

POMS CHEER JUMPS

Jumps!



Spirit Tuck

*Bring knees to chest
*Keep knees together



Spread Eagle

*Keep knees forward
*Keep a straight body without piking



Double Hook

*Hook both legs same direction
*Keep shoulders square



Herkie

*Bent knee faces down
*Keep knee on straight leg facing upward



Toe Touch

*Keep head and chest up
*Pull legs to arms
*Reach for instep, not toes



Side Hurdler

*Bent knee faces crowd
*Sit in hurdler position in the air



Front Hurdler

*Bring straight leg up to chest
*Start with feet together at the same time



Double Nine

*Arm and legs in same 'Y' position
*Bring legs to arms
*Keep head up



Pike

*Keep head up
*Pull legs to arms
*Keep legs in arms