Champions Axiom: Jump Technique Checklist

Purpose: Build sharper jumps with safer landings and cleaner body lines.

1. Warm ankles, hips, hamstrings, and shoulders before jump volume.
2. Set tall posture: ribs down, eyes up, arms strong, feet active.
3. Load through hips and heels without collapsing knees inward.
4. Hit the shape fast, then recover with control instead of dropping.
5. Land softly: toe-ball-heel, knees tracking over toes, chest lifted.
6. Quality rule: stop when height, shape, or landing mechanics fade.

Coach cue: The best jump is explosive, clean, and repeatable.