

Jazz Back Fall

Jazz back fall: stepping back to a knee and continuing to lie back on the floor.

Self-Check

- Release into gravity and embrace the momentum.
- For a challenge, try this without the use of your arms.

Cartwheel

Cartwheel: an inversion in the vertical or door plane going onto one hand, then the other, and finishing on the opposite side.

Self-Check

- This is just one variation of the typical cartwheel. The details are not as important as summoning the courage to go fully upside down and gaining the strength in the arms to support the body.
- Learn to do this exercise on both sides. Most of us have a favorite side and need to be encouraged to try to master the other side.
- For added challenge, end the cartwheel standing on one leg.

Jazz Slide

Jazz slide: a slide into the floor with the front leg straight, back leg in attitude, and weight on the same hand as the front leg. Can end in a front split or a jazz split (back leg bent).

Self-Check

- Keep the energy of the jazz slide moving in the traveling direction.
- Make sure to put weight on the hand so that you create a tripod-like base with your body instead of dropping straight down into a split position.



These students are performing a jazz slide where the weight is distributed on three points (like a tripod) as they descend to the floor.