

Dynamic Movement control

UNILATERAL SQUAT TO JUMP TO BILATERAL LANDING

- This movement can be performed as a direct continuation from the previous Bilateral Squat to jump to unilateral landing.
- From the previous unilateral landed position, condense the body, bending into a squat imagining that this position is powerful and has the potential to 'explode' from that position. This explosiveness is generated through the standing leg and the arms which are thrust forward.
- From this position 'explode' smoothly and forcefully in an upwards direction allowing the body to extend through the crown of the head, aiming to reach as high as possible.
- On the return to the ground, smoothly land on both feet (bilateral landing) in a controlled manner. Allow the ankles, knees, and hips to absorb the landing. Create softness through these joints as they bend and cushion the landing.
- Repeat both movements in the sequence from one leg to the other.
- The qualities of the landings are extremely important as the knee must track over the foot, and the hips must maintain stability.

Benefits

- Improves posture.
- Mobilizes spine.
- Strengthens the thighs.
- Balance.
- Relieves neck tightness.
- Calms the mind by creating a focus on body movement through awareness.
- Awareness of body parts.

Beginners Advice

- Begin slowly, building on strength and height of the jump.
- Be aware of the technique in landing protecting the joints of the body.

Challenge

- Increase the height of the jump.
- Attempt successive jumps moving through unilateral squat, jump land on both feet.
- Attempt to join the previous sequence with the above sequence. Bilateral squat to jump to unilateral landing, into a unilateral squat (same leg) to jump to bilateral landing to jump to unilateral landing on the other leg, into a unilateral squat (same leg) to jump to bilateral landing.
- Attempt to move through the above sequence 1-5 times.

Adjustments / What to look for

- Maintaining 90° in the knee joints, and not allowing the knee to bend any deeper.
- During the initial squat and the bilateral landing, the knees have a tendency to fall inwards. They should be directly over the tips of the toes.
- Landing- Allow the spine to be long avoiding sinking into the lower back.
- Landing- Be aware of the hip joint jutting out to the side to counter instability. Maintain stability in the hip region.

