

Cheerleading Jumps



Pencil/T Jump

It involves jumping completely straight with your arms in T-motion



Tuck

A jump in which the cheerleader uses stomach muscles to pull the legs up with thighs as close to the chest as possible, knees facing upward as if in a tucked position. And arms in a high V



Toe-Touch

the legs are straddled and straight, parallel to the ground, toes pointed, knees are back, and the arms in a T motion.



Hurdler

The straight leg is either forward (a front hurdler) with arms in a touchdown, or out to the side (a side hurdler) with arms in a T. The bent knee faces the crowd in a side hurdler and the ground in a front hurdler.



Pike

Both legs are straight out, knees locked. Arms are in a touchdown motion out in front to create a folded position in the air, this motion is also called "candlesticks". This is often performed at a ninety-degree angle to the audience in order to show off the air position.