

Jump Tips

Fame Jump

Before doing a Fame Jump it is important to first do some strengthening exercises to help get more height on a take off and also get a really good high straddle position.

Strengthening Exercises

These exercises form one set try to do 3 sets of these:

- Plyo Lunges - jumping from one leg to the other in a lunge position - 10 times
- Squat Jumps - crouch straight jump up and then back down to crouch - 10 times
- Calf Raises - hold onto a barre or chair and slowly raise and lower onto toes without putting your heels down. Do at least 20 of these in a mix of fast and slow ones.
- Sit on the floor in a straddle position with legs slightly in front of you. Sit up tall with arms out to the side and try to lift one leg off the floor. Repeat 5 times. Do this with both legs. Try hard to keep the back straight - this is the Fame Jump position you will need in the air.
- Do 2 small prep jumps and then one big jump trying to get as high as you can - do this 10 times.

The Jump

For your fame jump, you can either do 1 or 2 prep jumps into it. Whichever works best for you, everyone is different. You need to use your plié in your prep jump to get the height for your fame jump.



When you're doing your jump, your arms can either reach for your toes or reach straight forward. Again, it's whatever works best for you.

You need to try and keep your back up straight, your legs need to come up to you. Try not to lean too far forward as you will lose height in your jump. Your legs need to be hitting the split at the highest point of your jump.

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If you have people around to help, they could put their hand in front of you where your legs need to go so you have something to aim for and try to kick their hand (but not too hard!)

Firebird Leap



Scott Martinez Photography

For a firebird, you want the leg you do the splits on to be the leg that goes forward. It'll make it easier to get a split line in the air.

Start standing on 1 leg and practise swinging your leg back into attitude, arch your back as much as possible as that is the action that happens in the air. Arms should be in 5th position with your head back looking at the ceiling. You drive that leg back as hard as possible to get the momentum in the air.

When trying with a jump it is the same as a ballet sissonne but you're arching backward, rather than keeping your back straight. So if you think of the same action whilst doing it then you should be on the right track!

Tilt Jump



Tilt jumps are slightly harder because of the alignment of them. You want to think of it as a hop, NOT a side leap and you need to take off and land on the same foot.

When doing a tilt jump you need to try and get your first leg as high as possible and when you jump drive the bottom leg up to aim for a right angle shape.

The preparation for these can vary; it can be done with a gallop, or just a step across and jump into it whichever is easiest for you.

The bottom leg wants to come slightly in front of you and up and again, whichever foot you do splits on, that leg wants to be the one highest in the air.