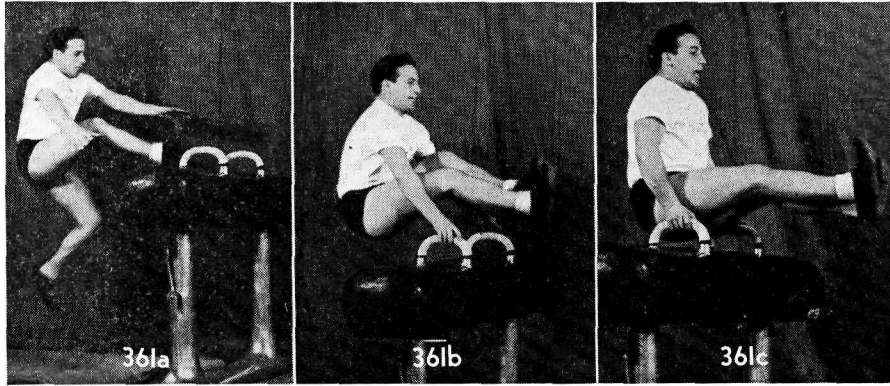
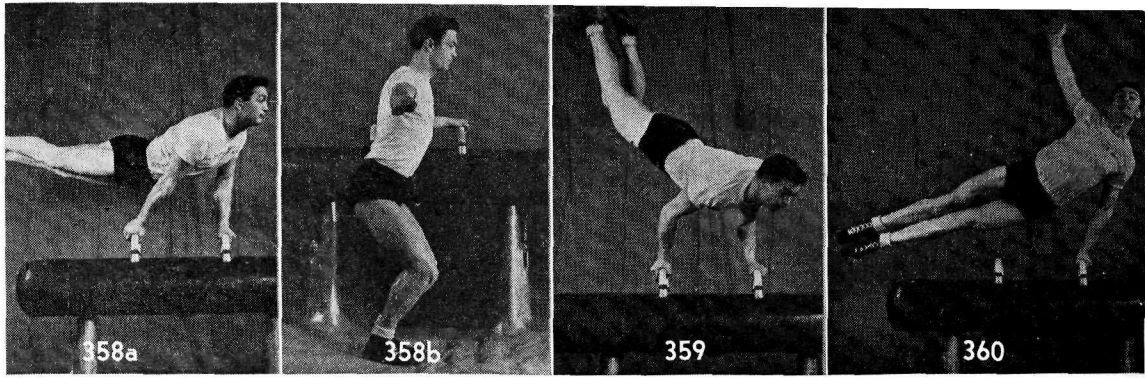


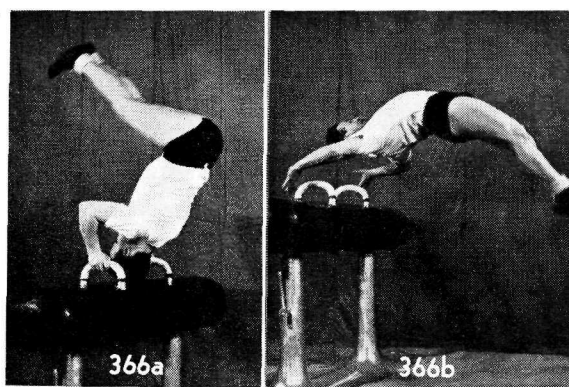


- 356—*Wolf Vault*.—(a) Double foot take off—Do a straddle vault over one pommel at first; (b) One leg in squat position, the other in straddle position—Push hard with hands—Release pommels while momentum is moving upward!
- 357—*Rear Vault*.—(a) Double foot take off—Keep the hips low—Back of body passes over apparatus; (b) Turn inward—Regrasp!
Variation.—Rear vault with half turn.

★ ★ ★

- 358—*Low Front Vault*.—(a) Double foot take off—Keep arms as straight as possible—Head back—Arch back—Body about 45° angle—Front of body passes over apparatus; (b) Hold on with supporting hand—Face sideward on dismount!
- 359—*High Front Vault*.—Double foot take off—Keep arms as straight as possible—Head back—Arch back—Body almost in a hand balance position—Front of body passes over apparatus—Regrasp—Face side on dismount!
- 360—*Flank Vault (Right or Left)*.—Double foot take off—Lean on supporting arm—Keep supporting arm straight—Trunk and legs in a straight line!
- 361—*Thief Vault (Left to Right)*.—(a) The vault is right if the take off is from right foot—Lead with feet—Lean backward; (b) Reach backward with hands to grasp pommels; (c) Push off from pommels to dismount!
- 362—*Stoop Vault*.—(a) Hips high—Legs between the hands—Knees straight; (b) Better form may be obtained by getting a beat from the arched back!
- 363—*Jump to a Kneeling Position on Saddle, Neck Spring Turn Over*.—(a) Kneel on saddle—Lift hips high and tuck nape of neck in saddle—Flex arms; (b) When hips go off balance push with arms!
 SAFETY HINT.—When hips go off balance push with arms!
- 364—*Spotting*.—Hold wrist to prevent overspin and use other hand for support under shoulders!
- 365—*Neck Spring*.—(a) Double foot take off—Hips high—Duck head—Flex arms; (b) When off balance push with arms; (c) Follow through with push off—Arch back vigorously—Land on balls of feet!
 SAFETY HINT.—Spot closely!





366—*Head Spring*.—(a) Double foot take off—Head on saddle; (b) When off balance push with arms!

SAFETY HINT.—Spot closely!

★ ★ ★

367—*Hand Spring*.—(a) Flex arms slightly—Head back—Kick legs when hips are past the head; (b) Push with arms—Head tucked slightly!

368—SAFETY HINTS.—Spotting, support shoulders—Use two, one on each side!

Other activities for side horse vaulting include: *reverse scissor vault* (Plate No. 347); *sheep* and *swan vaults* (Plate Nos. 401, 402); *swan dive* over the horse and catch by one or more spotters (Plate No. 423). In the swan dive catch, the spotter catches at chest, not at hips.

Suggestions for More Advanced Stunts

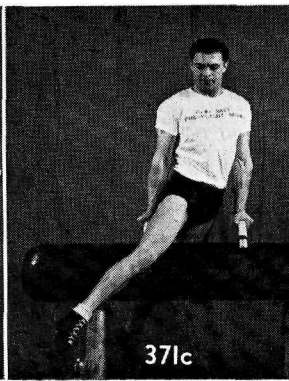
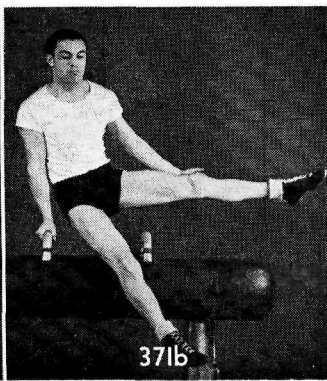
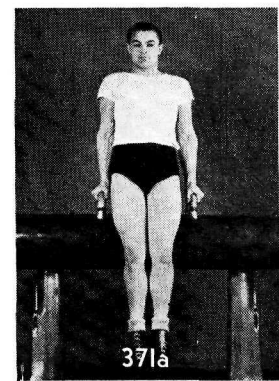
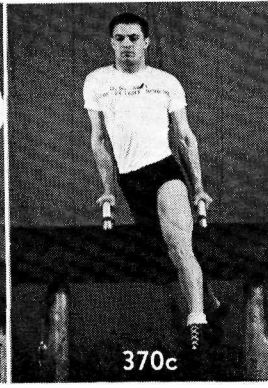
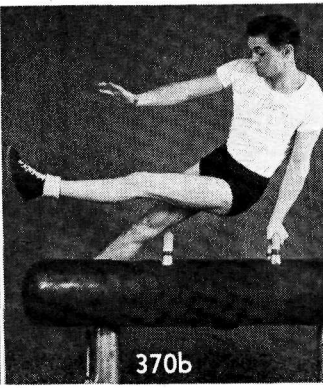
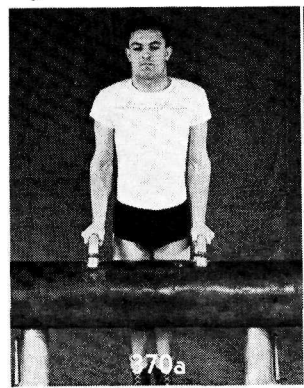
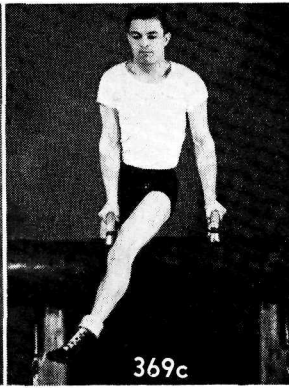
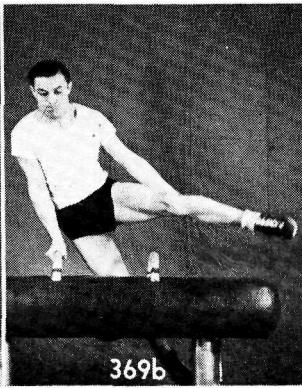
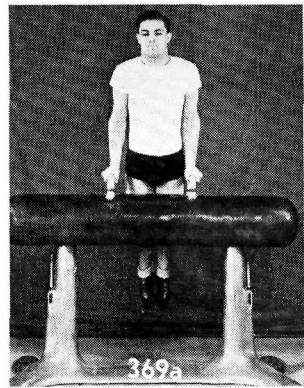
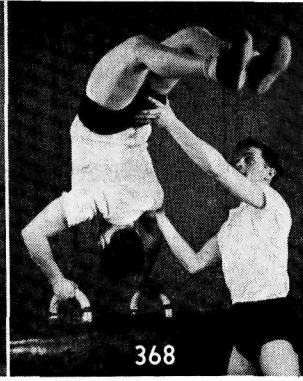
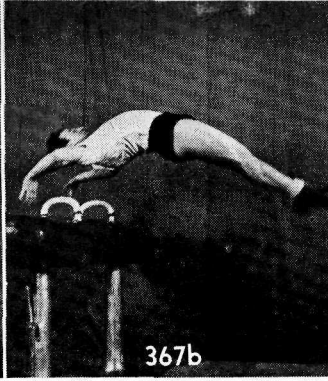
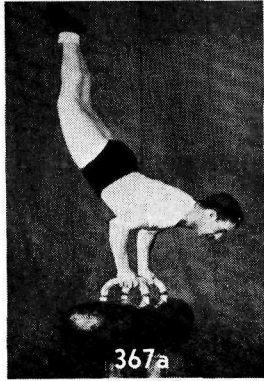
Neck Spring with Half Twist—Neck Spring with Full Twist—Front Somersault Over.

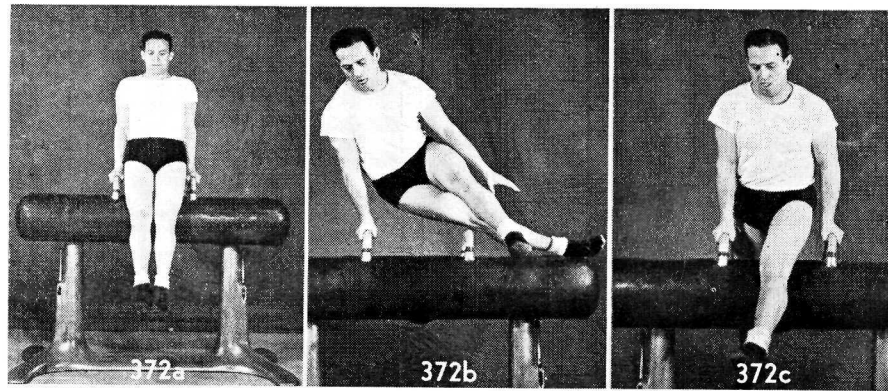
Support Stunts

369—*From Front Support: Left or Right Leg Half Circle Right or Left*.—(a) Start from front support position; (b) Swing leg over side of horse and across pommel—Shift weight away from swinging leg to supporting arm—Swing from shoulders; (c) Regrasp pommel—Keep legs straight!

370—*Left or Right Leg Half Circle Right or Left*.—(a) Start from front support position; (b) Swing leg in front of other leg and over side of horse and across pommel—Shift weight away from swinging leg to supporting arm—Swing from shoulders; (c) Regrasp pommel—Keep legs straight!

371—*From Back Support: Left or Right Leg Half Circle Left or Right*.—(a) Start from back support; (b) Swing leg back over the horse and across pommel—Shift weight away from swinging leg to supporting arm—Swing from shoulders; (c) Regrasp pommel!





- 372—*Left or Right Leg Half Circle Right or Left.*—(a) Start from back support; (b) Swing leg behind other leg and over horse and across pommels—Shift weight away from swinging leg to supporting arm—Swing from shoulders; (c) Regrasp pommel—Keep legs straight!

★ ★ ★

- 373—*Shifting Balance: With Half Circle and Parallel Swings.*—(a) Start from front support—Left leg half circle right—Swing freely from shoulders and in rhythm—shift weight; (b) Lean well over on supporting arm and swing legs as high as possible; (c) Swing left leg back half circle left—Repeat whole series in rhythm!

Variations.—Various combinations of the above leg circles.

- 374—*From Front Support: Left or Right Leg Full Circle Right or Left.*—(a) Start from front support—Left leg full circle right; (b) Swing leg over side of horse and across pommel—Shift weight away from swinging leg to supporting right arm; (c) Shift weight away from swinging leg to supporting left arm; (d) Swing leg back over horse to front support—Work in rhythm!

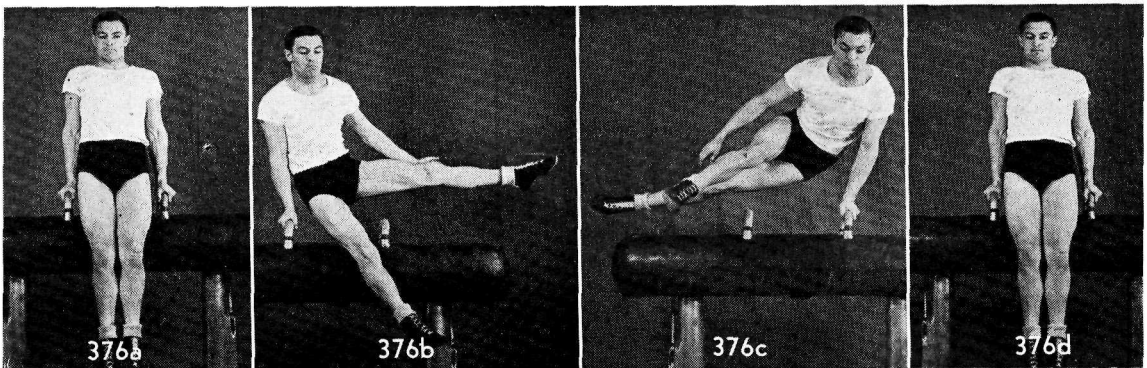
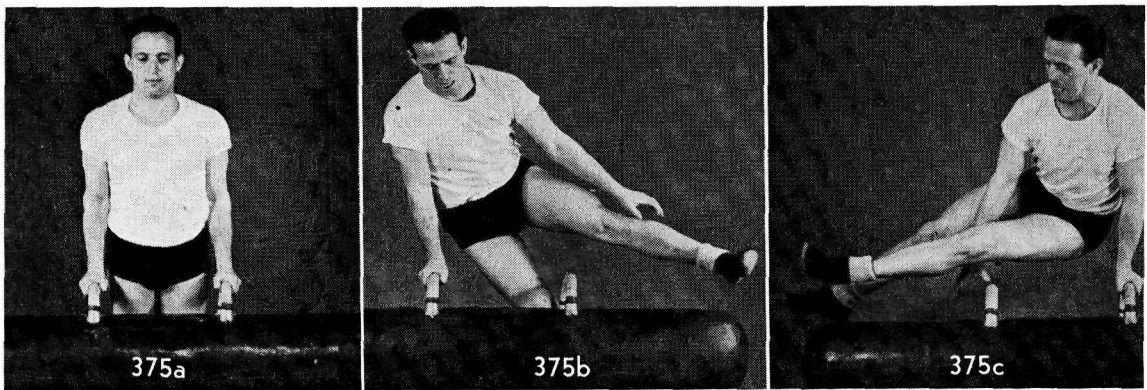
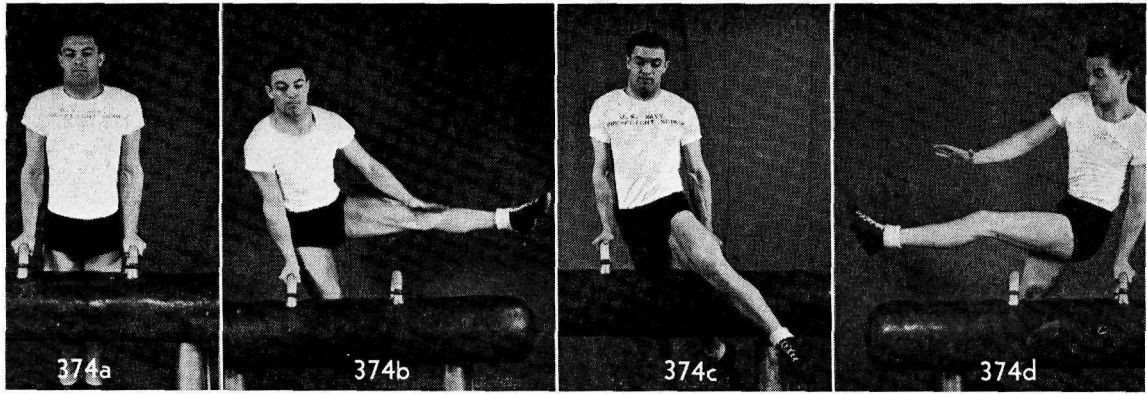
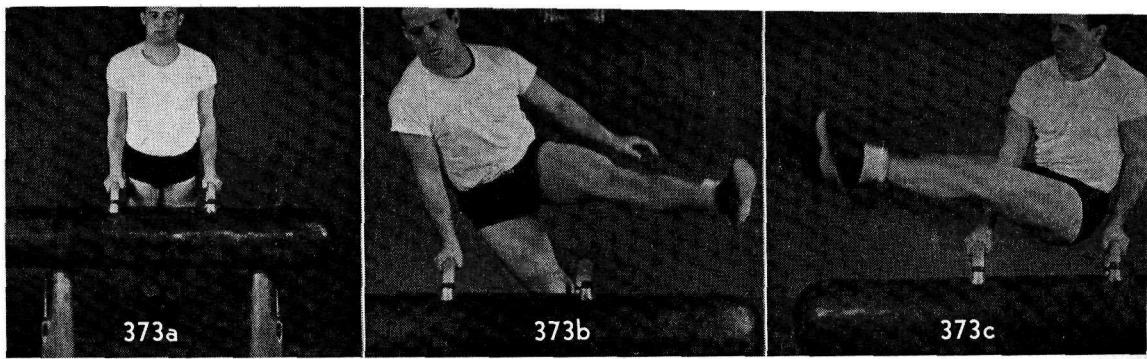
Variation.—Same with opposite leg.

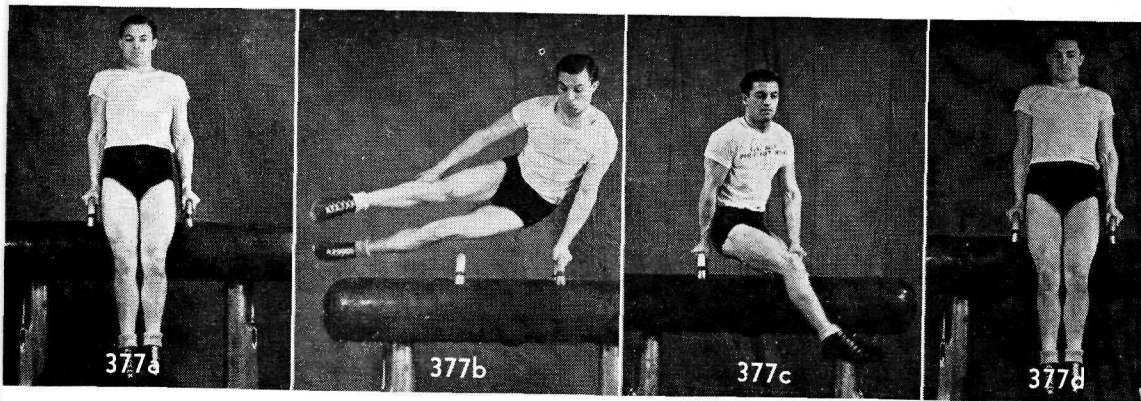
- 375—*Left or Right Leg Full Circle Left or Right.*—(a) Start from front support—Left leg full circle left; (b) Swing leg in front of other leg and over side of horse and across pommel—Shift weight away from swinging leg to supporting left arm—Swing from shoulders; (c) Shift weight away from swinging leg to supporting right arm—Swing leg back over horse to front support—Work in rhythm—Keep legs straight!

Variation.—Same with opposite leg.

- 376—*From Back Support: Left or Right Leg Full Circle Left or Right.*—(a) Start from back support—Left leg full circle left; (b) Swing leg back over horse and across pommel—Shift weight to right arm—Swing from shoulders; (c) Shift weight to left arm—Lift left foot over horse and across pommel; (d) Return to back rest—Work in rhythm—Keep legs straight!

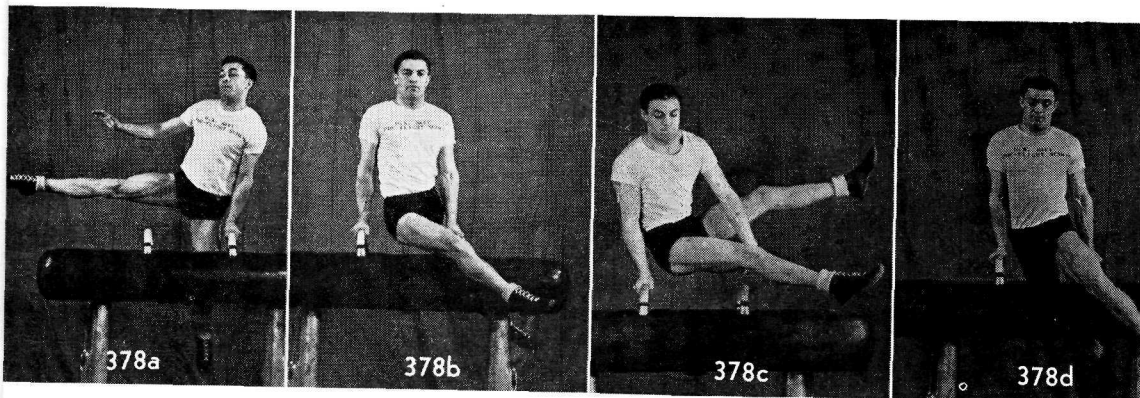
Variation.—Same with opposite leg.





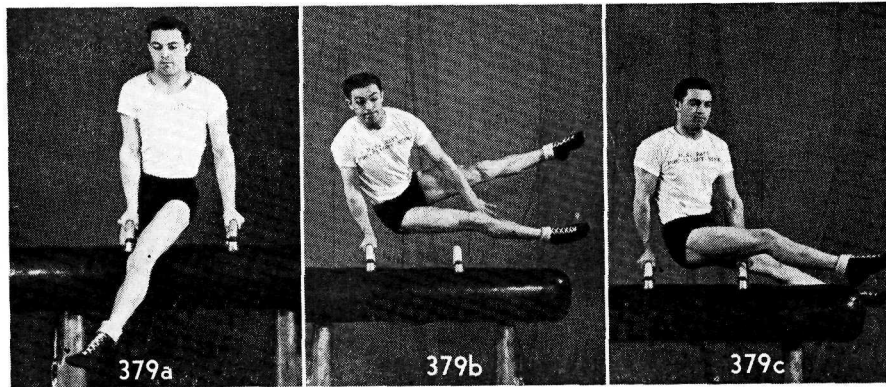
377—*Left or Right Leg Full Circle Right or Left.*—(a) Start from back support—Left leg full circle right; (b) Swing left leg behind right leg, over horse and across pommel—Shift weight to left arm—Swing from shoulders; (c) Shift weight to right arm—Swing leg over horse and across pommel; (d) Return to back rest—Work in rhythm!

Variation.—Same with opposite leg.

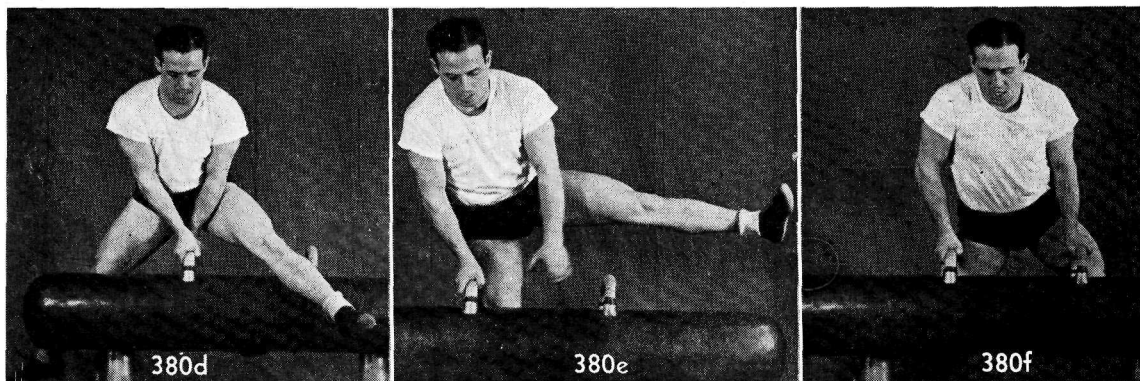
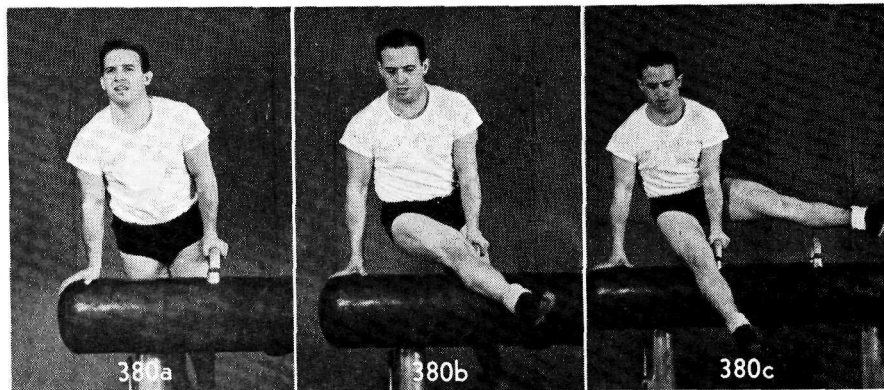


378—*Ordinary Scissors.*—(a) Jump from stand, right leg over horse, regrip; (b) Shift weight to supporting arm—Feet high before crossing; (c) Rotate hips starting at shoulders to cross legs; (d) Regrip pommels!

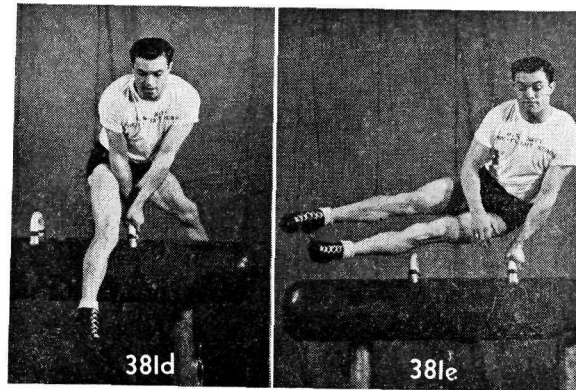
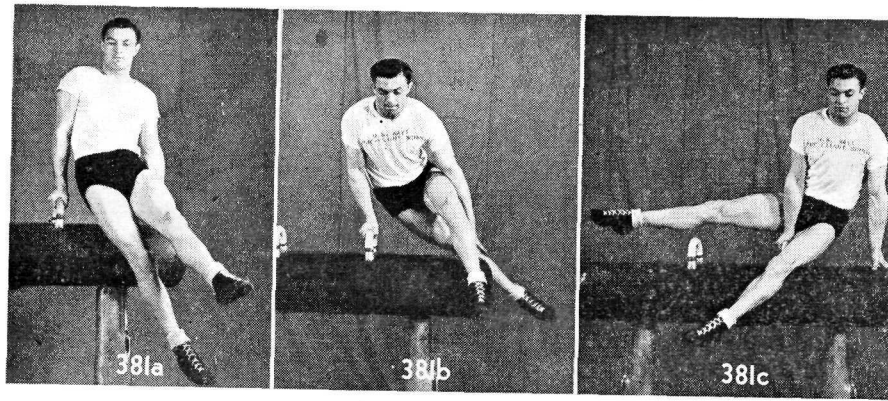
Variations.—Do same with opposite side.



379—*Reverse Scissors*.—(a) Shift weight to supporting arm—Feet high before crossing—Lean forward; (b) Rotate hips starting at shoulders to cross legs; (c) Regrasp pommels!



380—*Travel*.—(a) Jump to support on neck; (b) Right leg, half circle left; (c) Right leg, half circle left, coming outside left arm; (d) Transfer left hand to front of left pommel; (e) Right leg half circle right transferring hand to right pommel; (f) Then continue to travel!



381—*Single Leg Travel*.—(a) Back support on neck—Swing right leg full circle left; (b) Astride right arm on left pommel; (c) Left leg half circle left shifting left hand to pommel; (d) Swing left leg under right leg and over right pommel to back support—Shift the right hand; (e) Continue to travel!

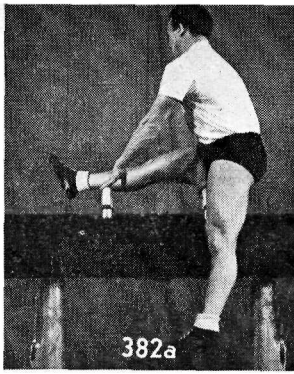
★ ★ ★

382—*Double Rear Dismount*.—(a) Feint right; (b) Swing right leg horizontally under left pommel—Lean backward—Lean on right; (c) Swing legs backward, pivot on right hand and bring legs under left hand—Keep right arm straight!

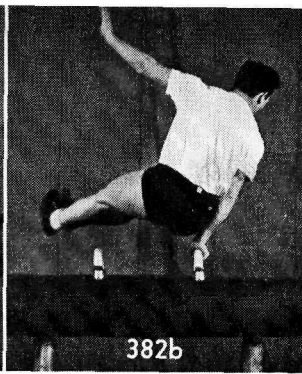
383—*Flank Circles*.—(a) Front support—Swing from shoulders; (b) Swing legs over horse; (c) Pass through back support position and continue circles!

Suggestions for Advanced Support Stunts on Side Horse

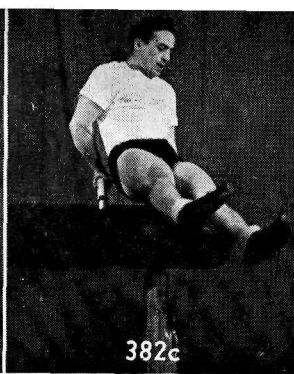
384—*Giant Hip Circles*.—(a) Swing from shoulders—Reach out in front with feet; (b) Shift weight to supporting arm; (c) Raise hips on back end of swing; (d) Shift weight to other arm; (e) Reach out in front with feet; (f) Continue circles!



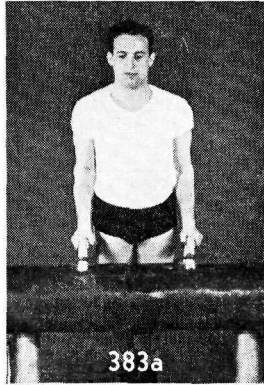
382a



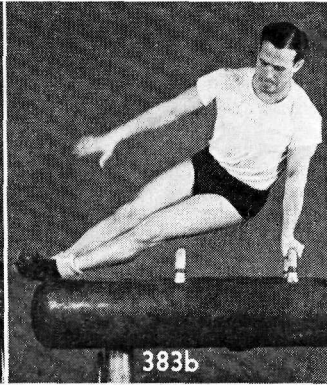
382b



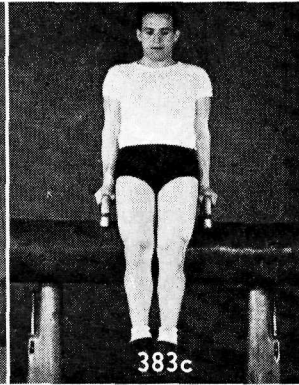
382c



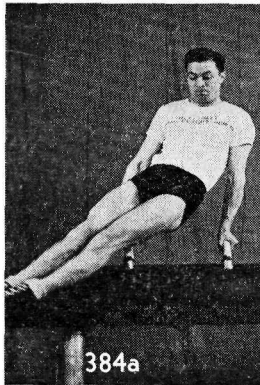
383a



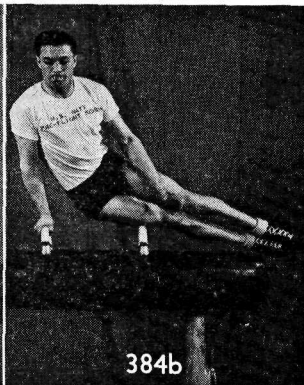
383b



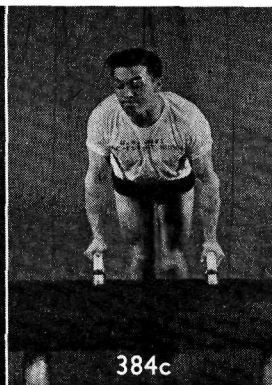
383c



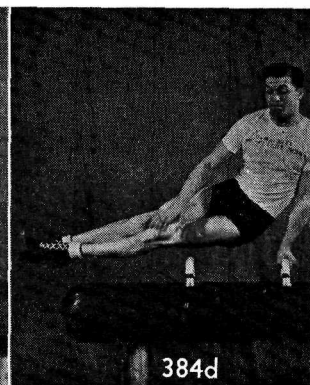
384a



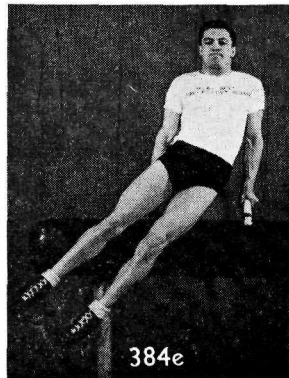
384b



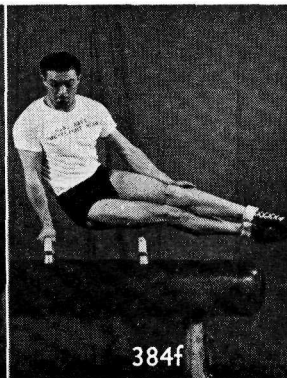
384c



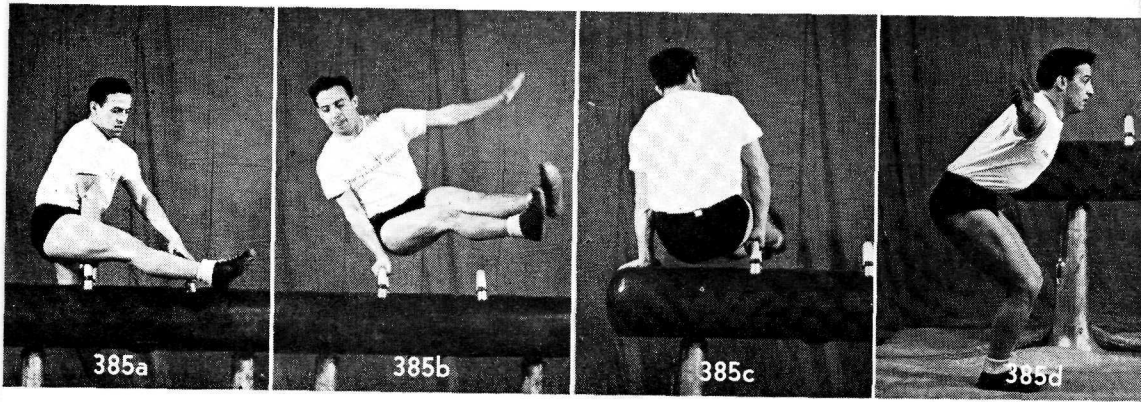
384d



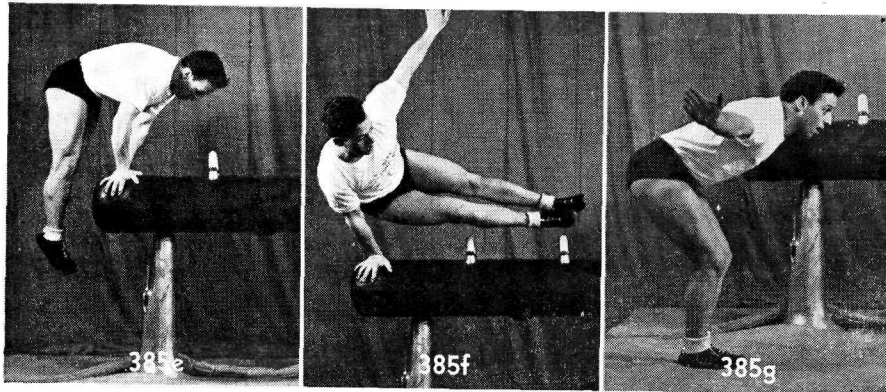
384e



384f

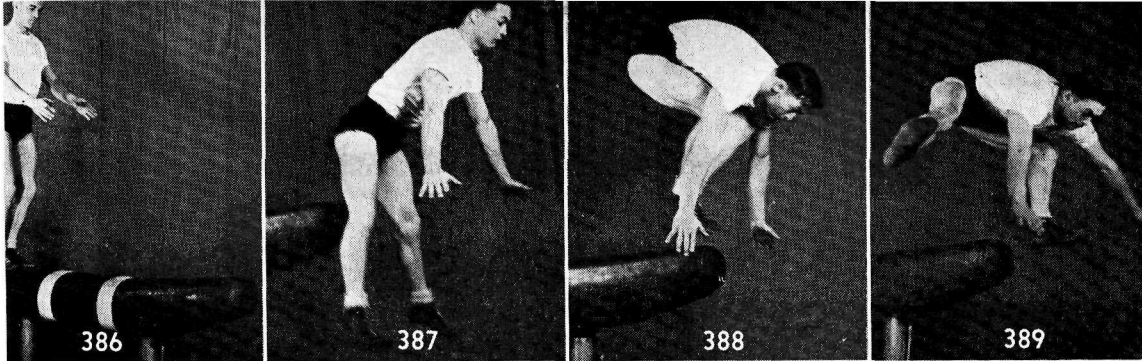


385—*Triple Rear Vault*.—(a) Feint right; (b) Swing right leg backward horizontally under left pommel—Lean backward; (c) Pivot on right hand and reach for end of horse with left hand; (d) Support on left hand as legs swing back and horizontal to dismount sideways right!



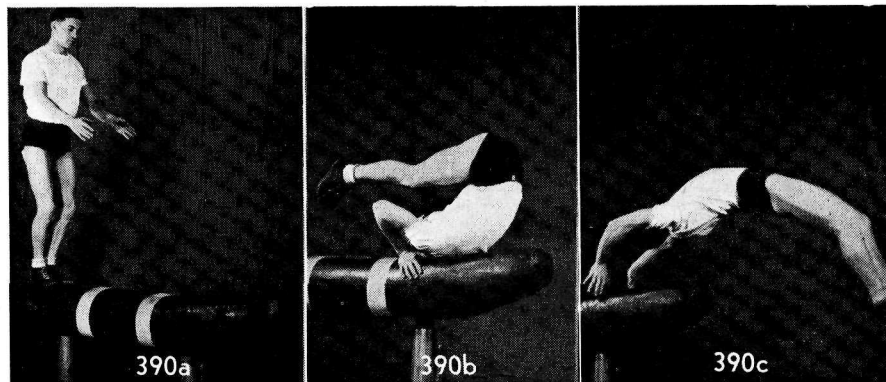
385—*Quadruple Rear Vault* (Same as *Triple Rear*, Plates above, except).—(e) As left hand touches horse reach with right hand for the end of horse; (f) Lift hips high—Lean on right arm as body is swung horizontally over horse; (g) Turn inward to dismount!

Other suggestions are the Various Giant Hip Circle Travels—Cross Giant Hip Circles—Double Rear Mount—Triple Rear Mount—Double Front Mount.



LONG HORSE*

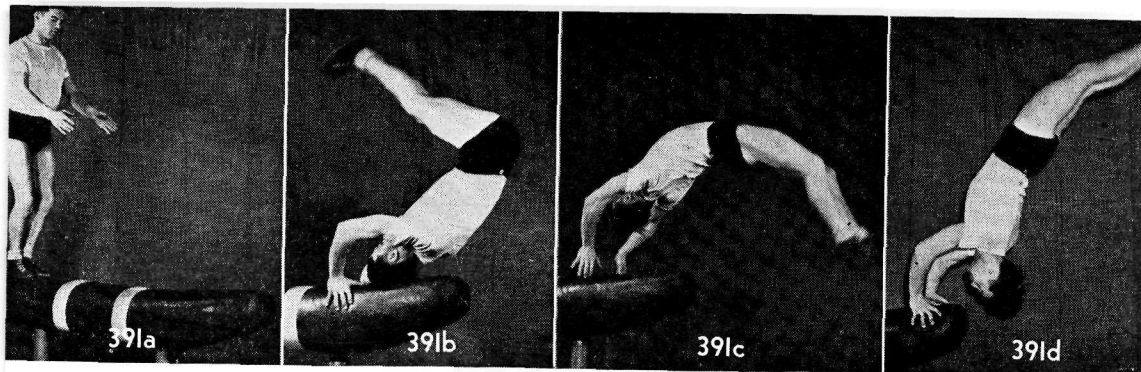
- 386—*Jump to Croup, Straddle Vault Dismount Over Neck.*—Jump to croup—Double foot take off!
- 387—Push hard with the hands—Lift head—Arms straight—Straddle off!
- 386—*Jump to Croup, Squat Vault Over Neck.*—Jump to croup—Double foot take off!
- 388—Push hard with hands—Lift head—Pull thighs to chest—Arms straight—Squat off!
- 386—*Jump to Croup, Wolf Vault Over Neck.*—Jump to croup—Double foot take off!
- 389—Push hard with hands—Lift head—Left leg in squat position, right leg in straddle (or opposite)—Arms straight!



- 390—*Jump to Croup, Neck Spring from Neck.*—(a) Jump to croup—Double foot take off; (b) Hands on neck—Arms straight—Push off croup from balls of feet to get hips up—When hips are off balance tuck nape of neck to horse and flex arms—Keep feet back; (c) Snap body and push with hands—Land on balls of feet!

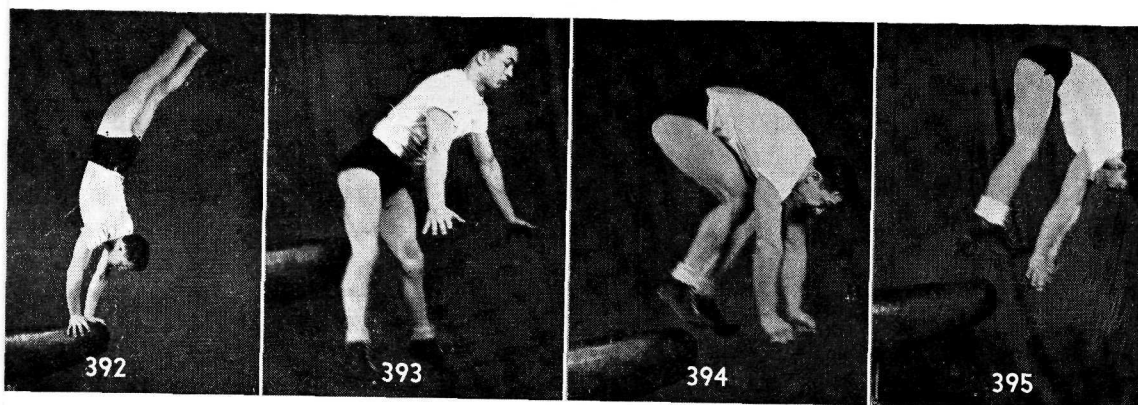
SAFETY HINTS.—In spotting push with one hand under back if necessary—Hold the wrist with the other hand to be sure the performer does not overspin!

* Near end—*croup*. Middle—*saddle*. Raised end—*neck*.



391—*Jump to Croup, Head Spring from Neck.*—(a) Jump to croup—Double foot take off; (b) Head up—Arms straight—Push off croup from balls of feet to get hips high—Place the top of the head lightly on neck; (c) When hips are off balance snap body, and push with hands—Land on balls of feet!
 391—*Jump to Croup, Handspring off Neck.*—(a) Jump to croup—Double foot take off; (d) Arms straight—Head up—When hips are off balance push with hands—Land on balls of feet!

SAFETY HINT.—Spot closely.



392—*Jump to Croup, Hand Balance on Neck, Straddle Vault Dismount.*—Jump to croup—Double foot take off—Kick up to a hand balance position on neck—Let feet go off balance!

393—Push hard with the hands and lift the head—Land on the balls of the feet—Feet apart and legs straight!

SAFETY HINTS.—Have a spotter on each side—Push up on the shoulders.

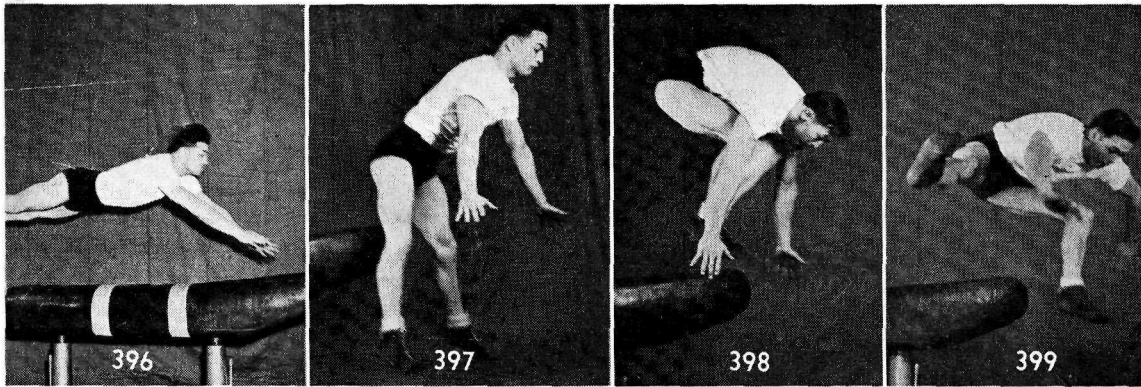
392—*Jump to Croup, Hand Balance on Neck, Squat Vault Dismount.*—Jump to croup—Double foot take off—Kick up to a hand balance position on neck—Let feet go off balance!

394—Push hard with hands and lift the head—Land on balls of the feet—Knees to chest—Feet between hands!

392—*Jump to Croup, Hand Balance on Neck, Straight Leg Cut Through.*—Double foot take off—Jump to croup (Same as previous Jump, only let feet go further off balance)!

395—Push extra hard with hands—Legs straight—Bring feet between hands!

SAFETY HINT—Be spotted closely!



396—*Run, Straddle Vault Over Neck.*—Double foot take off from beat board—Arms straight—Keep eyes on beat board, then on neck or croup!

397—Push hard with hands—Lift head—Legs straight—Feet apart—Cut legs downward—Land on balls of feet!

SAFETY HINT.—Use two spotters!

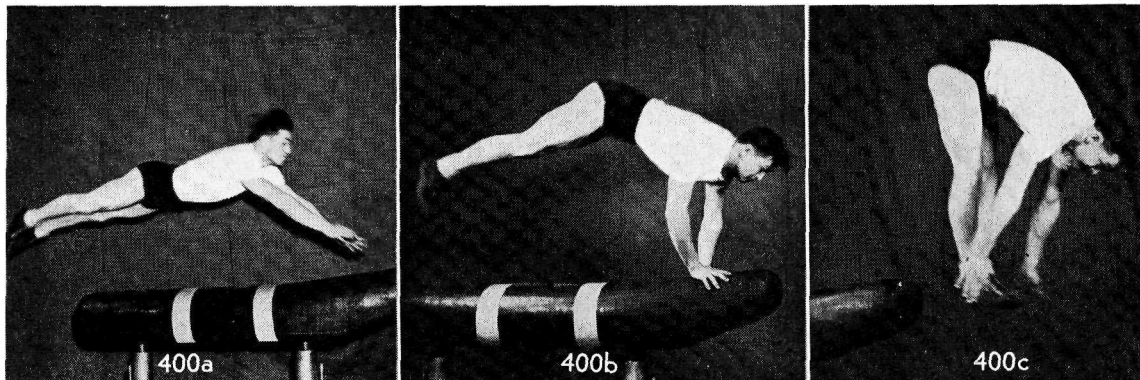
396—*Run, Squat Vault Over Neck.*—Double foot take off from beat board—Arms straight—Keep eyes on beat board, then on neck or croup!

398—Push hard with hands—Lift head—Pull knees to chest—Land on balls of feet!

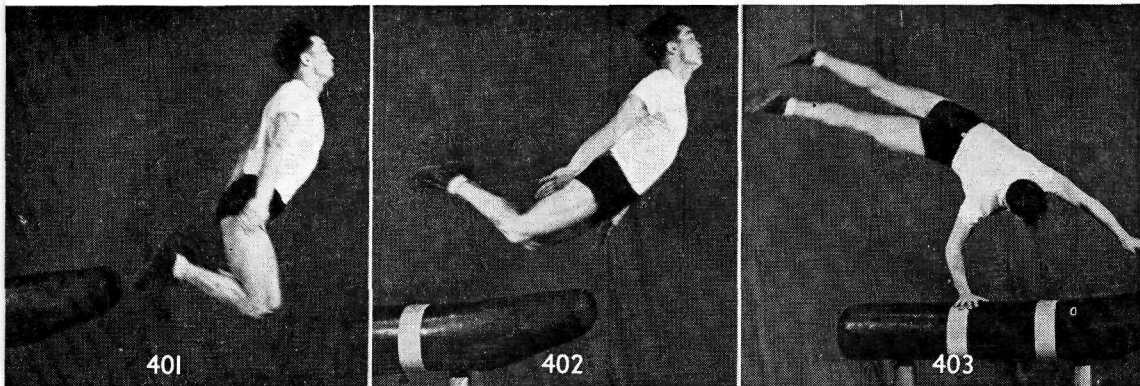
SAFETY HINT.—Use two spotters!

396—*Run, Wolf Vault Over Neck.*—Double foot take off—Dive and touch neck with both hands!

399—One leg bent at knee, other leg straight!



400—*Run, Stoop Vault from Neck.*—(a) Dive and touch neck with both hands—Get a vigorous beat from arched back; (b) Lift hips up; (c) Keep legs straight—Push with hands!



Suggestions for Advanced Vaults on Long Horse

Vaults may also be executed with a tip-off from the croup and a double tip-off (croup to neck). On all vaults it is important that the performer learns to break into his vaults from a position in which he is supported on his hands with the legs straight and together at a 45 degree angle. This 45 degree angle is fundamental to all vaults and when it is mastered the more difficult vaults are achieved. The performer should have an easy relaxed stride at the beginning of his running approach with a definite beating out of the last few steps. Some long horse vaulters measure their running approach.

- | | |
|--|--|
| 401—Run, Sheep Vault from Neck! | 402—Run, Swan Vault from Neck! |
| 403—Run, Cartwheel! | 404—Run, Half Twist Scissors! |
| 405—Run, Headspring from Neck! | 406—Run, Handspring from Neck,
Bent Arms! |
| 407—Run, Handspring from Neck,
Straight Arms! | 408—Run, Giant Straddle! |
| 409—Run, Giant Stoop! | |

Teaching Procedure.—Demonstrate each stunt—Spot closely—Coach performer while he is attempting stunt—Stress double foot take off—for difficult vaults adjust the position of the beatboard to suit the individual.

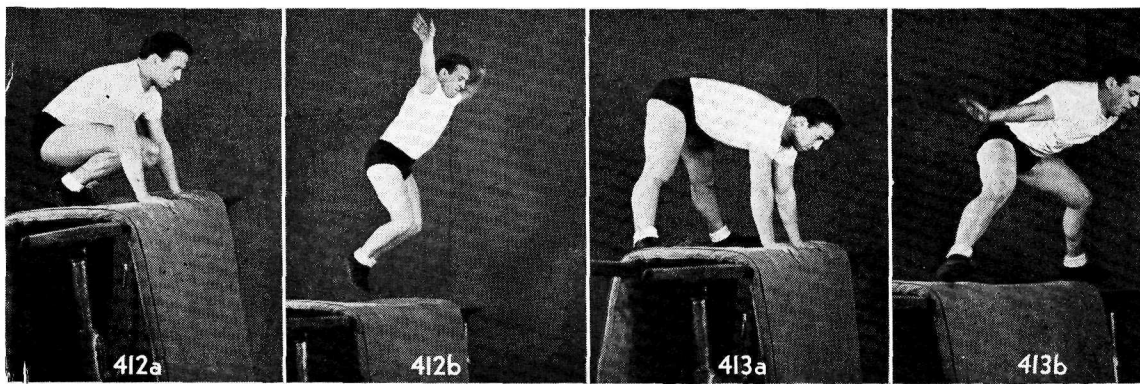
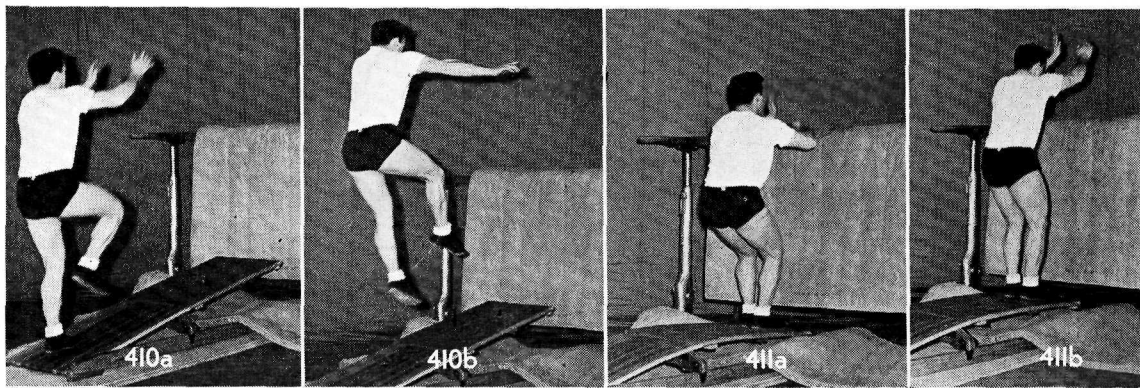
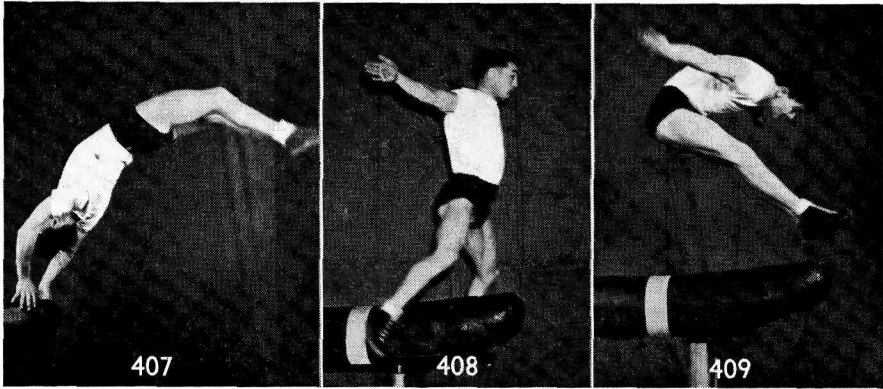
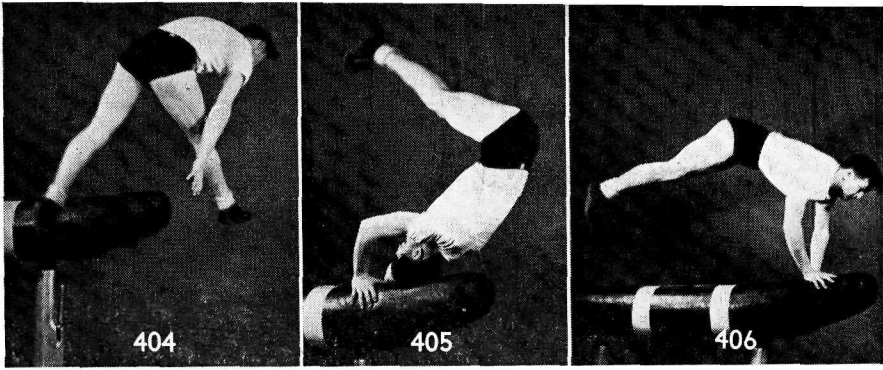
SAFETY HINT.—Use two spotters!

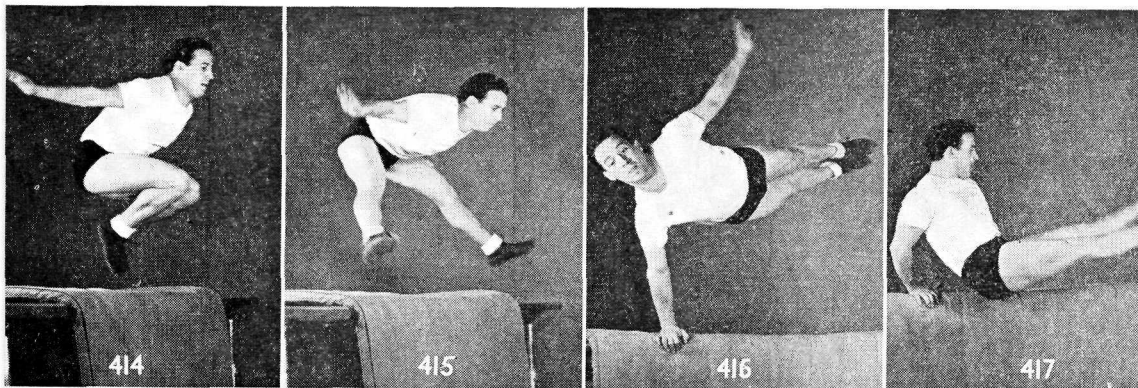
ELEPHANT*

Equipment Needed: One set of Parallel Bars, One Springboard or Trampoline, Mats covering the Bars, Mats to anchor Springboard, Mats for Dismounts.

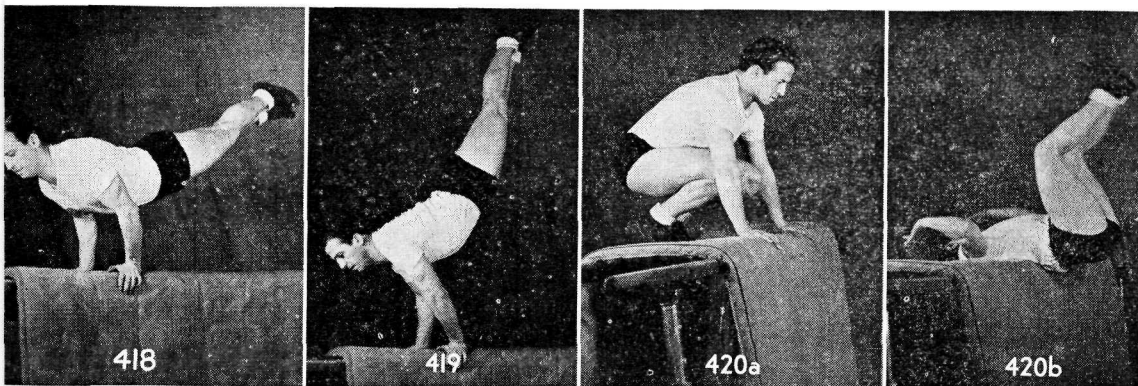
- 410—*Take Off.*—(a) Take off from one foot and land on board; (b) Take off from both feet to do the stunts!
- 411—*Spring Off Board.*—(a) Take off from balls of feet—Feet about ten inches apart—Wait for the spring of the board; (b) Extend the knees and feet!
- SAFETY HINT.**—This practice is very important.
- 412—*Jump to Squat Stand.*—(a) Squat, stand; (b) Jump forward!
- Variations.*—Same with turns on dismount—Same with turns and rolls after dismount.
- 413—*Jump to Straddle Stand.*—(a) Spring to a straddle stand; (b) Jump forward!
- Variations.*—Same with turns on dismount—Same with turns and rolls after dismount.

* See pp. 76, 452.

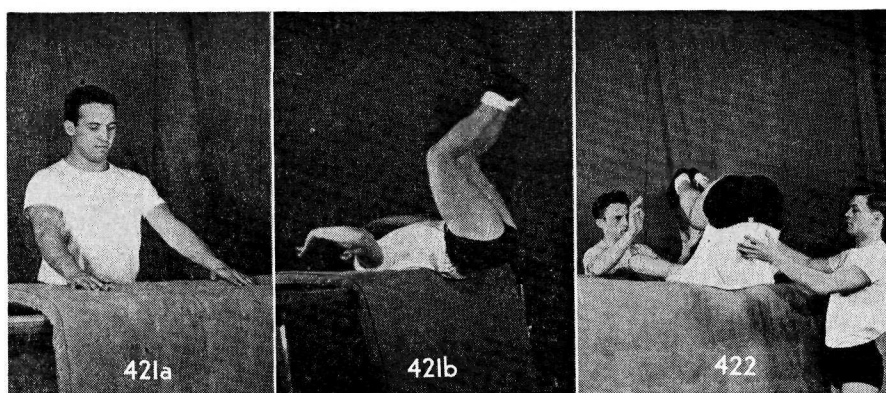




- 414—*Squat Vault*.—Head up—Knees to chest—Push hard with hands!
 415—*Straddle Vault*.—Head up—Feet apart—Push hard with hands!
 416—*Flank Vault Left or Right*.—Trunk and legs on a straight line—Body parallel to deck—Keep supporting arm straight—Lean over supporting arm!
 417—*Rear Vault Left or Right*.—Keep hips low!



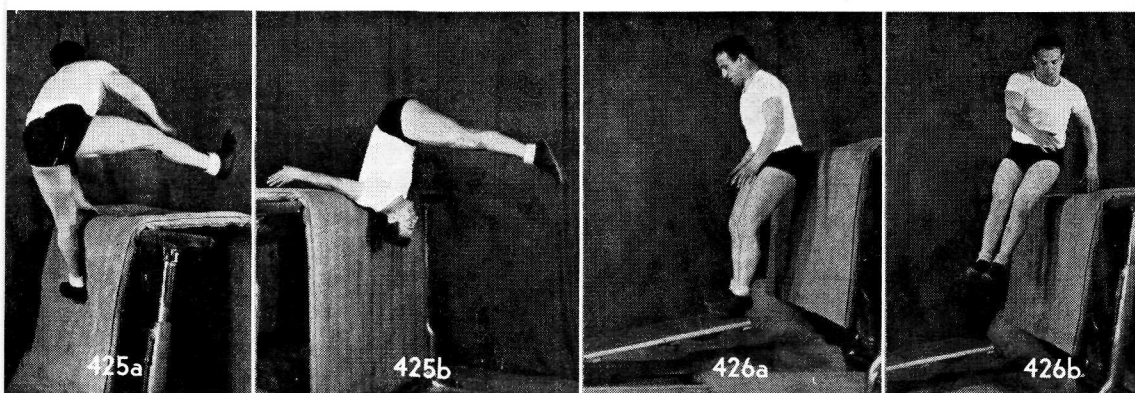
- 418—*Low Front Vault*.—Head back—Arch the back—Body at about 45° angle!
 419—*High Front Vault*.—Head back—Arch the back—Body at about 60° angle!
Variations.—Follow vaults with shoulder rolls.
 420—*Forward Roll from Squat Stand*.—(a) Spring to a squat stand on near side;
 (b) Lift hips—Duck head—Forward roll dismount!
SAFETY HINTS.—Spotter stand close—Caution performer not to “kip” but roll off easy—Open up when off balance!



- 421—*Forward Roll from Board (no run)*.—(a) Spring from board (no run)—Stand on end of springboard with hands on near side; (b) Lift hips high before ducking head to mat!
- 422—**SAFETY HINT**.—Spotter on each side of the elephant.
Variation.—Same with a run.



- 423—*Swan Dive Over Elephant*.—Dive forward and upward—Arms straight and extended sideward—Legs together—Head up!
SAFETY HINTS.—Lower bars at first—Three catchers—Make sure the arms are kept sideward.
Variations.—Same from on top of elephant.
- 424—*Knee Dismount*.—Rest on knees first—Lift with arms and shoulders when off balance forward—Dismount to mat!
Variation.—Jump from knees to feet before dismounting.

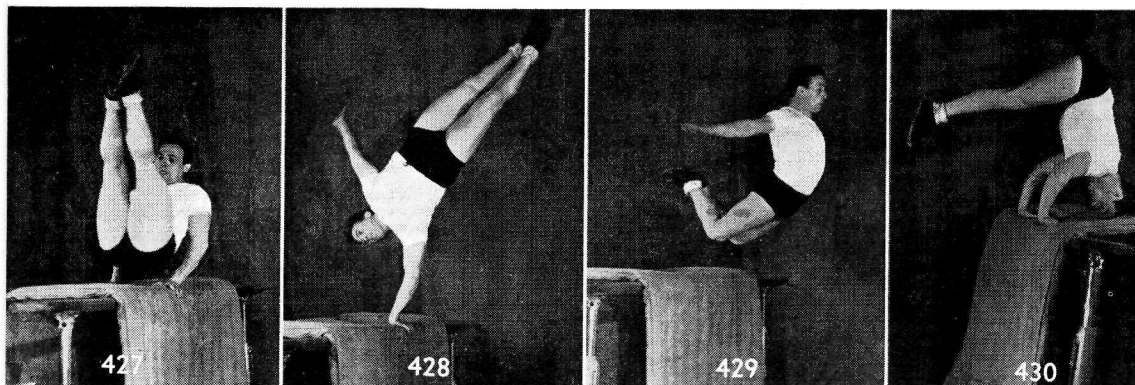


425—*Right Leg Full Circle Left, Backward Turnover.*—(a) Double foot take off—Lean backward toward springboard—Swing leg around in a wide circle to a side seat; (b) Grasp edge of mat—Turn over backward—Do not release grasp until off balance!

Variation.—Swing both legs around to side seat—backward turnover—From momentary hand balance twist to a side seat—backward turnover!

426—*From Elephant, Jump to Board and Return with Rear Vault.*—(a) Lean forward—Land with the knees bent; (b) Straighten the knees to get the spring of the board—Keep hips low!

Variation.—Spring straight back followed by backward turnover.



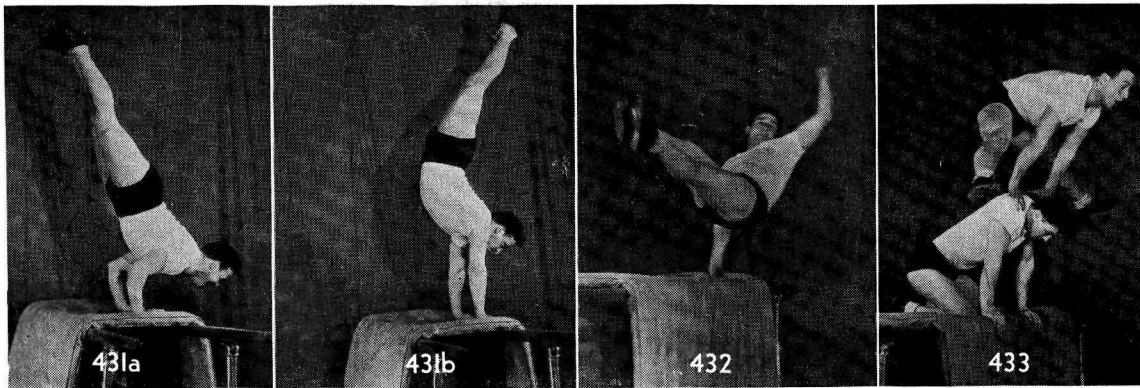
427—*Rear Vault.*—Keep hips low!

428—*Cartwheel.*—Arms and legs in a straight line!

429—*Sheep Vault.*—Body arched—Head back—Arms sideward for balance!

430—*Spring to a Head Balance!*

Variation.—Face Left or Right.



431—*Spring to a Hand Balance*.—(a) Catch balance with bent arms; (b) Press to hand balance!

Variation.—Face Left or Right.

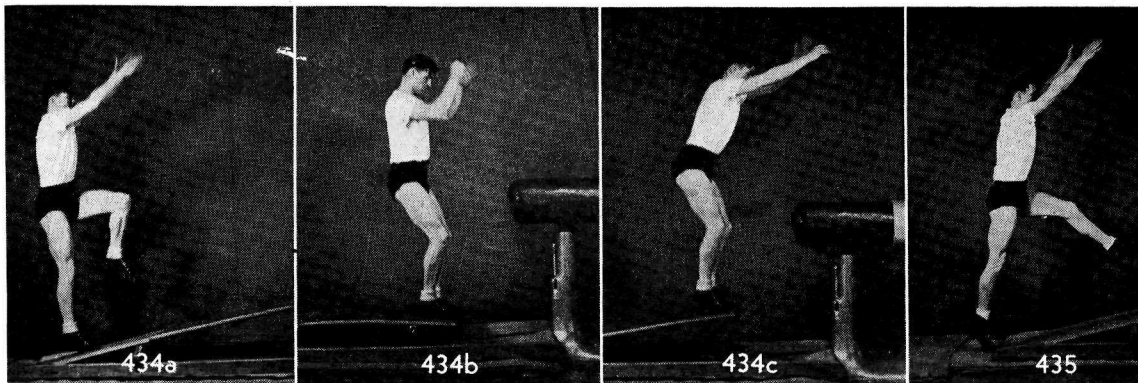
432—*Screw Vault*.—Double foot take off—Place right hand toward the left side—Spring and make a complete turn supported on one hand—Use free hand for balance!

433—*Straddle Vault over Kneeling Person*.—Head up—Push hard with the hands!

Variations.—All the vaults may be performed in this way.

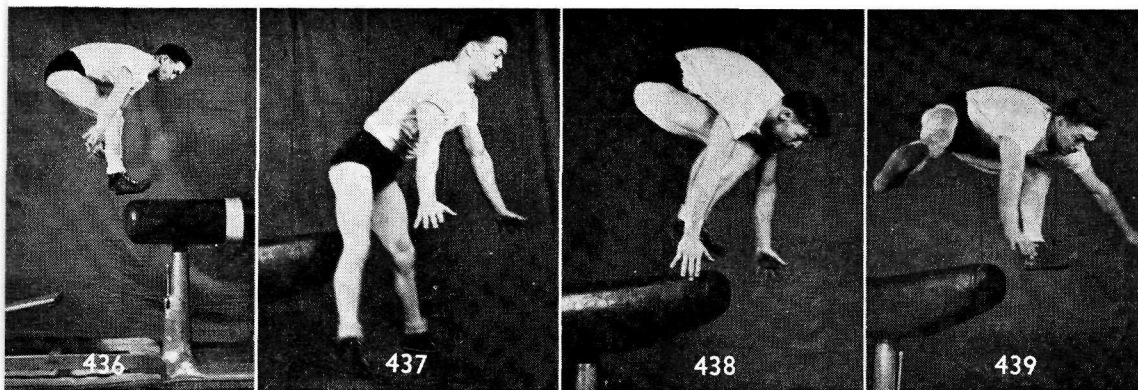
TIGER LEAPING

Equipment Needed: Long Horse, One Springboard or Trampoline, Jumping Standards and Jumping Rope, Mats to anchor Springboard, Mats for Dismounts.



434—*Use of Springboard*.—(a) Take off from one foot about twelve inches from back of board; (b) Land on far end of board with feet about ten inches apart, and knees bent; (c) Wait for the rebound of the board before the knees are extended!

435—Take off from the deck when better control is obtained!



Mounts and Vaults

436—Spring to a stand on croup.

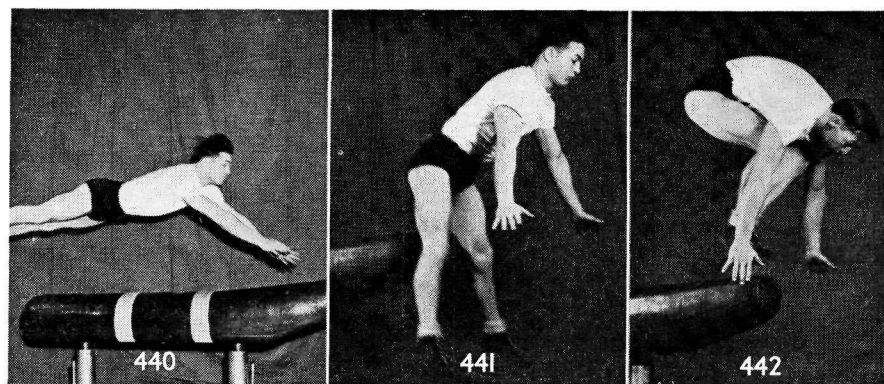
437—*Straddle Vault*—over neck.

436—Spring to stand on croup.

438—*Squat Vault*—over neck.

436—*Wolf Vault*—Spring to stand on croup.

439—*Wolf Vault*—over neck.



440—*Straddle Vault*—Force an arch in back.

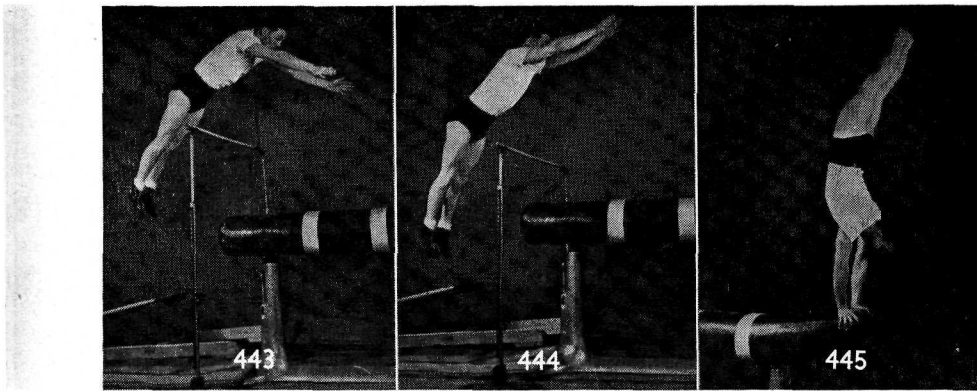
441—Push hard with hands—Lift head—Legs straight!

440—*Squat Vault*—Force an arch in back.

442—Push hard with hands—Lift head—Bring knees to chest!

SAFETY HINT.—Two spotters, one on each side!

Variations.—Vaults with Turns.



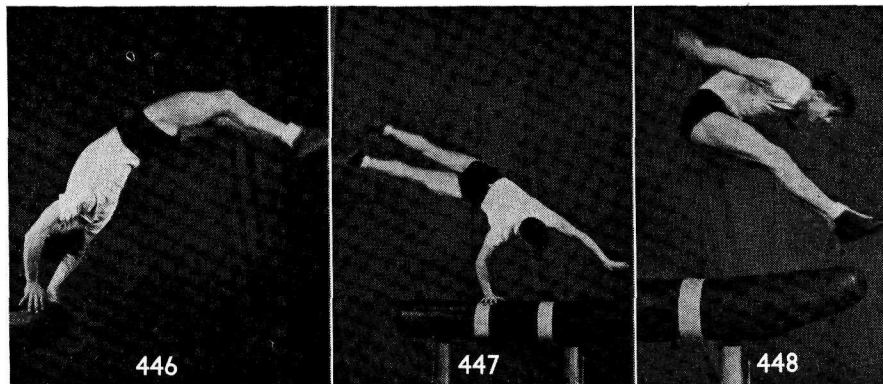
Suggestions for More Advanced Stunts in Tiger Leaping

443—Vaults preceded by a dive over jumping standards.

444—Standards at increasing heights.

SAFETY HINT.—If the vault cannot be executed on the other side, merely land on one side or the other.

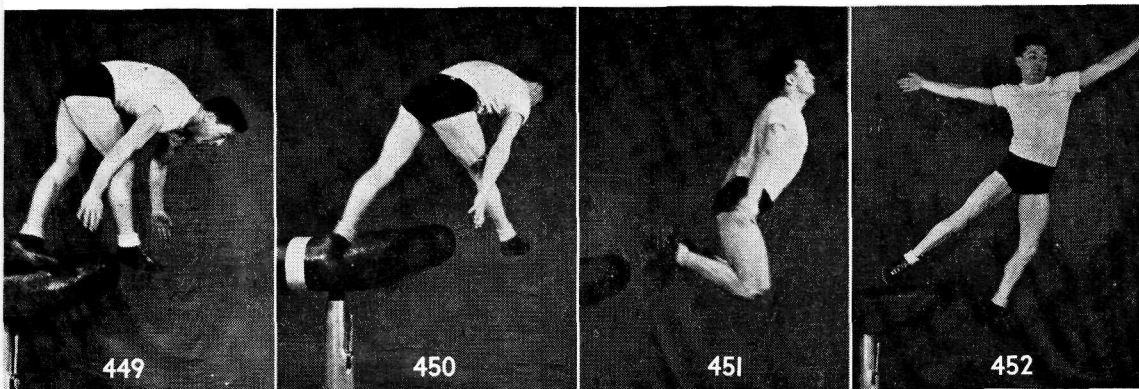
445—*Momentary Hand Balance*.—Dismount sideways!



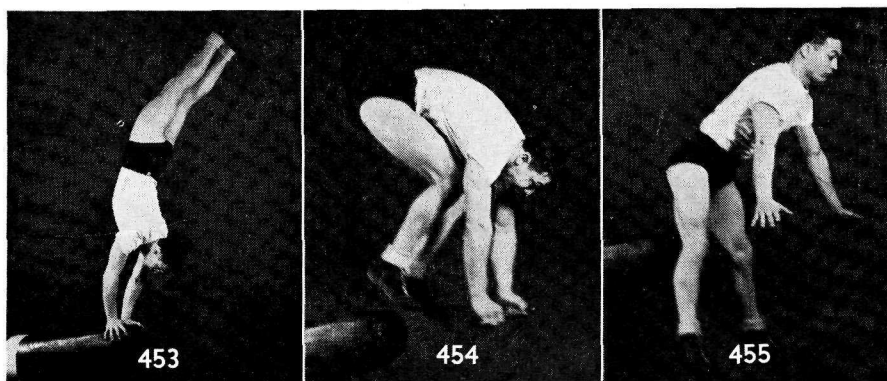
446—*Handspring*.

447—*Cartwheel*.

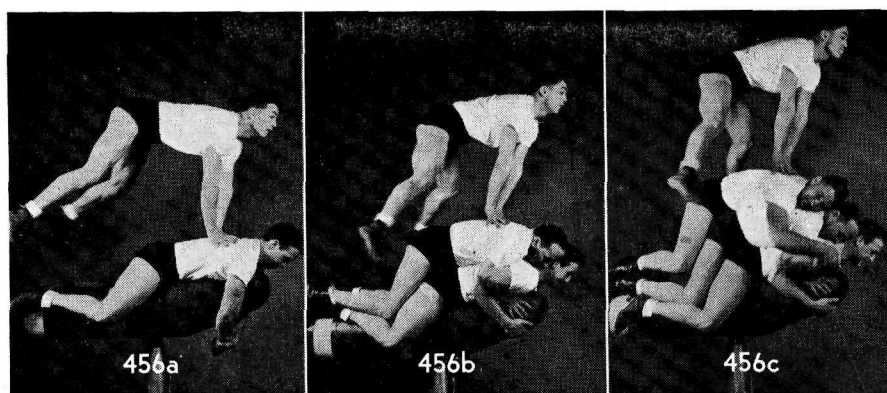
448—*Stoop Vault*.



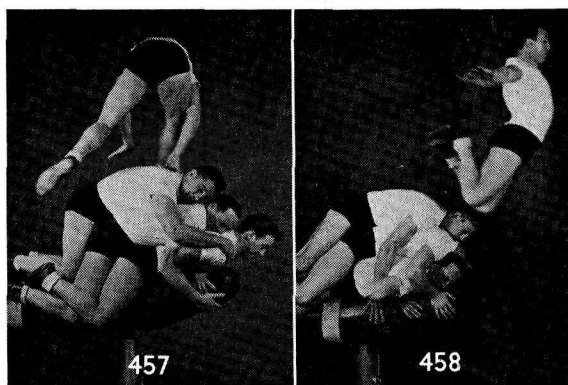
- 449—*Scissors.*
 450—*Back Straddle.*
 451—*Sheep Vault.*
 452—*Back Straddle Vault with Half Turn.*



- 453—*Hand Balance.*
 454—*Hand Balance.—Squat through!*
 455—*Hand Balance.—Straddle off!*



456—(a) *Vault* over one man lying on top of horse; (b) *Vault* over two men lying on top of horse; (c) *Vault* over three men lying on top of horse.



457—*Back Straddle Vault* over men lying on top of horse.

458—*Sheep Vault* over men lying on top of horse.

SAFETY HINTS.—Do not run very fast—Hit board hard—Provide at least two spotters for this activity—Only the better vaulters should try the more difficult vaults in tiger leaping—Over the jumping standards merely land at the side of the horse if you are not able to complete the anticipated vault over the neck—Do not change mind in the middle of the stunt!

Teaching Procedure—Demonstrate each stunt—Stress proper method of springing from board—Spot closely—Coach performer while he is doing the stunt—Keep springboard in proper position—Keep ends of springboard covered—Do not have bars moved too high.