

as the legs are whipped straight out in front. Arms are pulled around in front, parallel with the legs (see figure 7.15g). This jump requires 100 percent energy on the way up as well as down.

• **Toe Touch:** This advanced jump is prob-

ably the favorite jump for cheerleaders, requiring extensive practice and energy for perfection. The back, head, and shoulders are upright while tightening the abdomen and relaxing the leg muscles during this jump. It is not important that your toes



Figure 7.15b Herkie.



Figure 7.15c Stag sit.



Figure 7.15d Abstract.