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



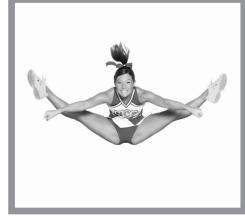
TUCK JUMPBring knees to chest; keep knees together



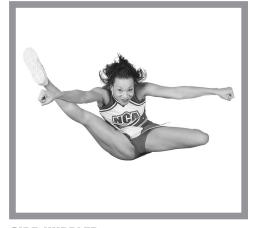
SPREAD EAGLEKeep knees forward; keep a straight body without piking



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



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



SIDE HURDLERBent knee faces the crowd; keep knee on straight leg facing upwards



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



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



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