

JUMPS



A: APPROACH - WHIP, DIP OR CLASP

L: LIFT - USE THE ARMS TO CREATE LIFT THROUGH THE CHEST

E: EXECUTION - HIT THE POSITIONS LISTED BELOW

L: LANDING - LAND ON THE BALLS OF THE FEET, ABSORB WITH THE LEGS, HEAD AND CHEST UP



TUCK JUMP

Bring knees to chest; keep knees together



SPREAD EAGLE

Keep knees forward; keep a straight body without piking



HERKIE

Bent knee faces down; keep knee on straight leg facing upwards; bent leg, straight arm, straight leg, bent arm



TOE TOUCH

Keep head and chest up; pull legs to arms; reach for the arch of the foot, not the toes



SIDE HURDLER

Bent knee faces the crowd; keep knee on straight leg facing upwards



FRONT HURDLER

Bring straight leg up to chest and between the arms; back knee points towards the ground; land with feet together at the same time



DOUBLE NINE

Arms and legs in same "9" position; bring legs to arms; keep head up



PIKE

Keep head up; bring legs to arms; arms parallel to the ground