Champions Axiom: Stunt Safety Foundations

Purpose: Give stunt groups a shared safety language before harder skills.

1. Review roles: flyer, bases, back spot, front spot, and coach.
2. Check grips, posture, count language, and mat spacing before loading.
3. Bases drive with legs and keep the load close to the body.
4. Flyers stay tight through ankles, hips, ribs, and shoulders.
5. Everyone listens for the count and reacts early to instability.
6. Reset the stunt when timing breaks. Do not save bad reps with force.

Coach cue: Trust is built by predictable technique and clear counts.