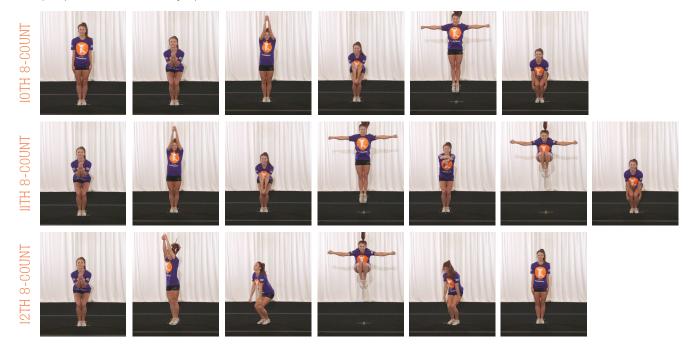
**Description:** Mastering the Straight Jump with Strong T for choreography section of routine. This module uses Jump Modules 5, 6 and 9 and is working on putting the jump into the choreography of the routine.

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	IST 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				

Continued on next page

Counts					
IITH 8-COUN	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-COUN	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:

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



## **Equipment Needed:**

None Required

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

Notes:		