

# Round-off Over Quarter Round

## PURPOSE:

To practice good round-off technique, focusing on a hollow body shape off the hands



## CAUTION

Any activity involving motion, rotation or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck, head or other parts of the body. Gymnastic mats and floors cannot and do not eliminate this hazard entirely. You still assume a risk of serious injury when using this equipment. Before each use, always check apparatus for damages or wear. If in doubt, do not use the product. This gymnastic apparatus can move during use. So, always check for proper positioning before each use.



The quarter circle from the 2-piece back handspring trainer, about 18 inches high, is placed on the floor to provide a barrier for the gymnast to round-off over. Here, a Sweet Spot is used as a target for hand placement, and to help provide some repulsion. The cow makes the barrier even higher. A good round-off should block off the hands, and the body should be in a hollow shape as the hands leave the mat.

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