

1-3 PREPARATION DRILL, EXERCISE 3, HIGH JUMPER

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 3 of the Preparation Drill is The High Jumper." (The demonstrator responds, "The High Jumper.") "This is a four-count exercise that is always performed at a MODERATE cadence. This exercise reinforces correct jumping and landing, stimulates balance and coordination and develops explosive strength. The Starting Position is the forward leaning stance, palms facing inward, fingers and thumbs extended and joined."

"Starting position, MOVE." (Demonstrator moves into the starting position.)

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, take a slight jump into the air while swinging the arms forward and up to shoulder level. Ensure that you land on the balls of the feet and proceed to the heels."

"By-the-numbers," (demonstrator responds, "By-the-numbers"),

"In cadence." (Demonstrator responds "In cadence.")

"EXERCISE." (Demonstrator performs count one.)

"On count two, the Soldier swing arms backward and jump a few inches." Ready, TWO." (Demonstrator performs count two.)

"On count three, swing arms forward and vigorously overhead while jumping forcefully. The landing should be "soft" and proceed from balls of the feet to the heels. Ready, THREE." (Demonstrator performs count three.)

"On count four, repeat count two. On the last repetition, return to the starting position and sound off with the number of repetitions performed. Ready, FOUR." (The demonstrator performs count four and states, "ONE.")

"On counts 1, 2, and 4 the jumps are only 4-6 inches off the ground. On count 3 the Soldier jumps higher, 6-10 inches off of the ground, the arms should be extended fully overhead; the trunk and legs should form a generally straight line. On each landing, the feet should be directed forward and maintained at shoulder distance apart and the shoulders, knees and balls of the feet should be in line."

"Position of attention, MOVE." (Demonstrator assumes the position of attention.)

"I will lead the demonstrator through three repetitions at a MODERATE cadence. The commands and movements are as follows:

The High Jumper." (Demonstrator responds, "The High Jumper.")

"Starting position, MOVE." (Demonstrator moves into the starting position.)

"Without-the-numbers" (demonstrator responds, "Without- the-numbers.")

"In cadence," (demonstrator responds, "In cadence.")

"EXERCISE, One, Two, Three." (Demonstrator states, "ONE.")

The Drill Sergeant will raise the inflection of his voice while counting out the movements of the third repetition and the demonstrator states, HALT upon returning to the starting position.

"Position of attention, MOVE." (Demonstrator assumes the position of attention.) "AT EASE." (Demonstrator stands at ease.)

"What are your questions pertaining to Exercise 3 of the Preparation Drill, The High Jumper when executed in cadence or by-the-numbers?" (Clarify all questions.)

"Demonstrator, ATTENTION. You will be my assistant instructor. FALL OUT."

Note: Lead the class through three repetitions of the High Jumper.