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## List of cheer moves and jumps

Encouragement jumps creates excitement! Encouraging jumps range from simple and fast jumps to more complex twists. Jumps are used in sporting events as well as cheerleading competitions. There are some jumps that you will see from one band to another, state to state, and even country to country. While different trainers may have different names for these jumps, they are all performed in the same way. Related articles spread eagle and this is probably one of the most basic jumps you will learn. This is often the first jump that cheerleaders learn, or are used by younger teams. The arms are in high v and legs out, but the knees face forward and not towards the sky. A touch is likely to be one of the most common hops, a touch of her own is fairly easy to perform. The arms are in the T position and the legs are in the v, with knees pointing towards the sky or even a little backwards. Your hands will not touch your toes, despite the name. Tuck this jump is sometimes seen in competitions. Legs in front and knees tucked into the chest. The hands are on the sides of the T. right or left barrier and the barrier is really nice looking jump that creates a stunt appearance. One leg will be in touch mode, with the knee pointing towards the sky, while the other leg is bent and the knee pointing down. Pike anyone ever to the gymnastics category is familiar with the term Pike. This simply means that your feet are pointed directly to the side of the ground with pointed toes. The weapons are directly in front, reaching towards the fingers of the hands. Hands in the grip of Pike's hands outside this jump is a bit hard to perform. The bird does not shaft, but then quickly moves the legs in touch mode before landing. Herkie this cheerleading jump can be performed on the left of Herkie right. This jump was named after the founder of the National Cheering Association, Lawrence Herkemer. One leg in the formation of the touch of the feet and the other bent with the knee facing the landing. The weapons do the opposite of what the legs do in T. So, if the right leg is curved, the right arm is straight and vice versa. Double Nine this is a complicated jump, but it's not hard to perform once it's learned. It's very similar to pike jumping, but one arm and one leg are both bent on leaving the appearance of two 9s. in order to improve jumps or control them, try to do workouts that strengthen the leg muscles. Here are the basics in preparing for the performance of any of the jumps mentioned above. Start positioning: Put your feet together and you arms on your side. Second place: Raise your hands, then lift it to a high V in preparation for jumping. Third place: bending at the knees, while swinging the arms down and cross them in front of the knees at the wrist. 4th place: This is where you jump. The power coming from your legs the above steps are performed in quick succession. Final position: After jumping, ground Your knees bent a little and arms to your sides. After jumping: Return to the stand position. Your arms can be kept at your sides or be buckled in front of you. Master of Hops Whether you're just getting ready to try out or have been cheerleading for years, jumps are essential in your cheerleading repertoire and should be mastered for optimal performance. Although this is a cheering step that even beginners cheerleaders learn, it is a more advanced step when performed properly. Legs directly outside and knees locked. The arms are directly in front and pointed towards the fingers. While in the atmosphere, the body is folded almost in half. It is also known to spear the candlestick. This image shows a spear in progress. Cheerleaders are almost in position, and the second later will touch her toes with the arms and legs respectively. This article contains several issues. Please help improve them or discuss these issues on the talk page. (Learn how and when to remove these template messages) the tone or style of this article may not reflect the encyclopedic tone used in Wikipedia. See Wikipedia's guide to writing best articles for suggestions. (September 2008) (Learn how to remove this template message and when) this article does not mention any sources. Please help improve this article by adding citations to reliable sources. Unsourced materials may be challenged and removed. Find sources: List of Encouragement Jumps - News - Newspapers - Books - World - JSTOR (September 2008) (Learn how and when to remove this template message) (learn how and when to remove this template message) this is a list of encouragement jumps. Jumps are performed within the promotion routine either for the performance factor, or within competitive encouragement to meet routine requirements and the result well. Sporty requires great levels of strength and flexibility as well as power to be able to start jumping with enough height and speed to perform shapes properly in the air. Hops are often performed in conjunction with each other and are connected by a specific and specific arm swing movement to make the best use of the height of the previous jump for the next performance. Within the competitive encouragement routine, the jumping sequence is recorded by technology and creativity. Choreographers use movements and formations within the jump sequence to increase creativity and performance factor, and some unusual arm entries can be used, or dismount/drop from jumps to increase this. X Jump/Spread Eagle You simply prep, swing, and jump with your fifth high pin and your legs spread away. Just jump ing from the ground will look like x. This jump is generally used to practice group timing who and biting legs down from jumping. Pencil/7/ Jump straight this jump is probably the most simple jump. It involves being perfectly straight with your arms in the movement of t or at a point above your This jump is usually the first you'll learn. Mainly used to correct the position of the body from the trunk down to the fingers to get to learn the main jumps. This is usually used with very younger fans. To touch the most distinctive jumping encouragement, very similar to what is known in gymnastics as a 'stretch' jump. In this jump, the legs are placed straight, parallel to the ground, toes, knees pointing up/backward, hands in fists or blades and arms in t movement. Despite their name, you do not touch your toes during the touch of the toes, you can reach further in front of your legs. Keep your back straight and bring your legs up to you - the goal is to create hyperstretching with your hips, and cheerleaders spend a lot of time strengthening flex hip muscles and movements to perform this jump well. This is the most common cheering jump. Tuck jump in which the cheerleader uses the stomach muscles to pull the legs with thighs as close to the chest as possible, and the knees facing upwards as if in a tucked position. The straight leg barrier is either forward (front obstacle) with arms in the candlesticks, or to the side (side obstacle) with arms in T. Bent knee faces the crowd at the side and ground obstacle in the front barrier. The right barrier is basically the same barrier you're only facing right, and the same with the left side. Pike this jump is among the hardest jumps. Both legs are straight, the knees are locked. The weapons are in the downward motion at the front to create a position folded in the air, this suggestion is also called candlesticks. This is often performed at a ninety-degree angle for the public in order to show the weather position. Around the world, or shaft-out, is a leap where the performance hits the shaft and then whips his legs or legs quickly back around the touch of the feet. This jump is considered as difficult to accomplish, because two positions must be reached in the very short time while the jumper is in the air. Do not usually use, as it is very difficult to perform well. Herke named Lawrence R. Herkimer, founder of the National Fans Association, this jump is similar to side barriers, but instead of both arms being in t-shaped motion, both arms are the opposite of what the leg underneath does. An example of this would be a straight arm on the side of the curved leg, and an arm bent on the side of the straight leg. One other difference of this includes a bent leg pointing directly down, rather than coming out like a lateral barrier. The jump speculated that it was invented because Herke was unable to perform actual side barriers. The left side is tucked the leg to the audience while the other is out. Same right side as also left turn left/right while approaching the jumping leader cheer jump this is the jump Used in leading encouragement and on a dance team, your arms are usually in v above your head and then rotate one of your arms back and right after one kick from your legs pointed directly in the direction of your face. Double hook jump where the legs in the sitting position cheer. This double jump is a name when any jump performs twice in a row. This triple jump is the name of any jump with three jumps in a row connected by swing. This is the most common among elite divisions. Jump mix the official name for a series of jumps. Jump ing power where there are no swinging weapons ready to jump. Every strength to jump comes from the legs. This jump is also known as the drop jump. The jump is where the cheerleader legs are up and spin from side to side while the arms are swished back and forth. Jumping a drop level in which you compete in determines the difficulty of the falling element out of the jump. Jumps can be immediately followed by a touch of toe (or no jump) by back handspring (level 3), tuck back (level 4+), standing full (level 5+). Or front landing can be performed from jumping, for example to front walk, front handspring, aerial, etc. but this is less common. There are multiple elements to be selected from jumping. Level 4 of USASF is the first level that includes jumping back the tuck. This is recorded as a permanent and prestigious heth ad vocation as it is often performed by the majority for most of the team at once, a classic and recognized feature of a high-level routine. See also a list of cheerleading cheerleading stunts retrieved from