TWIRL AND JUMPING STICKS

AGES 4 AND UP
BUILDS CONFIDENCE AND COORDINATION
REQUIRES USE OF ONLY ONE HAND

CAUTION: Do not swing ball above ground.

Solo Jumping Fundamentals: Grasp the top of the wand and hold it in line with your arm. With the cord and ball slightly behind the wand, swing the wand and start the JUMPING STICKS ball moving in a large circle. Slowly step or hop over the ball with one foot, then the other, until you have the rhythm. You may continue in this fashion or begin jumping with both feet together. Move the ball as slowly or quickly as you like.

CAUTION: Do not swing ball above ground.

Other Ideas: There are so many ways to move with JUMPING STICKS! You can hop on alternating feet, jump with both feet together, run while you jump, or follow a preset course laid out on the floor. The possibilities are unlimited!

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Jump with a Friend: You may invite a friend or two into the circle to jump with you once you have the ball moving and have begun jumping.

Hand Around (uses 2 hands): Swing the wand using the right hand. Once you have the JUMPING STICKS in motion, pass the wand to the left hand and let the left hand come around your back and pass the wand to the right hand. Continue jumping and handling the wand around from hand to hand. (This move may be initiated with the left hand, and the wand passed to the right hand, etc.) This is a great exercise to improve the jumper's coordination.

Quick Change (uses 2 hands): Grasp the wand with the right hand and start the ball circling around the front to the left (counter-clockwise). Change hands so that the ball comes from the back (clockwise). Now try it the opposite way, starting with the left hand.

Twist 'n Jump: Begin JUMPING STICKS and while you are in mid-jump (in the air), twist your body halfway around (180%) and land. On the next jump, twist again 180% and land. Repeat for a great workout!