

Chapter 1 - What Goes up must come Around!

Let's begin with the end in mind.

Before we drill, before we break down mechanics, let's look at the exact process we'll recreate together — **step by step**.

Below is a QR code to view the **whole program, start to finish**.

What you'll see is how we teach the **Back Tuck** inside the *Fields Functionality system* — with harness work, belts, and hands-on spotting.

This is how **elite progressions** are coached *safely* and efficiently.

Every concept and cue you'll see in that video is broken down inside this book, so you can train the same shapes and timing even without a spotter.



⚙️ **The System Mindset**

Everyone you just saw started from scratch — or from a back tuck that wasn't working. No shortcuts, no magic — just the **system you're about to learn**.

It's not *"do this drill because I said so."*

It's knowing *why* and how it works, knowing it well enough to fix mistakes, **build confidence**, and even **coach your own videos**.

Here's the kicker: once you get this system, it doesn't stop at the back tuck. You'll be able to use — and even create — **a systematic approach to conquer any skill**. Today it's the tuck. *Tomorrow, maybe the back handspring.*

The system starts with a **first-half mindset**.

The details live in the first half of every skill — the second half usually takes care of itself. That's why Chapter 1 and Chapter 2 are heavy. *It's not filler — it's the foundation.*

If this feels heavy, *Good*. That's the point.

The first quarter and half of the skill are the **creation of everything!**

Nail those, and the second half is just cause and effect.

Like building a house: the foundation takes patience, time, and concrete. Once it's solid, the walls rise fast.

When you finish this book, I'll hand you **ready-to-go training circuits** — *circuits that show you how to plug all this detail into reps, sets, and time so the skill becomes yours.*

👉 **Heavy now, light later. That's the payoff.**

We can only prevent what we're aware of. And awareness comes from experience — your own and the proven systems built by others. That's why this program exists. No guesswork, no random hacks — just a tested path that works.

**"A good coach fixes mistakes.
A GREAT coach prevents them"**

☞ With that mindset locked in, it's time to start building the first piece of the engine:
The Activated Jump - Every Back Tuck Repetition starts here!

🎯 The Activated Jump – The Engine

It probably goes without saying, the **jump is the engine** that drives the Back tuck. If we didn't actually jump off the ground, we would just be standing still — *thinking about Flipping*, and nothing would happen.

Keep in mind an Engine itself has a lot of *working parts all firing in sync with each other!* In a skill requiring the hips to launch **vertically**, and then somehow miraculously get around the shoulders, *more detail is required than just "JUMP HARDER"*.

The activated jump is about how well the **loaded legs** can coordinate with *tight body tension*, exploding the hips vertically so your Shoulders can get **out of the way** of the hips on its way up.

The legs launching the Hips upwards is easy to comprehend, however we are already at two common problems of starting a back tuck...

And one more detail that matters: the feet should be shoulder-width apart. Too wide shuts down part of the legs — the adductors and inner line go soft. Too narrow shuts down the glutes and outer line.

Shoulder-width keeps everything engaged — the quads, glutes, and inner legs all load evenly so the hips can fire straight up.

■ Anatomy Focus: Why Shoulder-Width Feet Work

- Shoulder-width aligns the femur with the hip socket for **full leg activation**.
- **Quads, glutes, and adductors** all share the load — no weak links.
- The knees can point forward naturally, which keeps the **hips stacked** and the **stomach tight**.
- This creates a **balanced "loaded spring"** before the jump.



- ✓ Small bend, big tension.
- ✓ Tight core, straight line up.

So before having a jumping contest with yourself, check off the feeling of...

- ✓ **Bend the legs enough for tension**, knees pointing forward (*Plyo Box jumps gives this feeling on the landing!*)
- ✓ **Keep tension in the core** while staying vertical
- ✗ *Over bending thinking "big bend = big jump"*
- ✗ *Not preparing the stomach to initiate a flip*



- ✗ *Incorrect setup: hips drop too low*
- ✗ *Core disengaged power leaks before takeoff*

💡 Coach's Note:

Bend until tight — not into a squat. Low hips don't go up.

The Bow and Arrow Analogy

In getting to initiate the flip, it is easy to visualize a **bow and arrow being shot straight into the air** at an overhead target.

The Bow = your legs 🏹 — *the string pulling back, loading power.*

The Arrow = your body 🏹 — *rigid and aligned through the glutes, core, and back.*

The Arrowhead = your hips 🎯 — *driving straight up with precision.*

When the string releases, **the energy transfers vertically.**

Every muscle fires in sync — *pure, directed power.*

👉 **Visualization Tip:** *Picture yourself as the arrow, rocketing to the Bullseye above!*

When the tense legs explode the hips upwards toward the bullseye, the hips are **now on its way up.**

However - if we just continue staying straight we just come back down.

This is where the **shoulders** come in, they're actually **in the way** of the **hips** trying to rotate!

Before we even touch beginning rotation, it's time to smash the biggest counter-punch in the flip: **the head** 🧠.

Get this wrong and your body will fight against itself.

Get it right and the rest of the system clicks. Note: Head position is Crucial for every skill!

📄 **Click or Scan
for Act. Jump
Demo**



Head Position — The Steering Wheel of the Flip

"Where the head goes, the body follows."

"That's using your head."

"Mind over matter."

Three simple sayings — and all of them hit the truth:

Your head controls the flip, and your mind controls your head.

Before building into the body, it's just as important to understand head position (*connected to the upper spine*).

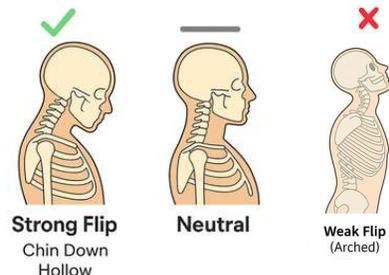
You can train the entire system perfectly... and still lose efficiency if this piece is off.

✅ **Head Position Cues (Visual Checklist)**

✅ **Chin down** → *hollows your spine and tightens rotation, allows for better Spatial awareness.*

— **Head neutral** → *flattens your line, slows the flip.*

❌ **Head back** → *arches the spine, kills speed, scrambles balance and Spatial Awareness.*



⚙️ Why the Head Throws Back

Our **sensory perception** — our *feeling of space* — lives in the brain. We feel everything in our brain, not our bodies.

When you decide to flip backward, our unconscious “searching” for backwards wins, **the head throws back to try to feel backwards.**



That head throw...

- *Steals rotation instead of giving it*
- *Happens automatically — until you retrain it*

“Where the Head Goes The Body Follows”

- **Chin down (cervical flexion):** *hollows the upper spine, shortens body, speeds rotation.*
- **Head neutral:** *flattens the spine, increases body length, slows rotation.*
- **Head back (cervical extension):** *arches the spine, opens body, slows rotation, disorients the vestibular system.*

✅ *This is why the head throw creates messy, delayed tucks*

“Don’t Lose Your Head”

- *All sensory perception is processed in the brain.*
 - *You don’t “feel” in the muscles — you feel through proprioception, vision, vestibular input, all interpreted in the brain.*
 - *Beginners unconsciously throw the head back to “feel” backwards, but it actually **breaks alignment.***
- 💡 *Better coaching frame: your head is an orientation tool but throwing it disrupts efficiency.*

“It’s All in Your Head”

- **Chin down** *hollows your spine and snaps the rotation tighter.*
 - **Head neutral** *flattens your line, slows the flip.*
 - **Head back** *arches you, kills your speed, and scrambles your senses.”*
 - *The instinct is wrong. Instinct says: “whip the head to feel back there.”*
 - **Truth:** *The head throw steals rotation instead of giving it.*
- 🧠 *We drill to make the things automatic into Muscle Memory!*

⚙️ Lock It In Until It’s Automatic

With your **tight core** and **chin neutral** to start (the Bow and Arrow alignment), loading the legs into a tight enough bend to explode, we are ready to let the hips rise into rotation — where the **chin squeezes down, hollowing the spine** and preparing the body to reconnect with the ground for landing.

At first, this takes **conscious effort.**

With repetition, your brain takes the photograph, and your body remembers.

That’s how conscious training becomes unconscious execution.

With the understanding and feeling of this, it’s time to turn yourself into the **Plastic Ruler** and **See-Saw**, where *all rotational skills live.*

🧠 Unconscious Muscle Memory 🧠

At first, learning a skill takes **full focus**, our greatest conscious mind at work.

Think about walking: when you were a child learning to walk, every step was *Conscious* work — left foot, then right, left, right...*balance check, don't fall!*

Years later, you walk without thinking, while your mind is on a hundred other things.

That's **Unconscious muscle memory**.

Drilling the **chin squeeze** works the same way — **repetition rewires instinct** until the action *happens without thought*.

💡 *Pro tip* - **A Neck Braces** gives a feeling of this!

🔄 The Kinetic Chain – Plastic Ruler Effect

When I worked summer camps, arts and crafts always came with the same supplies: **stencils, crayons, glitter, glue — and those red plastic rulers**.

But every camp had *that kid* (maybe two) who'd ignore the stencils and instead pull the ruler back, load it with tension, and let it snap against the desk.

The loud *whack* was annoying for the counselors — but for me, it turned into one of the **best teaching tools I've ever used**.

That Plastic ruler is your **body in a back tuck**.

Loose enough to bend, stiff enough to snap.

The second you jump and your hips start rising, **tension loads through your core**.

Shoulders lean just an inch back, the stomach stays locked, and boom — hips **whip upward like the end of the ruler flying free!**

(All of it contingent on the strength of the **stomach muscles**).

🔗 Kinetic Chain

A biomechanical system where **joints, muscles, and connective** tissue work as one.

Force applied in one segment transfers through the body, creating coordinated movement.

In tumbling, **core tension directs energy** from the lower body to the upper body — *producing lift and rotation.*

💡 Coach's Note:

The lean isn't about falling back — it's about creating tension. Shoulders only move an inch.

If your hips aren't snapping upward, you've leaned too far.

Lever System: The See-Saw

Now, let's add a playground ride.

A see-saw doesn't bend like a noodle. It's rigid, balanced on a **center point**, and *because of that stiffness* one side drops while the other rises.

That's exactly what happens when you start tipping upside down: **shoulders inch back, core stays stiff, hips drive upward** like the opposite end of the board.

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Counter Balance (See-Saw Principle)

A lever system where one side lowers as the opposite side rises — *pivoting around a central point*.

In tumbling, **the stomach acts as the pivot**: shoulders move slightly back and  stop, while the **hips rise**  in response.

The **plastic ruler** gives you the *snap* - **core snap strength**

The **see-saw** gives you the *balance point* — (*stopped shoulders as hips shoulders*)

Together, they explain why **your core must stay tight** — if the board bends or flops, *nothing pivots right*.

-  **Ruler = stored energy.**
-  **See-saw = controlled leverage.**
-  **Both = rotation.**

Coach's Note:

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Shoulders only move an inch.

If your hips aren't snapping upward, you've leaned too far.

 **Mental Note:** Think of the **knees forward** on leg load as *giving permission to the hips going up (not back)*.

From Straight Jump to Hip Snap

With everything conceptually understood, you've now created — *in your mind* — a **strong potential rotation position**

Like a **Plastic ruler launching into a bend**, it is now time to take it into a drill.

This will take a little practice, *eventually it happens automatically* because **dynamic Long-to-Short** creates something powerful (*covered intensely in Chapter 2*)!

That's the action: **Long to short.**

The **jump** (legs not overbending) stretches you *tall and long*.

the **core snaps you short**; that's where **rotation starts**.

This leads into the **Candlestick Drill** (resembling a Banana Shape), beginning rotation — the exact moment where the tall, loaded body turns into the short, *snapping body*.

Believe it or not, the **Candlestick drill** is the *hard part* of the skill — and needs the most repetition.

You will also notice **no Tuck is involved** (or pike)....yet!



💡 **Coach's Note: A Tease for What's Next**

A stretched body is harder to rotate at first.

Eventually, the **“laid-out” body gets rudely interrupted** by an extra shortening of the body...

👉 *The 90/90 Tuck!*

📱 **Try It Right Now**

👉 **Click or Scan the code below** to see the **Candlestick Drill** in motion.

Feel the **long → short → rotation transition** before diving into the full workout card.

Candlestick Drill Demo

No Equipment



Pillow mat/Crash mat on Elevation



👉 **Your Next Step**

You've seen it — now it's time to *feel it*.

As you picture yourself doing it — stomach tight, *eyes forward, snap alive* — don't just read about it.

Put the book down and learn it through action.

Your Workout Card below turns the concept into motion.