

## **'Jump to Win' With Craig Heath- 'Reminder Notes'**

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Since I travel all over the world teaching and skating, I can't always remind you of things in person, so I put together this list of things I want you to remember.

(Please reverse these notes if you jump the opposite direction)

- 1) K Position. Whenever you land a jump and go directly into a loop jump (single, double, triple or quad), you must land the first jump in the K position. The Left arm is directly in front and in the same line as the straight left leg. The right arm is straight in back. The Right knee is bent.
- 2) Twisted T Position. Whenever you land a jump and then go directly into a toe loop (single, double, triple or quad), you must land the first jump in the Twisted T position. The left leg is straight behind you. The left arm is just a hair to the left of front and the right arm is between 4:00 O'clock and 5:00 O'clock. The right knee is bent.
- 3) Pivot. The toe loop (single, double, triple or quad) taps and then pivots so that the right heel can pass through and up into the jump (get into the h position and then the i position and then the T position). Work on your pivot with the left arm in front. If you have a good pivot into a backspin then you have a very good idea of what a good toe loop is- now just add the jumping part.
- 4) Go through the Door- Remember on Toe loops and Salchows that it is your right heel that passes through the doorway and then goes up into the h position.
- 5) Salchow- Hold the back part of the 3-turn or Mohawk (back inside edge) longer than the forward part.' Back-Side-Through' is what your free leg does on the way up into the jump (h position). Work on doing a fast 3-turn and then holding the inside edge as long as you can. It takes strength and control and good edges in order to do this. I prefer that you take off with 90% of your weight on the left foot and 10% of your weight on the right foot on the take off. I also prefer that your free foot is on an outside edge and not an inside edge.
- 6) Jump and then Rotate- I can't say this enough. One of the biggest mistakes on jumps is when skaters try to rotate before they jump off the ice.
- 7) Check-Out. Work on doing FAST check out positions. Control your body and don't let anything wiggle when your leg and arms check out (at the same time). You can do this on the ice and off the ice. Work on checking out from stand still and also from a small hop. Check your free foot and arms out as fast as possible while holding your core still and strong.
- 8) Straight Line. Keep your toe loops, flips and Lutz jumps on a straight line whether you do them from a three turn or a Mohawk. The Flip takes off from an inside edge and then Lutz takes off of an outside edge. A true Lutz jump

- will have a slight curve right and the point of jumping. In order to take off of an outside edge your free toe will have to tap on the outside of the take-off edge. For the flip, your tap should be slightly on the inside so that you will be on a true inside edge.
- 9) One-Foot Axel. Keep your left shoulder down and lean into the circle for the entire jump. The one-foot axel does not change weight like the regular Axel and you do not need to cross your feet. If you think of clapping your feet together in the air it makes the jump easier. Land with the left arm directly in front and the right leg straight behind you as if you are going to do a Salchow jump.
  - 10) Wally. This jump takes off of an inside edge. It is a jump that uses timing and swing. Jump from the ice to the free foot and clap your feet together in the air. Use your knee bend, edge and twist in body to help you.
  - 11) Half Loop. Jump off of the right foot just like you are going to do a loop jump and then straighten both legs in the air and point both feet. You will land on an inside edge on the left foot just like the one-foot Axel jump. Your left arm will be directly in front of you and your right leg will be straight and behind you. You will be in the perfect position to do a Salchow. Make sure you have a good  $\frac{1}{2}$  loop because you will need it to do many jump sequences. You should land with speed, flow and control.
  - 12) Axel (single, double or Triple) from Spread Eagle or Ina Bauer. The arms will go straight in front of you (and be straight) and then they will go back at the same time that you bend your left knee to jump. This timing is very important to do the jump easily and consistently.
  - 13) Combination Jumps. Make sure you keep pulling back in the straightest line you can. Yes, it is natural to have a slight curve but aim for straight. This is especially true for the toe loops in a row or the Flip-toe. I don't want to see toe loops or loops turning the corner and losing speed. In theory you should be able to do many toe loops and loops in a row easily and effortlessly.
  - 14) Straight -Leg Waltz Jump. Practice jumping as high and as far as you can on your waltz jump and do this with a straight free leg. This will get you ready for a big delayed axel.
  - 15) Delayed Axel. Jump with a straight right leg and your arms will go straight in front of you. You will be able to take a picture at the top of the jump with your body, arms and right leg facing forward. Breathe in on the take off and then breathe 'up' on the rotation. It is like a Karate-chop exhale. Breathing is key to having a good delayed Axel.
  - 16) Cross your arms. When you are rotating in the air I want your arms crossed with the right arm touching your body and your left arm on top of the right.

Write in your personal notes here...