

CHAPTER 7 CONDITIONING DRILL 1

7-1      CONDITIONING DRILL 1, EXERCISE 1, POWER JUMP

"Demonstrator, POST. I will use the by-the-numbers method of instruction. Exercise 1 of Conditioning Drill 1 is The Power Jump." (Demonstrator responds, "The Power Jump.") "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 straddle stance, with the hands on the hips. Tighten your abdominals to stabilize your trunk."

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

"On the command of execution, EXERCISE of In cadence, EXERCISE, this being count one, squat with the heels flat on the ground as your spine rounds forward to allow the straight arms to reach to the ground, attempting to touch with the palms of your hand. Keep the back generally straight with the head up and eyes forward."

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

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

"EXERCISE." (Demonstrator performs count one.)

"On count two, jump forcefully into the air, vigorously raising arms overhead while simultaneously facing the palms inward, then land in the starting position. The feet should be directed forward and no more than shoulder distance apart. On each landing, the feet should be directed forward and maintain a short distance apart. The landing should be "soft" and proceed from the balls of the feet to the heels. A vertical line from the shoulders through the knees to the balls of the feet should be achieved on each landing."

"Ready, TWO." (Demonstrator performs count two.)

"On count three, repeat count one. Ready, THREE." (Demonstrator performs count three.)

"On count four, return to the starting position and sound off with the number of repetitions performed."

"Ready, FOUR." (Demonstrator performs count four and states, "ONE.")

"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 Power Jump." (Demonstrator responds, "The Power Jump.")

"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 PT leader 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 1 of Conditioning Drill 1, The Power Jump 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 Power Jump.