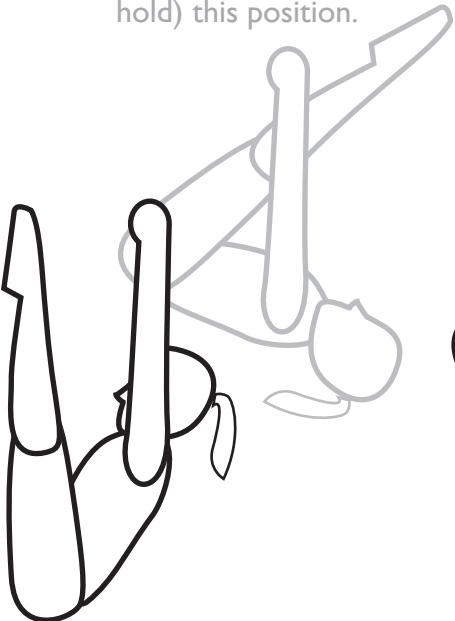
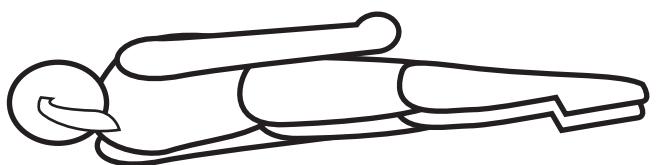
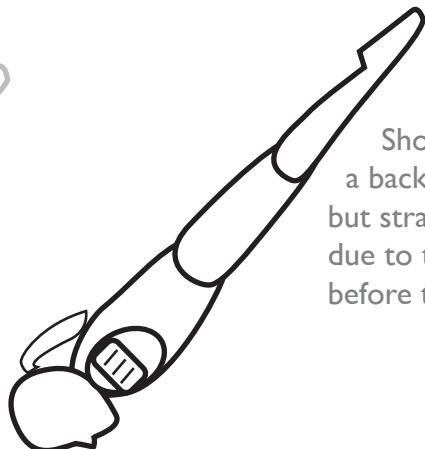


Pike-Open Single or Double Full Basket Toss

Move very quickly through (i.e. don't hold) this position.



Shoot feet up like a back extension roll but straddled. Don't arch due to twisting. Arms T before twist.



Twist (single or double) immediately after the Open T position.

