

## SIDE CLIMB MOUNT/DELILAH MOUNT



## SPOT FROM BEHIND (TORSO)



### TEACHING POINTS

1. Turn the hoop so you are facing the side bar.
2. Take an opposing grip (palms facing each other) a third of the way up the side bar.
3. Stepping one leg underneath the rigging point of the hoop pull up with your arms and lift your second leg through the hoop from outside to inside, hooking your knee over the bottom bar.
4. From this position climb your hands up the side bar of the hoop.
5. Once you have climbed high enough that the bottom bar of the hoop now sits under your thigh, reach across the hoop and pull yourself into a 'Birdie Prep' position with one hand on each side bar, sitting on the back of the thigh of the front leg.
6. To bring the free leg into the hoop, drop the hips back so you are in a hocks position on the front leg and feed the back leg through to a seated position.
7. To dismount, dismount from seated as normal, via Hocks.
8. Repeat on the other side.

### SAFETY POINTS

- ✓ Make sure the thumbs are always wrapped around the bar to provide the hands with a 'lock'.
- ✓ Try not to run at the hoop creating a forwards backwards momentum. Instead drop your weight under it, this will help stabilise the hoop.
- ✓ Make sure when pulling up in your arms you are engaging your shoulders and actively pulling them back and down into the 'square' position.
- ✓ Engage your abdominals when lifting to help support your lower back.
- ✓ Ensure you have climbed the hands high enough before you reach across the hoop – this is especially important when working on a single point hoop, which can be more unstable in this mount.
- ✓ Try not to lean onto the stomach or pelvis at this point, as the area is still unconditioned to the hoop.

### SPOTTING TECHNIQUE

**A spotter may be needed in a guidance role supporting the torso as the student climbs the side bar but the most important transition to spot is the reach across the hoop as this is when students can sometimes slip. Position yourself behind the student with a hand on their back to stop them rotating backwards out of the hoop at this point.**

### COMMON PROBLEMS

Getting enough height to mount the hoop. If students cannot achieve the knee grip due to a low hip position, encourage them to attempt to hook on with the heel then pull the hips upwards to the knee grip position or lower the hoop until they can comfortably hook the leg over the bottom bar.

This mount does take a degree of arm strength to climb the side bar. A spotter can work in a guidance role to help support a percentage of the student's body weight as this transition occurs but if you are supporting a large percentage of body weight then remove this skill until the student's strength and conditioning has developed.

<b>REGRESSIONS</b>	<b>ALTERNATIVES</b>	<b>PROGRESSIONS</b>
<ul style="list-style-type: none"> <li>⇒ Practising the Delilah position on the bottom bar.</li> <li>⇒ Climbing the hands up and down the side bar as a conditioning exercise without reaching across the hoop.</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Alternative mounts/dismounts such as Straddle or Pike.</li> <li>⇒ The Delilah Mount can also be performed with a straight leg rather than a bent leg in the hoop.</li> </ul>	<ul style="list-style-type: none"> <li>⇒ Straight leg Side Climb Mount</li> <li>⇒ Intermediate Progression: Single Leg Hocks Mount</li> </ul>