# L2 clubs hitch kick

## Difficulty judge

### Start (0.2)

* *Chasse - height and closing/clapping of the legs*

### Element (0.5)

* *Height*
* *leg straight and toes pointed*
* *switch in the air*

### Finish (0.2)

* Arms should be straight and at shoulder level on landing

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Arms bent or raised shoulder as engine for take off
* Arms should be parallel to each other, not a V shape
* Toes and knees
* Heavy landing
* Hunched upper body

## Training Progression

* Practice soft landing
* Hamstring flexibility – lots of stretching
* Leg kicks for stretching emphasizing on relaxed shoulders, straight back, straight legs
* One leg take-off from a leg swing. Start with weak leg for take-off.
* Hold one leg out in the front and then practice leg switch. Assist initially.
* Decrease dependency on upper body, focus on speed change to give the explosive jump and to increase the air time