

One Jump Two Jump

BEFORE YOU BEGIN

- Introduction
- Training Prerequisites
- Things to Remember

ONE JUMP

- The Jump
 - Dog Meet Jump
 - Getting the Bar to Full Height
 - Turning Tightly
- Jump Around the Clock (JAC) Drill
 - Introduction
 - Catch Up to Heel (Recall)
 - Run by
 - Send
 - Mix It Up
- Lead-outs
- Don't Cross Me Drill
- Distance Work
- Beginning Serpentine Work
- The Seven Turn Cues
 - Lack of Motion
 - Pull
 - Front Cross
 - Rear Cross
 - Push Through
 - Lateral Motion
 - Verbal Left and Right
- Turn Cue Maintenance Work
- Combining the Turn Cues
- Tightening Up Any Turn

TWO JUMPS

- Two Jump Lead-outs
- Parallel Jump Exercises

Introduction
Lack of Motion
Pull
Front Cross
Rear Cross
Push Through
Lateral Motion
Verbal Left and Right
Sequences
Distance Work
Don't Pass Me Drill

- End-to-End Jump Exercises

Introduction
Lack of motion
Pull
Front Cross
Rear Cross
Push Through
Verbal Left and Right
Independent 180
Threadle
Serpentine
Distance Work
Sequences
The Technical 270

PROOFING

JUMP HEIGHTS

CONCLUSION

BONUS

- Catch Up to Heel Work
- Rear-end Awareness Training
- Balance and Coordination Work
- Accessing the DVD Training Notes

- Bloopers