

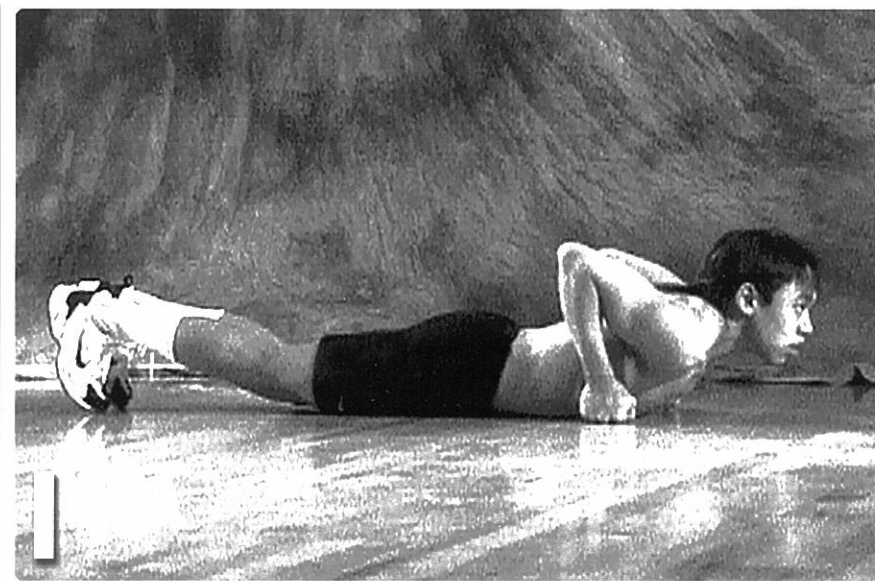
Knuckle Hop

The Game

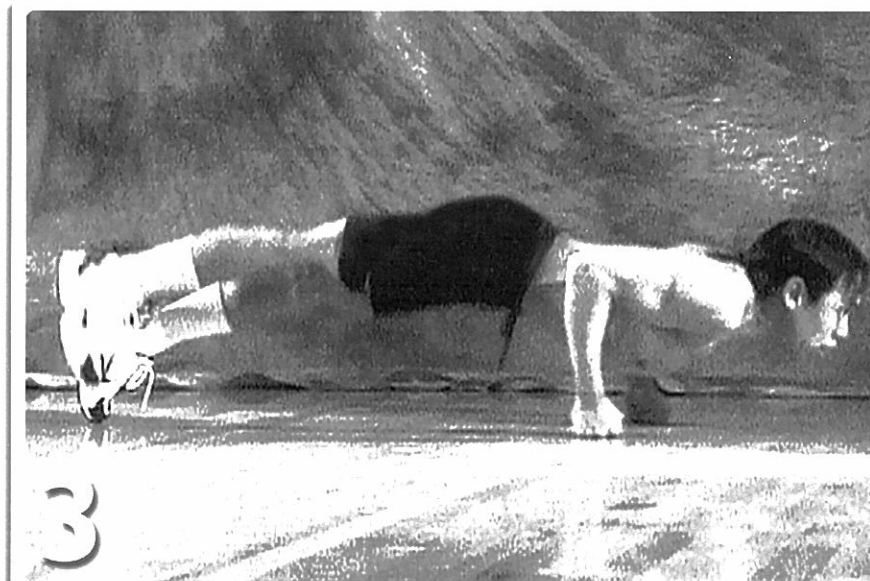
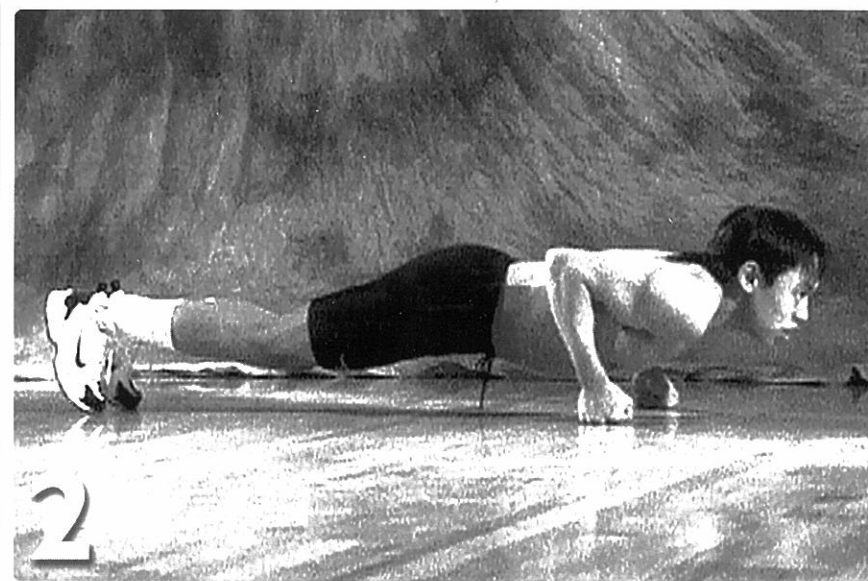
The Knuckle Hop is a pain endurance game. It tests your strength endurance and power as well as your pain resistance. It is a push-up contest played for distance: Push yourself off the floor and forward, at the same time. Hop as often as possible to cover the greatest distance possible. **This game should not be played by very young athletes.**

How to Play

Place yourself face-down on the floor, keeping the legs and hips straight. Bend the elbows to about 90 degrees, and tuck them firmly into the sides of the body. The wrists are straight and locked, the hands clenched into fists. The ankles are bent to about 90 degrees and locked. Push yourself off the floor, and hop forward as often as possible.



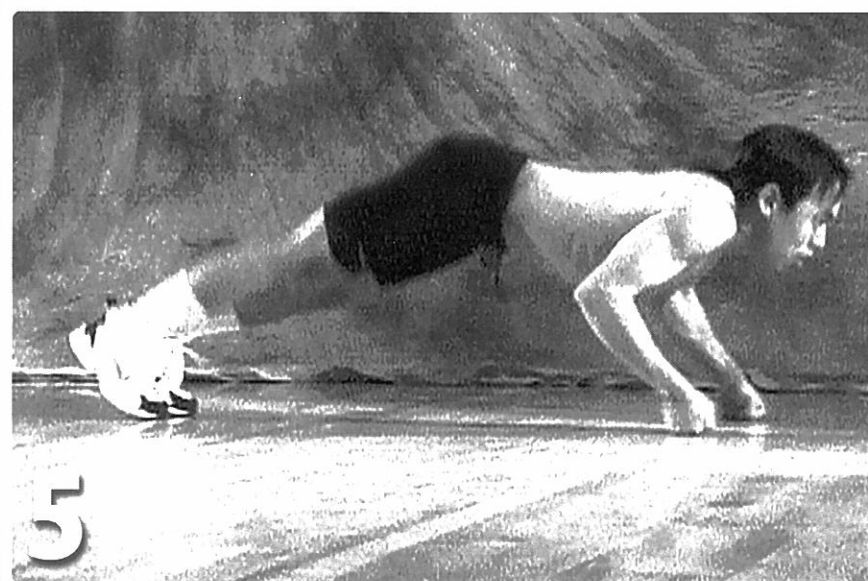
(#1): Lie face-down on the floor; the body is straight. Place the clenched fists firmly against the sides of the body. **Press the thumbs against the fists**, and place the fists on the floor. Bend the ankles to 90 degrees, place the toes on the floor. Look straight ahead.
(#2): Now raise yourself into the starting position: The body is straight, you are now supporting yourself on your fists and toes only.



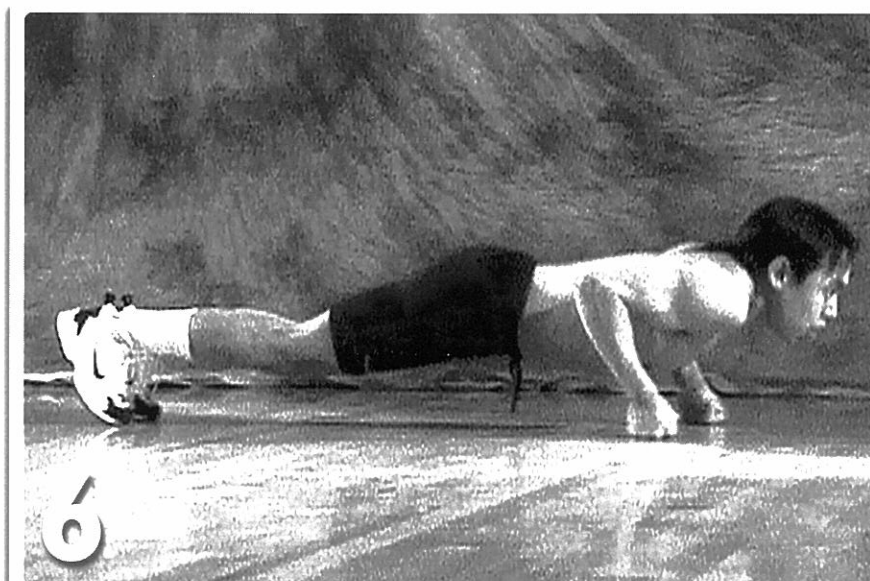
Using your arms, push yourself off the floor, raising the buttocks rapidly upward as well. Use your ankles and toes to push the body forward.



Maintain the rigid body position while in the air. The elbows remain bent and positioned close to the sides of the body.



You must land on feet and knuckles at the same time. Do not let chest or buttocks drop too low towards the floor.



Continue to hop forward, until you touch the floor with any part of your body other than the toes and fists.