
Level Six: Hurdle Jump #2

Now we are starting to add a response to the movement patterns we have learnt. Jump over the hurdle land, adding a small bounce forwards. Upon landing from the small bounce jump over the next hurdle. Upon jumping over the last hurdle hold the land for 3 seconds.

1. jump, bounce, jump (2 hurdles)
2. jump, bounce, jump (3 hurdles)
3. jump, bounce, jump (4 hurdles)



Level Seven: Hurdle Jump #3 continuous

With each landing jump off the ground as quickly as possible over the next hurdle. Upon jumping over the last hurdle hold the landing for 3 seconds.

1. 2 hurdles
2. 3 hurdles
3. 4 hurdles