

STUNT VOCABULARY



Back Spot/ Spotter

Person primarily responsible for protecting the head, neck and shoulders of the Flyer. Back Spots may help control, but may not provide primary support for stunts or pyramids. Back Spot must maintain visual contact with the Flyer and is responsible for their safe dismount.

Base

Person who provides primary support for the Flyer and is also responsible for catching the Flyer during dismount.

Flyer

Person without contact to the ground.

Bracer

A person who stabilises a stunt by direct contact with another person. The stunt would remain stable without the Bracer.

Stunt

One or more Bases taking the weight of the Flyer.

Pyramid

Two or more stunts connected by the Flyers' touching.

Push & Drop

A dismount method of freeing the Flyer from a stunt by pushing the feet of the Flyer together and dropping them directly to the floor.

Pop-off

A dismount method of freeing the Flyer from a stunt by the Bases creating a pop motion.

Bear Hug

A method of catching the Flyer.

Cradle

A method of catching the Flyer.

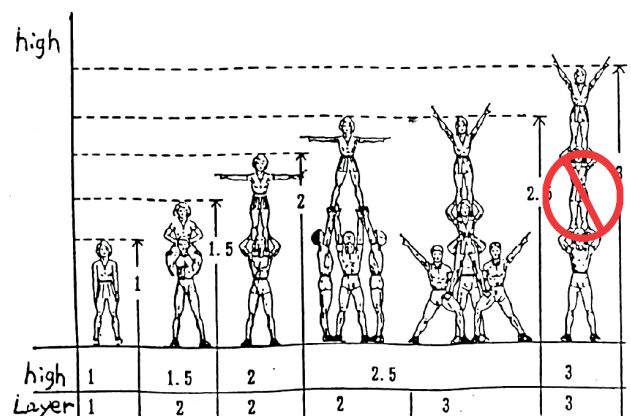
LEVELS OF STUNTS

Layer

A unit to express the number of layers there is to a stunt or pyramid

High

A unit to express the height of a stunt or pyramid.



UKCA Foundation Stunt Skills qualifies you to coach stunts 2 layers, 2 high