## L3 Ribbon D8 vertical jump with leg extended to front Difficulty judge

### Start (0.2)

* Front chasse with sufficient height and legs clapping together
* Snakes should be initiated before chasse

### Element (0.5)

* *Must be high enough to fully extend leg and toes*
* *Front leg must be at close to 90 degrees*

### Finish (0.2)

* Soft controlled landing using ball of foot. Absorb landing with knees.
* Snakes down on landing

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Interruption of the snake pattern between chasse and jump
* Wrong mechanics of the jump, using shoulders
* Imprecise snakes or tangled

## Training Progression

* Requires hamstring flexibility
* Requires one-leg take off power
* Requires sufficient amplitude / shape, give reference point for leg swing kick. E.g. partner provide hand for gymnast to touch with straight leg kick and pointed toes.