

## JUMP FOR RHYTHM AND FREQUENCY

- Weight on balls of feet.
- Jump up and down with small continuous movements.
- Smooth, even jumps.
- Feet together or hip width apart.

### Benefits

- Balance.
- Control.
- Resilience.

### Beginners Advice

- Feel light.
- Quiet feet.

### Challenge

- Eyes up.
- Eyes closed.
- Jumping with minimal height off the ground.

### Adjustments / What to look for

- Land softly, minimal foot noise.
- Long spine.
- Cushioning through ankles, knees and hips.