



LEVEL 1

SKILL REFERENCE SHEET



JUMPS, FALLS
& LANDINGS

LEVEL 1

Back to BreathePK



Slap down

A two-foot landing on a surface where there is no room or need to roll. Land on the balls of your feet, and as you bend your knees to land, rock forward to place your hands flat on the ground.

Back Fall

A backwards break fall into an air pit or onto a crash mat. Arms are crossed across the chest and chin is tucked in. Body should be tall and upright as you fall, like a tree. When landing on the mat or foam, open your arms to hit your hands down beside your body.

Forward Fall

A forward fall from a kneeling or standing position. Arms should be outstretched so that hands contact the ground first. Palms are open when they catch the ground. Elbows bend outwards as you slowly lower to the ground.

Precision

A two-foot landing where you “stick it” and stop moving completely. Land on the balls of your feet and bend your knees with arms in front of you.

Stride

Continuous running one foot jumps. Imagine running across rocks sticking up out of a river. Each foot touches only once on an obstacle.

Hurdle

The “skip” jump. Same foot touches down on consecutive obstacles, just like you’re skipping.

Safety Vault

A vault over an obstacle where one foot touches down after you jump. Most often done with side vault positioning. Make sure that your planting leg is behind your straight leg.

Rotating Precision

A precision with a half twist in the middle. Jump from one box to another while rotating 180 degrees.

Tic Tac

A one foot push off a wall or obstacle to gain power or a change in direction. Only your foot should touch the wall.

Wall Splat

A quick “landing” on a wall. Similar to a cat, except you are not trying to hold onto the wall, but briefly cushion and land to absorb impact.

Swing

Arm swing on a bar. Using legs and core to propel yourself forwards and backwards. Very similar to the way you swing on a swing set.