



# LEAPING

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## Important Keys

- 1 I lean forward and push off of the toes of my takeoff foot.
- 2 I leap and extend my opposite leg as far out as possible.
- 3 I reach forward with the arm opposite to my landing foot.
- 4 I land on the toes of my landing leg.
- 5 I can leap using either foot as my takeoff foot.

