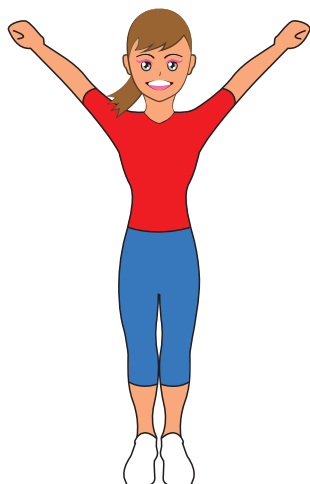
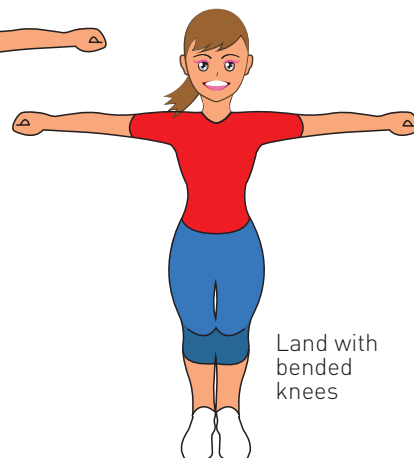
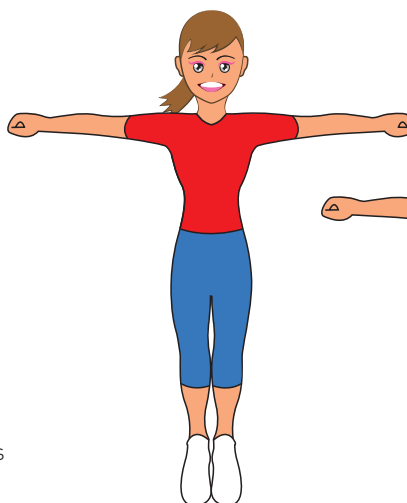


JUMP TECHNIQUE IMAGES

STRAIGHT/APPROACH JUMP

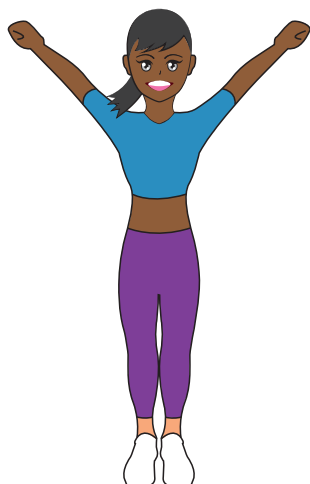


Bend
knees

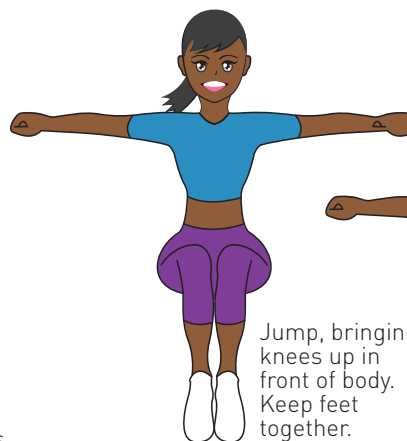


Land with
bended
knees

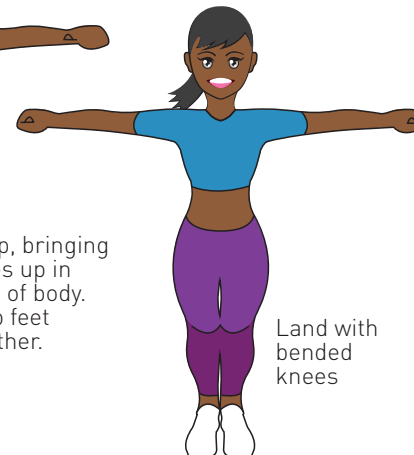
TUCK JUMP



Bend
knees



Jump, bringing
knees up in
front of body.
Keep feet
together.



Land with
bended
knees

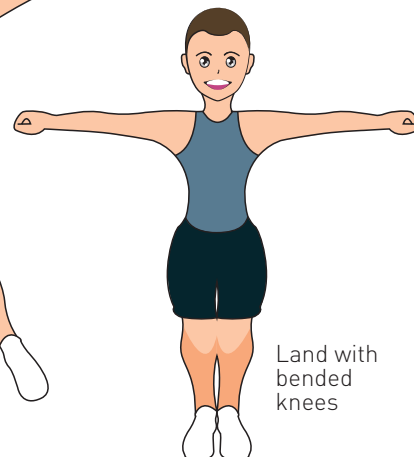
STRADDLE/STAR JUMP



Bend
knees



Jump, bringing
arms out to
side and up.
Open legs.



Land with
bended
knees

Count 1

Count 2

Count 3

Count 4