

# CARTWHEEL

by Saila Salminen

## Information:

- Try to focus how you call cartwheels to not value only one way more than others (void these: the right, nice, beautiful). Use more words like: straight, gymnastic ...
- Because circus is not a competitive sport we don't have a score system that leads teaching towards one "correct way". Our strength in circus is to be able to give as much value to all different cartwheels and teach multifaceted acrobats.

In my workshop we were focusing how to teach "long" "gymnastics" cartwheel. So if you teach other cartwheel these "mistakes" might not be mistakes in that kind of cartwheel.

## Most common mistakes in "long" "gymnastics" cartwheel:

A: Too short first step

B: Landing with wrong leg

C: Hips don't rise over the hands

D: First step is cross step (not in the line)

E: Hands come too close to the legs

F: The push with hands is not finished

G: Student turns weirdly in middle of the cartwheel and lands in squat. (capoeira kind of move)

## Tips for the mistake F:

- Ask them to "call the waitress": snap fingers on top of the head immediately when they get up from cartwheel
- Use wall bars to practice only the push with hands. One leg is in the ground and one or two arms in the bars. Be that far that the push is not too easy and push you up.

## Tips for the mistake G:

- Try to keep your hands in the ground hole time. Not focusing in the coming up part.
- Watch your hands all the time
- Do cartwheels with friend and try to look his/her eyes all the time.
- Do cart wheels on circle. Imagine wirerope from your belly button to the center of the circle or actually put some rope around the student's waist?

**Pictures of the cartwheel practice spots are on the next page!**

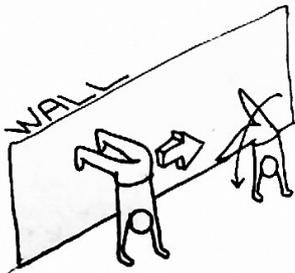
**CARTWHEEL: These practices are for learning long "gymnastics" cartwheel**



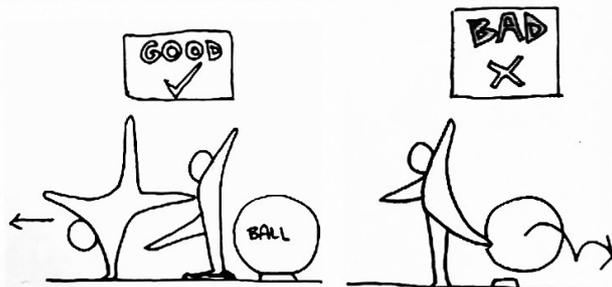
Goal: Hands and legs in right order  
 Tip: Tie a scarf to the leg that should come down first.



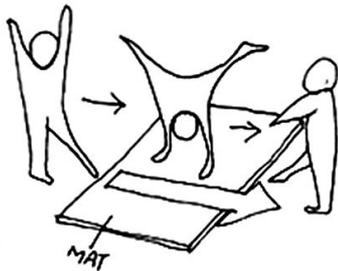
Goal:  
 Legs go higher. More weight on hands.



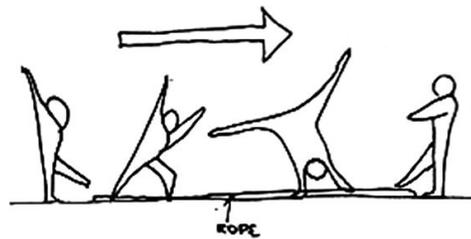
Goal: Get feeling of the position.  
 Hips on top of hands  
 Practice also landing from cartwheel.



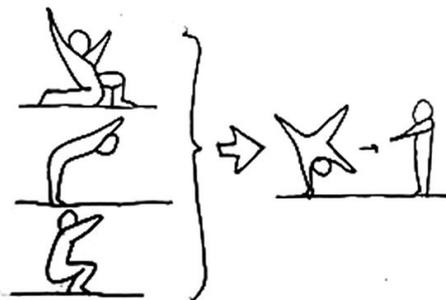
GOAL  
 BAD X  
 BALL  
 ROPE  
 Goal:  
 Makes student step as forward as possible.



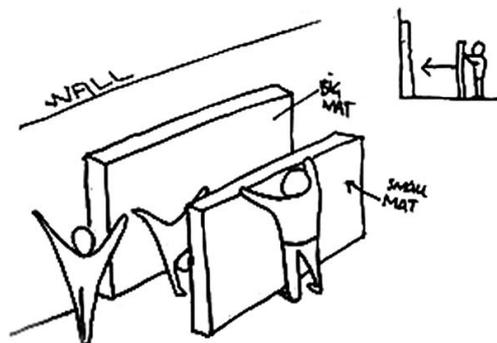
Goal:  
 Get over the mat -> long cartwheel



Goal:  
 As long a cartwheel as possible  
 Hands and legs on the line.



Goal:  
 cartwheel starting from different positions



Goal:  
 Try cartwheel through as narrow a gap as possible.