

J.10

Straight Jump, Double Jump Choreography Module

Description: Mastering the Straight Jump with Strong T for choreography section of routine. This module uses Jump Modules 5, 6 and 9 and is working on putting the jump into the choreography of the routine.

This is the same approach and techniques used in all of the FUNdamentals 2 Jumping Modules. We are putting multiple modules together to create a Jump sequence that contains four jumps.



Choreography

Jump Choreography for 8-counts 10, 11, and 12 in the Routine

Counts	
9TH 8-COUNT	
LAST 4 COUNTS OF THE 9TH 8-COUNT OF ROUTINE TRANSITION	
5	Hold
6	Hold
7	Stand in clean-up - chin high & smile
8	Hold
10TH 8-COUNT	
1ST 8-COUNT OF JUMP	
1	Clasp - under chin, elbows squeeze body
2	Hold
3	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
4	Hold
5	Swing straight down to Low Clasp Athletic Stance
6	EXPLODE through legs into Straight Jump lifting upper body and arms to Strong T
7	Land in Athletic Stance, Knees Bent and Absorb - Slap Arms Clean to Sides
8	Hold

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Counts

11TH 8-COUNT	2ND 8-COUNT DOUBLE JUMP
1	Clasp - under chin, elbows squeeze body
2	Hold
3	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
4	Hold
5	Swing straight down to Low Clasp Athletic Stance
6	EXPLODE through legs into Straight Jump lifting upper body and arms to Strong T
7	Bend knees back to Athletic Stance position and semi-circle arms in front of the body to the crossed position - arms crossed slightly above the wrist and just above knee level.
8	EXPLODE through legs into Tuck Jump. Continue the momentum of arm cross to finish the semi-circle back to Strong T, lifting through arms and upper body.
12TH 8-COUNT	3RD 8-COUNT OF JUMP ON DIAGONAL
1	Land in athletic stance, knees bent and absorb - Slap arms clean to sides
2	1/8 turn to face diagonal. Clasp - under chin, elbows squeeze body.
3	Hold
4	Extend / punch - clasp up / raise on toes - elbows are close to cheeks / temples
5	Hold
6	Swing straight down to Low Clasp Athletic Stance
7	EXPLODE through legs into Tuck Jump lifting upper body and arms to Strong T
8	Land in athletic stance, knees bent and absorb - slap arms clean to sides

Supplies / Aids:

- 1 Pictures: Character in a Straight Jump & a Tuck Jump (Print extras and hand out as a coloring sheet at the end of class.)
- 2 Video

Equipment Needed:

None Required

Recommended: Mirrors, dots or taped X's on the floor so athletes know where to stand.

Notes:

JUMPS