

J.12

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, 9, 10 and 11. All of the modules are put together to form the jump choreography of the routine.

This is the same approach and techniques used in all of the FUNdamentals 3 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 Tuck 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

IITH 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 Toe Touch 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 Front Hurdler 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: