

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 .!

