Basic Jumps

Both of these jumps are considered “basic” jumps, but they make good visuals when used in cheers and can also be used in combination with tumbling.

Tuck Jump
Begin in the jump stance, with feet together. Use your normal jump execution, and as you jump up, bring your knees up to your chest, not your chest to your knees. Keep your chest and head up and keep your knees together. Your feet are also together pointed downward. Your lift will be aided by raising your arms up in a high “V.” This jump requires strong stomach muscles as they help lift up your knees.

Spread Eagle
In this jump, your body makes an “X” in the air. Use your normal jump execution. As you lift, keep your knees facing forward and your legs extended to the sides (straight legs—no bent knees). Your feet should have the toes pointed with the top of the foot facing towards the front. You want to keep a straight body without piking. Arms are up in a high “V” position.
Advanced Jumps
Don’t forget to point your toes!

Toe Touch
Arms are in a T. *Legs rotate and the knees point to the sky.* Eventually knees should point back, behind the jumper. While it is called a toe touch, do not reach for your toes. Keep a straight back and sit into the jump.

Left Side Hurdler
Left leg is in toe touch position. Right leg is bent with knee facing **forward.** Right Side Hurdler would be the opposite of this.

Left Herkie
Left leg is in toe touch position. Right leg is bent with knee facing **down.** Right Herkie would be the opposite of this.

Right Front Hurdler
Right leg is straight, in front of the face. Left leg is bent with knee pointing **down.** Let your leg come to you. Don’t go to it. Left Front Hurdler would be the opposite of this.