

Bridge and Kick-over on Preschool Mat

PURPOSE:

To practice good body positions, particularly shoulder flexion, while going through a handstand

CAUTION

Any activity involving motion, rotation or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck, head or other parts of the body. Gymnastic mats and floors cannot and do not eliminate this hazard entirely. You still assume a risk of serious injury when using this equipment. Before each use, always check apparatus for damages or wear. If in doubt, do not use the product. This gymnastic apparatus can move during use. So, always check for proper positioning before each use.



Start from a bridge with feet higher than hands



Look toward a stuffed animal placed away from mat



Notice that good head position—she's still looking at that stuffed lizard!

Unfold a Preschool Mat so that it is open in the middle and both sides are folded under. The mat will be about 4 inches high and will provide a good place to gain body control and strength for working bridges and back walkover skills. There is a tendency for the head to come up before the hands do, so a good tip would be: “keep looking at that animal (or your foot) until the second foot is almost down.” Arms should stay by ears as gymnast comes up to a stand. For beginners, start with the panel mat completely folded, so that feet are on a higher surface (about 8 inches) to begin bridges.