# L1 Rope D6 straight jump

## Difficulty judge

### Start (0.2)

* Wrist wrap

### Element (0.5)

* *Straight jump and bring arms up during the jump*
* *Rope should be tight so that pattern is maintained*
* *Has to be high enough to straighten out legs and point toes*

### Finish (0.2)

* Land with feet together controlled and soft. Wrist wrap pattern should not be lose.

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Wrist wrap of rope loosened during part of the element
* Imprecise wrap
* Wobbles on landing
* Heavy landing
* Arms and body did not extend

## Training Progression

* Verbal commands for wrist wrap
  + Reach out and over
  + Small pull and through the hole
* Apply ‘speed change’ to gain height