

Gymnastics Progressions:

Front Somersault

Introduction

The correct way of doing a somersault depends on how your body is when you start. You can walk, run or squat before you do a somersault.



Figure 6.9. The natural squatting position.

Follow these steps to do a somersault from a squatting down position:

- (1) Prepare to do a somersault on a padded surface such as a rug, carpet or exercise mat. Squat down into a curled position (like the picture above!)
- (2) Lean forward and rest your body weight on the balls of your feet (near the front).
- (3) Place your hands spread out slightly in front of you on the floor.
- (4) Push yourself forward from the balls of your feet and tucking your head under.
- (5) Touch the back of your head to the floor. With some of your weight resting on the back of your head, push yourself forward from the balls of your feet.
- (6) Push with your feet and legs until your body goes into a roll, starting at the lower back of head (Your back should be arched, so you don't get hurt).
- (7) Roll into a seated position and land with your feet flat on the floor.