

# Basic



# Double Bounce



# Side Swing Jump



# Bell





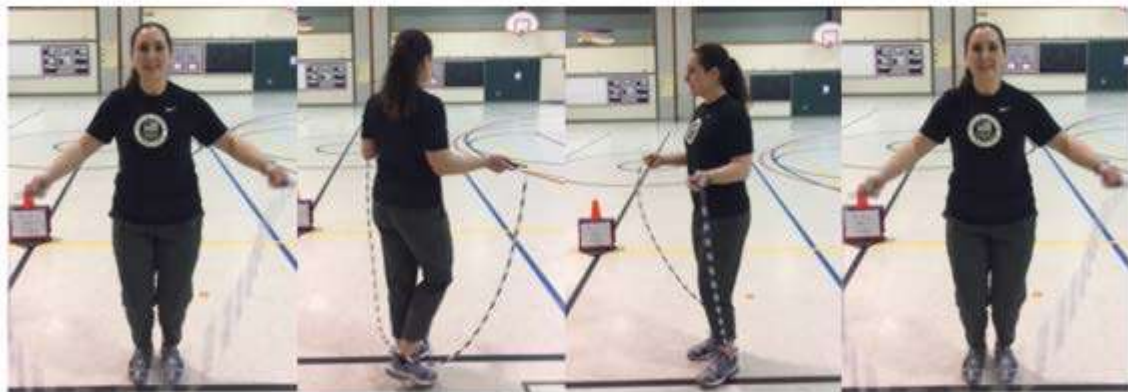
# Skier



# 1 Foot Jump



# Full Turn



1 jump

turn around

1 jump

# 360 Turn



1 jump  
turn half way around

1 jump  
turn half way around



# Side Straddle



# Front Straddle



# Straddle Cross





# Jogger





# Criss Cross



# Twister



# Double Under



1 Jump  
2 Spins

# Can Can





# Grapevine



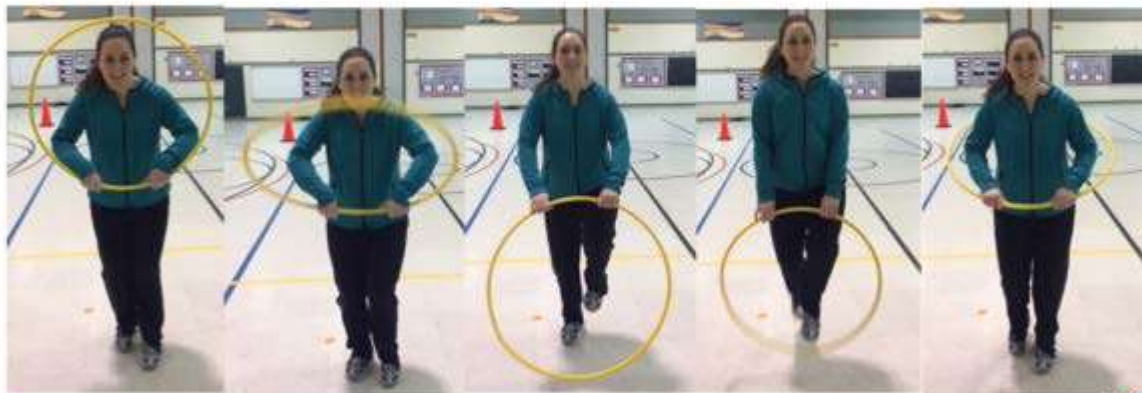
# Leg Over



# Swing and Jump



# Hula Hoop Jump





# Jump the River



# Forward/Backward Jumps



# Jump the Snake



# Side to Side Jumps

