

volume 1

Cheerleading Jumps!

CIC Cheerleading Mastery Series

**3 EASY Stretches
to Improve
Your Flexibility!**

**5 Jump
Exercises
to Give You
Gorgeous
Jumps!**

**9 Common
Jump Mistakes
and EASY
Solutions!**

**6 Practice Tips
to Help You
Stand Out!**

**8 Cheerleading
Jumps and How
to Master Them
NOW!**

CheerleadingInfoCenter.com





**Cheerleading:
Jewelry
Ebooks
Accessories
and More!**

\$5 OFF your \$30.00 purchase with coupon code:

CICMasterySeries

www.TheCheerleadingShop.com

Cheerleading Jewelry, Ebooks, Accessories and More!

For ALL of your cheerleading choreography,
forms, ideas and more, join us on

CheerleadingCOACHINGCenter.com

CheerleadingInfoCenter.com 



Welcome to CIC's Cheerleading Mastery Series!

Cheerleading Jumps

volume 1

TABLE OF CONTENTS

Topic	Page
The Cheerleading Jump	2
Common Jump Mistakes and Solutions	3
Jump Practice Tips	4
Main Parts of a Jump	5
Jump Examples	6
Straight Jump	7
Tuck Jump	8
Spread Eagle Jump	9
Double Hook Jump	10
Herkey Jump	11
Side Hurdler Jump	12
Front Hurdler Jump	13
Toe Touch Jump	14 - 15
Jump Exercises	16 - 20
Stretching for Jumps	21 - 23
How to Increase the Difficulty of your Jumps	24
Jump Practice Log	25
Jump Notes	26

Disclaimer and Release: This book is for informational purposes only and is not a substitute for a qualified cheerleading coach. Individuals using this book release and agree to indemnify and hold harmless America's Leaders Inc., Cheerleading Info Center, it's affiliates and staff against any and all claims resulting from the use of this book. Participant assumes all risk of injury.



Welcome to CIC's Cheerleading Mastery Series - Cheerleading Jumps, volume 1! Since 1994, we have been a leader in the cheerleading industry and we are excited to be a part of your cheer journey. We have created the Cheerleading Mastery Series to help you master your cheerleading skills, improve your team spirit, cultivate your leadership skills and so much more!

The best way to use this series is to print out all of the books and put them in a binder so you take them to practice, make notes and use the Practice Logs. Check out all of the books, videos and tips on at CheerleadingInfoCenter.com and CheerleadingCoachingCenter.com. We look forward to cheering with you!

As you know, Cheerleaders love jumps!! As you will see, this book will teach you various jumps you can use, give you tips and tools to enhance your routines as well as have some FUN!

How to Use This Book: The best way to use this book is to:

- Step 1: Briefly look over all of the pages and get an idea of what the book is about.
- Step 2: Print out the "Practice Log" and put it somewhere you can see it daily or in your cheer journal.
- Step 3: Set up practice times in your planner and follow the practice tips in this book.

Thank you for using the Cheerleading Mastery Series and being a part of CIC! We would love to hear from you so contact us @CheerInfoCIC on Instagram, Twitter, Pinterest or our Website! We are excited to hear about your progress!

Cheerleading Jumps volume 1

The Cheerleading Jump

So you want to be a great cheerleader and are ready to master the various cheerleading jumps; well, you have come to the right place! Before we get started, let's review some of the basics about cheerleading jumps:

Why do we use jumps?

Cheerleading jumps are used in a variety of activities, and because they are so popular, it is important to practice them and make them your friend. Here are some ways to use cheerleading jumps in your cheer career:

- Showing team spirit
- A way to get the crowd involved
- To enhance your routines
- To use during competition
- To show your skills!

Things to remember:

So now you have an idea on where to use jumps, here are some basic things to remember:

1. Jumps Take Time! This is not a skill that can happen overnight, so don't get discouraged.
2. When you practice, make sure you are using proper technique, like the ones you will learn in this book.
3. Practice a variety of exercises that will strengthen your legs to help you get great lift in the air; we have various exercises in the book for you to get started.
4. STRETCH!!! We can not emphasize enough the importance of stretching. It will give you the flexibility to have beautiful, extended jumps!
5. **ANYONE can have great jumps, it just takes PRACTICE!**

Cheerleading Jumps volume 1

Common Jump Mistakes and Solutions

When you watch a college cheerleading team or an elite all star squad, cheerleading jumps look so effortless and easy. Well, the truth is, that they are probably one of the hardest skills in cheerleading! They take great flexibility, strength and practice to master. But we promise, it is worth it when you WOW the crowd, the judges and yourself! Here are 9 common mistakes and tips to keep in mind for all of your jumps:

- 1. Practicing with bad habits:** Remember, if you want perfect jumps, practice is not enough. When you practice you **MUST** use proper skill and technique to create awesome jumps!
- 2. Starting with your feet apart:** When you start with your feet together, you will get the most power and lift off the floor; also having your feet together looks clean when you perform jumps as a team.
- 3. Using a double prep:** Tendencies to “double-bounce” or add an extra bend of the knees before taking the big dip is a big disadvantage to your success. When you do this, you are cutting off momentum, wasting energy, and your timing will be off with the rest of your team.
- 4. Flexing your feet:** For ALL of your jumps, please keep your toes pointed! Whether you are doing jumps at tryouts, a game or during a competition, jumping with pointed toes **ALWAYS** looks better and will get you higher marks!
- 5. Dropping your chest:** Dropping your chest = low jumps, it’s that simple. Keep your chest up in all of your jumps and show off your gorgeous smile and good form to the crowd.
- 6. Reaching down to your toes:** When you reach down toward your toes, you automatically bring your chest down and lower your jumps. **ALWAYS** bring your legs **UP** to your hands.
- 7. Creating a bend in your legs on the way down:** To have great and safe landings, you will need to snap your legs and feet together after your jump. Bending your legs on the way down looks bad and will throw off your jump. Remember, snap your legs up and then snap them down to keep it clean!
- 8. Landing stiff and feet apart:** Always land with your feet together and with your knees bent to absorb your landings. Do this **EVERY** time to save your joints from pain and injury.
- 9. Having sloppy arm motions:** Last but not least, don’t forget about good motion technique while performing your jumps. Be sure your arm motions are just as sharp and snappy as your cheerleading jumps!

Cheerleading Jumps volume 1

Jump Practice Tips

“The way your practice is the way you perform!”

If you practice with a big smile, sharp motions and confidence, you WILL perform it that way. If you practice with sloppy arms or just “walk through” your routine and do not practice full out, you will have a more difficult time during your performance!

There are several ways that you can improve your jumps at home as well as at team practice:

1. **Practice in front of a mirror:** This way you can see what your jumps look like.
2. **Practice smiling:** By doing your facials (facial expressions) in front of a mirror you will automatically smile during your jump execution.
3. **Practice on the ground:** As you will see in this book, there are several jumps that you can practice while sitting on the ground including the Tuck Jump and the Toe Touch. This technique will allow you to feel what it should be like in the air.
4. **Practice on various surfaces:** When you practice on a variety of floors including spring floors, grass and on mats, you be able to perform anywhere and you will build strength in your legs (jumping on a spring / competition floor is much easier than jumping on grass).
5. **Do multiple jumps in a row:** Jump sequences will help build up endurance and strength in your legs; remember to stop when your form is not correct. Start with 2 jumps and then work your way up to 5 - yes this will take awhile! (See page 24 for more details.)
6. **Practice your jumps with a Spotter:** Have a spotter hold your waist from behind while you execute your jump. Have them give you an extra little lift at the top of your jump so you can have an extra second to execute the jump.

Tips to Remember:

If one leg is higher than the other in your jump, that means that one leg is probably stronger than the other and it is completely NORMAL. It is also COMPLETELY NORMAL that your jumps will always be better on one side. Don't worry, to solve his problem, do various exercises to strengthen your legs. For exercise details, check out pages 16 - 20.

Cheerleading Jumps volume 1

Main Parts of A Jump

When executing any jump, you will complete 3 main parts of the jump: The Approach (counts 1 - 5), The Jumps Itself (count 6) and The Landing (counts 7 - 8). Many people call the below approach the “Whip” Approach as you use your arms to give you lift in the air as you whip your arms around on count 5. The easiest way to practice your jumps is with counts as detailed below. Also, to practice your approach, it is great to start with the Straight Jump and detailed on page 7.



Clap on Counts 1 - 2



High V Motion 3 - 4



On Count 5, bend your knees and whip your arms around to your jump motion.



Count 6 is your Jump



Count 7 is your landing with your feet together and your knees bent.***



Clean on count 8

***Remember on your landing, land with your feet together and on your toes first then your heels - in other words, do not land with flat feet. By landing toe - heel, you will help prevent injuries to your knees and your back.

Cheerleading Jumps volume 1

Cheerleading Jump Examples



Straight



Tuck



Spread Eagle



Double Hook



Herkey



Front Hurdler



Side Hurdler



Toe Touch



Pike

Cheerleading Jumps volume 1

Straight Jump



A Straight Jump is the first jump you should learn. It is a great one to use when you are practicing your jump sequence (doing your jumps to counts) and learning how do your approach and proper landing. Here are all of the details:

Arms: Hit a “T” motion or a “High Touchdown” motion in the air with your hands in fists.

Legs: Jump up with your legs together.

Feet: Point Your Toes!

Body: Keep your head and chest up with a straight back.

Landing: A clean landing has feet together, landing toes first, then heels. Continue to absorb the landing by bending at the knees and holding that bent knee position for 2 counts before standing back up to ready or “clean” position.

More Tips: Make sure to get plenty of height in your jump and SMILE!

Cheerleading Jumps volume 1

Tuck Jump



The Tuck Jump is a great jump for beginners! Here are all of the details:

Arms: Hit a “High V” motion in the air.

Legs: Bring your knees up to your chest, do not kick your legs behind you. The best way to feel what a proper Tuck jump is like is to **practice on the ground** as shown in the photos below. Also, don’t forget to keep your knees together.

Feet: Point Your Toes!

Body: Keep your head and chest up, do not lean forward, and keep your back straight.

Landing: Land clean with your feet together, landing toes first, then heels. Make sure to absorb the landing by bending at the knees and holding that bent knee

position for 2 counts before standing back up to ready or “clean” position.

More Tips: Make sure to get plenty of height in your jump and as always - SMILE!



Cheerleading Jumps volume 1

Spread Eagle Jump



The Spread Eagle Jump is also a great jump for beginners; here are all of the details:

Arms: Hit a “High V” motion in the air.

Legs: With the spread eagle jump, you lift off the ground with pointed toes, and legs stay straight as you hit the straddle “spread eagle “X” jump position. Keep legs straight while snapping them back together for your landing.

Feet: Point Your Toes with your shoelaces facing forward.

Body: Your body is in an “X” position in the air. Your back is straight and you should look up.

Landing: A clean landing has feet together, landing toes first, then heels. Continue to absorb the landing by bending at the knees and holding that bent knee position for 2 counts

before standing back up to ready or “clean” position.

More Tips: As you get used to your jump approach, it is important to keep arms stiff and not let them “bounce” while you are working on your jumps. Hit a sharp motion in the air, just like you would on the ground. It is important that your legs snap up and snap down sharply and crisp. Also, make sure to get plenty of height in your jump and as always - SMILE!

Cheerleading Jumps volume 1

Double Hook Jump



The double hook jump is also a beginner jump. It is a fun jump to learn and you can see what it feels like on the ground (see photos below). You can also customize this jump with a variety of arm positions. Here are all of the details:

Arms: You can have your arms in a high “V” or low “V” to either side - see photos below.

Legs: Hook both legs to the same side. You will find that one side is more comfortable for you to hook your legs to and that is normal. :-)

Feet: Point Your Toes!

Body: Keep your shoulders facing forward.

Landing: A clean landing has feet together, landing toes first, then heels. Continue to absorb the landing by bending at the knees and holding that bent knee position for 2 counts before standing back up to ready or “clean” position.

More Tips: Make sure to get plenty of height in your jump and as always - SMILE!



Cheerleading Jumps volume 1

Herkey Jump



The Herkey Jump is a fun jump to learn while you are learning your Hurdler Jumps (in the following pages). The primary difference between the Herkey and the Side Hurdler is that your knee is pointing DOWN where the Side Hurdler, your knee faces the crowd. Here are all of the details:

Arms: You can do a variety of arm motions however the "T" motion is the most popular.

Legs: The Herkey has one leg STRAIGHT out to the side with that knee facing the sky. The other leg is bent with the knee facing the ground. This is a jump that you can NOT practice on the ground but you can practice with a friend.

Feet: Point Your Toes!

Body: Keep your back straight and head up.

Landing: As always, you should have a clean landing with feet together, landing toes first, then heels. Continue to absorb the landing by bending at the knees and holding that bent knee position for 2 counts before standing back up to ready or “clean” position.

More Tips: The Herkey can be done with either leg as the lead leg. Usually, you will be better on one side than the other and that is ok. However, you should practice with both legs as the lead leg as you never know which leg will come up in a routine. Also, you can add a variety of arm motions to make the jump your own! Also, make sure to get plenty of height in your jump and as always - SMILE!

Cheerleading Jumps volume 1

Side Hurdler Jump



The Side Hurdler can be done with either lead leg; the above example is a LEFT Side Hurdler as her left leg is the lead leg. As noted with the Herkey Jump, the primary difference between a Hurdler Jump and a Herkey Jump is that the Hurdler has the knee positioned facing forward - toward the crowd. The Herkey Jump always has the knee facing down. Here are all of the details:

Arms: You can do a variety of arm motions however the "T" motion is the most popular.

Legs: The Hurdler has one leg STRAIGHT out to the side with that knee facing the sky. The other leg is bent with the knee facing the CROWD. This is a jump that you CAN practice on the ground.

Feet: Point Your Toes!

Body: Keep your back straight and head up.

Landing: As always, you should have a clean landing with feet together, landing toes first, then heels. Continue to absorb the landing by bending at the knees and holding that bent knee position for 2 counts before standing back up to ready or "clean" position.

More Tips: The Hurdler can be done with either leg as the lead leg. Just like your other jumps, you will be better on one side than the other and that is ok. However, you should practice with both legs as the lead leg as you never know which leg will come up in a routine. Make sure to get plenty of height in your jump and as always - SMILE!

Cheerleading Jumps volume 1

Front Hurdler Jump

The Front Hurdler is an intermediate jump and is also a very popular, especially for tryouts and competition routines. Use a front hurdler as a crowd-pumping skill between plays while you're on the sidelines, or put them to counts in your routines. Here are some things to remember:

Arms: Arms are in Diagonals over your feet or in a High Touchdown Motion with your hands in candle sticks.

Legs: Kick your front leg up the middle (between your arms) and not to the side. The front leg is forward with the knee facing up and the other leg is bent with that knee facing down (kick your rear end with your back leg). The difference between the front hurdler and the side hurdler is that your lead leg is kicking directly in front of you.

Feet: Point Your Toes!

Body: Keep your back straight and head up.

Landing: Make sure to land properly with your feet together, toe to heel and with bent knees.

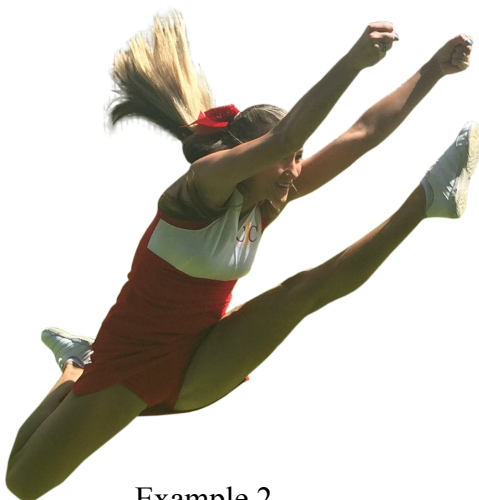
More Tips: To perform this jump, you can face the crowd or turn slightly to the side (a 45 degree angle) so the crowd can see the full jump (see example 2).

Tips to improve your front hurdler jumps:

1. *Keep your chest up!* It's important not to cut off the height of your jump by tilting your chest forward.
2. *Get air time.* You'll need a lot of power and lift to have enough time in the air to execute the skill. Be sure to jump hard off the ground, using your chest and arms to help lift you higher.
2. *Work on flexibility for your "kicking" leg.* If you can't do a high kick toward your nose on the ground, you won't be able to do it in the air. Be sure to warm up properly and make stretching for jumps part of your regular cheer practice routine.
4. *Don't forget about the back leg!* The tendency is to concentrate so hard on kicking your front leg, that you don't realize that the back leg is still dangling around down there. Be sure to bend that knee and lift your back leg, with as much power as your front leg!



Example 1



Example 2

Cheerleading Jumps volume 1

Toe Touch Jump



Before we start with the most popular jump - the Toe Touch, please remember that ANYONE can have great jumps, it just takes tons of practice!! Also, most people think that you need to be able to do a perfect split to have a pretty Toe Touch Jump; that is not true - yah!! It is a myth that you need to be able to do a perfect split to have a beautiful toe touch. If you actually look at one from the side, you will see that your body is in a "sitting" position and your legs come up to meet your hands. Also, you do not "touch" your toes - you should reach for your heels; this gives the illusion that your legs are "inverted or hyper-extended". Here are some tips to keep in mind:

Toe Touch Jump Execution Tips:

Arms: Reach for your heels, not your toes

Legs: Bring your legs UP TO YOU, don't reach down for your feet. For the "**inverted / hyper-extended**" effect, keep your back completely straight and roll your hips under you as you reach for your heels at the top of your jump.

Feet: Point Your Toes!

Body: Keep your head and chest up. Keep your body in the "sitting" position and do not lean forward to reach your toes.

Landing: Snap your legs together using your inner thigh muscles, to make sure you land with your feet together. As always, land toe to heel and with bent knees; never land with your legs straight as you will hurt your back and your knees.



Cheerleading Jumps volume 1

Toe Touch Jump Continued

As Toe Touches are by the far the most popular jump in cheerleading, here are some more tips for you to perform your Best Toe Touch EVER!

1. You have to start with your flexibility – how do you get more flexible? Regular stretching of course! If you need information on some great cheerleading stretches to add to your daily routine, check out our suggestions starting on page 21.
2. You can't just bust out a toe touch that's worthy of a first place trophy without properly warming up. Always always always warm up your muscles before practicing and performing cheerleading jumps like toe touches.
3. You can improve your toe touches by incorporating some exercise drills into your cheerleading practices. In the following pages are some great exercises for improving your strength and power in your jumps.
4. Practice doesn't make perfect....perfect practice makes perfect! Yep it's true, the way you practice is the way you perform!

Here are some mistakes to avoid when practicing your toe touch:

- **MISTAKE 1:** Actually trying to touch your toes in a toe touch is bad form. Be sure you have the right technique for your arm placement; this way you will get as much lift as possible.
- **MISTAKE 2:** Leaning your chest forward is a HUGE mistake as this will cut your jump short! Give yourself the extra air time by keeping your chest up (and allowing the crowd to see your gorgeous smile. Bonus!)
- **MISTAKE 3:** Not rotating your leg from the hip. This sounds complicated, but all you have to do to see if you're doing it right is to check out your shoe laces. If your shoe laces are pointing toward the audience, you are not rotating your hips out. Be sure that your shoe laces are pointing to the back and the crowd sees the bottom of your cheer shoes in mid-air! THAT's what hyper-extended jumps are made of!

Now get out there and rock those awesome toe touches!

Cheerleading Jumps volume 1

Jump Exercises

Before beginning your cheerleading exercises and stretches, it's important to **warm up your body and muscles**. Get your heart pumping with a couple of laps around the gym or the yard before beginning your stretches and jump practice. You can also do jumping jacks, or a number of other cardio warm ups to get your muscles ready to go. Usually 3-5 minutes of warm up is sufficient to begin stretching for your jumps.

Exercise 1: Leg Kicks!

You should do your leg kicks to the side and the front as pictured below, at 2 speeds - slow and fast. Slow kicks (2 counts up and 2 counts down) will help strengthen your quadriceps and build muscle. Fast kicks help flexibility as it works your hamstrings and helps you practice snapping your legs down so you will land with your feet together.

Tips:

- Work up to 2 set of eight on each leg, in each position - 8 counts slow and 8 counts fast.
- Keep your back straight, bring your legs up to you and point your toes.
- Keep your arms in a "T" or in candle sticks in front of you.



Cheerleading Jumps volume 1

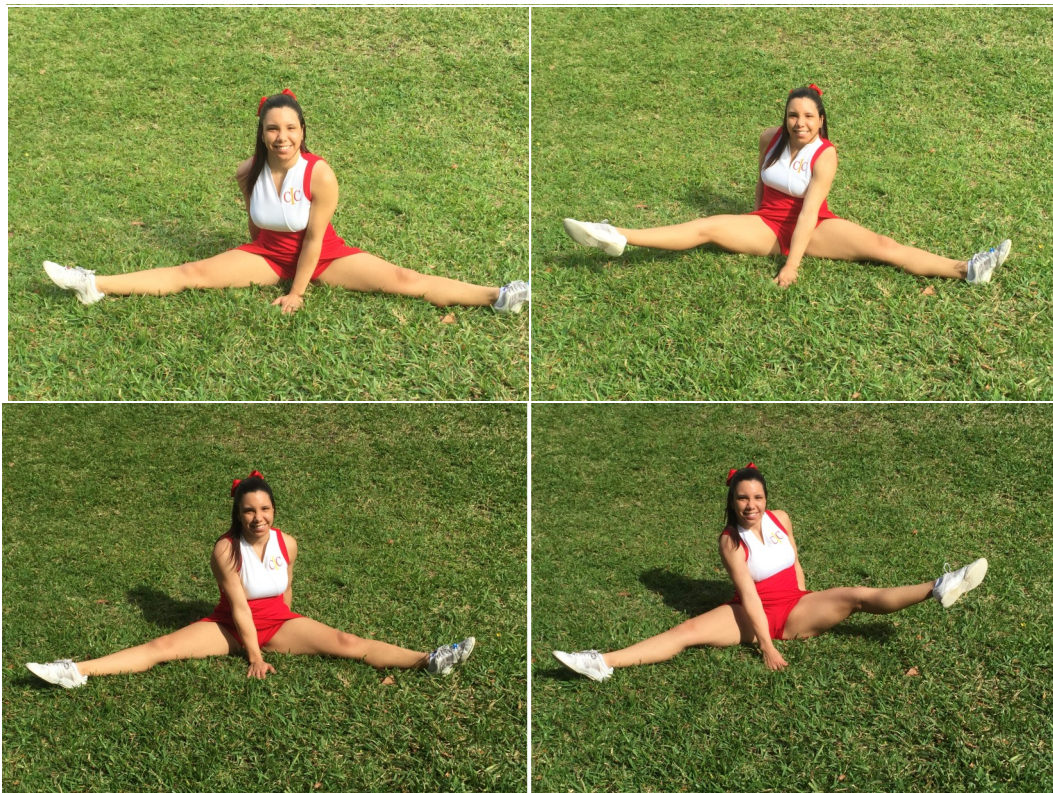
Jump Exercises

Exercise 2: Straddle Leg Raises

Straddle leg raises are a perfect for helping to improve all of your jumps especially your toe touch! Remember, this is a challenging exercise so you will need to practice this one!

Tips:

- Sit in a comfortable straddle on the floor and place one hand in front of you and the other one behind you.
- Lean back slightly and lift each leg. Work up to 1 set of eight on each leg.
- Point your toes.



Cheerleading Jumps volume 1

Jump Exercises

Exercise 3: V Ups

“V” Ups are a great exercise for your abs as well as your legs. This exercise will help all of your jumps and your tumbling skills.

Tips:

- Lay flat on the floor with your arms over your head and toes pointed.
- Come all the way up and perform a toe touch and then lay back down to your starting position.
- Work your way up to a set of 8.
- Point your toes and SMILE! :-)



Cheerleading Jumps volume 1

Jump Exercises

Exercise 4: Jump Explosions

Jump explosions are a great way to improve the height of your jumps and to practice your perfect landing; this exercise is all about lift!!!

Tips:

- Start with your feet together, bend your knees with your arms in an “elbows on the table” motion.
- Jump as high as you can, explode off the ground with your arms in a touchdown position.
- Point your toes.
- Land with your feet together, toe - heel and bend your knees.
- Do a set of 8.



Cheerleading Jumps volume 1

Jump Exercises

Exercise 5: Floor Toe Touches

Floor toe touches are another challenging exercise but it is worth it!!! Your core / abs will love you for it!

Tips:

- Sit in a tuck just position with your legs on the floor.
- Lean back slightly into your “sitting” position and use your abs and your legs to perform a toe touch.
- Have your arms reach for your heels.
- Bring your legs back to the starting tuck jump position.
- Don’t forget to point your toes.
- Work up to 8 reps.



Cheerleading Jumps volume 1

Stretching for Jumps



It's All About Breathing!

It is important to learn how to breath while you stretch. On your inhale release your stretch, during your exhale stretch a little further. Also, while you hold your stretches, don't forget to breath normal.

Remember, flexibility takes TIME. If you practice your stretches for a few minutes daily, you will see your flexibility improve quickly! Here are some stretches to get you started.

Exercise 1: Straddle Stretch

- Sit on the floor in a comfortable straddle.
- Practice this stretch SLOWLY!!! Begin to lean just a little bit forward.
- Walk your hands out a little further until you feel the stretch.
- Hold each position for 10 to 20 seconds.

Remember, stretching should not hurt!!!
If it hurts, you went too far.

Cheerleading Jumps volume 1

Stretching for Jumps



Exercise 2: Pike Stretch

- Sit on the floor with your legs together, straight out in front of you in a pike position; keep a slight bend in your knees so you do not hurt your knees.
- You can do this stretch with 2 different foot positions: pointed toes and flexed feet.
- Walk your arms down your legs until you feel the stretch.
- Once you feel the stretch, inhale and release the stretch. On your exhale, stretch again and try to stretch a little further.
- Hold each position for 10 to 20 seconds.
- Eventually try to reach for your toes.



Remember, stretching should not hurt!!!
If it hurts, you went too far.

Cheerleading Jumps volume 1

Stretching for Jumps



Exercise 3: Hamstring Stretch

- Sit on the floor with one leg in front and the other bent with your foot on your knee.
- Start with your arms in a high touchdown.
- Bend over and reach for your toes on your straight leg.
- Once you feel the stretch, inhale and release the stretch. On your exhale, stretch again and try to stretch a little further.
- Hold each position for 10 to 20 seconds.
- Switch legs.
- Eventually try to reach for your toes.



Remember, stretching should not hurt!!!
If it hurts, you went too far.

Cheerleading Beginning Chants volume 1

How to Increase the Jump Difficulty

There are a variety of ways you can gradually increase the difficulty and appeal of your jumps. Here are a few ideas:

1. Jump Sequences

Creating a jump sequences means to do 2 or more jumps in a row. They look great but are VERY challenging!!! And you will be SO PROUD of yourself when you complete them. Here are some ideas:

- Begin with 2 tuck jumps together. You can do them immediately together or you can do an additional prep in between.
- The next sequence could be a tuck jump and a toe touch.
- Two toe touch jumps together are very popular!!!
- To increase your difficulty, you can do 3 jumps: a toe touch, front hurdler and then a another toe touch.
- Another skill to add to your jump sequence is a tumbling skill. For example, do a toe touch and then a back handspring.
- Remember, stop adding jumps when your form is not correct and starts to get sloppy.

2. Use Poms with your jumps.

3. Jumps and Stunting!

Perform your jumps during a stunt sequence; for example you can add your toe touch to a basket toss.

Cheerleading Jumps volume 1

Jump Practice Log

Write down your jump goals here: _____

Day	Jump Worked On	Activity you did: exercises, stretching and practicing the jumps

Cheerleading Jumps volume 1

Jumps NOTES