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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

1Gather 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.

2Find 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_____ .'

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