



## **The Shoulder Sit**

**One of the first stunts cheerleaders learn is the shoulder sit. This basic stunt is simple but important because it teaches balance, trust, and teamwork. The stunt group for a shoulder sit includes three people: a flyer, a base, and a back spot. Each person has a specific role in making the stunt successful and safe.**

**The flyer is the person who sits on the base's shoulders. To get into position, the flyer starts by stepping onto the base's thigh with one foot while keeping their hands on the base's shoulders for support. Then, they push off their foot and swing their other leg over the base's opposite shoulder until they are sitting securely. The flyer must sit up straight, engage their core muscles, and keep their hands on their knees or in a high V motion for balance.**

**The base is the person who supports the flyer by allowing them to sit on their shoulders. The base must have a strong stance with feet shoulder-width apart and knees slightly bent. This position helps keep the stunt stable. The base also holds the flyer's legs to provide extra support and prevent them from tipping forward or backward.**

**The back spot stands behind the flyer and base to help guide the flyer up and make sure they are safe. The back spot holds the flyer's waist while they climb up and stays alert in case the flyer loses balance. If the flyer starts to fall, the back spot is responsible for catching them safely.**

**To dismount from the shoulder sit, the flyer places their hands on the base's shoulders and leans slightly forward. The base releases the flyer's legs while the back spot helps guide the flyer down to the ground. The flyer carefully steps down one foot at a time to ensure a safe landing.**





The shoulder sit is a great beginner stunt because it helps cheerleaders build confidence and teamwork. Once mastered, it can be used in routines to add visual height and energy. It also prepares cheerleaders for more advanced stunts, such as the shoulder stand or the thigh stand.

**Comprehension Questions:**

- 1. What is the name of the stunt described in the passage?**
- 2. What does the flyer do in a shoulder sit?**
- 3. What is the base's role in this stunt?**
- 4. Why is the back spot important?**
- 5. How does the flyer safely get down from the stunt?**
- 6. Why is the shoulder sit a good beginner stunt?**
- 7. What could happen if the base does not keep a strong stance?**
- 8. What are two more advanced stunts mentioned in the passage?**