

## 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 .!

