

2.1.2.3.2. When a jump includes a strong body movement (see required amplitude of body movement) during the flight (for ex. bending or contraction), it is classed as a B-jump.

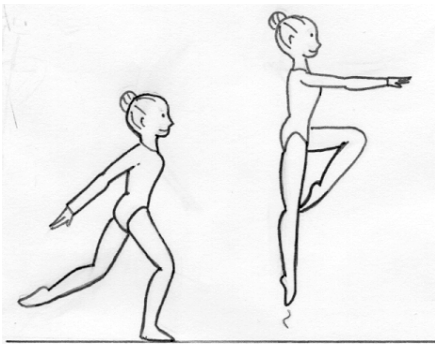
2.1.2.3.3. The amplitude of legs is not raising the difficulty of jumps or leaps (exception 16, 17 and 18, see pages 17-19). Height, elevation and shape during the flight are relevant.

2.1.2.3.4 Different A- and B-jumps (examples), all kinds of variations are possible according to 2.1.2.3.1. and 2.1.2.3.2.

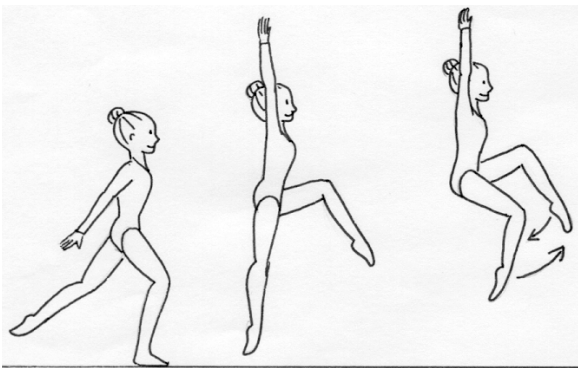
Some examples of jumps and leaps:

A-jumps

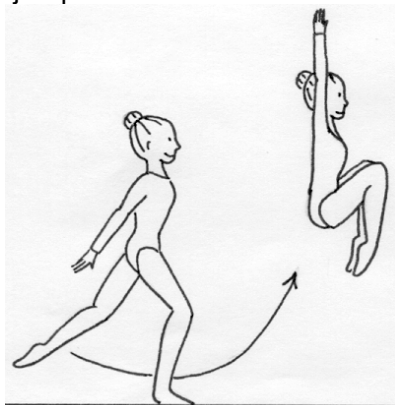
1. Vertical jump free leg at horizontal "passe"-position



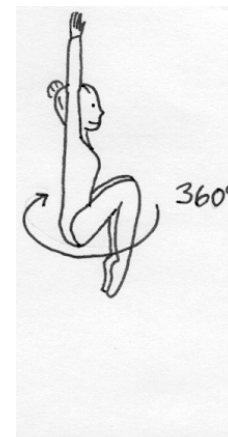
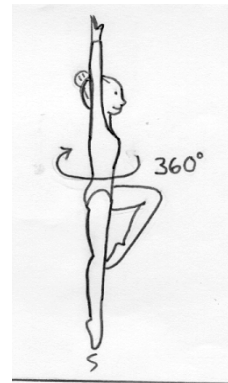
2. Scissors leap knees bended



3. Tuck jump

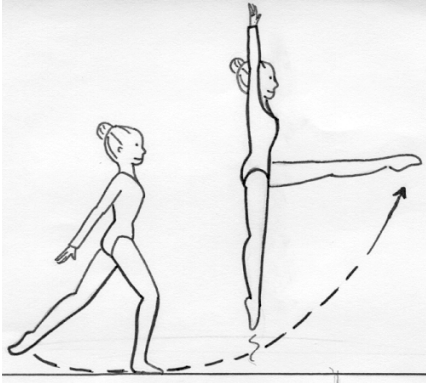


B-jumps

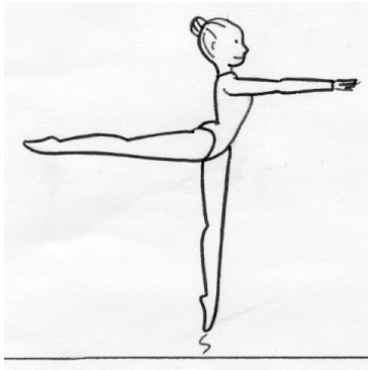


A-jumps

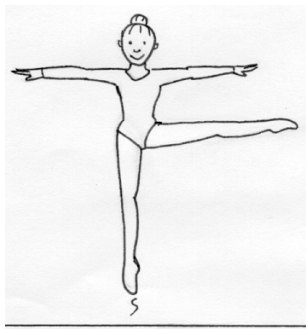
4.a) Vertical jump free leg at the horizontal, front



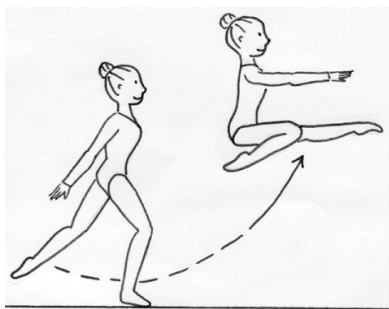
4.b) Vertical jump free leg at the horizontal, back



4.c) Vertical jump free leg at the horizontal, side

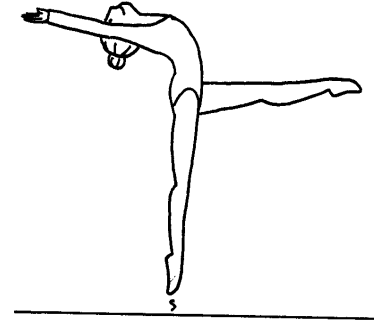
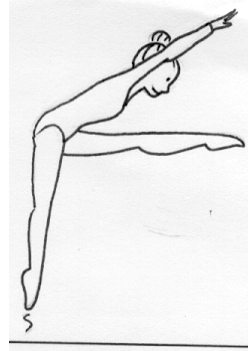


5.a) Cossack jump, free leg front

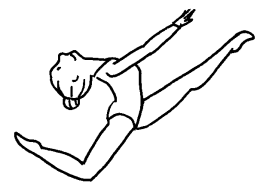
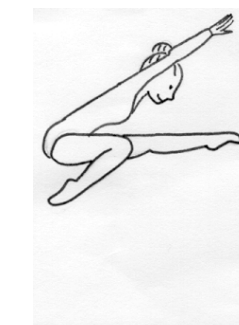
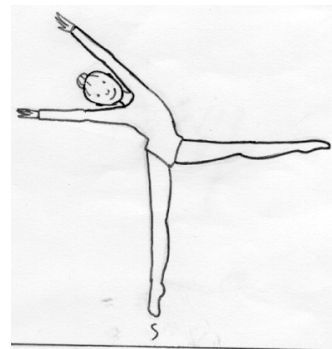
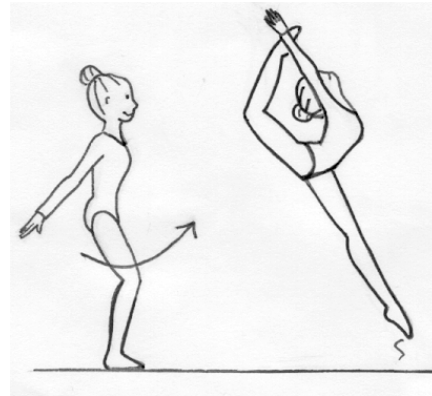


Updated: 15.3.2011

B-jumps

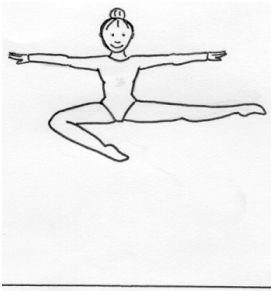


Ring jump leg stretched

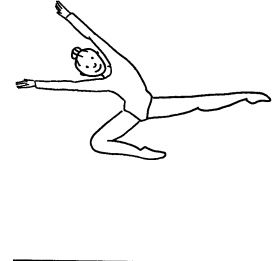
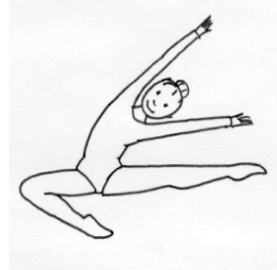


A-jumps

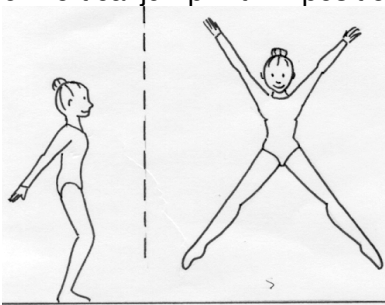
5.b) Cossack jump, free leg side



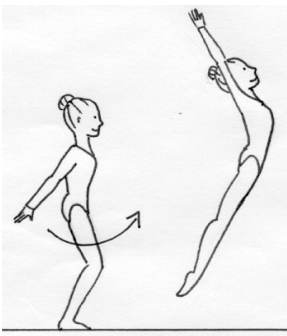
B-jumps



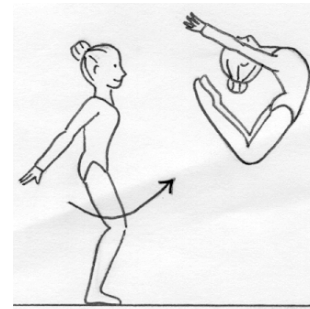
6. Vertical jump with X-position



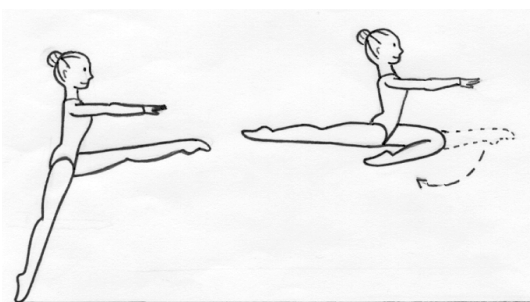
7. Arch jump



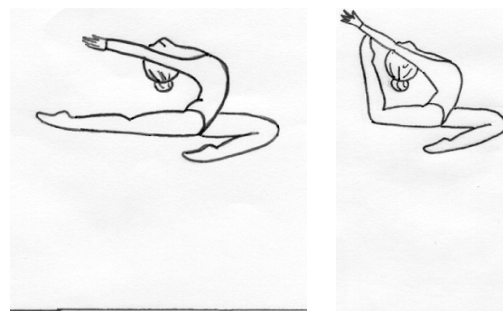
Ring jump with both legs bended



8. Stag leap

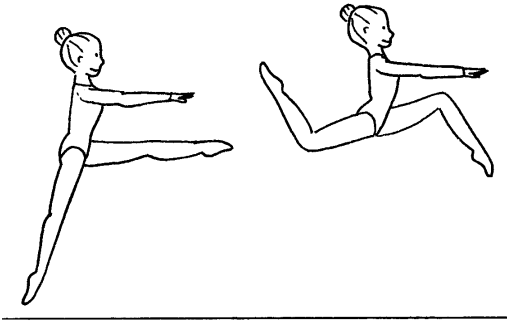


Stag ring leap

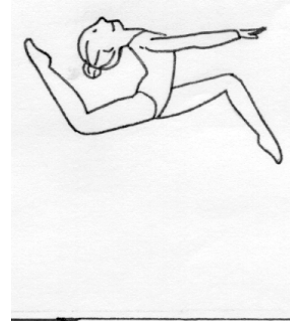


A-jumps

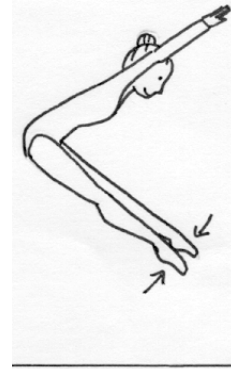
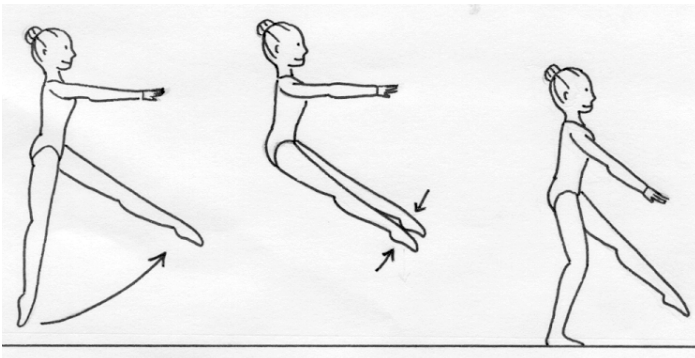
9. "Cat" leap



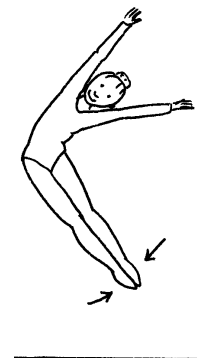
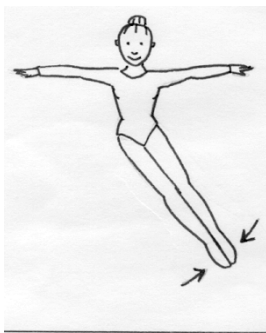
B-jumps



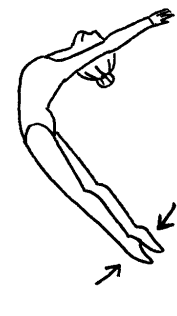
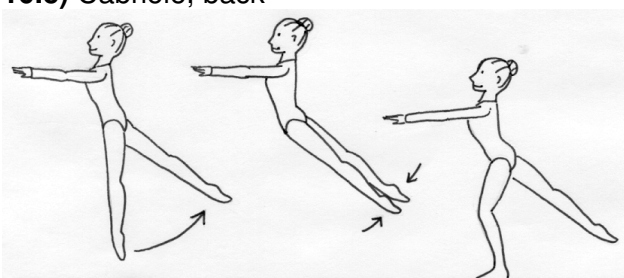
10.a) Cabriole, front



10.b) Cabriole, side

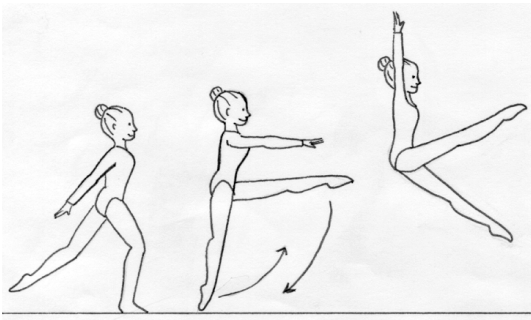


10.c) Cabriole, back



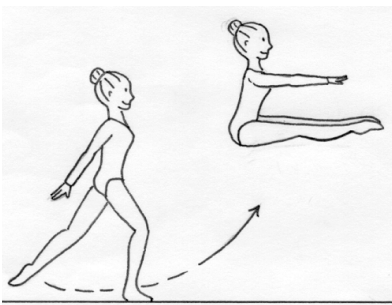
A-jumps

11. Scissors leap



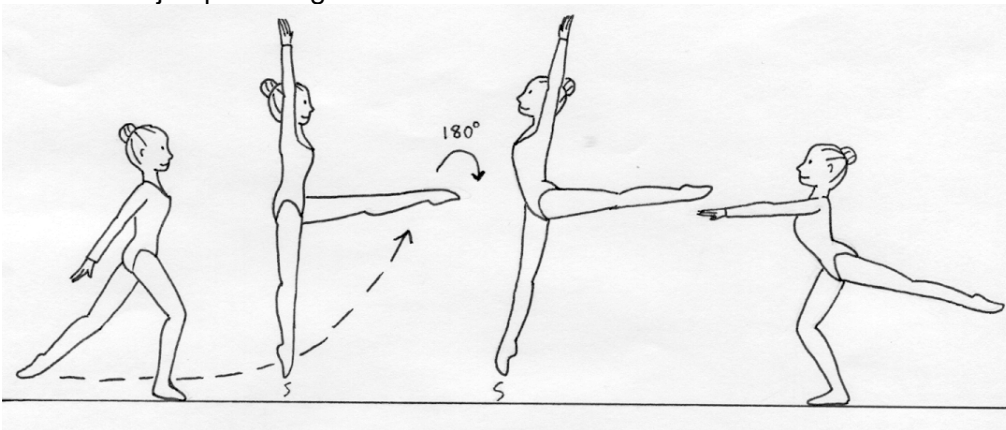
B-jumps

12. Pike jump

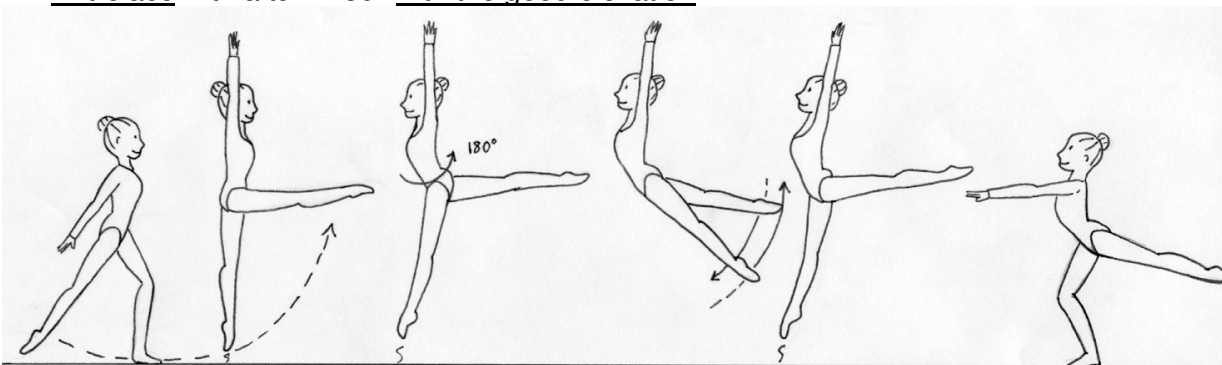


Other examples of B-jumps

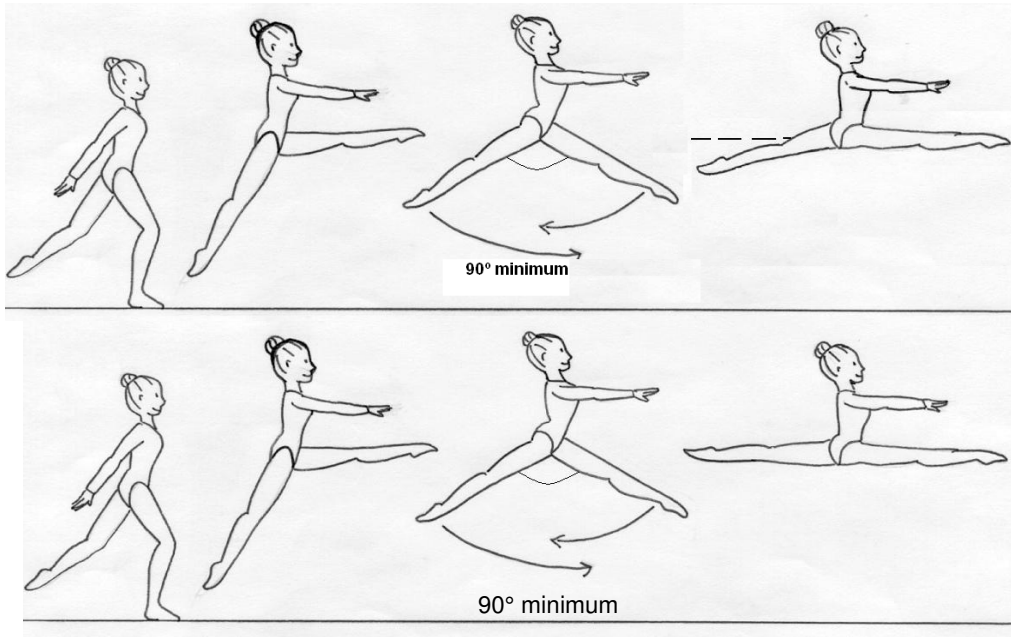
13. Vertical jump free leg at the horizontal with a turn 180°



14. Entrelacé with a turn 180° with the good elevation

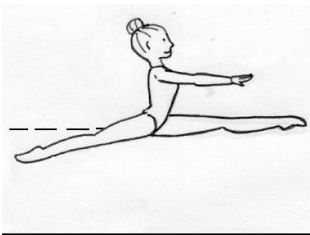


15. Split leap with change of straight legs (amplitude is about 135°)

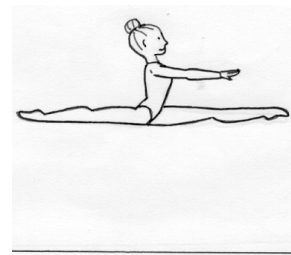


16. Split leap

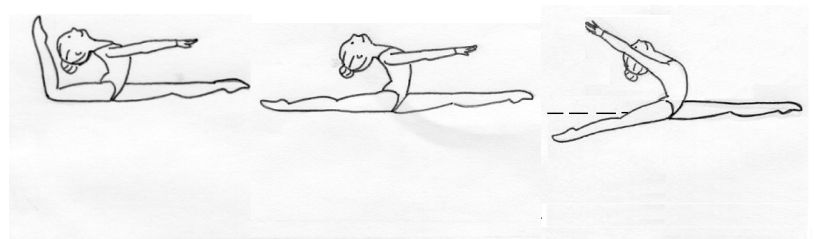
A-jump, if the amplitude is less than 180°
(amplitude is about 135°)



B-jump, if the amplitude is minimum 180°
without body movement

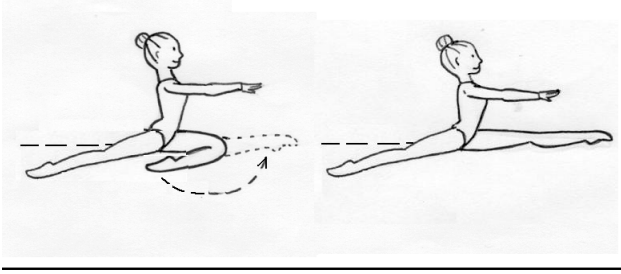


B-jump, if the amplitude is minimum 135°
with body movement

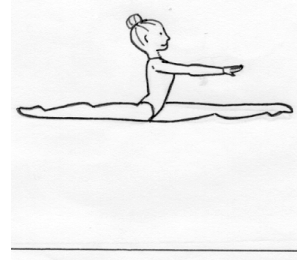


Variations next page! Split leap beginning with flexed leg.

A-jump, if the amplitude is less than 180°
(amplitude is about 135°)

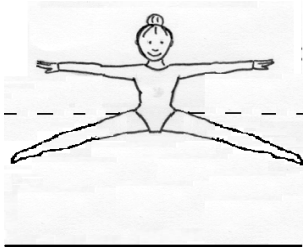


B-jump, if the amplitude is minimum 180°
without body movement



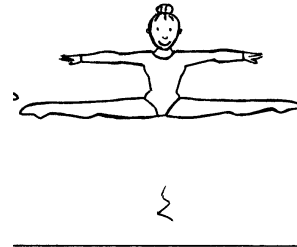
17. Side split leap

A-jump, if the amplitude is less than 180°
(amplitude is about 135°)

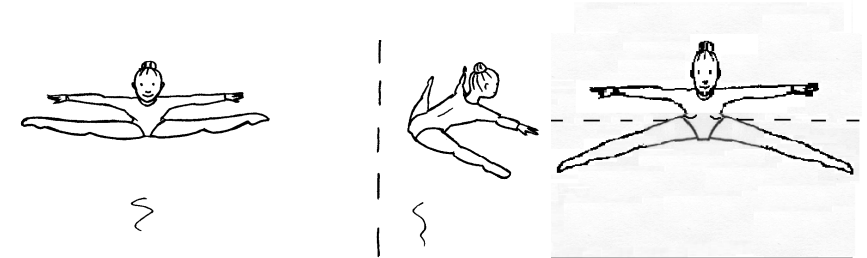


Straddle jump/leap

B-jump, if the amplitude is minimum 180°
without body movement

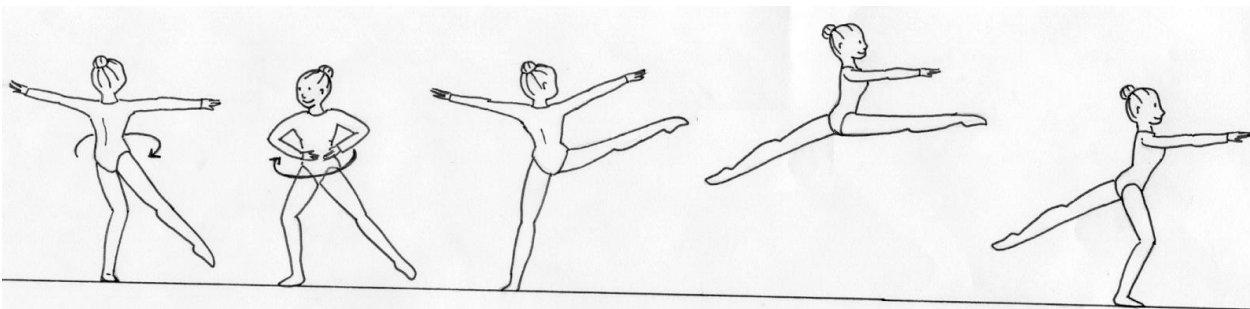


B-jump, if the amplitude is minimum 135°
with body movement

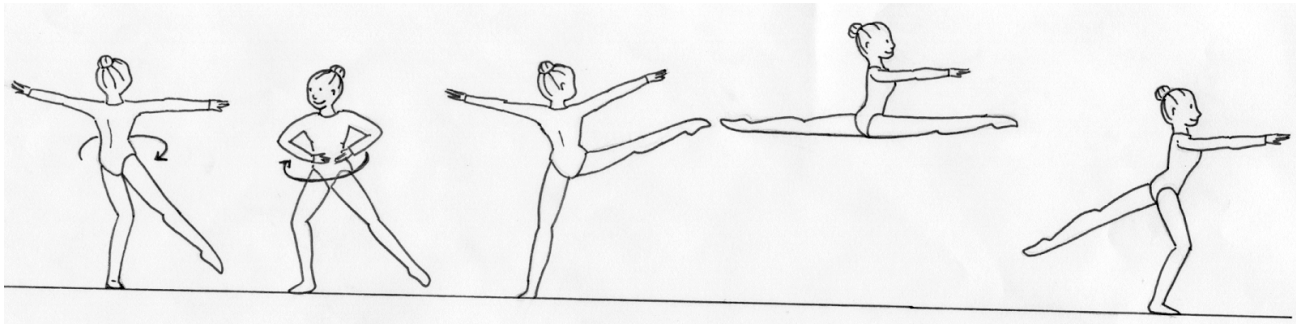


18. Tour jete

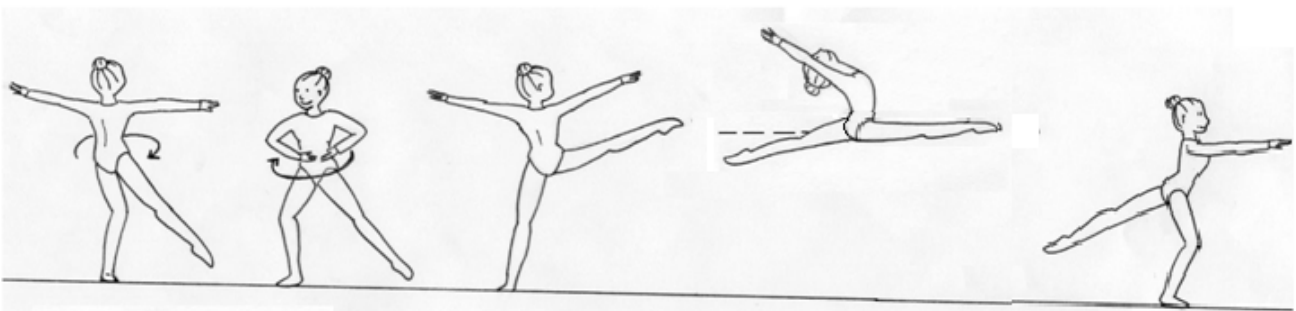
A-jump, if the amplitude is minimum 135° without body movement



B-jump, if the amplitude is minimum 180° without body movement



B-jump, if the amplitude is minimum 135° with body movement



19. Other jumps or leaps that meet the requirements comparing to previous jumps or leaps.

2.1.3. BODY MOVEMENTS

The composition must contain versatile and varied body movements performed in different planes (for example standing or in a low position on the floor) and directions (for example horizontal, vertical) and with variety in the dynamics.

Composition must contain different body movements.

Minimum:

- 2.1.3.1. Two (2) different total body waves (for example forward and backward; see the technique on page 25).
- 2.1.3.2. Two (2) different total body swings (for example forward and from side to side; see the technique on page 27)

The movements can be performed single, in series or combined with different movement groups (for example with steps, turns, skips, arm movements etc).

- 2.1.3.3. Two (2) body movements A-series (2 different body movements)
- 2.1.3.4. Two (2) body movements B-series (3 different body movements)

Total body waves and total body swings can be included in body movement series.