



SHO 8

SHO 8 CHECKLIST

- Theory
- STAGE 1:
T-Shape
- STAGE 2:
T-Shape
Fencing Travel
- STAGE 3:
Partner
Push & Pull
- STAGE 4:
Press-up
- STAGE 5:
Belt Pull
- STAGE 6:
Abdominal –
Feet off Floor
- STAGE 7:
Roll &
Sit-Through
- Alternative
Activities

THEORY:

TECHNICAL

Previous Technique recap – coaches choice



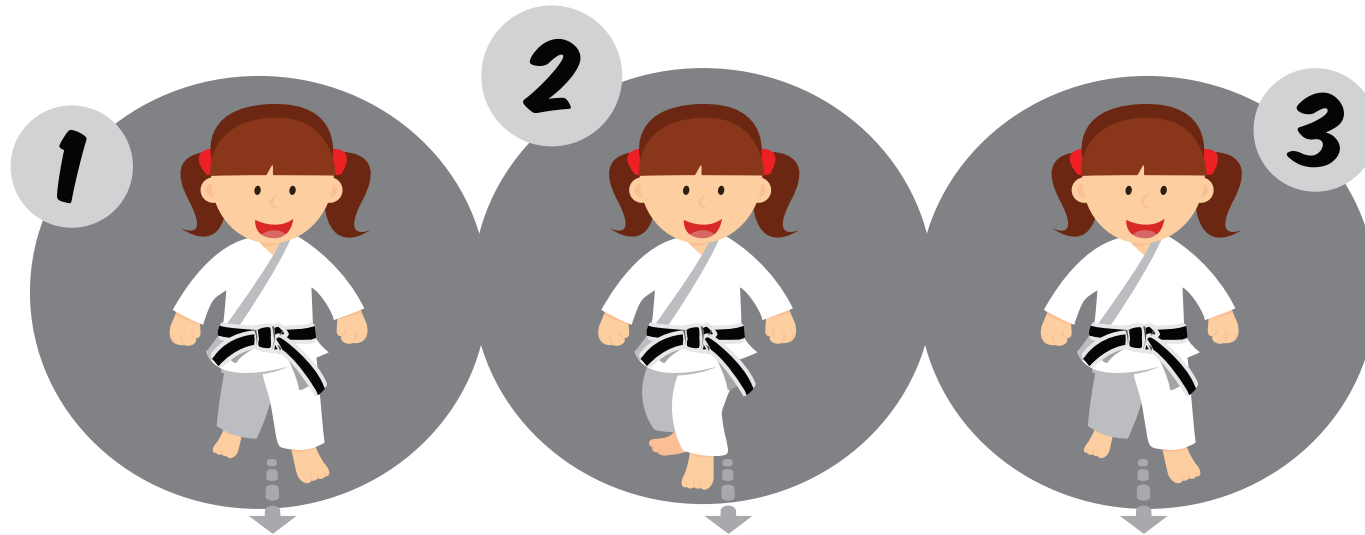
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STAGE 1: T-SHAPE

FORWARD & BACKWARD:



Start one foot in front of the other.



Then move back foot forward into a T-shape position. Knees are bent.



Keep moving forward in the same pattern.

... Now try it backward.



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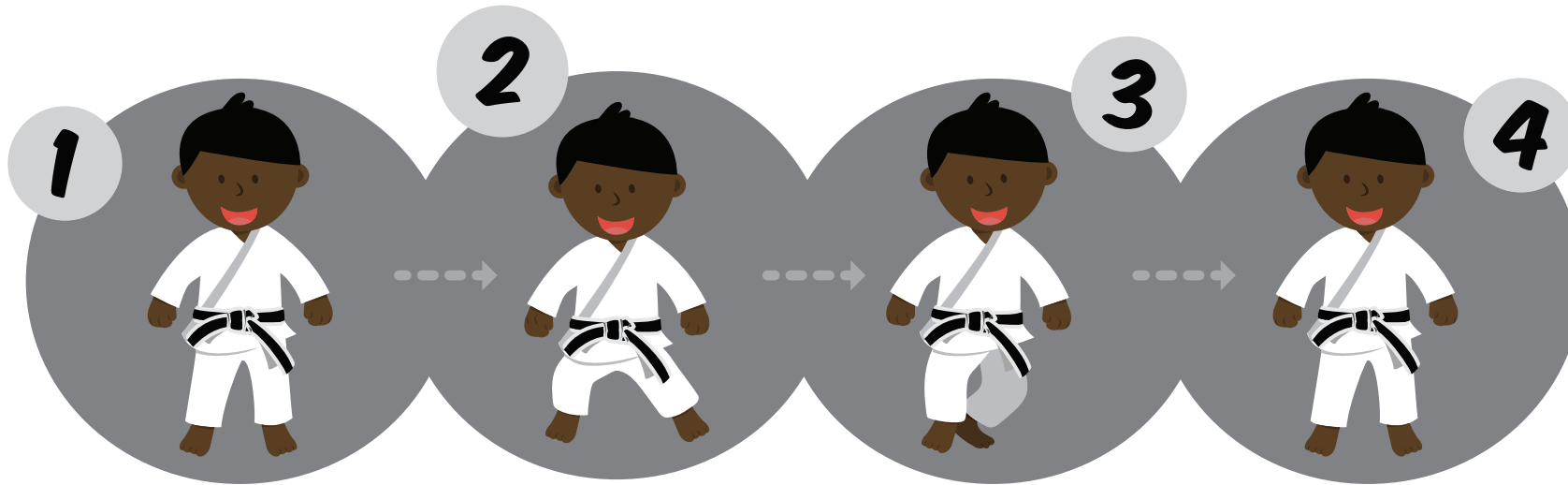
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STAGE 2: T-SHAPE FENCING TRAVEL



SIDE:



Start facing forward feet slightly apart. Now move one foot sideways.



Then move other foot sideways into a T-shape position.



Step back to the start position and repeat until you have done 5.

... Now try it to the other side.

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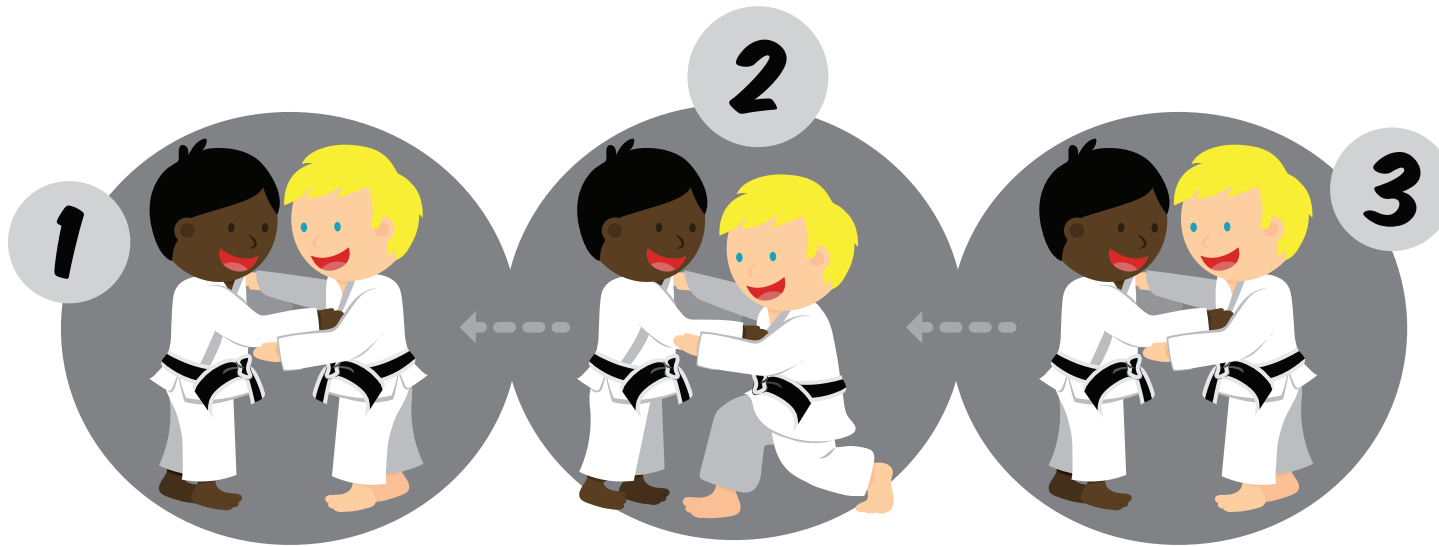


STAGE 3: PARTNER PUSH & PULL

TO PUSH:

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Start in front with sleeve and collar grip.



Now step forward with a bent leg and then push partner backwards with arms.



From the start position continue to do the same thing up the mat.

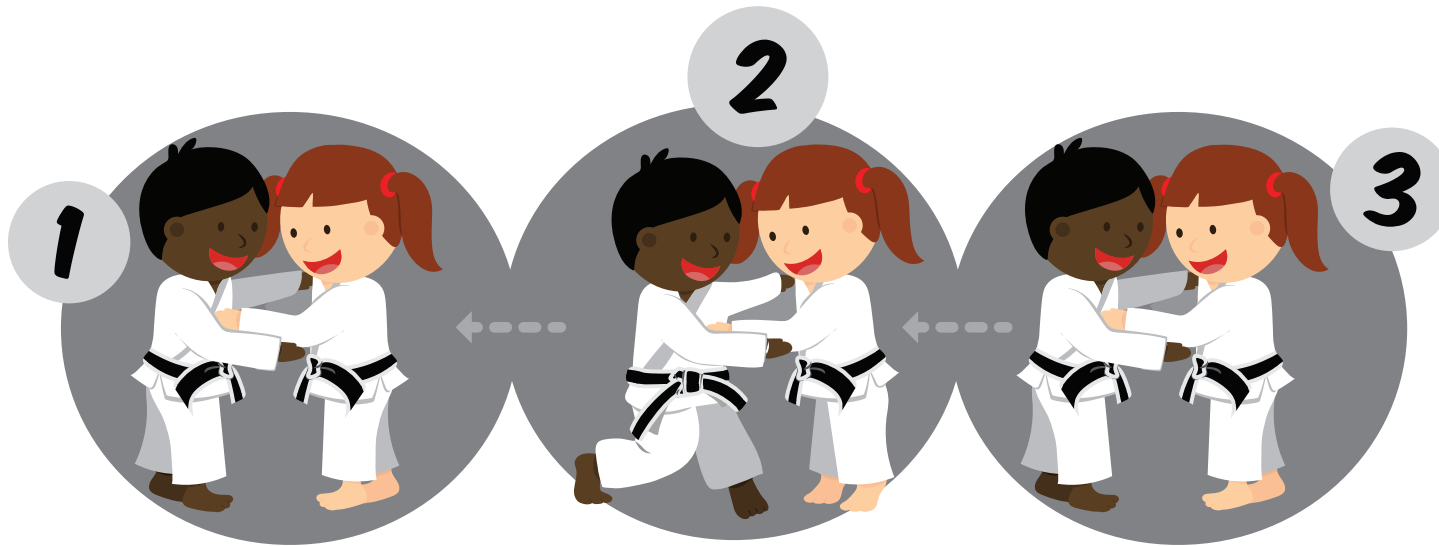


STAGE 3: PARTNER PUSH & PULL

TO PULL:

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Start in front with sleeve and collar grip.



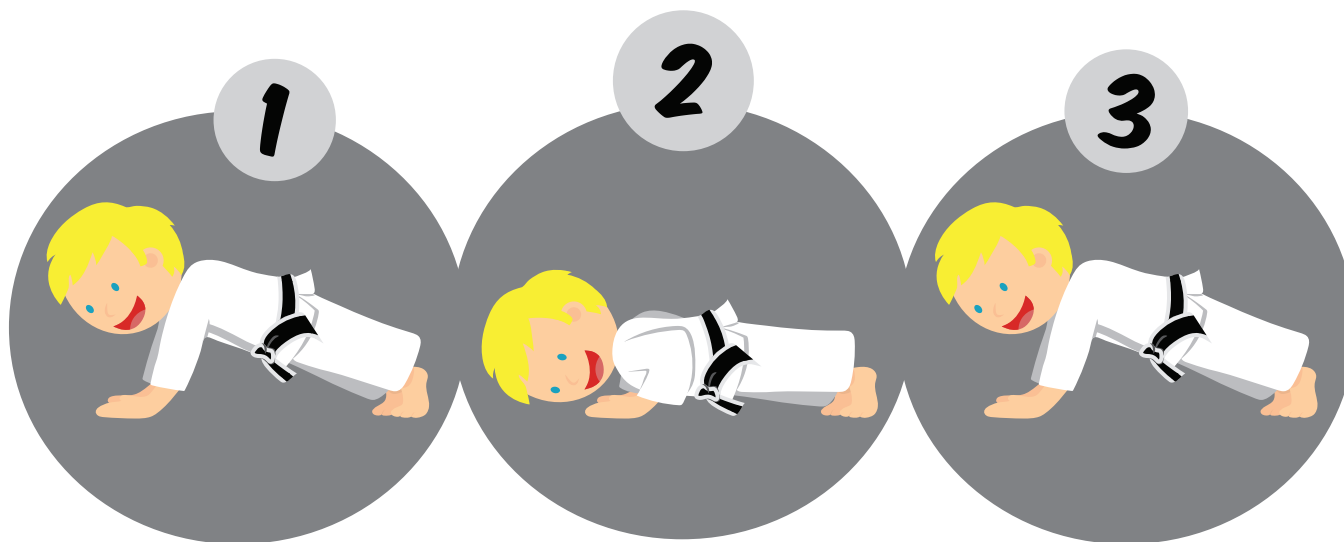
Now step back with and pull partner towards you with your arms.



Pull back up to start position and continue to do the same thing down the mat.



STAGE 4: PRESS-UP



Start on hands and toes.



From here, bend your elbows until your face is close to the ground.



Straighten arms to come back to the start position.

... It is important to keep your head and back in the same position during the movement.

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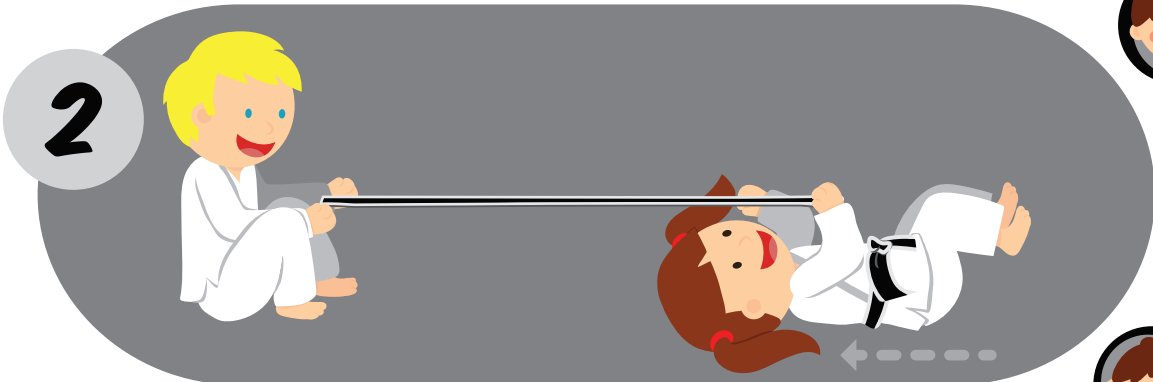


STAGE 5: BELT PULL

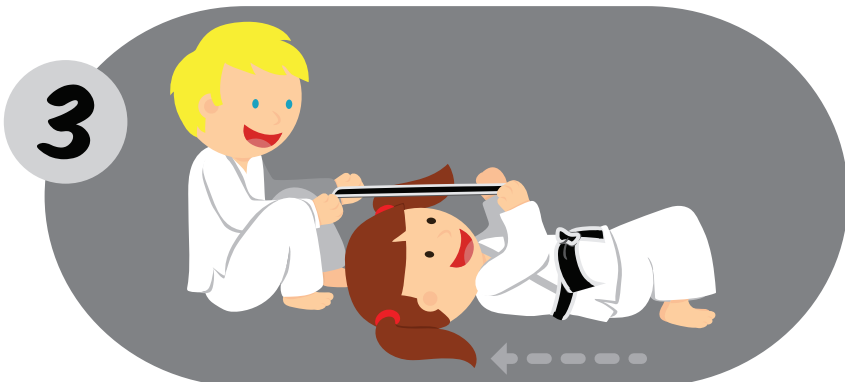
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Start on your back holding onto one end of a belt. Your partner will sit with legs slightly bent up holding onto the other end of the belt.



From here you use your hands to pull yourself up the belt. Keep feet off the ground.



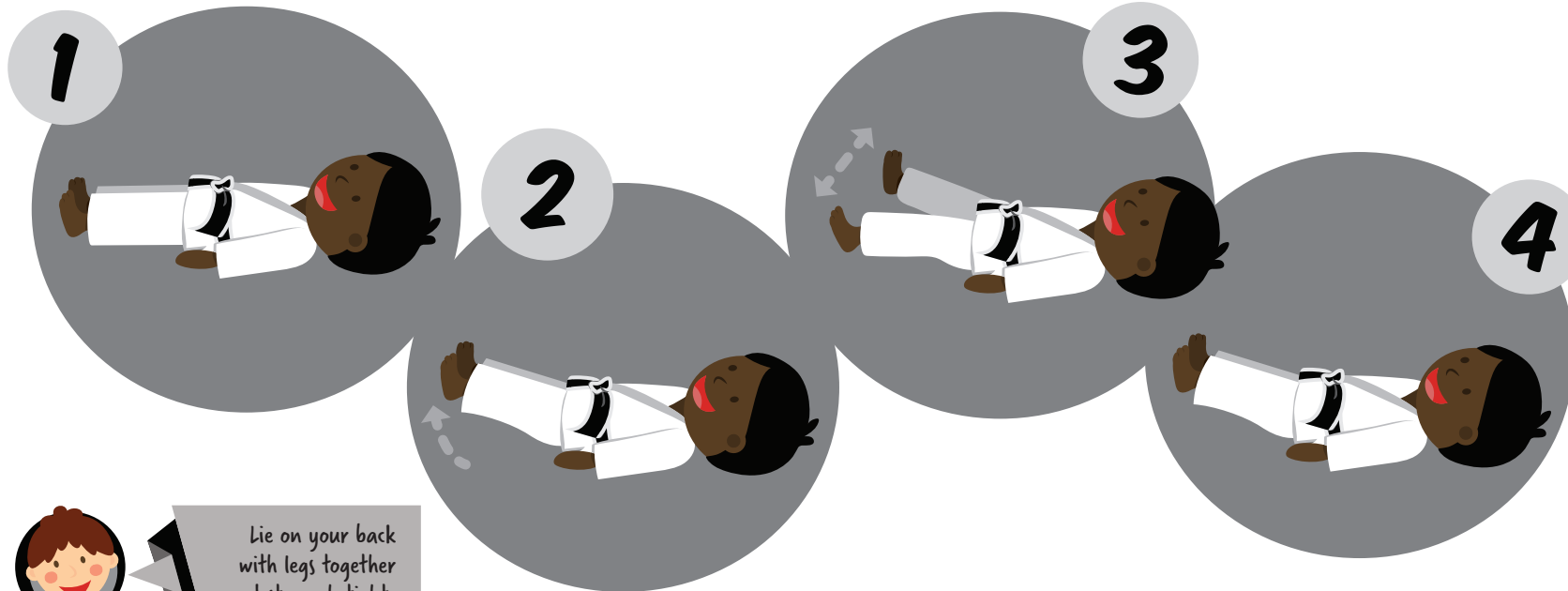
once you reach the other end of the belt, your partner moves back until you are at the end of the belt again. Now repeat until you reach the other side of mat.

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STAGE 6: ABDOMINAL - FEET OFF FLOOR

SHO 8 CHECKLIST



Lie on your back with legs together and stomach tight.



Lift legs six inches off the ground.



From here open and close your legs. When finished doing 10 repetitions lower legs to the ground.

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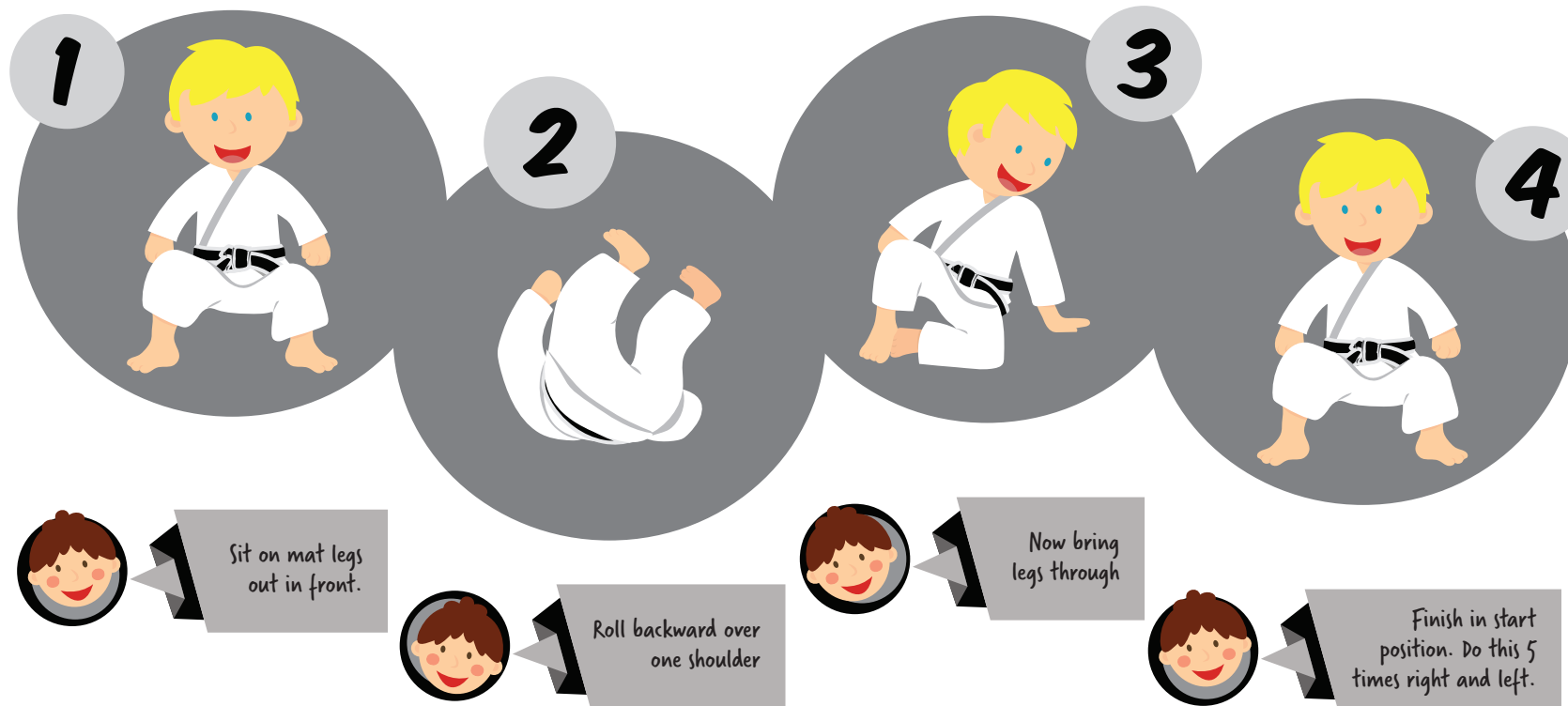
While doing this exercise, make sure your stomach is tight against your back.

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STAGE 7: ROLL & SIT - THROUGH

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ALTERNATIVE ACTIVITIES:

- In press-ups move around in a circle
- Roll and spin to coach directions (left and right) – action reaction
- See how long you can hold feet off the floor in abdominal position
- Start in middle of mat with partner and try to either pull or push partner to edge of mat – coaches command push or pull
- Roll-sit through catch and throw ball or bean bag
- Belt Pull – sit up with partner lying in front and back on floor, pull partner in using belt