

# Backflips!!!

(not the same as a Back-handspring)

(filthy casuals...)

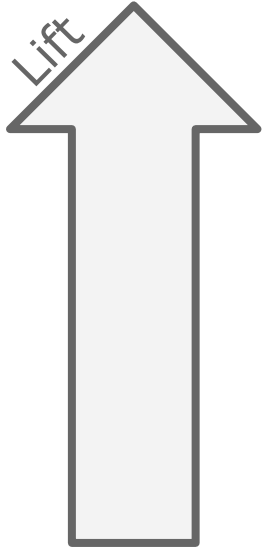
# Why does it matter?

Don't you want to talk like Tim Dagget and Elfi Schlegel next olympics?

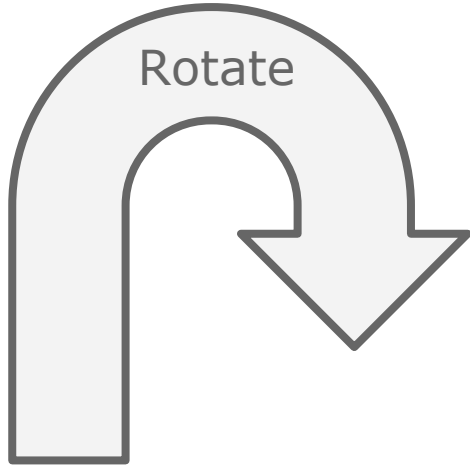
**Don't try this at home.**

No seriously, we don't accept any liability.

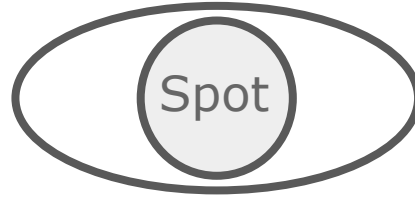
# Backflip - All about the lift



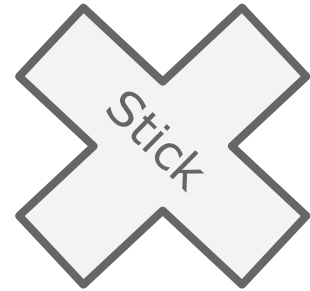
Chest up!



Arms and  
Tuck



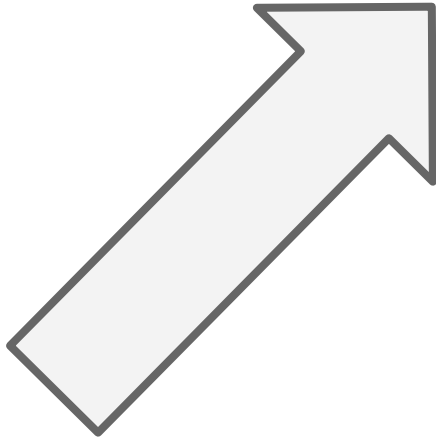
Look for the  
ground



Easy Knees

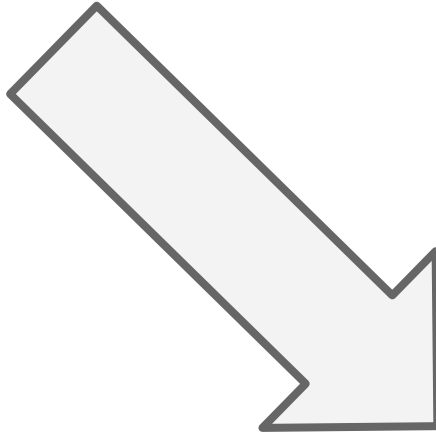
# Backhandspring - Back, not “Up”

Backwards



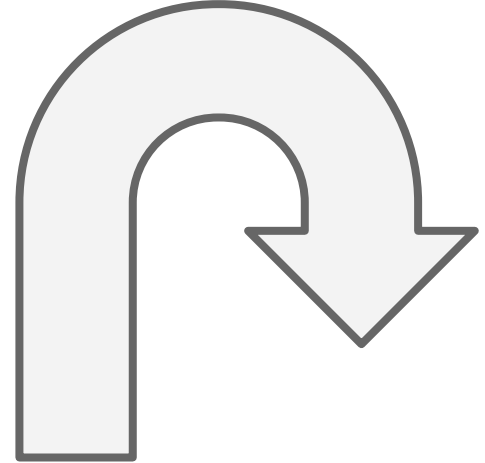
Lean back  
and jump

Hands Hit



shoulders  
flex

Whip  
Rotation



Arch back, whip  
to hollow

