

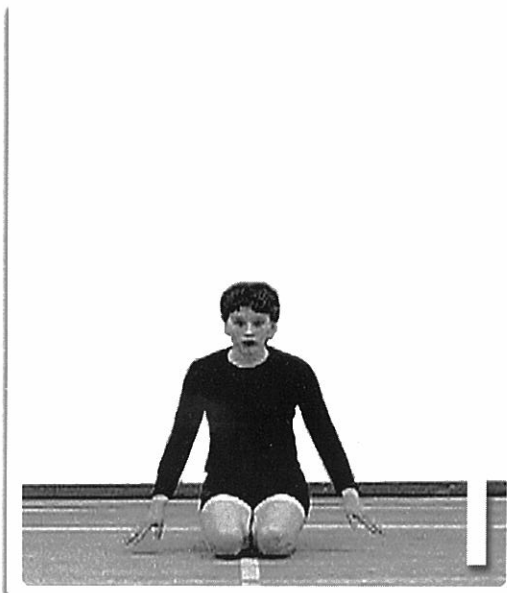
Kneel Jump

The Game

The Kneel Jump can be compared to the standing long jump, but it is a more difficult game. You must jump off from a kneeling position, and you can only push off with the shins and the top of the feet. This requires good coordination and great power in all the muscles that straighten the lower body: the ankle, knee and hip extensor muscles.

How to Play

Kneel on the floor. Your feet are tucked in under your buttocks. Swing your arms back and forth, but do not break contact between the buttocks and heels. Straighten the lower body (hips, knees, ankles) and push off. While in the air, move the feet forward while moving the arms down. Land with both feet close together, demonstrating balance and control.



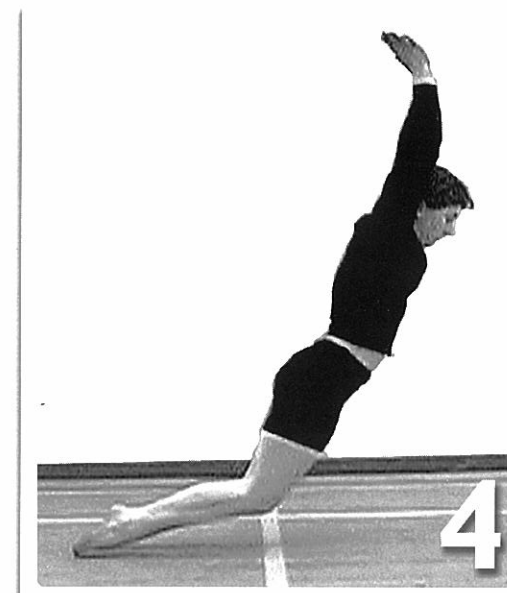
Kneel on the floor. The ankles are extended, the buttocks rest on the heels. Place the hands beside the hips.



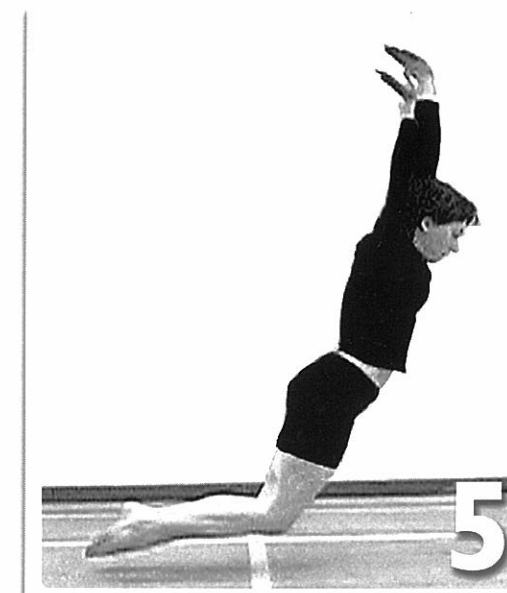
To gain momentum, swing the arms backward/forward. Do not break the contact between buttocks and heels!



To jump, rotate the arms back as far as possible, then move them forward quickly while straightening the knees.



To push off, straighten the hips, knees and ankles. The hands are in an overhead position, the arms are extended.



You are in the air. Begin to bend the body at the hips immediately after the push-off.



At the same time, bend the knees to avoid touching the floor with your feet.



To maintain balance, move the arms downward in a counter-movement.



To prepare for landing, move the feet forward as far as possible.



Land with both feet at the same time. Keep the feet close together.



You must demonstrate control and balance after landing.