



Figure 7.15e Hurdler.



Figure 7.15f Double nine.

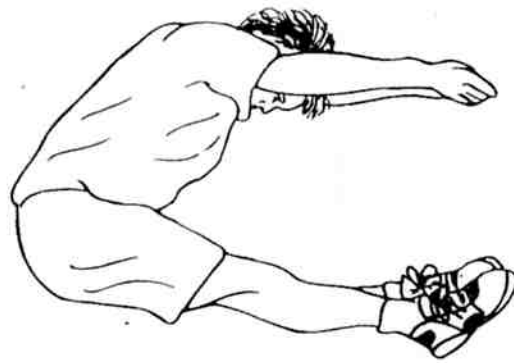


Figure 7.15g Pike.

actually touch your hands (this promotes leaning forward and lowering shoulders which lowers the height of the jump). Keep the arms level in a T position and bring the feet to your hands (see figure 7.15h). Sometimes this jump is called a "Russian," which really describes the position of the arms: both are thrown downward between the legs for another arm variation.

- **Around the World:** Before trying this advanced jump, make sure you have mastered the pike and the toe touch. Start with a pike, and then whip the legs open to the toe touch position (see figure 7.15i). Whipping with the arms as well as legs makes this advanced jump easier.

Jump Combinations

Combinations are two or more different jumps done in succession. A series is the same jump done two or more times in succession. The following are some examples of combination jumps:

- Herkie to toe touch
- Spread eagle to abstract
- Hurdler to toe touch

Jumps are also combined with gymnastics: for instance a back handspring to a toe touch or a round-off to a spread eagle. Jumps into knee drops, seat drops, or splits are definitely not recommended because, according to the National Federation's *High School*