



Photo by U. S. Army Signal Corps

TUMBLING

Tumbling has always been an excellent body conditioner and a source of great fun for high school boys. Our armed forces find it useful in getting to cover, in leaping from moving trucks and tanks and from fences and walls. Our soldiers find it essential in hand-to-hand fighting and in parachute training.

Here are the basic tumbling stunts, beginning with the simpler movements and progressing to the more difficult. Each exercise should always be preceded with a good warm up to stretch the muscles.

FORWARD ROLL: Take a low straddle position in front of the mat,

leaning forward so that the weight is over the toes and both hands are flat on the mat. Then shift the weight forward on the hands, duck the head and push forward. Land on the back of the neck and shoulders. Keep a tight tuck with the chin on the chest and roll like a ball on the shoulders and back (not on the head). Grab the shins as you go over and rise to a standing position.

FOOTBALL SHOULDER ROLL: As you drop to the mat, turn your head and left shoulder to the right, breaking the fall with the left arm, which should be kept relaxed. Land on the back of the left shoulder blade and roll over the back and the buttocks to a stand.