

TUCK JUMPS

- Jump from a standing position with a quick spring, raising the knees as high as possible.
- Weight on balls of feet, driving with arms.
- Smooth, even jumps.
- Feet together or hip width apart.
- Short ground contact time.

Benefits

- Balance.
- Control.
- Resilience.

Beginners Advice

- Feel light.
- Quiet feet.

Challenge

- Eyes up.
- Eyes closed.
- Repeat until control is lost.

Adjustments / What to look for

- Land softly, minimal foot noise.
- Long spine, chest up, don't collapse at hips.
- Cushioning through ankles, knees and hips.