

Two-Foot High Kick

The Game

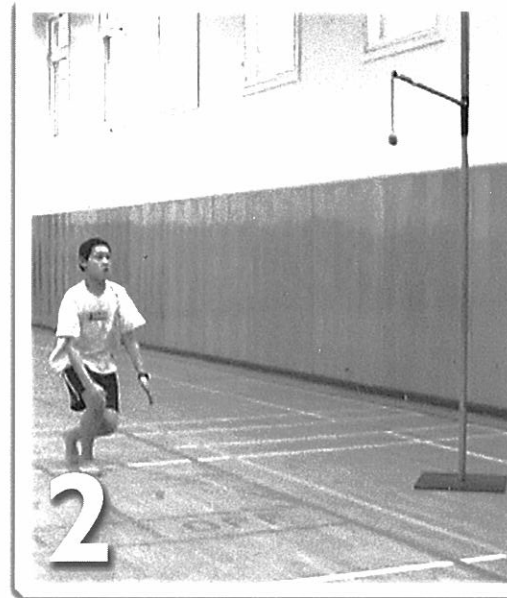
The Two-Foot High Kick also requires power, flexibility, and a good sense of balance. Take a run-up or walk-up of about five steps. Jump off with both feet. While in the air, touch the target seal, keeping the feet close together. Complete the attempt by landing on both feet. Demonstrate good balance by bouncing on both feet after landing.

How to Play

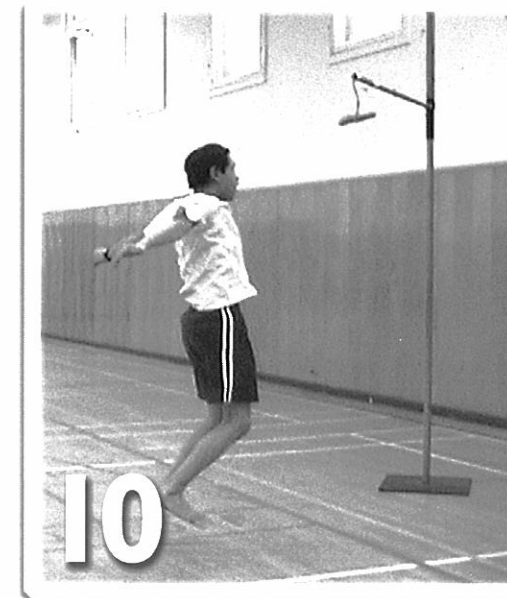
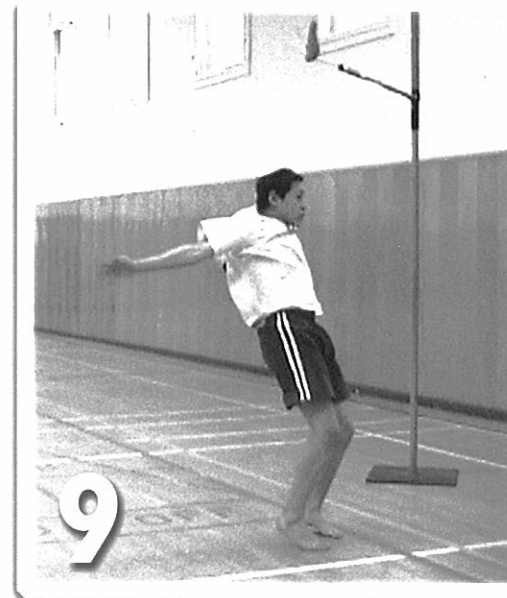
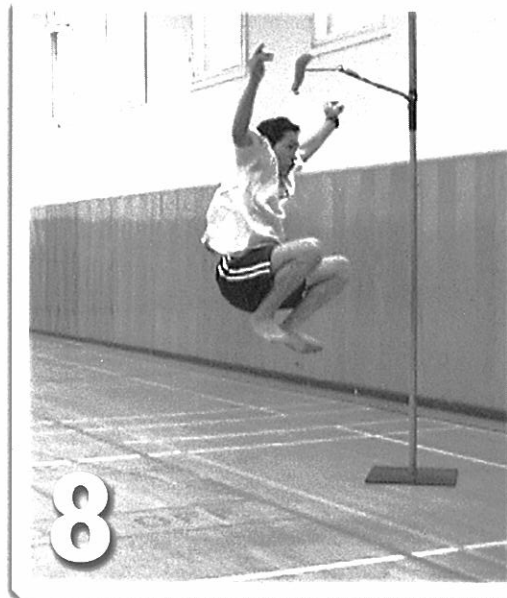
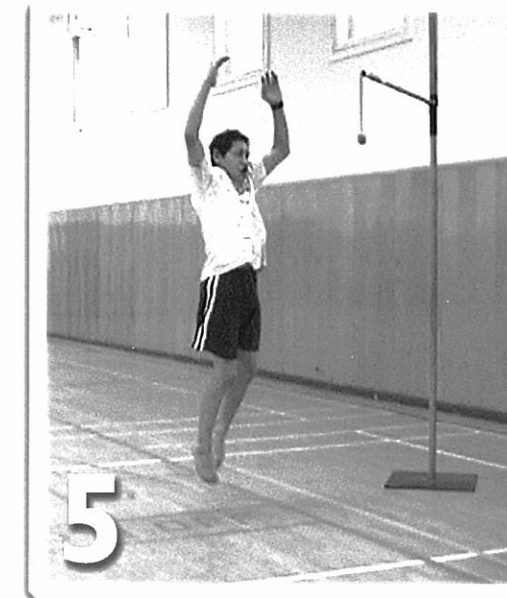
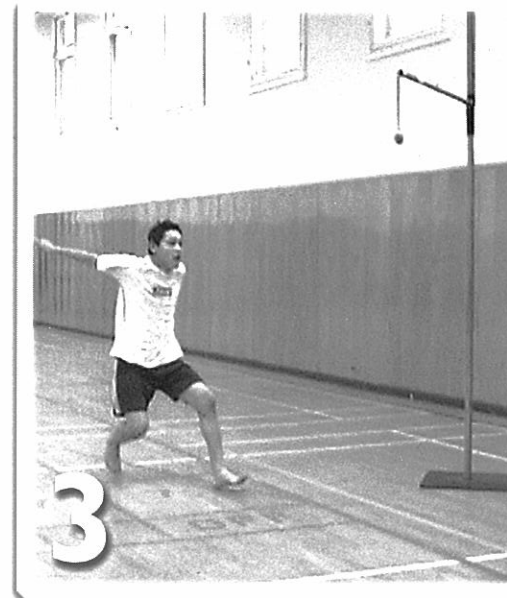
The Two-Foot High Kick is perhaps even more difficult to play than the One-Foot High Kick. You must jump off with both feet at once, and touch the target with both feet at the same time. The feet must be kept close together throughout the attempt. End the attempt with a controlled two-foot landing. You may not land in a staggered (step) position.



1 Size up the target height and determine the length of your run-up.



2 Begin with a run-up of 3 to 5 steps. The last step of the run-up is a hop or sliding step. During the hop, rotate the arms forward/downward behind your back.



6 Bend both knees while pulling the knees up towards the chest.

7 The kick: Extend your legs and touch the target. Keep your feet together!

8 Quickly move both legs down to prepare for the two-foot landing.

9 You must land on both feet; they may only be three or four inches apart.

10 Demonstrate balance after landing by completing several two-foot bounces.

Arctic Sports