The Thigh Stand

Passage:

The thigh stand is a basic cheerleading stunt that helps beginners learn balance and teamwork. It is one of the first stunts cheerleaders practice before moving on to more advanced lifts. The stunt group for a thigh stand includes three people: a flyer and two bases. Each role is important for keeping the stunt steady and safe.

The flyer is the cheerleader who stands on the bases' thighs. To begin, the flyer places their hands on the bases' shoulders for support. The bases bend their knees slightly to create a strong platform. The flyer steps onto one base's thigh with their first foot and then lifts their other foot onto the opposite base's thigh. Once balanced, the flyer straightens their legs, tightens their core, and lifts their arms in a high V or clap motion to complete the stunt. Staying tight and centered helps prevent the stunt from wobbling.

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The bases are responsible for supporting the flyer. They kneel or squat with strong posture, keeping their backs straight and thighs firm. Each base places their hands on the flyer's calves or ankles to help them balance. If the bases are not stable, the flyer might have difficulty standing up or staying in position.

To safely dismount from the thigh stand, the flyer lowers their arms, places their hands on the bases' shoulders for support, and steps down one foot at a time. The bases assist by holding the flyer's legs as they come down to ensure a controlled landing.

The thigh stand is a great beginner stunt because it teaches cheerleaders how to lift a flyer while keeping a strong foundation. Once mastered, it can be combined with other moves like the thigh stand extension or the prep to create more advanced stunts. Communication and teamwork are essential for a successful stunt performance.

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Comprehension Questions:

1. What is the name of the stunt described in the passage?

2. What does the flyer do in a thigh stand?

3. How do the bases help the flyer stay balanced?

4. Why is keeping a strong posture important for the bases?

5. What are the steps for a safe dismount from the stunt?

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6. Why is the thigh stand considered a good beginner stunt?

7. What could happen if the flyer does not stay tight and balanced?

8. What are two more advanced stunts that can build off a thigh stand?

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