

## **Beginner Vault/Tumble Track Dos and Don'ts**

### **Run technique**

#### **Dos**

- Run on toes
- Swing arms and opposite leg
- Arms bent
- Fingers together
- Picking up the knees

#### **Don'ts**

- Run on heels/flatfeet
- Swing arm and same leg
- Open fingers
- Arms straight
- Low knees

### **Hurdle**

#### **Dos**

- Jump from one foot to two feet
- Chest up
- Arms covering ears
- Pick knees up in hurdle
- Feet in front of hips on board
- Legs straight on board
- Feet together on board

#### **Don'ts**

- Arms in front of ears
- Chest down
- Hands reaching towards feet
- Landing with bent knees
- Landing with legs apart
- Jump with two feet on to two feet

### **Straight Jump up to mat**

#### **Dos**

- Tight body when contacting the board
- Legs straight and feet together throughout
- Arms stay by ears in the straight jump
- Chest stays up
- Body stays tight throughout the straight jump
- Land on feet in a stick position

### Don'ts

- Loose body when contacting the board
- Feet apart on board
- Shoulders leaning forward
- Loose body in air
- Landing on knees/ belly
- No stick position

### **Kick handstand fall flat back**

#### Dos

- Start in lunge
- Finger facing forward
- Arms straight
- Ears covered
- looking at hands
- Hollow body
- Land in a tight body position on mat

#### Don'ts

- Start with bad/no lung position
- Fingers out/in on mat
- Arms bent
- Head sticking out
- Take eyes off hands
- Arch position
- Lands loose