



JUMP DIFFICULTY BREAKDOWNS



4-5 JUMP BREAKDOWN

4.0-4.3	1 basic jump
4.4-4.6	2 non-connected basic jumps
4.7-5.0	3 non-connected basic jumps

5-6 JUMP BREAKDOWN

5.0-5.3	2 or more connected basic jumps
5.4-5.6	1 advanced jump
5.7-6.0	1 advanced jump with 1 or more connected basic jumps

6-7 JUMP BREAKDOWN

6.0-6.3	2 non-connected advanced jumps
6.4-6.6	3 non-connected advanced jumps
6.7-7.0	4 non-connected advanced jumps

7-8 JUMP BREAKDOWN

7.0-7.2	2 of the same advanced jumps (i.e. a double toe) executed with a clap punch, or turn punch approach NOT a whip approach
7.3-7.5	2 of the same advanced jumps (i.e. a double toe) executed with a whip approach
7.6-7.8	2 different advanced jumps (i.e. left front hurdler, pike) executed with a clap or clap punch approach NOT a whip approach
7.9-8.0	2 different advanced jumps (i.e. left front hurdler, pike) executed with a whip approach

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8-9 JUMP BREAKDOWN

8.0-8.3	2 of the same connected advanced jumps executed with a clap punch or turn punch approach NOT a whip approach and 1 different non-connected jump (i.e. toe, toe move formations, pike)
8.4-8.6	2 of the same connected advanced jumps executed with a whip approach and 1 different non-connected jump (i.e. toe, toe, move formations pike)
8.7-9.0	2 different connected advanced jumps with a whip approach and 2 additional jumps in the sequence (i.e. right front hurdler, pike {connection break} another toe, pike jump)

9-10 JUMP BREAKDOWN

Given ALL jumps are advanced jumps

9.0-9.1	3 of the same jumps (i.e. a triple toe) executed with a clap punch, or turn punch approach NOT a whip approach
9.1-9.2	3 of the same jumps (i.e. a triple toe) executed with a whip approach
9.3-9.4	2 of the same jump and 1 different jump (i.e. toe, toe, pike) executed with a clap punch or turn punch approach NOT a whip approach
9.4-9.5	2 of the same jump and 1 different jump (i.e. toe, toe, pike) executed with a whip approach
9.6-9.7	3 different jumps (i.e. right OR left front hurdler, pike, toe) executed with a clap or clap punch approach NOT a whip approach
9.7-9.8	3 different jumps (i.e. right OR left front hurdler, pike, toe) executed with a whip approach
9.8-10	3 different connected jumps with a whip approach with additional jumps in the sequence. (i.e. right front another toe -OR- hurdler, pike, toe {connection break} 4 different connected jumps executed with a . whip approach (i.e. right front hurdler, toe, pike, left front hurdler)

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