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**75. Couple jumping**

Two students stand facing each other holding hands. One student stands while the other jumps up and down continuously in the same place,

··-· \_ extending his legs in the air and bending them upon landing. The students ·

take turns repeating the activity.

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TUMBLING PRINCIPLES AND SKILLS 17

--- : **30. ;front** su:pp:ort to straddle stand

>,Stg

\_ \_ tostraddle stand: The student should hold the legs straight and apart and

\_ fh armshorizontal

:<b:ody should bend 90 degrees at the hip.