

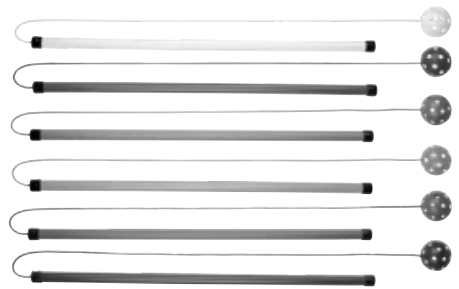


# TJSET

## TWIRL & JUMP BATON SET

### Features:

- Twirl and jump
- Move in a circular motion
- 32" Long baton
- 44" Long rope
- Set of 6 colors (1 each of) Red, Orange, Yellow, Green, Blue & Purple

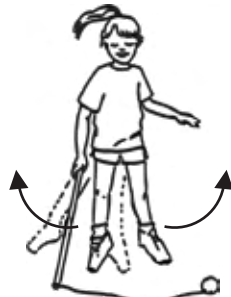
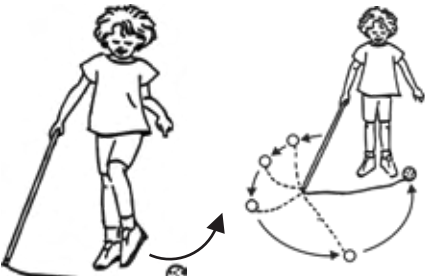





### Instructions:

The Champion Sports Twirl and Jump Set is a fun game that kids will love! It is easy to use and is a great cardiovascular activity.

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! Builds confidence and coordination and requires the use of only one hand. Ages 4 and up.

**Caution:** Do not swing ball above ground.

<p>1. <b>Rock 'n Tilt:</b> Begin JUMPING STICKS and keep your legs straight and spread slightly. As you jump, tilt to one side, and the opposite leg will rise and the ball will pass under that leg. As the ball comes around, tilt to the other side and the ball will travel under the opposite leg. Keep rocking and tilting as you JUMPING STICKS Try it with music!</p> 	<p>2. <b>Solo Jumping Fundamentals:</b> 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.</p> 	<p>3. <b>Jump with a Friend:</b> You may invite a friend or two into the circle to jump with you once you have the ball moving and have begun jumping.</p> 
<p>4. <b>Quick Change (uses 2 hands):</b> Grasp the wand with the right hand and start the ball circling 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.</p> 	<p>5. <b>Hand Around (uses 2 hands):</b> 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 handing 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.</p> 	<p>6. <b>Twist 'n Jump:</b> 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!</p> 