

# How To Do A Backhandspring

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A Basic Gymnastic Trick

# Introduction:

Have you ever wanted to do a cool trick? Well if you ever have, this is an easy, and basic one. (In my opinion though it takes some time). It's called a back handspring. First you would have to jump backwards and plant your hands on the ground, but we'll get into that in a couple of pages.



# Needed Materials: Click the picture to find a link!

- Some flexible clothes
- (Optional) someone to hold you up or spot you
- A flat wall
- A soft surface
- (Optional) A Back handspring trainer

Back Handspring  
Trainer-  
A Back Handspring  
Trainer is a big  
(Depending on your size)  
Oval-like box that can  
spot you if you are  
learning to tumble  
backwards.



# The Instructions

First lie down flat by a wall.

Then, place your hands behind you, palms flat on the ground, and push up to what is called a bridge.

After you're up, try and kick up to handstand (This is where a parent or back handspring trainer may come in handy)

After you are in handstand against the wall, and can constantly jump to handstand on your own, try doing it without a wall.

After you can do that, fall to your feet, facing forward.

Try doing that until it's easy enough to do consistently without problems

Then find your small surface, and try to jump backwards onto your hands, then push off



This is what is called a bridge



# Conclusion

Hopefully after these instructions you can successfully do a back handspring. If you cannot do it on your first try, don't worry, it took me a couple of weeks even with professional coaches. So, in the end, I hope you found these instructions helpful and were able to pull off a full back handspring. Maybe if you continue this journey, and even try gymnastics, one day you might even be able to do something as amazing as this stickman can do!

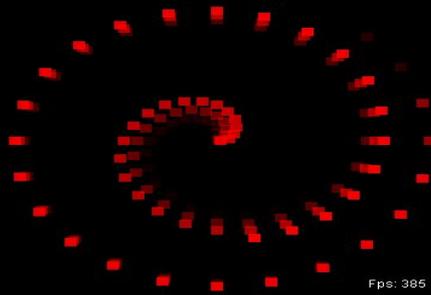
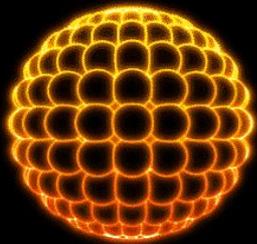
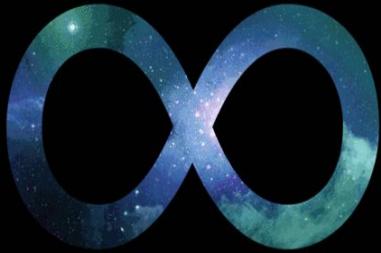


# Questions

Here's a couple questions for you to answer, so that the next time I make a procedural slide I know what to add and take out. (Comment your answers please)

1. Did this help you in any way?
2. Is the slide entertaining?, or just plain boring?
3. Do you think I need to add more detail to some parts?
4. What should I improve on?

# Just Because The Slide Was So Boring, Here's Some Cool Stuff To Look At



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