

8 Steps to a High Jump

1. Noun
2. Adjective
3. Proper Noun - Plural
4. Verb - Base Form
5. Part Of Body
6. Part Of Body
7. Verb - Base Form
8. First Part Of Body
9. First Part Of Body
10. First Part Of Body
11. First Part Of Body
12. Adjective
13. First Part Of Body
14. Adjective Ending In Er
15. Part Of Body
16. Noun
17. Number
18. Number
19. Noun - Plural
20. Noun
21. Adjective Ending In Ed
22. Noun
23. Verb - Base Form

24. Noun
25. Noun - Plural
26. Noun - Plural
27. Noun
28. Adjective Ending In Est
29. Noun - Plural
30. Adverb
31. Noun
32. Adverb
33. Adverb
34. Noun
35. Noun
36. Adjective
37. Noun
38. Noun - Plural
39. Noun
40. Adjective
41. Noun
42. Verb - Base Form
43. Noun
44. Noun
45. Noun
46. Noun - Plural
47. Verb Ending In Ing
48. Noun

49. Verb Ending In Ed

50. Noun

51. Noun

52. Verb - Base Form

53. Adjective

54. Noun

55. Adjective

56. Noun

57. Part Of Body

58. Noun

59. Noun

60. Noun - Plural

61. Noun

62. Part Of Body

63. Noun

64. Verb - Present Ends In Ing

65. Adjective

66. Part Of Body

67. Noun

68. Adjective

69. Noun

70. Verb - Present Ends In Ing

71. Verb - Present Ends In Ing

72. Noun

73. Verb - Base Form

74. Verb - Present Ends In Ing
75. Verb - Present Ends In Ing
76. Verb - Present Ends In Ing
77. Noun
78. Plural Part Of Body
79. Verb - Present Ends In Ing
80. Noun
81. Noun
82. Adjective
83. Noun - Plural
84. Verb - Present Ends In Ing

8 Steps to a High Jump

1 Gather a tape measure and some medical tape and find a high jump " Noun ". A Adjective cord is preferable for novice Proper Noun - Plural since a high jump bar can hurt to Verb - Base Form on.

2 Find out what Part of Body you are. There are two methods to do this: Lay on your Part of Body and then stand up or have someone Verb - Base Form you from behind. Pay attention to which first part of body you put forward to stand or which one you catch yourself with. Start from the right side if your right first part of body went forward. If your left first part of body went forward, start from the left side. This is because the first part of body you put tends to be your Adjective first part of body and therefore adjective ending in er. You want your strongest Part of Body to be the one used to drive your knee up since that is where the majority of your Noun comes from.

3. The approach. The whole approach should be about Number to Number Noun - Plural in length with the last three making up the Noun. The rest should be taken at a adjective ending in ed speed with strides being similar to a Noun. Gradually Verb - Base Form towards the high jump plane / and gain some Noun. The last three Noun - Plural (or six Noun - Plural) should make up the Noun in the approach and the last two should be the adjective ending in est. One method to find Noun - Plural is to have the jumper run their steps Adverb from the pit. They should start where their Noun is (step 4) and run the corner Adverb and then stride out once going

_____ Adverb _____. This method accounts for in _____ Noun _____ length and _____ Noun _____. Adjustments should always be made after the _____ Adjective _____ is warmed up since that changes their _____ Noun _____. Once the steps are correct, measure two _____ Noun - Plural _____.

4. The _____ Noun _____. Ideally the **Repeat Last Noun** _____, or where your _____ Adjective _____ Noun _____ is when you _____ Verb - Base Form _____, is a third of the way in towards the center of the pit and about an _____ Noun _____ away from it. This lets the _____ Noun _____ be over the _____ Noun _____ of the bar, which is always the lowest point since bars sag, when in the air and prevents inexperienced _____ Noun - Plural _____ from accidentally _____ verb ending in _____ ing _____ a _____ Noun _____. After the basics are _____ verb ending in ed _____, jumpers should work on leaning so that they are hitting their plant at about 45 degrees off the ground. (The effects of this can be seen using a _____ Noun _____ with the rubber side down. If the pencil is dropped at an angle to a _____ Noun _____ while moving forward, it bounces straight up. If it is vertical when released it doesn't _____ Verb - Base Form _____ up, but simply falls over.)

5. The _____ Adjective _____ drive. The main focus of the _____ Noun _____ should be a quick and powerful _____ Adjective _____ drive. The _____ Noun _____ should come across the _____ Part of Body _____, away from the pit. This is what gets the _____ Noun _____ turned towards the _____ Noun _____. Note that the _____ Noun - Plural _____ and _____ Noun _____ follow the _____ Part of Body _____. There shouldn't be any twisting sideways.

6.

The arch. The jumper should arch like there is a Noun underneath them, or like they are Verb - Present ends in ING in midair. Make sure that the jumper's head is Adjective (chin up) otherwise pressure is put on the Part of Body and the body will automatically not arch. Remember that arching stops the jumper from gaining Noun so it should be delayed until they can get all they can from their Adjective drive. The head is the Noun so if there are problems with Verb - Present ends in ING too early, usually the head is already Verb - Present ends in ING towards the Noun, causing them to Verb - Base Form. Coming out of the arch too early is caused by lifting the head up while their torso is still Verb - Present ends in ING.

7. The Verb - Present ends in ING. Verb - Present ends in ING your Noun causes your plural part of body to snap up, and doesn't usually need to be taught since it is a natural reflex when Verb - Present ends in ING. The problem is often in trying to delay the Noun to allow rotation around the Noun. The jumper should aim to land as Adjective on their Noun - Plural as possible, which show that they are holding their arch and rotating correctly. This does cause them to do a backwards somersault because of the momentum so make sure they know to not have their knees together when they land or they might knee themselves in the face.

8. Keep trying until you get it right! Remember to only focus on one aspect at a time to avoid Verb - Present ends in ING.

