

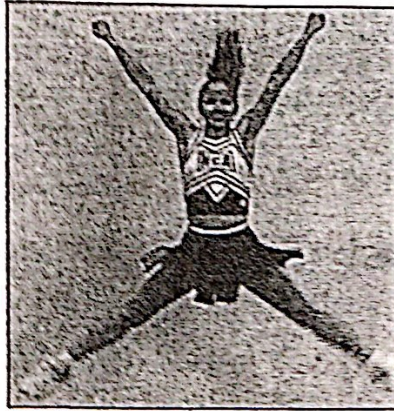
JUMPS

Jumps performed by Brandy Justice and Mercedes Parker.



SPIRIT TUCK

Bring knees to chest; keep knees together



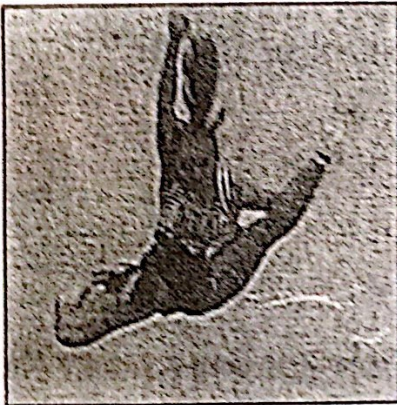
SPREAD EAGLE

Keep knees forward; keep a straight body without piking



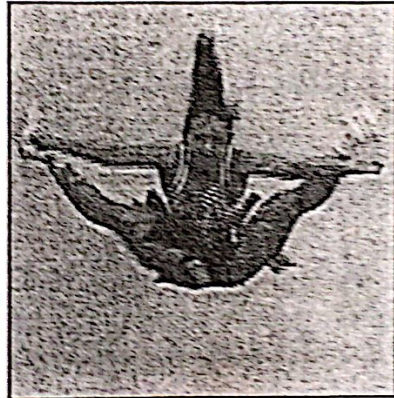
DOUBLE HOOK:

Hook both legs same direction; keep shoulders square



HERKIE

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



TOE TOUCH

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



SIDE HURDLER

Bent knee faces the crowd; keep knee on straight leg facing upwards



BEST WAYS TO DEVELOP JUMPS *

1. Jump lines

Put your cheerleaders in 3 or 4 lines. Start some music and everytime cheerleader gets to the front of the line, she must execute a jump in time with the music. It helps to have counts such as "clasp on count 1, 2; high-V on count 3, 4; bend on count 5; execute jump on count 6; land on count 7, 8.

2. Hang from a bar and lift legs in a v-up movements

3. T- kicks

4. Assisted jumps : 2 cheerleaders face each other. One cheerleader supports under other cheerleader's forearms. Base cheerleader pushes up on arms as jumping cheerleader. This is a good exercise to help cheerleaders get the feel of a toe touch plus perfecting pointing their toes.

5. Leg throws: Lie on back on floor. Another person stand straddling at the head of the person on the floor. The floor person holds on to the standing person's ankles. The floor person lifts legs and the standing person "throws" the legs to the floor and right and left. The floor person resist letting them touch the floor.

6. Straddle Hold: Sit on floor in a straddle position. Point toes and hold for 10 seconds. Relax. Repeat 5 times.

7. Straddle Lifts: Sit on floor in a straddle position. Lift both legs up, keeping them straight. Hold for 3 counts. Relax. Repeat 5 times. (hint: legs will not left very far off the floor)

8. V- Up sit ups

<http://www.oakharborcheer.com/CheerleadingJump.html>