

JUMP TECHNIQUE



URBAN CHEER COMBINES BOTH CHEER JUMPS AND URBAN STYLE JUMPS SAFE JUMP TECHNIQUE SHOULD BE USED IN ALL JUMPS

BACK SPOT/SPOTTER:

- A Back Spot/Spotter should be used when teaching cheer jump
- Protect Performer from injury and reduce risk of falling to the floor
- Prime role is to protect the Performer's HEAD, NECK and SHOULDERS
- Feet apart for balance and mobility, allows the Spotter to assist the Performer on landing
- Hands tightly around the waist of the Performer helps balance the Performer on landing
- Unless instructed - never lift the Performer as it may result in an unplanned landing

PERFORMER:

- Start in Clean position
- Strong explosive push off the ground
- Land with the feet together and body upright to help with stability
- Land on the balls of the feet first, bending knees slightly to absorb the impact

CHEER JUMP IN 4 COUNTS

1 High V	Feet together - legs straight
2 Circle arms inwards across face to low cross position	Bend knees
3 Arms continue to T position	Jump by pushing off ground
4 Arms stay in T position	Land on balls of feet, feet together, bend knees

CHEER JUMP IN 8 COUNTS

1 Clap	Feet together - legs straight
2 Wait	
3 High V	
4 Wait	
5 Circle arms inwards across face to low cross position	Bend knees
6 Arms continue to T position	Jump by pushing off ground
7 Arms stay in T position	Land on balls of feet, feet together, bend knees
8 Wait in landing position or Clean	