

Jumps!



Spirit Tuck

*Bring knees to chest
*Keep knees together



Spread Eagle

*Keep knees forward
*Keep a straight body without piking



Double Hook

*Hook both legs same direction
*Keep shoulders square



Heekie

*Bent knee faces down
*Keep knee on straight leg facing upward



Toe Touch

*Keep head and chest up
*Pull legs to arms
*Reach for instep, not toes



Side Hurdler

*Bent knee faces crowd
*Sit in hurdler position in the air



Front Hurdler

*Bring straight leg up to chest
*Start with feet together at the same time



Double Nise

*Arm and legs in same T position
*Bring legs to arms
*Keep head up



Pike

*Keep head up
*Pull legs to arms
*Keep legs in arms

CARTWHEELS AND ROUNDOFFS.

HOW TO DO A ROUNDOFF



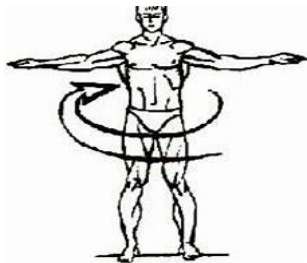
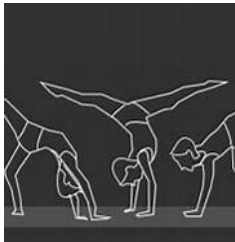
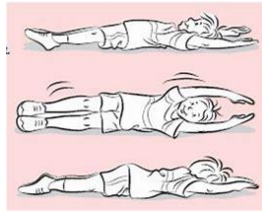
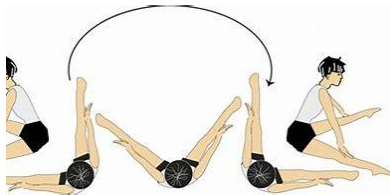
drills and exercises to help you learn a perfect, power



Cartwheel

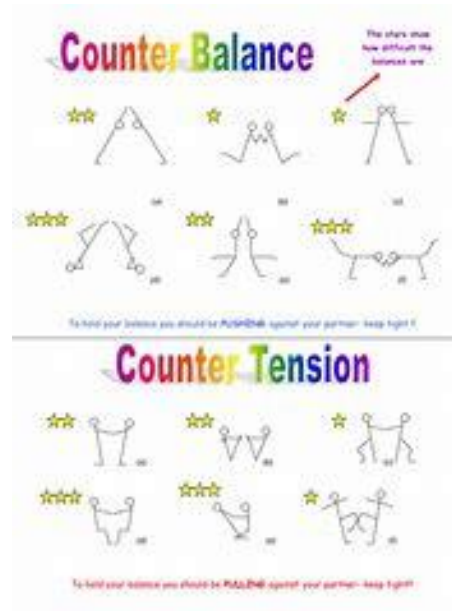
ROLLS AND ROTATIONS

- Log roll
 - Pencil roll
 - Mushroom roll
 - spin
 - Fish flip
 - Teddy bear roll
 - Forward roll
 - Backwards roll
 - Handstand forward roll
 - Walk over
- EASY
- MEDIUM
- ADVANCED



BALANCES

- Individual balances
- Point of balance – how many body parts are in contact with the floor.
- Counter balance – where 2 people balance against each other using a PUSHING ACTION.
- Where 2 people balance against each other using a PULLING ACTION.



STEPS TO SUCCESS!

HOLD FOR 3 TO 5 SECONDS

BODY TENSION

EXTENSION

POINT TOES

STILLNESS