

So You Want To Learn A Roundoff Backflip?

Yes! You Really Can!

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So you want to learn a roundoff backflip? It might seem impossible, dangerous, and just plain stupid, but it is not. Doing a roundoff backflip is a cool party trick that you can show off at that next trampoline park birthday party. Despite it being a really fun trick, it also allows you to feel like you are flying! It is an unforgettable experience. What is a roundoff backflip? Well, I'm glad you asked! Simply put, a roundoff backflip is when someone runs forward and does a cartwheel to two feet. Then, the person jumps backwards and does a full rotation over their head before landing on the ground.

The Breakdown

Alright, now that you know what a roundoff backflip is, the next step is to break down the individual parts of a roundoff backflip. There are 5 parts to a roundoff backflip: hurdle, snap, rebound, flipping, and landing.

The Hurdle

The first step is the hurdle. The hurdle is the part of the move that helps build power. First, you skip. Just one singular skip but instead of doing another skip you dive toward the ground with your arms outstretched. While you are diving toward the ground, turn your body 90 degrees. Seems pretty scary, right? Here are some helpful tips to make sure you can do the best hurdle! Make sure your arms are as straight as possible and when your arms hit the ground make sure they stay straight.



The Snap

Now, it is time to add the next part of this fun move. The snap is where you build all of your power for the flip. First, you begin the snap when your hands make contact with the floor. You must let your movement carry your body over your hands. Finally, you bring your feet together to the floor as quickly as possible and bring your arms straight up. Pro tip: try to stay as tall and long as possible.



The Rebound

The Rebound is where you will take all that power you just built up and turn it into the flip. For the rebound, it is less about any individual movement, but all about turning your energy into something else. To do the rebound, you will start by lying on your back and lifting your arms and shoulders off the ground. This is the shape you will make when you do the rebound. So, when your feet hit the floor from the snap, you will make that shape. Then, let your shoulders go backwards. The most important part of this is you remain very straight as you move through this part.



The Flipping

This is the most fun part of the whole skill. You are in the air and it is time to complete the flip. To do this you will need to continue to let your shoulders go backwards as if you are falling. Then you bring your shins up to your chest, which will make you turn over in the air. While doing this skill, focus on bringing your shins to your chest as fast as possible.



The Landing

The last part of the Roundoff Backflip is the landing. To land, you will have to look for the floor while you flip in the air. When you see the ground, straighten your legs and put your feet on the ground. To successfully land, make sure you bend your knees when your feet hit the ground to make sure you don't get hurt.



Conclusion

You have officially learned the steps on how to do a Roundoff Backflip! Now let's talk about a few helpful safety tips before doing the trick. Don't try to learn a roundoff backflip by yourself! Go to a gym or trampoline park where you can learn a roundoff backflip with proper safety mats. Hopefully, you enjoy learning this new trick and can add it to your back pocket.

Good luck and try not to get hurt!