

the weight with bent knees. To polish off the jump, slap the hands at your sides. Head should still be up. This is a recovery time if feet didn't land together, or if timing was off in the group.

The Clean-Up

As a final step, stand up with the feet apart and place hands in a fist position on your hips for a clean, polished ending.

SPECIFIC JUMPS

- **Spread Eagle:** Legs are spread to a straddle position with toes pointed (see figure 7.15a). Arms can form either a high V, a T, above the head clasp, or touchdown position.
- **Herkie:** One leg is straight to the side while the other bends at the knee. The bent knee either faces the floor or to the front (see figure 7.15b). Arms are usually in a T or touchdown position.
- **Stag Sit:** One leg is extended in a toe touch position and one is bent at the knee in a stag position (see figure 7.15c). Arms can copy the legs, or go to a touchdown or T position.
- **Abstract:** One leg is bent inward with a
- **Hurdler:** This jump is similar to the track event. One leg is extended forward while the other is bent at the knee and pulled up in back. Most people prefer to extend the best kicking leg. Arms should whip around the head to aim toward the floor. Keep your chest high. The goal is the maximum extension of the front leg (see figure 7.15e).
- **Double Nine:** Both the arms and legs form nines (or a P, depending on which leg is used). The leg extended in front is level while the opposite leg bends at the knee. The foot of the bent knee should touch the inside knee of the extended leg (see figure 7.15f). This jump requires a whipping motion both on the way up and down in order to land with both feet at the same time. This jump is advanced and requires much practice.
- **Pike:** The object of this advanced jump is to keep the upper body straight and tight



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Figure 7.15a Spread eagle.