FROG JUMP FORWARD

Technical points:

Follow the instructions using *Fig 39: Frog Jump Forward* below.

Begin with the feet hip width apart, lower yourself into a full squat, rock onto your toes, and place your hands on the ground in front of you at a comfortable distance where you don't need to transfer your body weight forward at all. If your body moves forward your hands are placed too far in front of you.

Keep your knees outside your arms at all times while toes can point outwards and heels inwards. Hold your feet under your hips with the knees pointing out.

When you're ready to execute the exercise, shift your body weight on your arms until your shoulders are aligned with your wrists.

Lock in your abdominal muscles and gently and controlled lift your feet off the ground, as opposed to pushing against the ground or jumping. Land slightly forward from the original place, as close as possible to your hands, by placing your feet softly back down, as opposed to dropping back on the ground without control.

As you land drive your feet forward and squeeze knees towards the chest. Land as close as possible to your hands.

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[Fig 39: Frog Jump Forward]

Aim to stay in the air for a fraction of a second and then use your abdominal muscles to gently place your feet back down. Focus is not on how high you jump but on how soft and controlled you land.

Landing should be graceful, without a sound, just like a Ninja. Height comes with time and practice. The focus is to learn to use the core muscles, to jump, leap, move and run from the core.

Progression:

- hold the position in the air before coming down
- lengthen the landing phase, you can count, in seconds, how long it takes you to land and try to make that last longer and longer

Benefits:

Working in the sagittal plane.

Strengthening and mobilising wrists, hip, back, knees and ankles.

Toning and strengthening arms, legs and core, quads, glutes, hamstrings and well adductor and abductor.

Strengthening stability muscles in your feet, ankles, knees and hips for better balance, stability, control and general movement.

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Stretching adductors and glutes.

Common errors and/or weaknesses to be aware of:

- Not transferring the body weight over the arms enough to unlock the legs. This can be due to weak upper body. Work on just putting as much weight as possible on the arms without lifting the feet off the ground.

- Landing heavily. The upper body may not be able to support the weight yet or the core is not strong enough yet

- Placing hands too far forward which causes un uncontrolled body weight transfer (i.e. dropping the weight on the hands). Hands should be placed as far forward as possible without needs to transfer the body weight until it is intended to do so

- Placing only half of the hand, the fingers, on the floor. The whole palm should be placed on the ground in front.

- Resting knees on elbows. Keep the knees away from the elbows.

- Trying to jump too high or too far before understanding the technique – this causes uncontrolled landing and high impact; height and length are not important at the beginning, understanding how to use the abdominal muscles to lift and place the feet back down is the first step, once this is understood and performed, speed, length and height can be addressed.

- Knees are inside the arms. Knees should be outside the arms/elbows.

Notes:

You can perform the Frog Jump forward and backwards.

Backwards Frog Jump:

Backwards frog jump requires even more control. Master the forward frog jump before going for reverse.

In reverse ensure you don’t jump too far back with your feet. You will know if you do because you will need to push off with your hands upon landing.

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When you figure out the correct distance to land with your feet, you will only transfer your bodyweight on your feet and gently lift the hands off the ground, no need to push off.

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